

How do I check where the person's energy intake is coming from?

General information

Having entered a food intake, you may want to compare the proportion of energy coming from fat, protein, carbohydrate and alcohol with recommended proportions.

Procedure

From the main menu bar,





Select Food-Intake, then select Print an analysis of the food intake.

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

Select only the energy contribution summary piechart as shown below:

Energy contribution summary piechart



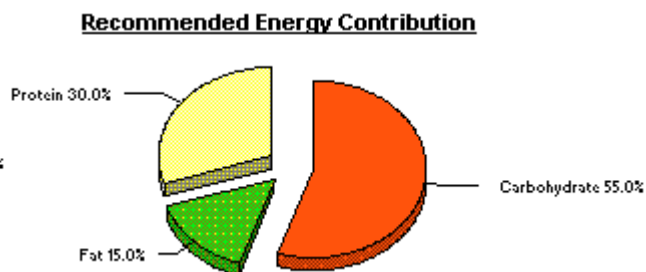
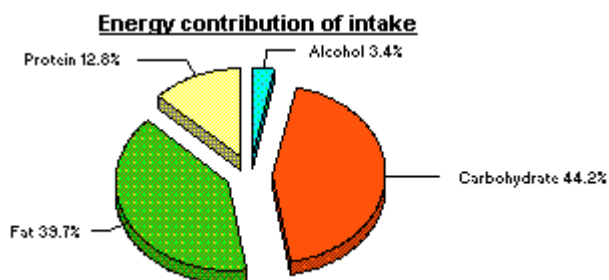
Click the  button to see a sample of the report, or the  button to send the report directly to your printer. A sample of the report view is shown below:



Sample View report:

<u>Nutrient</u>	<u>Amount</u>	<u>Energy(kJ)</u>	<u>Contrib.</u>	<u>Recommend</u>
Alcohol	15.00 g	435	2.5 %	0.0 %
Carbohydrate	506.30 g	8,101	46.8 %	55.0 %
Fat	171.30 g	6,338	36.6 %	30.0 %
Protein	143.80 g	2,445	14.1 %	15.0 %
		17,318		

Sample of the comparison piecharts:



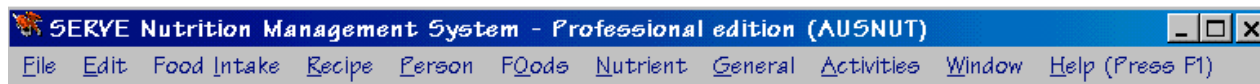
How do I change the recommended energy intake proportions?

General information

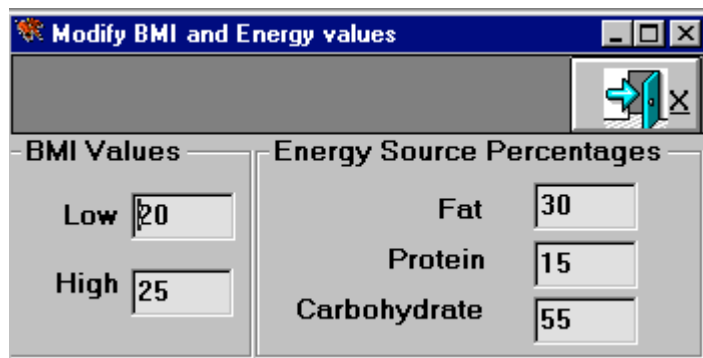
This training sheet explains how you can change the recommended proportions of energy coming from fat, protein, and carbohydrate.

Procedure

From the main menu bar,



Select **General**, and then select **BMI and Energy settings**. The following window will be displayed:



Type in the revised energy source percentages for Fat, protein and Carbohydrate. Make sure that the total of these percentages adds up to 100.

Run the energy contribution summary piechart to obtain the report with the revised energy settings you have chosen.