

FIG. 1

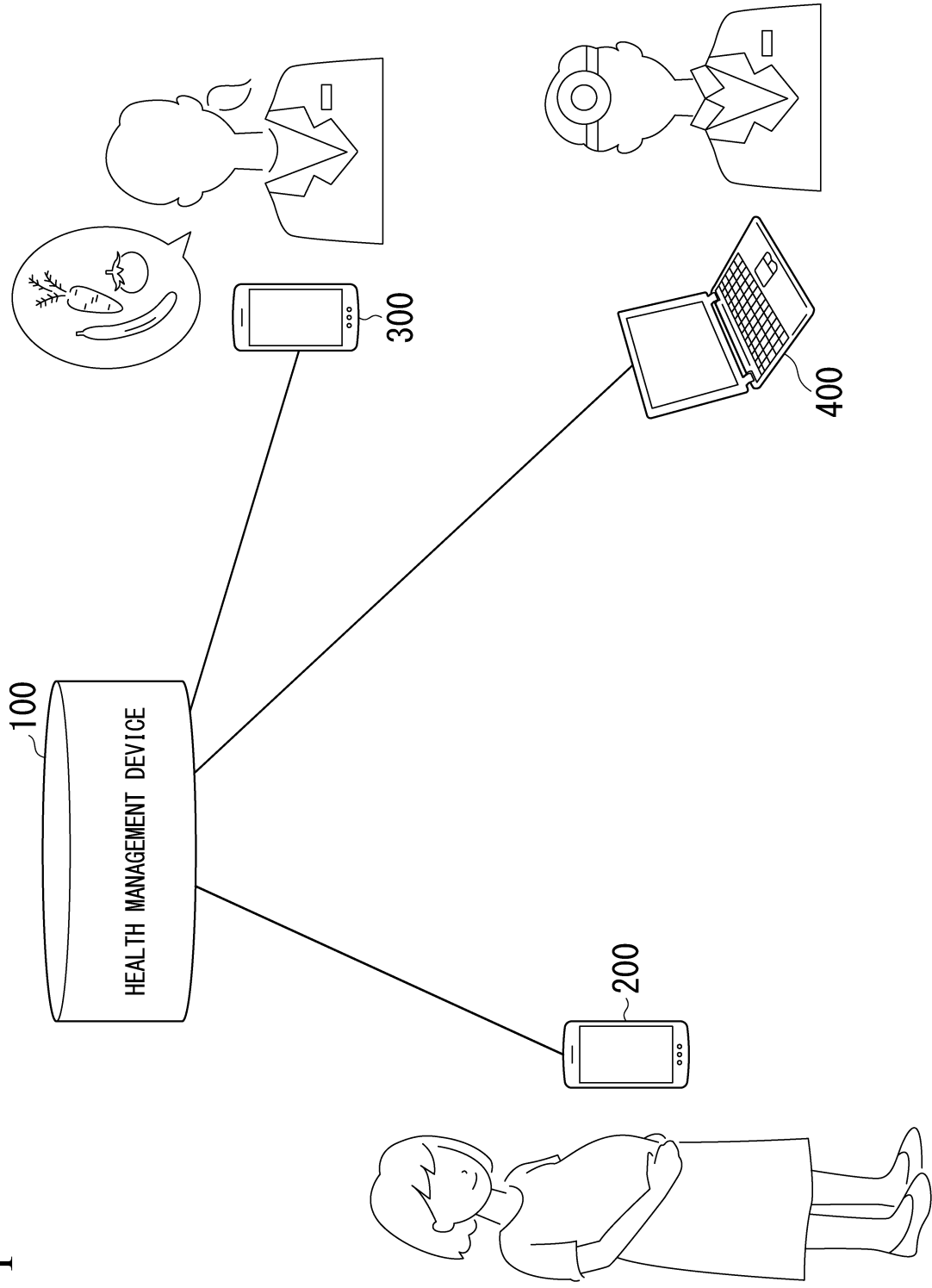
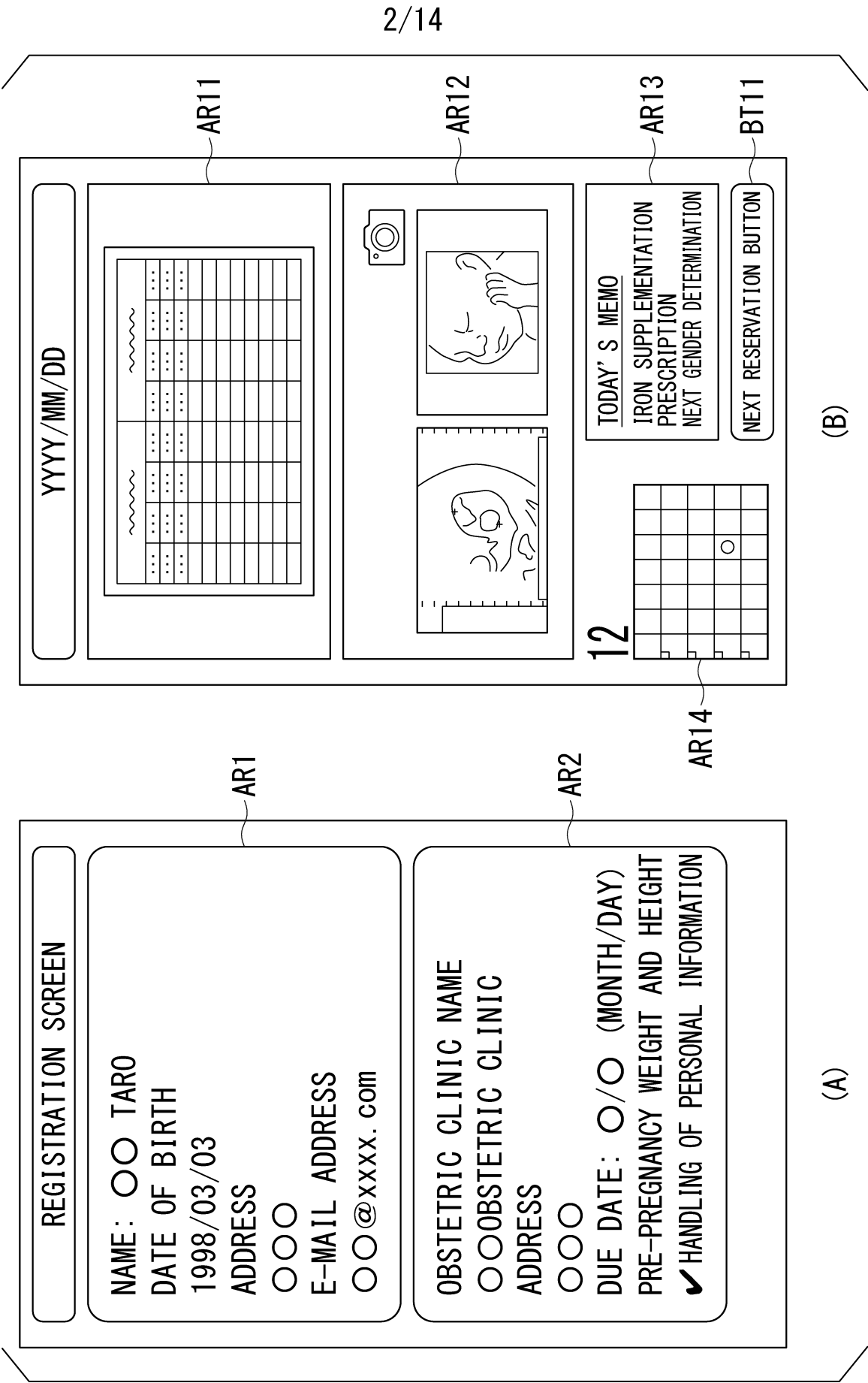


FIG. 2





(B)

FIG. 4

YYYY/MM/DD	TODAY'S INFORMATION																
AR53	ADVICE ○ WEEKS AND ○ DAYS PREGNANT. IT'S TIME TO FEEL FETAL MOVEMENT. IT'S TIME TO CHANGE SIZE OF BELLY BAND.																
	ORDER																
AR52	(1) (2) (3) (4) 																
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>GI VALUE</th> <th>GL VALUE</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>...</td> <td>...</td> </tr> <tr> <td>2</td> <td></td> <td></td> </tr> <tr> <td>3</td> <td></td> <td></td> </tr> <tr> <td>4</td> <td></td> <td></td> </tr> </tbody> </table>				GI VALUE	GL VALUE	1	...	...	2			3			4	
	GI VALUE	GL VALUE															
1	...	...															
2																	
3																	
4																	
AR51	RECIPE																
	FRIED RICE WITH WHITEBAIT/HIJKI VEGETABLE SALAD/KEEMA CURRY GL VALUE○○ GI VALUE○○ GL VALUE○○ GI VALUE○○																

YYYY/MM/DD	TODAY'S INFORMATION																
AR41	ADVICE ○ WEEKS AND ○ DAYS PREGNANT. IT'S TIME TO FEEL FETAL MOVEMENT. IT'S TIME TO CHANGE SIZE OF BELLY BAND.																
	ORDER																
AR42	(1) (2) (3) (4) 																
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>GI VALUE</th> <th>GL VALUE</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>...</td> <td>...</td> </tr> <tr> <td>2</td> <td></td> <td></td> </tr> <tr> <td>3</td> <td></td> <td></td> </tr> <tr> <td>4</td> <td></td> <td></td> </tr> </tbody> </table>				GI VALUE	GL VALUE	1	...	...	2			3			4	
	GI VALUE	GL VALUE															
1	...	...															
2																	
3																	
4																	
AR411	RECIPE																
	FRIED RICE WITH WHITEBAIT/HIJKI VEGETABLE SALAD/KEEMA CURRY GL VALUE○○ GI VALUE○○ GL VALUE○○ GI VALUE○○																

(A)

(B)

RISK-BASED RECOMMENDATIONS

BT60-1
GESTATIONAL DIABETES RISK

BT60-2
RISK OF HYPERTENSIVE DISORDERS OF PREGNANCY

BT60-3
THIN

BT60-4
COMORBIDITY RISK

BT60-5
OBESITY

GESTATIONAL DIABETES

ADVICE
BY SIMPLY CHANGING THE ORDER YOU EAT YOUR FOOD, THE WAY BLOOD GLUCOSE LEVEL RISES CHANGES. CHECK YOUR CGM VALUES.

ORDER

	GI VALUE	GI VALUE
1	...	...
2		
3		
4		

RECIPE

FRIED RICE WITH WHITEBAIT/HIJIKI

	GL VALUE	GL VALUE
	...	...

