

DietMaster Web HRA Integration Concept Diagram

For Interra Health
By Lifestyles Technologies, Inc,
John Schirra
888-286-7677

Member Home

Welcome Stephanie!

My Health Assessment Questionnaire | My Health Reports | My Completion Certificate | My Action Plan

My Health Assessment Summary | Overall Health Risk | My Conditions | Strategies For Success

Name: STEPHANIE FRYE | Gender: F | Date of Birth: 11/13/71

My Health Assessment Summary

Overall Risk Score: 57

0 25 50 75

Risk Levels For Certain Health Conditions:

Condition	Low	Moderate	High
Depression	Low	Moderate	High
Skin Cancer	Low	Moderate	High
Colon Cancer	Low	Moderate	High
Diabetes	Low	Moderate	High
Heart Disease	Low	Moderate	High
Stroke	Low	Moderate	High
Breast Cancer	Low	Moderate	High

1

Health risk assessment results trigger access to disease prevention meal plans and grocery lists designed by Registered Dietitians.

DietMaster Web Professional Edition

September 27, 2011

Meal Type: Stephanie Frye

Select one meal type from the list below

To learn which Meal Type is best for you click on ? to access a detailed d

Disease Prevention

- Breast Cancer ?
- Cancer Prevention (General) ?
- Heart Disease ?
- Osteoporosis (Bone Health) ?
- Stable Blood Sugar ?
- Stroke Prevention (DASH) ?

Profile Summary

- Profile Details
 - Personal Info
 - Admin Options
 - Profile
 - RMR
 - Exercise
 - Body Type
 - Profession
 - Goals
 - Meal Types
 - Custom Recipes
 - Medical Conditions
- Plan My Meals
- Log Meals
- Favorite Meals
- Favorite Foods
- Recipes
- Custom Recipes
- Handouts
- Log Exercises
- Body Composition
- Goals & Tracking
- Measurements
- Reports

Access to other tools including food and activity journal, custom recipe analyzer, weight & goal tracking and more.

1500 Calories Stroke Prevention

Category	Food	Qty	Measure
Beans, Lentils	Chickpeas (garbanzo beans, bengal gram)		
	Soy milk, fluid	1/2	cup
	Tofu, firm, prepared with calcium sulfate and magnesium chloride (firm)	3/4	cup
Beverages	Orange Juice, Tropicana - 100% pure, Plus calcium	1	cup (8 fl oz)
	Tea, brewed, prepared with tap water, decaffeinated	1	cup (8 fl oz)
	Vegetable juice - V8, no salt	1	cup (8 fl oz)
Breads and baked goods	Eggs - Honey Wheat, Easy Grains	1	egg
	English muffin, whole-wheat, toaster	1	each
	MARSCO MARSCO GRANMA's Pita - wheat	1	each
Cereals	Quaker Oats	1	cup
	Quaker Oats	1	cup
	Quaker Oats	1	cup

Grocery Lists

Meal Planner Report

Planned Meals

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1500 Calories Stroke Prevention - Day 1							
Breakfast							
7	0.3	each	Cantaloupe - muskmelon	1.15	11.15	0.40	46.50
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt, raisin/van. Quaker	4.10	26.60	1.90	129.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana - 100% pure, plus calcium	2.00	26.00	0.00	110.00
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				15.55	76.36	2.70	373.87
Snack 1							
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
0	0.3	1 tablespoon	Spinach, spinach, ground	0.07	1.41	0.02	4.32
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
5	6.0	ounce(s)	Yogurt - Voplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 1				7.87	36.62	0.52	177.69
Lunch							
6	0.5	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	0.93	2.80	0.16	13.65
5	1.5	ounce(s)	Checker, mild shredded, KRAFT Lite Naturals	12.00	1.50	7.50	120.00
2	3.0	ounce(s)	Potato/White - Baked	1.95	21.45	0.09	93.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	34.00	0.00	0.80	4.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	18.80	0.10	79.00
Totals for Lunch				15.88	33.75	7.75	266.65
Snack 2							
8	0.5	cup	Cottage Cheese - 1% fat	14.80	3.10	1.15	82.00
7	0.5	1 cup, slices	Pineapple, raw	0.77	8.11	0.21	33.15
Totals for Snack 2				14.77	11.21	1.36	115.15
Dinner							
0	1.0	0.25 cup	Gravy, HENZ, HENZ Home Style Savory Brown Gravy, canned	0.90	3.41	0.78	24.60
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
6	0.5	cup	Spinach - boiled, drained	2.70	3.40	0.20	21.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
2	0.5	cup	Yam - baked or boiled	1.00	18.80	0.10	79.00
Totals for Dinner				42.95	36.50	4.07	348.60
Snack 3							
7	0.5	each	Banana - med 8"	0.60	13.35	0.30	53.50
			Applesauce, unsweetened	2.19	3.47	5.06	64.08
			fluid chocolate, HERSHEY'S Genuine Chocolate	8.01	15.39	4.29	132.30
			fluid chocolate, HERSHEY'S Genuine Chocolate	0.24	6.05	0.17	26.78
			fluid chocolate, HERSHEY'S Genuine Chocolate	11.04	38.26	9.82	275.66
			fluid chocolate, HERSHEY'S Genuine Chocolate	107.26	232.70	26.22	1549.62

Meal Plans

2

Meal plans are balanced to daily calorie needs and specific to meet weight control goals established by acceptable BMI ranges.

DietMaster Web

Other features include:

- Single sign on ability
- Profile pass through
- Full branding
- Access to DietMaster Go - Mobile App