
Nutriverso – Cloud Software for Personalized Meal Plan Development

1. Introduction to Nutriverso

Nutriverso is a cloud-based nutritional software platform designed to support nutrition professionals in the creation and management of personalized meal plans. Developed by Progeo Srl, the software provides a modern and efficient approach to managing patients' nutritional needs by leveraging the advantages of cloud technology.

Thanks to Nutriverso, nutritionists can access patient information in real time, ensuring optimal management of professional activities and greater work flexibility. The software is accessible through a web browser from any Internet-connected device, without the need for local installations, allowing professionals to work securely and efficiently from anywhere.

2. Main Features

Nutriverso offers a wide range of features designed to simplify and optimize the nutritionist's workflow, including:

- **Appointment Management:** Organizing patient consultations through an integrated calendar.
- **Patient Records:** Input and management of patient personal data through an intuitive interface.
- **Patient Medical History:** Collection and consultation of health information and medical records.
- **Anthropometric Evaluation:** Monitoring measurements such as weight, height, BMI, and other physiological parameters.
- **Personalized Meal Plan Creation:** Development of customized nutritional plans tailored to patients' needs and preferences.
- **Progress Monitoring:** Graphical analysis of measurements and patient progress over time.
- **Prescription of Clinical Tests and Physical Activities:** Recommendations for medical analyses or complementary physical activities.
- **Collaborator Management:** Ability to associate collaborators and share patient archives.

3. Patient Overview and Complete Management

The Patient Overview function helps keep everything under control by organizing key patient information in a structured and easy-to-analyze way. Main functionalities include:

- **Personal Information:** Personal data and contact information always available.
- **Appointment History:** Monitoring patient attendance consistency, highlighting absences or delays.
- **Physiopathological Parameters:** Current and past conditions, medical history, allergies, ongoing therapies, stress factors, and dietary habits.

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- **Progress and Variations:** Advanced and detailed reports of patient progress and results achieved over time.
 - **Advanced Operational Functions:** Complete anamnesis (family, physiological, weight-related, and dietary), advanced measurements (bioimpedance analysis, skinfold measurement, indirect calorimetry), management of physiological conditions and diseases, allergies, and intolerances.
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4. Personalized Diets and Advanced Algorithms

Nutriverso stands out for its ability to generate highly personalized meal plans through powerful algorithms capable of performing millions of calculations in just a few seconds. Key features include:

- **Always Unique Meal Plans:** Nutriverso does not rely on pre-made templates; every diet is generated uniquely.
 - **Nutritional Balance:** Ensures perfectly balanced meal plans from a nutritional standpoint.
 - **Diverse Dietary Styles:** Supports Mediterranean and Vegan diets, with customizable food groups.
 - **Multiple Choice and Daily Menu:** Option to create daily plans or offer multiple food choices to patients.
 - **Allergy and Intolerance Management:** Automatically excludes contraindicated foods based on registered allergies and intolerances.
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5. Architecture and Data Security

Nutriverso is implemented on Google Cloud Platform (GCP) using a distributed architecture that guarantees high standards of security and reliability.

Key security features include:

- **Service Containerization:** 11 services operate in isolated containers to ensure a secure and separated environment for each component.
 - **Protected Network and Load Balancing:** Use of Virtual Private Cloud (VPC) and load balancing to ensure service continuity.
 - **MySQL and NoSQL (Firestore) Databases:** Advanced encryption for data at rest and in transit, with daily backups and disaster recovery systems.
 - **Logging and Monitoring:** Centralized logging system with real-time notifications for security anomalies.
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6. System Requirements

Nutriverso is a cloud-based solution accessible through web browsers, ensuring cross-platform compatibility (PC, Mac, Tablet). Minimum and recommended requirements for optimal use include:

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- **Operating System:** Updated and platform-independent (Windows, macOS, iOS, Android).
 - **Supported Web Browsers:** Google Chrome, Edge, Mozilla Firefox, and Safari (Chrome recommended for optimal performance).
 - **Screen Resolution:** Minimum width of 768px; recommended resolution of 1280x960px for an enhanced user experience.
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7. MyNutriverso App

The MyNutriverso app (free for patients) provides an effective tool to help patients follow their diet plans more accurately and consistently.

Sending meal plans and progress updates directly to the MyNutriverso smartphone app helps improve and optimize the quality of the service offered while reducing paper consumption and contributing to environmental sustainability.

Main features include:

- Sending meal plans, updates, and progress data (weight, body measurements, etc.)
 - Automatically generated shopping lists (including alternatives)
 - Sending upcoming appointment reminders to patients, reducing missed appointments and forgotten visits
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8. Conclusion

Nutriverso represents an innovative and comprehensive solution for nutrition professionals, combining the practicality of cloud technology with advanced functionalities for personalized meal plan development. Its secure infrastructure on Google Cloud Platform and compliance with the highest data protection standards ensure the reliability and security required for handling sensitive patient information.

Thanks to its flexible accessibility from any Internet-connected device and the full integration of professional functionalities, Nutriverso confirms itself as an essential tool for modern nutritionists.