



RELEASE NOTES (v2.60)

April 6, 2020



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1 INTRODUCTION

This document highlights VioScreen/NutraScreen system changes and enhancements from release 2.46 to release 2.60.

2 NEW FFQS

We are pleased to introduce two new food frequency questionnaires (FFQ), Standard Questionnaire (V5) and Krupp (V1), that are now available for implementation in new research protocols and clinical use. These are available when creating a new protocol for researchers.

Many new foods have been added to V5 such as almond milk as an alternative dairy option and coconut oil. V5 also has a greatly expanded list of Mexican/Hispanic foods in a separate food group. In addition to new foods, a number of fruit and vegetable portion sizes have been expanded for better portion size estimation.

The Krupp (V1) FFQ is a modified version of the new Standard Questionnaire (V5). Specifically, Krupp includes 21 adjustment questions identifying which foods consumed that were organic, wild caught, or pasture grazed. The responses are reported as NEVER to ALWAYS within the export file. However, the nutritional analysis of the completed FFQ is unaffected by these questions or responses.

We will be migrating the current NutraScreen and clinical organizations using the VioScreen Standard Questionnaire (V4) to VioScreen Standard Reference (V5) over the coming weeks. We will coordinate this change with each clinical user.

See the appendix for a full list of additional foods.

3 NDSR 49 DATABASE

A new NDSR database, V49, is now available for use. The updated NDSR database includes analysis of Gluten. The database can be accessed via the “Database” dropdown menu on the Protocol Export page in VioScreen. Future studies should use V49 as the default database.

4 HEI 2015 AND THE DIETARY INFLAMMATORY INDEX (DII)

The export analysis now includes the HEI 2015 score and subcomponents.

We have also added an export option to include data analysis according to the Dietary Inflammatory Index (DII). The DII export option was the result of a collaboration with Dr. James Herbert (University of South Carolina). Please contact us for pricing, or related questions if you are interested in the DII export analysis.

5 PROTOCOL – NEW FEATURES

5.1 EMAIL NOTIFICATIONS

We have added an email notification system to help monitor FFQ completion by subjects/patients who are remotely performing the task. An FFQ completed at home (or any remote location) will email a “completed” notification to designated study administrators.

Instructions on enabling the function and designating a study administrator to receive the notifications are done as follows:

1. Select the appropriate protocol from the Manage Protocols folder.
2. Click on “Notification” in the left-hand side Protocol folder.
3. Switch the Notification button to “ON”.
4. Select (highlight) the appropriate study administrator located within the “Available” box.
5. Next, click “>” to move the individual to the “Selected” box. If all study administrators need to be notified of completed FFQs then click “>>” and all will be moved to the “Selected” box.
6. Click “Ok”

The screenshot displays the VioCenter Administration Tool interface. At the top, it says "VioCenter Administration Tool" and "Welcome, you are logged in as, studyadmin1C. (Logoff here...) (Site here...) (User Guide)". The main window is titled "Protocol Notifications - VioScreen Demo". On the left, there is a "Folder View" menu with options: Summary, Edit Protocol, Edit Assessment Text, Add Sessions, Assessments, Notifications, Export, and Back to Protocol List. The "Notifications" option is highlighted with a '2'. In the main area, the "Notifications" status is set to "On" with a '3'. Below this, there are two lists: "Available" and "Selected". The "Available" list contains one entry: "lastname, adminbasic (email@email.com)", which is highlighted with a '4'. Between the lists are four blue buttons: ">>", ">", "<", and "<<". A '5' is placed next to the ">" button. At the bottom of the main area, there are "Ok" and "Cancel" buttons, with a '6' next to the "Ok" button. The footer contains copyright information: "© Copyright 2003 - 2020 Privacy Policy | Terms of Use | Viocare, Inc. All rights reserved. Version: 2.61.10.13347; Application Type: VioScreen".

Future updates will expand the email notifications to include the ability to receive emails when participants register and start a FFQ session. Also planned are automated email reminders of pending/incomplete FFQ sent to subject/patients

5.2 ADD SESSIONS

The Add Sessions function, available within the Protocol page, is an expedient method of increasing individual FFQ sessions for a large group of study participants/patients taking FFQs from home. It allows an Admin to add a FFQ to some or all of the participants at a single time instead of adding a session to each patient account individually. The benefits of this new function include:

- Prevents subjects/patients who are enrolled in a study where the participants take the FFQ at home from completing the incorrect FFQ. When subjects/patients log into the system, all FFQ sessions assigned to their accounts are visible and accessible. For this case, it is advised to set the Protocol Visit field to 1 within the Protocol settings so that a single FFQ will be assigned when a patient account is added to the protocol. Use Add Sessions to add FFQs as needed. This will stop subjects/patients from incorrectly selecting the wrong FFQ session.
- Quick method to add FFQs to subjects/patients within a protocol which now needs additional “follow up” FFQs.

The Add Sessions function can be applied to already existing studies that call for multiple FFQ sessions for each study subject/patient.

The Add Sessions page includes several fields at the top to filter the list of participants in the list. Filter your participants within this protocol by Status (Finished), by last Visit number (only those who have completed their 2nd FFQ), and by date (any activity between the from and to dates will be included in the list displayed).

Select all (click the box next to Fullname), or individual subject/patient accounts requiring an additional FFQ session. Next, click the Add Visits button which will then add a single FFQ session to all selected accounts. This will add an additional FFQ to each of the selected patient accounts with the Visit number incremented by 1 from the last Visit number.

The screenshot shows the VioCenter Administration Tool interface. The main content area is titled "Protocol Assessment Add - VioScreen Demo". It includes filter fields for "Status" (set to "All"), "Last Visit Number" (set to "All"), "Begin Date", and "End Date". Below these fields is a note: "Note: Use checkbox to select sessions for 'Add Visits'." and an "Add Visits" button. A table lists participants with columns: Fullname, Username, Subject ID, Email, Created, Last Login, and Visits. A red "1" points to the "Add Visits" button, and a red "2" points to the "Add Sessions" option in the sidebar.

Fullname	Username	Subject ID	Email	Created	Last Login	Visits
<input type="checkbox"/> Weiss, Brian2	brian2weiss		weiss+brian2@viocare.com	10/11/2019	03/10/2020	V1-Started on 3/9/2020, V2-Finished on 3/10/2020
<input type="checkbox"/> Weiss, Brian	bweiss		weiss+brian@viocare.com	10/11/2019	10/11/2019	V1-New on 10/11/2019, V2-New on 10/11/2019
<input type="checkbox"/>	WWTHXQCQD	I00001		10/23/2018	10/23/2018	V1-Finished on 3/9/2020, V2-New on 10/23/2018
<input type="checkbox"/>	MZPNCLBGM	OMEGA3TEST		06/25/2018	06/25/2018	V1-New on 6/25/2018, V2-New on 6/25/2018
<input type="checkbox"/> Weiss, Rick	rwdemo1proto2		weiss+demo2@viocare.com	06/20/2018	03/05/2020	V1-Finished on 7/24/2018, V2-New on 6/20/2018
<input type="checkbox"/> Weiss, Rick	rwdemo1proto		weiss+demo1@viocare.com	06/20/2018	06/20/2018	V1-New on 6/20/2018, V2-New on 6/20/2018
<input type="checkbox"/>	CSYPRKOS	HITT001		05/08/2018	05/08/2018	V1-New on 5/8/2018, V2-New on 5/8/2018
<input type="checkbox"/>	RUZUWKP	76767		04/27/2018	04/27/2018	V1-New on 4/27/2018, V2-New on 4/27/2018
<input type="checkbox"/>	jdoe222		weiss+jdoe@viocare.com	04/27/2018	04/27/2018	V1-New on 4/27/2018
<input type="checkbox"/>	PWESOKW	12354		04/27/2018	04/27/2018	V1-Started on 4/27/2018, V2-New on 4/27/2018
<input type="checkbox"/>	NTZKUANQK	09999		04/27/2018	04/27/2018	V1-New on 4/27/2018, V2-New on 4/27/2018
<input type="checkbox"/>	FKXYZWCO	RICKNEW		03/19/2018	03/19/2018	V1-New on 3/19/2018, V2-New on 3/19/2018, V3-New on 3/19/2018
<input type="checkbox"/>	XCPJCVZRK	O1001		03/19/2018	03/19/2018	V1-Finished on 3/19/2018, V2-New on 3/19/2018, V3-New on 3/19/2018
<input type="checkbox"/>	UTRPICMQL	NUNM3V		03/16/2018	03/16/2018	V1-New on 3/16/2018, V2-New on 3/21/2018, V3-New on 3/16/2018
<input type="checkbox"/>	LKVZOAMB	NUNM001		03/15/2018	03/15/2018	V1-Started on 3/15/2018, V2-New on 3/15/2018
<input type="checkbox"/>	BWUYJZBXR	899-876		02/06/2018	02/06/2018	V1-Started on 2/6/2018, V2-New on 2/8/2018, V3-New on 2/8/2018
<input type="checkbox"/>	SAJCTRVY	999-876		01/29/2018	01/29/2018	V1-Finished on 2/6/2018

5.3 ASSESSMENTS PAGE – FULL NAME ADDED

The Assessments page within the Protocol now includes the full name of participants. As a reminder, this page lists all FFQs individually, whereas the Patient List page displays patient accounts. The Assessments page is a great way to see all FFQs within a protocol, their status, and print any of the available pdf clinical reports.

6 REPORTS

6.1 REPORT SETTINGS

The Reports tab within the Protocol allows more custom settings to the organization’s needs. This allows for the setting of which Summary report (version 1 or 2 – 2 has the HEI score prominently displayed at the top). It also allows you to set which reports are available by the participant at the conclusion of completing the FFQ. Some reports, such as the HEI Food Feedback report, are designated as additional reporting options and are not automatically included in VioScreen/NutraScreen accounts. Please contact us if you would like to make this report available to your subjects/patients.

The screenshot shows the VioCenter Administration Tool interface. The main title is "Protocol Edit - VioScreen Demo". The "Reports" tab is selected, showing settings for various reports. The "Patient Identifier" section has radio buttons for "Patient Name" and "Subject Id (if available)", with "Subject Id" selected, and a checked checkbox for "Include in header on all pages". The "Organization/Center Title" is "VioScreen Demo" with a checked checkbox for "Include in header on all pages". The "Nutrient Recommendations" are set to "Default". The "Short Date Format" is "MM/dd/yyyy (04/07/2020)" and the "Long Date Format" is "MMM d, yyyy (Apr 7, 2020)".

Report settings include:

- Summary Report:** Patient Can Access: No (selected), Report Version: Version 2
- Detail Report:** Patient Can Access: No (selected), Report Version: Enhanced, Show Complete Food List: checked, Show Eating Patterns Food List: checked, Show Glycemic Load: checked
- Top Foods Report:** Patient Can Access: No (selected), Show Complete Food List: unchecked
- HEI Food Feedback Report:** Patient Can Access: No (selected), Include Vitamins and Minerals: checked

Buttons at the bottom: OK, Cancel, Apply.

© Copyright 2003 - 2020 [Privacy Policy](#) | [Terms of Use](#) | [Viocare, Inc.](#) All rights reserved. Version: 2.61.10.13347; Application Type: VioScreen

6.2 SUMMARY REPORT OPTIONS

Now when selecting reports to print from the Patient account or other pages within VioScreen/NutraScreen, hitting the “Reports” link will display all of the clinical pdf reports available to your account. This allows you to download either of the Summary reports. The original version 1 option does not include HEI whereas version 2 does.

The screenshot shows the VioCenter Administration Tool interface. The main content area is titled "Patient Assessments - I00001". It features a table with columns: Actions, Other, Compare, Current, Description, Protocol, Visit, Status, Time, Created (mm/dd/yyyy), Started (mm/dd/yyyy), Finished (mm/dd/yyyy), and Activity Status. Two assessment rows are visible. The first row is for a "Baseline dietary assessment" (VioScreen Demo 1) which is "Finished" and has a "Compare" checkbox checked. Below this row, a dropdown menu for "Available Reports" is open, showing options: Summary Ver. 1, Summary Ver. 2, Detail, Food Feedback, and Top Foods. The second row is for another "Baseline dietary assessment" (VioScreen Demo 2) which is "New" and has a "Compare" checkbox unchecked. The footer contains copyright information: © Copyright 2003 - 2020 Privacy Policy | Terms of Use | Viocare, Inc. All rights reserved. Version: 2.61.10.13347; Application Type: VioScreen.


