

How do I add my own foods to a database?

There are three ways:

1. **The new food method:** create a completely new food by entering in all the food details and nutrient values.
2. **The recipe method:** create a recipe, and then convert this into a new food.
3. **The copy method:** find an existing food that is similar to the food you want then take a copy of it and adjust the food and nutrient details as required.

Which one should I use?

- If there is already a food which is very similar use the copy method. this is the quickest method. For example, to set up a high fibre Weet-bix, copy the existing food "Breakfast biscuit, wholewheat" and change the amount of fibre.
- If the food is a combination of other foods and you know the ingredient amounts, then use the recipe method. This is also a very quick method. For example, porridge can be created by entering the recipe ingredients (oats, water and/or milk etc.), then creating a food from the recipe.
- Otherwise, you will have to create the food by entering in all the details (the new food method).

1. The new food method for creating your own foods


From the main menu bar,

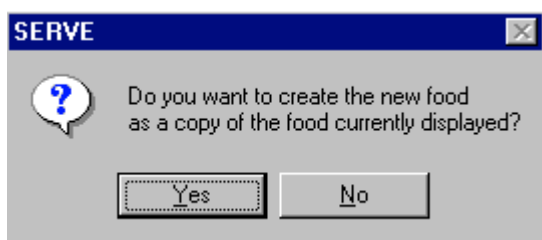


select FOODs, then select MODIFY foods.

The window with the Modify food details title should now be displayed.




Select the  button. The question below will be displayed:

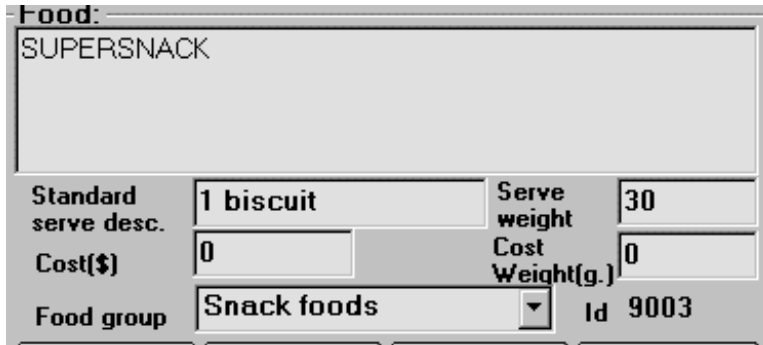


Click , and the following message will be displayed:



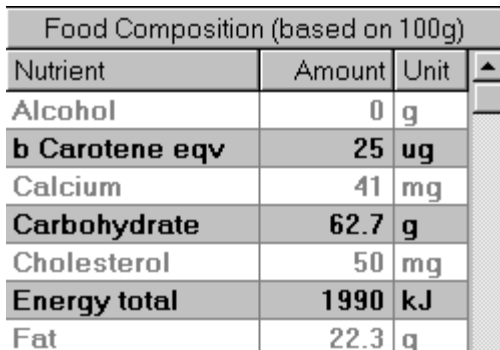
Select .

Enter the food details, making sure you give your new food an appropriate name so you can find it again.



Food:			
SUPERSNACK			
Standard serve desc.	1 biscuit	Serve weight	30
Cost(\$)	0	Cost Weight(g.)	0
Food group	Snack foods	Id	9003

Enter the nutrient amounts you know, use the scroll bar to view and enter the other nutrients:



Food Composition (based on 100g)		
Nutrient	Amount	Unit
Alcohol	0	g
b Carotene eqv	25	ug
Calcium	41	mg
Carbohydrate	62.7	g
Cholesterol	50	mg
Energy total	1990	kJ
Fat	22.3	g

You now have your own new food, which you can use in your food intakes and recipes.

2. The recipe method for creating your own foods

From the main menu bar,

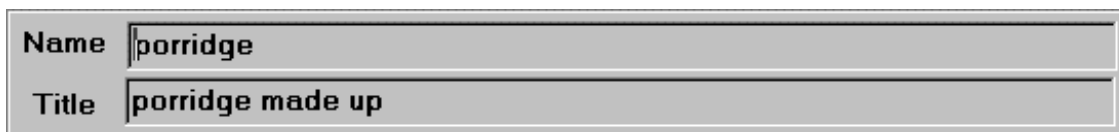


select **Recipe**, then select **Create a New recipe**.