AR53 **AR52** **AR51**

(A) **(B)**

FIG. 6

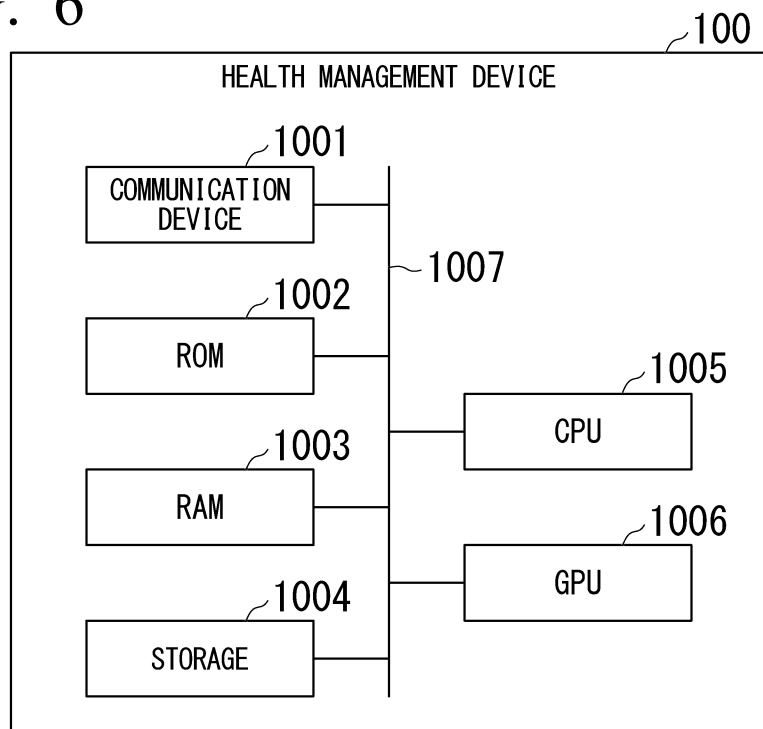


FIG. 7

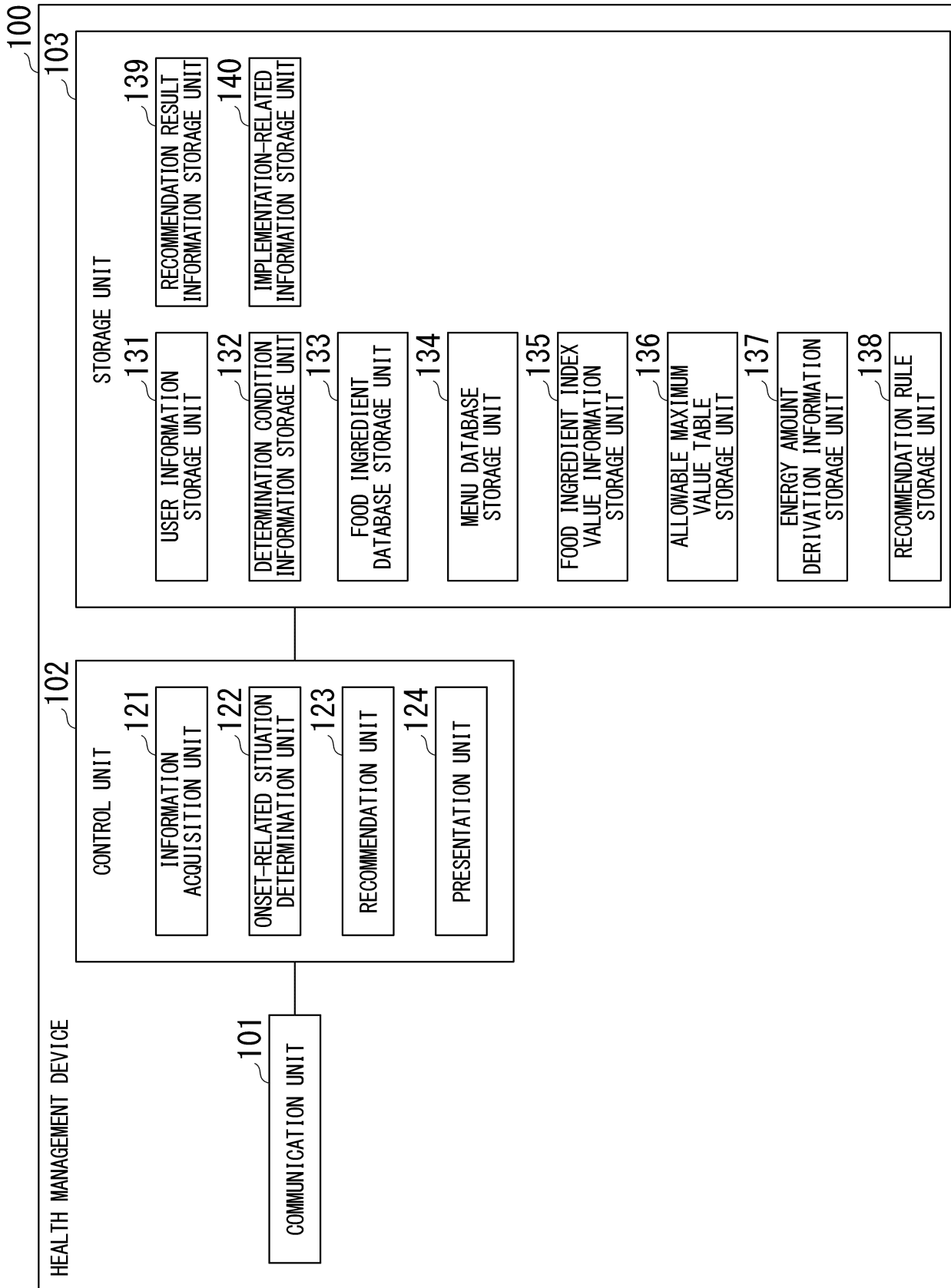


FIG. 8

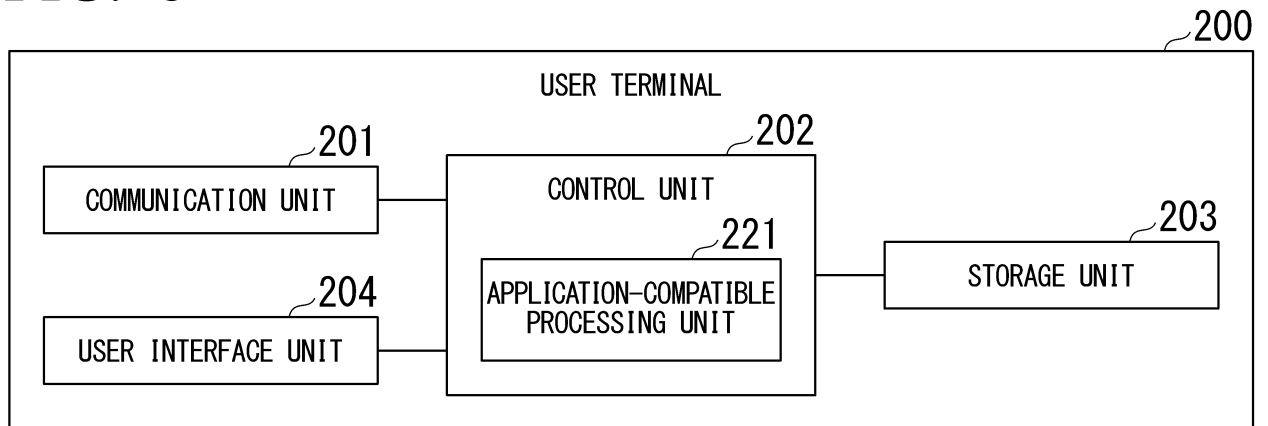


FIG. 9

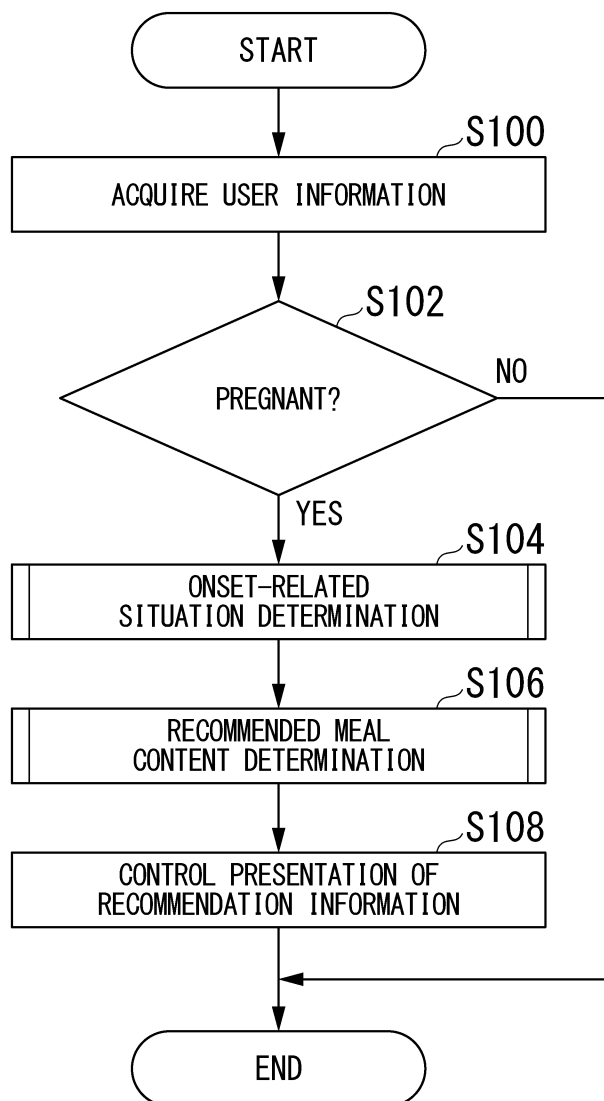


FIG. 10

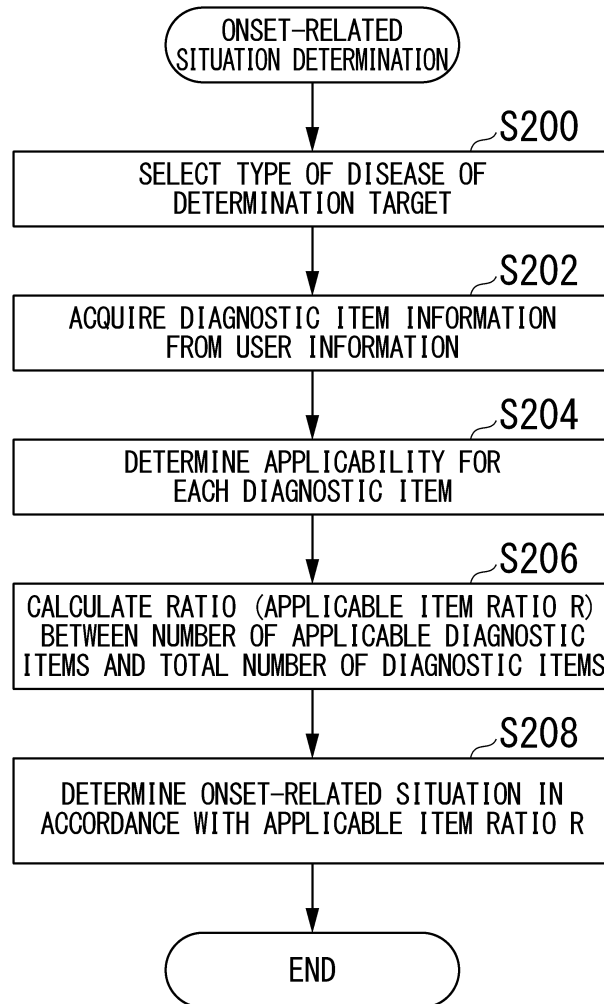


FIG. 11

DISEASE TYPE	DETERMINATION ITEM	REFERENCE VALUE
GESTATIONAL DIABETES MELLITUS	MATERNAL AGE AT PREGNANCY	35 YEARS
	PRE-PREGNANCY BMI	23
	INDIVIDUAL' S OWN BIRTH WEIGHT	2500g
	URINARY GLUCOSE	+
	URINARY PROTEIN	+
	GCT	140mg/Hg
	OGTT	100mg/Hg
	HISTORY OF GESTATIONAL DIABETES MELLITUS	+
	FAMILY HISTORY OF DIABETES MELLITUS	+
HYPERTENSIVE DISORDERS OF PREGNANCY	MATERNAL AGE AT PREGNANCY	35 YEARS
	INDIVIDUAL' S OWN BIRTH WEIGHT	2500g
	URINARY PROTEIN	+
	FAMILY HISTORY OF HYPERTENSION	+
	HISTORY OF HYPERTENSIVE DISORDERS	+
	SYSTOLIC BLOOD PRESSURE	130mmHg
	DIASTOLIC BLOOD PRESSURE	90mmHg
LOW-BIRTH-WEIGHT INFANT	MOTHER' S OWN BIRTH WEIGHT	2500g
	PRE-PREGNANCY BMI	23
	CALORIC INTAKE	1000kcal

FIG. 12

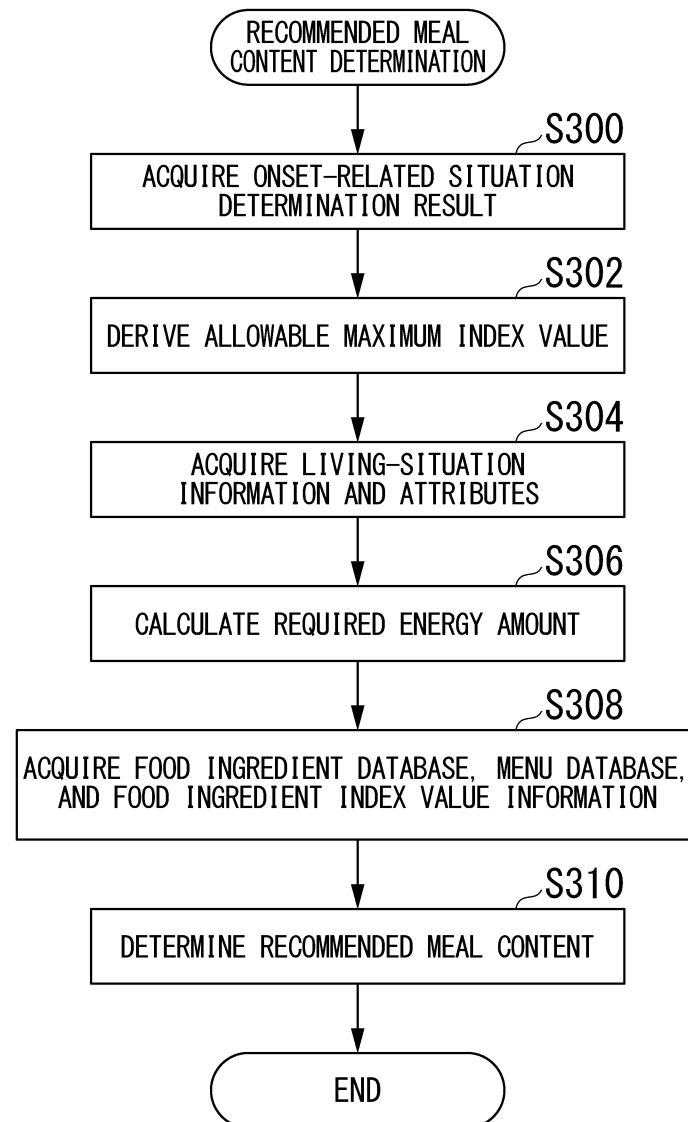


FIG. 13

		RISK LEVEL	
		LOW	HIGH
DISEASE TYPE	GESTATIONAL DIABETES MELLITUS	40-45	25-30
	HYPERTENSIVE DISORDERS OF PREGNANCY	40-45	30-35
	LOW-BIRTH-WEIGHT INFANT	20	30

FIG. 14

		ACTIVITY LEVEL		
		HIGH	NORMAL	LOW
PHYSIQUE	OBESE	1	2	3
	AVERAGE	4	5	6
	THIN	7	8	9

FIG. 15

	AMOUNT PER ITEM	CALORIES	GI VALUE	GL VALUE	NUTRITIONAL DETAILS	RECIPE
STAPLE FOOD						
MIXED RICE	100	187.97	18.5	25.5	LINK	LINK
RICE WITH GREEN PEAS	120	213.52	25.4	32.4	LINK	LINK
CURRY	60	73.176	2.6	9.6	LINK	LINK
MAIN DISH						
SALMON WITH CREAM SAUCE	80	135.71	0.7	7.7	LINK	LINK
WHITE FISH WITH SAUCE	75	130.3	2.1	9.1	LINK	LINK
STIR-FRIED PORK AND VEGETABLES	60	75.816	1.4	8.4	LINK	LINK
SIDE DISH						
KOMATSUNA GREENS WITH NUTS	60	70.602	2.1	9.1	LINK	LINK
BROCCOLI WITH BONITO FLAKES	60	78.942	0.9	7.9	LINK	LINK
SIDE ITEM					LINK	LINK
VEGETABLES 1	70	34.307	1.2	8.2	LINK	LINK
VEGETABLES 2	65	32.988	2.2	9.2	LINK	LINK
VEGETABLES 3	80	41.668	3.2	10.2	LINK	LINK
VEGETABLES 4	80	30.349	4.2	11.2	LINK	LINK
VEGETABLES 5	90	30.349	4.2	11.2	LINK	LINK
PER SERVING	AMOUNT PER ITEM	CALORIES	GI VALUE	GL VALUE	NUTRITIONAL DETAILS	RECIPE
RICE WITH GREEN PEAS	120	213.52	25.4	32.4	LINK	LINK
WHITE FISH WITH SAUCE	75	130.3	2.1	9.1	LINK	LINK
BROCCOLI WITH BONITO FLAKES	60	78.942	0.9	7.9	LINK	LINK
SIDE ITEM 3	80	41.668	3.2	10.2	LINK	LINK
TOTAL	335	464.43	31.65	59.65		

FIG. 16