Actions	Other	Compare	Current	Description	Protocol	Visit	Status	Time	Created mm/dd/yyyy	Started mm/dd/yyyy	Finished mm/dd/yyyy	Activity Status
Select Delete Reports Assessment	<input type="checkbox"/>	<input checked="" type="checkbox"/>		Baseline dietary assessment	VioScreen Demo	1	Finished	724078	10/23/2018	10/23/2018	03/09/2020	N/A
Available Reports <ul style="list-style-type: none"> Summary Ver. 1 Summary Ver. 2 Detail Food Feedback Top Foods 												
Select Delete Reports Assessment	<input type="checkbox"/>	<input type="checkbox"/>		Baseline dietary assessment	VioScreen Demo	2	New	N/A	10/23/2018	N/A	N/A	N/A

6.3 NEW TOP FOODS REPORT

With this release we have added a new report, Top Foods, which lists 4 nutrients to limit and 12 key nutrients. The highest contributing food sources for each nutrient are listed in order of their contribution. For key nutrients, a list of top food sources for that nutrient is listed. Those in green are plant-based options. This is a 3-page report (see below). The Detail report has a Top Foods section that includes 7 nutrients. This new Top Foods report has more nutrients listed and is customizable by the organization. An organization, working through Viocare, can modify which nutrients to be listed and the list of best food sources.

TOP FOODS REPORT

Demo Rick's NutraScreen



Ms Prime Example
NAME

3/11/2016
COMPLETED ON

Female	48	69 in. (175 cm)	186 lbs. (84.4 kg)	2084	1561	27.5
GENDER	AGE	HEIGHT	WEIGHT	EER ¹	BMR ²	BMI ³

Sedentary
ACTIVITY LEVEL

EER¹ Estimated Energy Requirement (EER) is the number of calories needed daily to maintain your current body weight. EER is calculated based on your age, height, weight, gender (and reproductive status if female), and activity level.

BMR² Basal metabolic rate (BMR) is the energy (kcal) required to perform basic, life-sustaining functions.

BMI³ Body mass index (BMI) is calculated from your height and weight. BMI is a reliable indicator of body fat for most people.

SECTION 1: YOUR TOP FOODS - NUTRIENTS TO LIMIT

All foods have some nutritional value. But some nutrients are not as beneficial to your health. The following table lists foods and beverages you currently consume that are the highest contributing food sources of nutrients you should try to reduce or limit.

Your Highest Contributing Food Sources of Each Nutrient Below	About this Nutrient												
<p>Total Fat – Your current daily intake of Total Fat is 139 g</p> <table border="0" style="width: 100%;"> <tr> <td>1. Margarine, tub (Fats used on vegetables)</td> <td style="text-align: right;">15 g (11%)</td> </tr> <tr> <td>2. Ice cream and milkshakes</td> <td style="text-align: right;">15 g (11%)</td> </tr> <tr> <td>3. Peanut butter, peanuts and other nuts and seeds</td> <td style="text-align: right;">10 g (7%)</td> </tr> <tr> <td>4. All other cheese, such as American, cheddar or cream cheese, including cheese used i...</td> <td style="text-align: right;">9 g (7%)</td> </tr> <tr> <td>5. Margarine, tub (Fats on potatoes, rice, noodles and beans)</td> <td style="text-align: right;">8 g (5%)</td> </tr> <tr> <td style="text-align: right;">Total</td> <td style="text-align: right;">57 g (41%)</td> </tr> </table> <p>Note: Foods contributing at least 4 g of Total Fat per day are shown above.</p>	1. Margarine, tub (Fats used on vegetables)	15 g (11%)	2. Ice cream and milkshakes	15 g (11%)	3. Peanut butter, peanuts and other nuts and seeds	10 g (7%)	4. All other cheese, such as American, cheddar or cream cheese, including cheese used i...	9 g (7%)	5. Margarine, tub (Fats on potatoes, rice, noodles and beans)	8 g (5%)	Total	57 g (41%)	<p>Your body needs fat to function properly, but too much fat may be harmful. Eating large amounts of high-fat foods adds excess calories, which can lead to weight gain and obesity.</p>
1. Margarine, tub (Fats used on vegetables)	15 g (11%)												
2. Ice cream and milkshakes	15 g (11%)												
3. Peanut butter, peanuts and other nuts and seeds	10 g (7%)												
4. All other cheese, such as American, cheddar or cream cheese, including cheese used i...	9 g (7%)												
5. Margarine, tub (Fats on potatoes, rice, noodles and beans)	8 g (5%)												
Total	57 g (41%)												
<p>Saturated Fat – Your current daily intake of Saturated Fat is 43 g</p> <table border="0" style="width: 100%;"> <tr> <td>1. Ice cream and milkshakes</td> <td style="text-align: right;">9 g (22%)</td> </tr> <tr> <td>2. All other cheese, such as American, cheddar or cream cheese, including cheese used i...</td> <td style="text-align: right;">6 g (13%)</td> </tr> <tr> <td>3. Milk, whole (Milk on cold cereal)</td> <td style="text-align: right;">3 g (7%)</td> </tr> <tr> <td>4. All other lunch meat such as bologna, salami and Spam</td> <td style="text-align: right;">2 g (6%)</td> </tr> <tr> <td>5. Cream, half & half (Coffee)</td> <td style="text-align: right;">2 g (5%)</td> </tr> <tr> <td style="text-align: right;">Total</td> <td style="text-align: right;">22 g (53%)</td> </tr> </table> <p>Note: Foods contributing at least 2 g of Saturated Fat per day are shown above.</p>	1. Ice cream and milkshakes	9 g (22%)	2. All other cheese, such as American, cheddar or cream cheese, including cheese used i...	6 g (13%)	3. Milk, whole (Milk on cold cereal)	3 g (7%)	4. All other lunch meat such as bologna, salami and Spam	2 g (6%)	5. Cream, half & half (Coffee)	2 g (5%)	Total	22 g (53%)	<p>Usually solid or waxy at room temperature, saturated fat is most often found in animal products – such as red meat, poultry, butter and whole milk. Other foods high in saturated fat include coconut, palm and other tropical oils. And too much of certain types of fats – such as saturated fat or trans fat – can increase your blood cholesterol levels and your risk of heart disease.</p>
1. Ice cream and milkshakes	9 g (22%)												
2. All other cheese, such as American, cheddar or cream cheese, including cheese used i...	6 g (13%)												
3. Milk, whole (Milk on cold cereal)	3 g (7%)												
4. All other lunch meat such as bologna, salami and Spam	2 g (6%)												
5. Cream, half & half (Coffee)	2 g (5%)												
Total	22 g (53%)												
<p>Added Sugars – Your current daily intake of Added Sugars is 43 g</p> <table border="0" style="width: 100%;"> <tr> <td>1. Ice cream and milkshakes</td> <td style="text-align: right;">29 g (67%)</td> </tr> <tr> <td>2. Whole grain breads, including bagels and rolls (100% Whole Grains)</td> <td style="text-align: right;">3 g (7%)</td> </tr> <tr> <td style="text-align: right;">Total</td> <td style="text-align: right;">32 g (74%)</td> </tr> </table>	1. Ice cream and milkshakes	29 g (67%)	2. Whole grain breads, including bagels and rolls (100% Whole Grains)	3 g (7%)	Total	32 g (74%)	<p>Added sugars may contribute to excess caloric intake because they are typically found in foods and beverages consumed in addition to foods needed to meet energy and nutrient requirements. For example, added sugars may come in the form of desserts, sweet treats or sweet beverages which contribute unnecessary added calories. Food sources of added sugars may also unfavorably replace the consumption of nutrient-rich foods such as</p>						
1. Ice cream and milkshakes	29 g (67%)												
2. Whole grain breads, including bagels and rolls (100% Whole Grains)	3 g (7%)												
Total	32 g (74%)												