The window with the Create a recipe title should now be displayed.



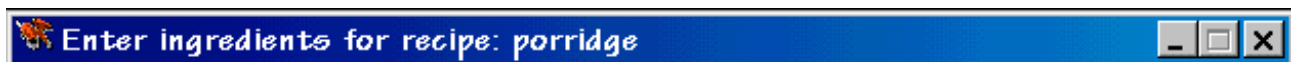
Enter a name for the recipe and a title. Note that the title will become the description of the new food you are going to create.



Name	porridge
Title	porridge made up

select the  button.

The window with the Enter ingredients for recipe... title is displayed.




Type in part of the name of the ingredient and press the Tab or Enter key:

Ingredient

Highlight the item required from the list of ingredient foods displayed and press the enter key or double click to make your selection.

3 foods found.	
▶	BUCKWHEAT GROATS, RAW
	OATS, ROLLED, RAW
	OATS, WITH ADDED OAT BRAN, RAW:UNCLE TOBYS HI-FIBRE OATS

Select the serve size, and type in the number of serves or the weight and press the Tab or Enter key:

Repeat this process for each ingredient. When finished select the  button.
From the main menu bar,

SERVE Nutrition Management System - Professional Edition
File Edit Food Intake Recipe Person Foods General Activities Window Help

select **R**ecipe, then select **C**reate a food from a recipe.

The window with the Create food from recipe title should now be displayed.

Create food from recipe

Select the recipe you have just created and then press the Tab or Enter key.

Recipe details:
Recipe name

Enter or correct the food details you require for the new food:

Food details:

Description

General

Brand

Reference

Food Group

Serving details:

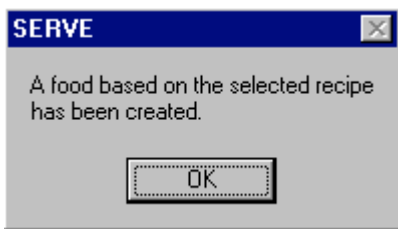
Description Size(g)

Costing details:

Cost(\$.c) Per(g)

Then select the  button.

The following message will be displayed, select the OK button:



Your new food has been created, which you can now use in your food intakes or recipes. You can also modify the details or food composition amounts of this new food if you need to.

3. The copy method for creating your own foods

From the main menu bar,



select **FQods**, then select **M**odify food details.

The window with the Modify food details title should now be displayed.



Select the **Find** button. The window with the food selection title should now be displayed:



Enter your selection:

Find foods with matching:

Food group	All food groups	Reference	
Description	weet-bix	or Food id =	



and select the **Find foods** button

Choose the food you want by highlighting it as shown below,

Selected foods - 2 matching foods found			
	Id	Reference	Description
▶	2624	02D10026	BREAKFAST BISC, REG, WHL WHEAT, MED SUG, B VITS,
	2625	02D10027	BREAKFAST BISC, REG, WHL WHEAT, BRAN, MED SUG, B




then click **Select food**. The window with the **Modify food details** title is displayed, with the following food details displayed.

Food:				Food Composition (based on 100g)			
BREAKFAST BISC, REG, WHL WHEAT, MED SUG, B VITS, FOLATE, IRON; WEET-BIX, REGULAR; SANITARIUM GRANOSE; WHEAT BREAKFAST BISCUIT, HOME BRAND; WEET-BIX, NFS				Nutrient	Amount	Unit	
Standard	biscuit	Serve weight	15	Alcohol	0	g	
serve desc.		Cost	0	b Carotene eqv	4	ug	
Cost(\$)	0	Weight(g.)	0	Calcium	30	mg	
Food group	Cereals	Id	2624	Carbohydrate	63	g	
				Cholesterol	0	mg	
				Energy	1374	kJ	

Select the  button. Click  to the question:

SERVE X

 Do you want to create the new food as a copy of the food currently displayed?

A new food is created as a copy of the previous food.

Change the food details as required, making sure you give your new food an appropriate description so you can find it again, for example change the description as shown below:

Description	WEET-BIX
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If any of the food compositions need to be modified then type in the revised amount.

You now have your own new food, which you can use in your food intakes and recipes.