SYNTHETIC EXAMPLE

Lirena Dietary Pattern Tracker

Lirena Dietary Pattern Tracker - synthetic example

CLIENT
John Doe

ADMINISTERED
Example date

RESPONSE MODE
Self-report

FRUIT, VEGETABLES AND PULSES

10 / 12

DEMO SYNTHETIC



SUGAR-SWEETENED DRINKS

10 / 12

DEMO SYNTHETIC



PROCESSED AND FRIED FOODS

7 / 8

DEMO SYNTHETIC



What this report lays out

- Source instrument: Lirena Dietary Pattern Tracker
- Item count: 14 items
- Response format: Less than 1 day a week, 1-2 days a week, 3-4 days a week, 5-6 days a week, Every day
- Respondent: Patient

CLINICIAN REVIEW REQUIRED

This document demonstrates Lirena's report design using fictional data. It does not represent a scored Diet Tracker result, cannot establish a diagnosis, and must not be placed in a clinical record.

Lirena Dietary Pattern Tracker is not a diagnosis. A result cannot replace clinician-led assessment, history, examination, or investigation where those are required.

A report designed for clinical review

Synthetic Lirena Dietary Pattern Tracker example. The gauges and rows use this instrument's groups and range. They are not a client record.

REVIEW

Lirena Dietary Pattern Tracker is completed by Patient. Response options: Less than 1 day a week, 1-2 days a week, 3-4 days a week, 5-6 days a week, Every day. Reference period not sourced. The result is for clinician review.

CONTEXT

Lirena uses this rule. Score range: Four scale sums: 012, 012, 08, 08. No total and no bands. Four meal-routine items are recorded for review. The Lirena Dietary Pattern Tracker is not a validated food-frequency questionnaire and does not estimate nutrient intake. Item groups: Fruit, vegetables and pulses (3 items, 0 to 12); Sugar-sweetened drinks (3 items, 0 to 12); Processed and fried foods (2 items, 0 to 8); Second helpings and eating past fullness (2 items, 0 to 8). Lirena does not combine these groups into one total. Cutoff not implemented in Lirena.

BOUNDARY

Lirena Dietary Pattern Tracker is not a diagnosis. A result cannot replace clinician-led assessment, history, examination, or investigation where those are required.

REPORT PRINCIPLE

Show the evidence, the version, and the boundary. Leave diagnosis and formulation with the clinician.

Lirena Dietary Pattern Tracker response pattern

Synthetic responses for Lirena Dietary Pattern Tracker. The table uses this instrument's groups and range. It is not a client record and does not reproduce official item wording.

ITEM	GROUP	SYNTHETIC RESPONSE
1	Fruit, vegetables and pulses	**Less than 1 day a week**
2	Sugar-sweetened drinks	**1-2 days a week**
3	Processed and fried foods	**3-4 days a week**
4	Fruit, vegetables and pulses	**5-6 days a week**
5	Sugar-sweetened drinks	**Every day**
6	Processed and fried foods	**Less than 1 day a week**
7	Fruit, vegetables and pulses	**1-2 days a week**
8	Sugar-sweetened drinks	**3-4 days a week**
9	Processed and fried foods	**5-6 days a week**
10	Fruit, vegetables and pulses	**Every day**
11	Sugar-sweetened drinks	**Less than 1 day a week**
12	Processed and fried foods	**1-2 days a week**
13	Fruit, vegetables and pulses	**3-4 days a week**
14	Sugar-sweetened drinks	**5-6 days a week**

Synthetic Lirena Dietary Pattern Tracker values only. Not a client record.

Source-led by design

Lirena separates published methodology, product implementation, and clinical approval. A citation does not by itself authorize administration or prove a software scoring rule.

INSTRUMENT

It asks how many days a week the person usually ate vegetables, fruit and pulses, had sugar-sweetened drinks, ate processed or fried food, ate past fullness, and kept a meal routine. It does not estimate nutrient intake and is not a diet prescription.

ADMINISTRATION

Lirena Dietary Pattern Tracker is completed by Patient. Response options: Less than 1 day a week, 1-2 days a week, 3-4 days a week, 5-6 days a week, Every day. Reference period not sourced. The result is for clinician review.

CLINICAL BOUNDARY

Lirena Dietary Pattern Tracker is not a diagnosis. A result cannot replace clinician-led assessment, history, examination, or investigation where those are required.

METHODOLOGY

Lirena uses this rule. Score range: Four scale sums: 012, 012, 08, 08. No total and no bands. Four meal-routine items are recorded for review. The Lirena Dietary Pattern Tracker is not a validated food-frequency questionnaire and does not estimate nutrient intake. Item groups: Fruit, vegetables and pulses (3 items, 0 to 12); Sugar-sweetened drinks (3 items, 0 to 12); Processed and fried foods (2 items, 0 to 8); Second helpings and eating past fullness (2 items, 0 to 8). Lirena does not combine these groups into one total. Cutoff not implemented in Lirena.

SELECTED REFERENCES

1. The Eatwell Guide
Office for Health Improvement and Disparities. The Eatwell Guide. The food and drink groups the tracker follows.

2. Scoring source Lirena follows
Source URL recorded on the Lirena scoring verification input.