TOP FOODS REPORT

Demo Rick's NutraScreen - Ms Prime Example



SECTION 2: YOUR TOP FOODS - KEY NUTRIENTS

The following table lists the top sources of foods and beverages you currently consume which contain key nutrients that promote good health. Keep in mind, however, that some foods and beverages listed below may also be food sources of nutrients listed in Section 1, and therefore, these particular foods may need to be consumed more sparingly.

Your Highest Contributing Food Sources of Each Nutrient Below	Top Food Sources with this Nutrient *												
<p>Vitamin A (RAE) – Your current daily intake of Vitamin A (RAE) is 1048 mcg</p> <table border="0"> <tr> <td>1. Ice cream and milkshakes</td> <td>180 mcg (17%)</td> </tr> <tr> <td>2. Margarine, tub (Fats used on vegetables)</td> <td>163 mcg (16%)</td> </tr> <tr> <td>3. Complete or primarily whole grain cold cereal</td> <td>112 mcg (11%)</td> </tr> <tr> <td>4. All other cheese, such as American, cheddar or cream cheese, including cheese used in...</td> <td>87 mcg (8%)</td> </tr> <tr> <td>5. Margarine, tub (Fats on potatoes, rice, noodles and beans)</td> <td>81 mcg (8%)</td> </tr> <tr> <td style="text-align: right;">Total</td> <td>623 mcg (60%)</td> </tr> </table>	1. Ice cream and milkshakes	180 mcg (17%)	2. Margarine, tub (Fats used on vegetables)	163 mcg (16%)	3. Complete or primarily whole grain cold cereal	112 mcg (11%)	4. All other cheese, such as American, cheddar or cream cheese, including cheese used in...	87 mcg (8%)	5. Margarine, tub (Fats on potatoes, rice, noodles and beans)	81 mcg (8%)	Total	623 mcg (60%)	<ol style="list-style-type: none"> 1. Pumpkin, butternut squash 2. Carrots, sweet potatoes 3. Spinach, Swiss chard, collard (cooked) 4. Goat cheese 5. Eggs 6. Herring, Atlantic mackarel
1. Ice cream and milkshakes	180 mcg (17%)												
2. Margarine, tub (Fats used on vegetables)	163 mcg (16%)												
3. Complete or primarily whole grain cold cereal	112 mcg (11%)												
4. All other cheese, such as American, cheddar or cream cheese, including cheese used in...	87 mcg (8%)												
5. Margarine, tub (Fats on potatoes, rice, noodles and beans)	81 mcg (8%)												
Total	623 mcg (60%)												
<p>Vitamin B-12 (cobalamin) – Your current daily intake of Vitamin B-12 (cobalamin) is 8.3 mcg</p> <table border="0"> <tr> <td>1. Dark fish (broiled or baked) such as salmon, mackerel and bluefish</td> <td>2.2 mcg (26%)</td> </tr> <tr> <td>2. Complete or primarily whole grain cold cereal</td> <td>1.1 mcg (13%)</td> </tr> <tr> <td>3. Ice cream and milkshakes</td> <td>0.9 mcg (11%)</td> </tr> <tr> <td>4. Milk, whole (Milk on cold cereal)</td> <td>0.7 mcg (8%)</td> </tr> <tr> <td>5. Ground meat, regular</td> <td>0.6 mcg (7%)</td> </tr> <tr> <td style="text-align: right;">Total</td> <td>5.5 mcg (65%)</td> </tr> </table>	1. Dark fish (broiled or baked) such as salmon, mackerel and bluefish	2.2 mcg (26%)	2. Complete or primarily whole grain cold cereal	1.1 mcg (13%)	3. Ice cream and milkshakes	0.9 mcg (11%)	4. Milk, whole (Milk on cold cereal)	0.7 mcg (8%)	5. Ground meat, regular	0.6 mcg (7%)	Total	5.5 mcg (65%)	<ol style="list-style-type: none"> 1. Clams, oysters, mussels, herring, sardines 2. Lean ground beef 3. Fortified plant-based burger 4. Milk, Swiss cheese, cottage cheese 5. Nutritional yeast 6. Fortified soy beverage
1. Dark fish (broiled or baked) such as salmon, mackerel and bluefish	2.2 mcg (26%)												
2. Complete or primarily whole grain cold cereal	1.1 mcg (13%)												
3. Ice cream and milkshakes	0.9 mcg (11%)												
4. Milk, whole (Milk on cold cereal)	0.7 mcg (8%)												
5. Ground meat, regular	0.6 mcg (7%)												
Total	5.5 mcg (65%)												
<p>Vitamin C – Your current daily intake of Vitamin C is 28 mg</p> <table border="0"> <tr> <td>1. Complete or primarily whole grain cold cereal</td> <td>4 mg (16%)</td> </tr> <tr> <td>2. Broccoli</td> <td>3 mg (11%)</td> </tr> <tr> <td>3. French fries, fried potatoes and hash browns</td> <td>2 mg (8%)</td> </tr> <tr> <td>4. Potatoes (boiled, baked or mashed)</td> <td>2 mg (7%)</td> </tr> <tr> <td>5. Pizza</td> <td>2 mg (6%)</td> </tr> <tr> <td style="text-align: right;">Total</td> <td>13 mg (48%)</td> </tr> </table>	1. Complete or primarily whole grain cold cereal	4 mg (16%)	2. Broccoli	3 mg (11%)	3. French fries, fried potatoes and hash browns	2 mg (8%)	4. Potatoes (boiled, baked or mashed)	2 mg (7%)	5. Pizza	2 mg (6%)	Total	13 mg (48%)	<ol style="list-style-type: none"> 1. Red and green pepper 2. Kiwi, pineapple, mango 3. Orange, grapefruit 4. Strawberries, raspberries, blueberries, blackberries 5. Broccoli, Brussels sprouts (cooked) 6. Cabbage, cauliflower (raw)
1. Complete or primarily whole grain cold cereal	4 mg (16%)												
2. Broccoli	3 mg (11%)												
3. French fries, fried potatoes and hash browns	2 mg (8%)												
4. Potatoes (boiled, baked or mashed)	2 mg (7%)												
5. Pizza	2 mg (6%)												
