

# How do I view levels of nutrient intake across meals of a day?

## General information

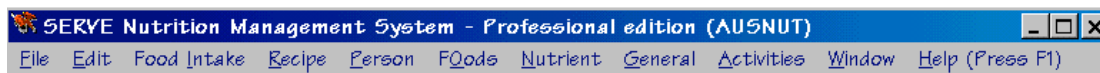
Having entered a food intake, you may want to determine whether the person is obtaining most of their nutrient intake at particular meals or spread across the day.

This is of particular interest for diabetics who need to have an even spread of carbohydrate across the meals of a day. It is also of interest to people who are doing significant exercise during the day, or on special weight or fat loss programs.

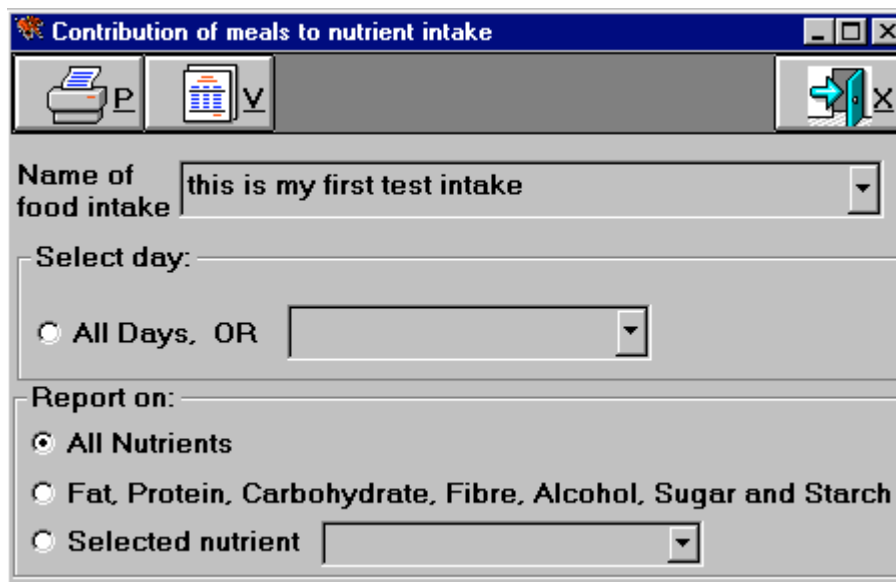
To see the contribution of meals to a person's nutrient intake a special report has been set up which prints out the figures, and provides a chart of the distribution of the nutrient intake across the meals of the nominated day.

## Procedure

From the main menu bar,





Select **Food-Intake**, then select **Print the contribution of mEals to nutrient intake**. The window as shown below is displayed:



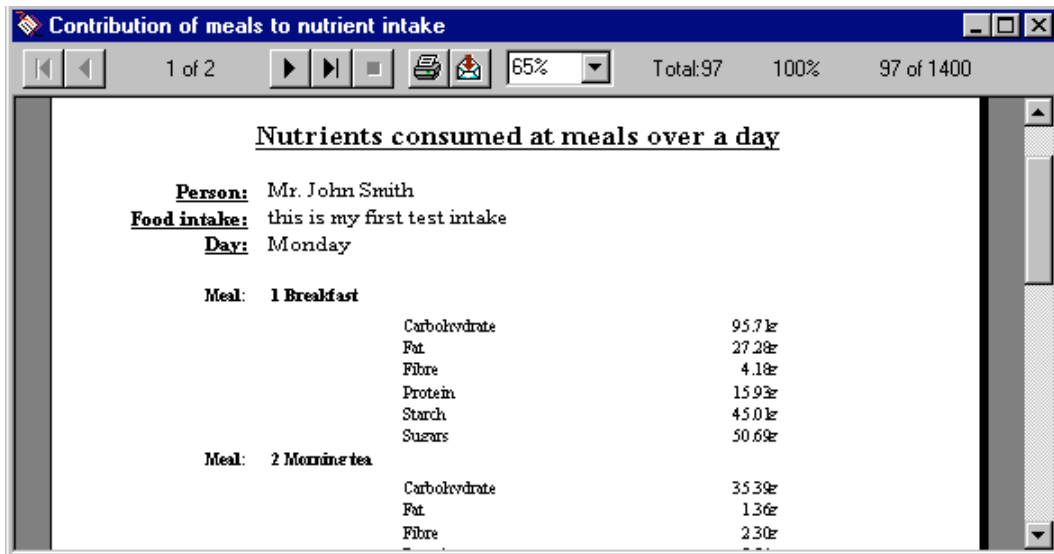
Select the name of the food intake you want to analyse from the drop down list.

Select the day of the food intake you want the analysis for, or choose All Days.

Select the report option you want, either a report showing all nutrients, a special report which looks at six particular nutrients, or a selected nutrient. If you choose the selected nutrient option then select the nutrient you want from the drop down list.

Click the  button to see a sample of the report, or the  button to send the report directly to your printer. Samples of the report view are shown below:

## Sample View report - details:



## Sample view report - chart:

