

How do I enter food frequencies into SERVE?

General information

You can enter food frequencies into SERVE, either as a number of portions (standard serves) or amount. Food frequency options are per: day, week, fortnight, month or year.

The food frequencies can be entered into the main food intake entry or fast entry window.

Initial set up

You can enter food frequency information in the main food intake entry window. To access the main food intake entry window for a food intake you have already entered, proceed as follows:

Select **Food-Intake** from the main menu bar, and select the **Modify or Remove** option.

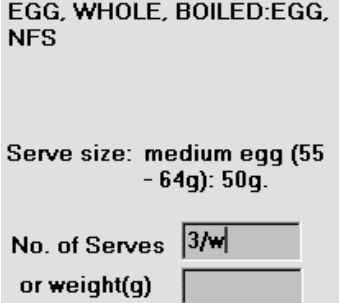
Choose the name of the food intake you want to modify from the drop down list and click the

 button.

Note: You can also enter food frequency data in the review intake window.

Procedure

In the main food intake entry window select the day, meal and food to be entered. In the No. of Serves column enter 3/w as shown below.



EGG, WHOLE, BOILED:EGG,
NFS

Serve size: medium egg (55
- 64g): 50g.

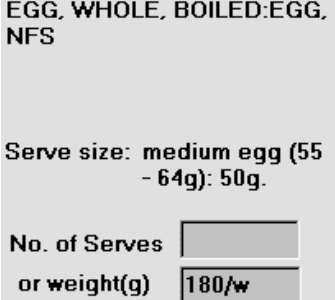
No. of Serves
or weight(g)

This will allocate 3 serves of the chosen food per week(7 days).

Instead of 3/w you can enter 6/f for 6 per fortnight, 3/m for 3 per month, or 12/year for 12 per year. The food amount is calculated by dividing the amount of food you have specified by the number of days per week(7), fortnight(14), month(30) or year(365) to determine the intake of food for the day.

Note that if you enter 3/d this is taken as the same as entering 3.

Alternatively, you can enter the food frequency in the weight column as shown below:



EGG, WHOLE, BOILED:EGG,
NFS

Serve size: medium egg (55
- 64g): 50g.

No. of Serves
or weight(g)