Total	13 mg (48%)												
<p>Vitamin D – Your current daily intake of Vitamin D is 576 IU</p> <table border="0"> <tr> <td>1. Dark fish (broiled or baked) such as salmon, mackerel and bluefish</td> <td>311 IU (54%)</td> </tr> <tr> <td>2. Milk, whole (Milk on cold cereal)</td> <td>80 IU (14%)</td> </tr> <tr> <td>3. All other cheese, such as American, cheddar or cream cheese, including cheese used in...</td> <td>38 IU (7%)</td> </tr> <tr> <td>4. Ice cream and milkshakes</td> <td>32 IU (6%)</td> </tr> <tr> <td>5. Complete or primarily whole grain cold cereal</td> <td>30 IU (5%)</td> </tr> <tr> <td style="text-align: right;">Total</td> <td>491 IU (86%)</td> </tr> </table>	1. Dark fish (broiled or baked) such as salmon, mackerel and bluefish	311 IU (54%)	2. Milk, whole (Milk on cold cereal)	80 IU (14%)	3. All other cheese, such as American, cheddar or cream cheese, including cheese used in...	38 IU (7%)	4. Ice cream and milkshakes	32 IU (6%)	5. Complete or primarily whole grain cold cereal	30 IU (5%)	Total	491 IU (86%)	<ol style="list-style-type: none"> 1. Fish oil, fatty fish (salmon, herring, trout) 2. Fortified milk and dairy products 3. Fortified soy beverage 4. Egg yolks 5. Fortified orange juice 6. Fortified cereals
1. Dark fish (broiled or baked) such as salmon, mackerel and bluefish	311 IU (54%)												
2. Milk, whole (Milk on cold cereal)	80 IU (14%)												
3. All other cheese, such as American, cheddar or cream cheese, including cheese used in...	38 IU (7%)												
4. Ice cream and milkshakes	32 IU (6%)												
5. Complete or primarily whole grain cold cereal	30 IU (5%)												
Total	491 IU (86%)												
<p>Vitamin E – Your current daily intake of Vitamin E is 15.6 mg</p> <table border="0"> <tr> <td>1. Margarine, tub (Fats used on vegetables)</td> <td>3.0 mg (19%)</td> </tr> <tr> <td>2. Peanut butter, peanuts and other nuts and seeds</td> <td>2.4 mg (15%)</td> </tr> <tr> <td>3. Margarine, tub (Fats on potatoes, rice, noodles and beans)</td> <td>1.5 mg (10%)</td> </tr> <tr> <td>4. Regular potato, tortilla chips, corn chips and puffs</td> <td>1.4 mg (9%)</td> </tr> <tr> <td>5. Margarine, tub (Fat used in cooking)</td> <td>0.8 mg (5%)</td> </tr> <tr> <td style="text-align: right;">Total</td> <td>9.1 mg (58%)</td> </tr> </table> <p>Note: Vitamin E is generally found in plant-based foods</p>	1. Margarine, tub (Fats used on vegetables)	3.0 mg (19%)	2. Peanut butter, peanuts and other nuts and seeds	2.4 mg (15%)	3. Margarine, tub (Fats on potatoes, rice, noodles and beans)	1.5 mg (10%)	4. Regular potato, tortilla chips, corn chips and puffs	1.4 mg (9%)	5. Margarine, tub (Fat used in cooking)	0.8 mg (5%)	Total	9.1 mg (58%)	<ol style="list-style-type: none"> 1. Almonds, sunflower seeds (roasted) 2. Peanut butter 3. Spinach, Swiss chard (cooked) 4. Eggs 5. Avocado 6. Grapeseed oil
1. Margarine, tub (Fats used on vegetables)	3.0 mg (19%)												
2. Peanut butter, peanuts and other nuts and seeds	2.4 mg (15%)												
3. Margarine, tub (Fats on potatoes, rice, noodles and beans)	1.5 mg (10%)												
4. Regular potato, tortilla chips, corn chips and puffs	1.4 mg (9%)												
5. Margarine, tub (Fat used in cooking)	0.8 mg (5%)												
Total	9.1 mg (58%)												
<p>Total Folate – Your current daily intake of Total Folate is 449 mcg</p> <table border="0"> <tr> <td>1. Complete or primarily whole grain cold cereal</td> <td>151 mcg (34%)</td> </tr> <tr> <td>2. White breads, including bagels, rolls and English muffins</td> <td>46 mcg (10%)</td> </tr> <tr> <td>3. Whole grain breads, including bagels and rolls (100% Whole Grains)</td> <td>22 mcg (5%)</td> </tr> <tr> <td>4. Spaghetti, lasagna and other pasta with meat sauce</td> <td>19 mcg (4%)</td> </tr> <tr> <td>5. Peanut butter, peanuts and other nuts and seeds</td> <td>18 mcg (4%)</td> </tr> <tr> <td style="text-align: right;">Total</td> <td>256 mcg (57%)</td> </tr> </table>	1. Complete or primarily whole grain cold cereal	151 mcg (34%)	2. White breads, including bagels, rolls and English muffins	46 mcg (10%)	3. Whole grain breads, including bagels and rolls (100% Whole Grains)	22 mcg (5%)	4. Spaghetti, lasagna and other pasta with meat sauce	19 mcg (4%)	5. Peanut butter, peanuts and other nuts and seeds	18 mcg (4%)	Total	256 mcg (57%)	<ol style="list-style-type: none"> 1. Edamame 2. Lentils, peas (chickpeas, black-eyed), beans 3. Broccoli, spinach, asparagus, artichoke (cooked) 4. Lettuce (romaine, mesclun), endive, escarole (raw) 5. Avocado 6. Papaya
1. Complete or primarily whole grain cold cereal	151 mcg (34%)												
2. White breads, including bagels, rolls and English muffins	46 mcg (10%)												
3. Whole grain breads, including bagels and rolls (100% Whole Grains)	22 mcg (5%)												
4. Spaghetti, lasagna and other pasta with meat sauce	19 mcg (4%)												
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Total	256 mcg (57%)												

*Foods shown in green are plant-based options



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TOP FOODS REPORT

Demo Rick's NutraScreen - Ms Prime Example



SECTION 2: YOUR TOP FOODS CONTINUED - KEY NUTRIENTS

Your Highest Contributing Food Sources of Each Nutrient Below	Top Food Sources with this Nutrient *												
Choline – Your current daily intake of Choline is 451 mg													
<table border="0"> <tr><td>1. Eggs</td><td>84 mg (19%)</td></tr> <tr><td>2. Dark fish (broiled or baked) such as salmon, mackerel and bluefish</td><td>60 mg (13%)</td></tr> <tr><td>3. Ice cream and milkshakes</td><td>44 mg (10%)</td></tr> <tr><td>4. Milk, whole (Milk on cold cereal)</td><td>22 mg (5%)</td></tr> <tr><td>5. Ground meat, regular</td><td>18 mg (4%)</td></tr> <tr><td>Total</td><td>228 mg (51%)</td></tr> </table>	1. Eggs	84 mg (19%)	2. Dark fish (broiled or baked) such as salmon, mackerel and bluefish	60 mg (13%)	3. Ice cream and milkshakes	44 mg (10%)	4. Milk, whole (Milk on cold cereal)	22 mg (5%)	5. Ground meat, regular	18 mg (4%)	Total	228 mg (51%)	<ol style="list-style-type: none"> 1. Shellfish 2. Eggs 3. Soybeans, kidney beans 4. Beef, pork, lamb, poultry 5. Shiitake mushrooms (cooked) 6. Potatoes, baked, flesh and skin
1. Eggs	84 mg (19%)												
2. Dark fish (broiled or baked) such as salmon, mackerel and bluefish	60 mg (13%)												
3. Ice cream and milkshakes	44 mg (10%)												
4. Milk, whole (Milk on cold cereal)	22 mg (5%)												
5. Ground meat, regular	18 mg (4%)												
Total	228 mg (51%)												
Calcium – Your current daily intake of Calcium is 1195 mg													
<table border="0"> <tr><td>1. Ice cream and milkshakes</td><td>254 mg (21%)</td></tr> <tr><td>2. All other cheese, such as American, cheddar or cream cheese, including cheese used in...</td><td>183 mg (15%)</td></tr> <tr><td>3. Milk, whole (Milk on cold cereal)</td><td>177 mg (15%)</td></tr> <tr><td>4. White breads, including bagels, rolls and English muffins</td><td>93 mg (8%)</td></tr> <tr><td>5. Complete or primarily whole grain cold cereal</td><td>75 mg (6%)</td></tr> <tr><td>Total</td><td>782 mg (65%)</td></tr> </table>	1. Ice cream and milkshakes	254 mg (21%)	2. All other cheese, such as American, cheddar or cream cheese, including cheese used in...	183 mg (15%)	3. Milk, whole (Milk on cold cereal)	177 mg (15%)	4. White breads, including bagels, rolls and English muffins	93 mg (8%)	5. Complete or primarily whole grain cold cereal	75 mg (6%)	Total	782 mg (65%)	<ol style="list-style-type: none"> 1. Milk 2. Tofu 3. Yogurt, cheese (ricotta, cottage, low-fat cheddar) 4. Sardines, Atlantic, canned in oil, with bones 5. Collards, spinach, kale (cooked) 6. White beans
1. Ice cream and milkshakes	254 mg (21%)												
2. All other cheese, such as American, cheddar or cream cheese, including cheese used in...	183 mg (15%)												
3. Milk, whole (Milk on cold cereal)	177 mg (15%)												
4. White breads, including bagels, rolls and English muffins	93 mg (8%)												
5. Complete or primarily whole grain cold cereal	75 mg (6%)												
Total	782 mg (65%)												
Iron – Your current daily intake of Iron is 20 mg													
<table border="0"> <tr><td>1. Complete or primarily whole grain cold cereal</td><td>6.1 mg (30%)</td></tr> <tr><td>2. White breads, including bagels, rolls and English muffins</td><td>2.2 mg (11%)</td></tr> <tr><td>3. Standard cold cereals</td><td>1.2 mg (6%)</td></tr> <tr><td>4. Diet soft drinks</td><td>1.1 mg (6%)</td></tr> <tr><td>5. Whole grain breads, including bagels and rolls (100% Whole Grains)</td><td>1.1 mg (5%)</td></tr> <tr><td>Total</td><td>11.7 mg (58%)</td></tr> </table>	1. Complete or primarily whole grain cold cereal	6.1 mg (30%)	2. White breads, including bagels, rolls and English muffins	2.2 mg (11%)	3. Standard cold cereals	1.2 mg (6%)	4. Diet soft drinks	1.1 mg (6%)	5. Whole grain breads, including bagels and rolls (100% Whole Grains)	1.1 mg (5%)	Total	11.7 mg (58%)	<ol style="list-style-type: none"> 1. Soybeans, lentils, pumpkin seeds 2. Lean ground beef, lamb 3. Chicken, turkey 4. Shellfish 5. Spinach, Swiss chard, beet greens (cooked) 6. Hearts of palm, black olives
1. Complete or primarily whole grain cold cereal	6.1 mg (30%)												
2. White breads, including bagels, rolls and English muffins	2.2 mg (11%)												
3. Standard cold cereals	1.2 mg (6%)												
4. Diet soft drinks	1.1 mg (6%)												
5. Whole grain breads, including bagels and rolls (100% Whole Grains)	1.1 mg (5%)												
Total	11.7 mg (58%)												
Magnesium – Your current daily intake of Magnesium is 341 mg													
<table border="0"> <tr><td>1. Whole grain breads, including bagels and rolls (100% Whole Grains)</td><td>36 mg (11%)</td></tr> <tr><td>2. Peanut butter, peanuts and other nuts and seeds</td><td>35 mg (10%)</td></tr> <tr><td>3. Complete or primarily whole grain cold cereal</td><td>30 mg (9%)</td></tr> <tr><td>4. Ice cream and milkshakes</td><td>28 mg (8%)</td></tr> <tr><td>5. Dark fish (broiled or baked) such as salmon, mackerel and bluefish</td><td>20 mg (6%)</td></tr> <tr><td>Total</td><td>149 mg (44%)</td></tr> </table>	1. Whole grain breads, including bagels and rolls (100% Whole Grains)	36 mg (11%)	2. Peanut butter, peanuts and other nuts and seeds	35 mg (10%)	3. Complete or primarily whole grain cold cereal	30 mg (9%)	4. Ice cream and milkshakes	28 mg (8%)	5. Dark fish (broiled or baked) such as salmon, mackerel and bluefish	20 mg (6%)	Total	149 mg (44%)	<ol style="list-style-type: none"> 1. Black-eyed peas, chickpeas, beans, lentils 2. Nuts (brazil nut, almond, cashew), seeds (pumpkin, sunflower, flaxseed) 3. Quinoa, other whole grain cereals and breads 4. Okra (cooked) 5. Avocado 6. Salmon
1. Whole grain breads, including bagels and rolls (100% Whole Grains)	36 mg (11%)												
2. Peanut butter, peanuts and other nuts and seeds	35 mg (10%)												
3. Complete or primarily whole grain cold cereal	30 mg (9%)												
4. Ice cream and milkshakes	28 mg (8%)												
5. Dark fish (broiled or baked) such as salmon, mackerel and bluefish	20 mg (6%)												
Total	149 mg (44%)												
Note: Magnesium is generally found in plant-based foods													
Zinc – Your current daily intake of Zinc is 14 mg													
<table border="0"> <tr><td>1. Complete or primarily whole grain cold cereal</td><td>2.8 mg (19%)</td></tr> <tr><td>2. Ground meat, regular</td><td>1.2 mg (8%)</td></tr> <tr><td>3. Ice cream and milkshakes</td><td>1.2 mg (8%)</td></tr> <tr><td>4. Whole grain breads, including bagels and rolls (100% Whole Grains)</td><td>0.8 mg (6%)</td></tr> <tr><td>5. All other cheese, such as American, cheddar or cream cheese, including cheese used in...</td><td>0.7 mg (5%)</td></tr> <tr><td>Total</td><td>6.7 mg (46%)</td></tr> </table>	1. Complete or primarily whole grain cold cereal	2.8 mg (19%)	2. Ground meat, regular	1.2 mg (8%)	3. Ice cream and milkshakes	1.2 mg (8%)	4. Whole grain breads, including bagels and rolls (100% Whole Grains)	0.8 mg (6%)	5. All other cheese, such as American, cheddar or cream cheese, including cheese used in...	0.7 mg (5%)	Total	6.7 mg (46%)	<ol style="list-style-type: none"> 1. Oysters, crab, lobster 2. Dried beans (chickpeas), lentils, nuts, seeds 3. Beef, pork, lamb, poultry 4. Whole grains (wheat, quinoa, wild rice and oats) 5. Ricotta cheese, yogurt 6. Tahini / sesame butter
1. Complete or primarily whole grain cold cereal	2.8 mg (19%)												
2. Ground meat, regular	1.2 mg (8%)												
3. Ice cream and milkshakes	1.2 mg (8%)												
4. Whole grain breads, including bagels and rolls (100% Whole Grains)	0.8 mg (6%)												
5. All other cheese, such as American, cheddar or cream cheese, including cheese used in...	0.7 mg (5%)												
Total	6.7 mg (46%)												
Total Dietary Fiber – Your current daily intake of Total Dietary Fiber is 16 g													
<table border="0"> <tr><td>1. Whole grain breads, including bagels and rolls (100% Whole Grains)</td><td>3.0 g (19%)</td></tr> <tr><td>2. Complete or primarily whole grain cold cereal</td><td>2.1 g (13%)</td></tr> <tr><td>3. Coffee (not lattes or mochas)</td><td>1.7 g (10%)</td></tr> <tr><td>4. White breads, including bagels, rolls and English muffins</td><td>1.3 g (8%)</td></tr> <tr><td>5. Peanut butter, peanuts and other nuts and seeds</td><td>1.2 g (8%)</td></tr> <tr><td>Total</td><td>9.3 g (58%)</td></tr> </table>	1. Whole grain breads, including bagels and rolls (100% Whole Grains)	3.0 g (19%)	2. Complete or primarily whole grain cold cereal	2.1 g (13%)	3. Coffee (not lattes or mochas)	1.7 g (10%)	4. White breads, including bagels, rolls and English muffins	1.3 g (8%)	5. Peanut butter, peanuts and other nuts and seeds	1.2 g (8%)	Total	9.3 g (58%)	<ol style="list-style-type: none"> 1. Raspberries, blackberries, apples with skin, pears, bananas, oranges, strawberries 2. Beans, peas, lentils 3. Avocados 4. Nuts (almonds, macadamia, pistachio), seeds (pumpkin, sunflower, flaxseed, chia) 5. Sweet potatoes, Brussels sprouts, carrots, beets, broccoli, collard greens, spinach 6. Bran cereal, whole grain bread and pasta, oats, brown rice
1. Whole grain breads, including bagels and rolls (100% Whole Grains)	3.0 g (19%)												
2. Complete or primarily whole grain cold cereal	2.1 g (13%)												
3. Coffee (not lattes or mochas)	1.7 g (10%)												
4. White breads, including bagels, rolls and English muffins	1.3 g (8%)												
5. Peanut butter, peanuts and other nuts and seeds	1.2 g (8%)												
Total	9.3 g (58%)												

*Foods shown in green are plant-based options



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7 HEI FOOD FEEDBACK REPORT


The Healthy Eating Index (HEI) Food Feedback report has been available on a limited basis. This innovative and unique report automates the generation of personalized food recommendations to participants. The goal of this feedback engine is to help counselors coach patients to select 3-4 food behavior changes that they are willing to make and that will improve their HEI score by 5 points. This is mainly a tool to be used in clinical interventions. In summary:

- Report based on FFQ food selections, nutrient analysis to RDAs, and HEI subcomponent scores
- Uses HEI subcomponents to recommend up to 3 personalized food behavior changes
- Suggest a new food or an increase in either portion size or frequency of current food

Please contact Viocare if you are interested in this report or capability.

HEALTHY EATING INDEX

Ms Prime Example - Demo Rick's NutraScreen



▲ ADEQUACY (higher score indicates higher consumption)

Total Vegetables

YOUR CURRENT INTAKE
1.1 cups
RECOMMENDED
2.9 cups

Score
1.8 / 5

All forms of vegetables and vegetable juice.

<input type="checkbox"/> Green salad (Lettuce or spinach) CURRENT: 1 1/2 cups (large bowl) at 2 per week FREQUENCY CHANGE: 5-6 per week HEI Impact: 0.7	<input type="checkbox"/> Broccoli CURRENT: 1/2 cup at 2 per week FREQUENCY CHANGE: 5-6 per week HEI Impact: 0.4	<input type="checkbox"/> Potatoes (boiled, baked or mashed) CURRENT: 3/4 cup, 1 small baked potato at 1 per week FREQUENCY CHANGE: 3-4 per week HEI Impact: 0.5
---	---	---

Greens and Beans

YOUR CURRENT INTAKE
0.2 cups
RECOMMENDED
0.5 cups

Score
1.5 / 5

Dark green vegetables and any dry beans and peas (legumes) that are not already counted as proteins foods.

<input type="checkbox"/> Broccoli CURRENT: 1/2 cup at 2 per week FREQUENCY CHANGE: 3-4 per week HEI Impact: 1	<input type="checkbox"/> Green salad (Lettuce or spinach) CURRENT: 1 1/2 cups (large bowl) at 2 per week FREQUENCY CHANGE: 3-4 per week HEI Impact: 0.7	<input type="checkbox"/> Cooked greens, such as spinach, Swiss chard, or beet greens CURRENT: NA NEW FOOD: 1/2 cup at 1 per week HEI Impact: 0.7
---	---	--

Whole Grains

YOUR CURRENT INTAKE
2.2 ounces
RECOMMENDED
4.0 ounces

Score
5.5 / 10

All forms of cereal grain foods containing all of the bran, germ, and endosperm.

<input type="checkbox"/> Cooked whole grain cereals CURRENT: NA NEW FOOD: 1 cup (regular bowl) at 1 per week HEI Impact: 0.7	<input type="checkbox"/> Whole kernel grains such as brown rice CURRENT: NA NEW FOOD: 3/4 cup at 1 per week HEI Impact: 0.5	<input type="checkbox"/> Spaghetti, lasagna and other pasta with tomato sauce (whole wheat and no meat) CURRENT: NA NEW FOOD: 1 cup (medium bowl) at 1 per week HEI Impact: 0.6
--	---	---

Dairy

YOUR CURRENT INTAKE
2.0 cups
RECOMMENDED
3.5 cups

Score
5.9 / 10

All milk products including: fluid milk, yogurt, cheese, and fortified alternative milk beverages.

<input type="checkbox"/> Milk, skim (Milk as a beverage) CURRENT: NA NEW FOOD: 1 cup (8 oz) at 2-4 per week HEI Impact: 1.1	<input type="checkbox"/> Milk, 2% (Milk as a beverage) CURRENT: NA NEW FOOD: 1 cup (8 oz) at 2-4 per week HEI Impact: 1.1	<input type="checkbox"/> Milk, 1% (Milk as a beverage) CURRENT: NA NEW FOOD: 1 cup (8 oz) at 2-4 per week HEI Impact: 1.1
---	---	---

Total Protein Foods

YOUR CURRENT INTAKE
9.0 ounces
RECOMMENDED
6.7 ounces


Score
5 / 5

Lean portion of meat (beef, pork, etc.) and poultry, eggs, beans, and peas.

You are currently meeting the recommendation. Keep up the great work!

April, 2020

9



V I O C A R E .

8 VIOCARE CONTACT

For additional information please contact Rick Weiss, at (609) 497-4600 x10, email weiss@viocare.com; or Peter Madril, at (614) 906-3546, email madril@viocare.com. Peter is available for additional training on any of the new features or for new admins added to your organization.

9 APPENDIX – V5 NEW FOODS

The following is a list of the foods added to the V5 FFQ. In some cases, a food in V4 was expanded/split into two or more individual foods, such as Burritos. We greatly expanded dairy choices with alternative dairy options and included additional oils when asked about cooking or adding fats/oils to foods. Please let us know if you have suggestions for additional foods to add to the FFQ.

1. Whole grain pancakes, French toast or waffles
2. White flour tortillas
3. Whole grain flour tortillas
4. Turkey bacon or low fat breakfast sausage
5. Vegetarian sushi such as avocado and cucumber roll
6. Sushi traditional such as salmon, tuna and California roll
7. Natto
8. Vegetarian burritos or fajitas
9. Burritos or fajitas with meat
10. Vegetarian tamales
11. Tamales with meat
12. Vegetarian enchiladas, tacos or tostadas
13. Enchiladas, tacos or tostadas with meat
14. Fish or shrimp tacos or tostadas
15. Chimichangas or flautas with meat
16. Vegetarian pupusas or empanadas
17. Pupusas or empanadas with meat
18. Vegetarian quesadillas
19. Quesadillas with meat
20. Chile Relleno
21. Soy, coconut or other nondairy yogurt
22. Mushrooms cooked in soup, stew or main dishes such as white, shiitake and portabella
23. Beets
24. Sauerkraut, kimchi or pickled vegetables (unpasteurized and raw)
25. All other beans or legumes such as black, pinto, garbanzo and lentils
26. Vegetarian baked beans or chili
27. Baked beans or chili with meat
28. Hummus
29. Rice and beans
30. Quinoa, sorghum, millet or kasha (buckwheat groats)
31. Soy sauce, tamari, teriyaki sauce or Szechwan sauce
32. Mustard
33. Nondairy coconut milk ice cream
34. Nondairy rice milk ice cream
35. Nondairy almond milk ice cream

36. Nondairy cashew milk ice cream
37. Sorbet
38. Low or nonfat salty snacks such as pretzels and low fat potato, tortilla and corn chips
39. Sports drinks, hydration powders or tablets
40. Low-calorie sports drinks, hydration powders or tablets
41. Energy caffeine beverages
42. Protein shakes
43. Meal replacement bars
44. Sports energy bars
45. Quick energy gels or chews
46. Snack bars
47. Alternative nondairy milk as a beverage
48. Teas green, black, or white
49. Herbal tea
50. Iced coffee
51. Espresso
52. Honeydew melon
53. Flavored waters
54. Zero-calorie flavored waters
55. Kombucha or Jun
56. Almond milk
57. Coconut milk beverage
58. Cashew, hazelnut or pecan milk
59. Flax or hemp milk
60. Oat or quinoa milk
61. Pea protein milk
62. Coconut oil
63. Safflower, avocado, pecan or hazelnut oil
64. Almond, walnut or pistachio oil
65. Flaxseed, grapeseed, hemp, pumpkin or chia oil
66. Spaghetti or other pastas with oil or pesto sauces (white)
67. Spaghetti or other pastas with oil or pesto sauces (whole wheat)
68. Salad dressing -- regular
69. Salad dressing -- dairy based
70. Smoothie (with 6 different options)
71. Latte, cappuccino and mocha (with many dairy and alternative dairy options)
72. Decaf latte, cappuccino and mocha (with many dairy and alternative dairy options)
73. Decaf coffee
74. Decaf espresso
75. Hot chocolate (with many dairy and alternative dairy options)
76. Orange and grapefruit juice with Calcium and Vitamin D
77. Orange and grapefruit juice - low calorie
78. Light beer
79. Chocolate and other flavored milks
80. Low and nonfat chocolate and other flavored milks