

# How do I compare nutrients of a recipe with recommended values?

## General information

When you have created a recipe you may want to compare the nutrient values of the recipe with recommended daily intakes.

Since the RDI values vary for people of different age, sex, height, weight and activity levels, using SERVE you can set up the person profile you want and then assign that profile to the recipe.

SERVE provides the option of assigning a recipe to a person, for which the appropriate RDI values have been allocated, and hence the recipe can be compared with the RDI values for that person profile. This also provides flexibility in that the person's individual RDI values can be changed to specific values to be used as a basis for comparison.

The general procedure is as follows:

1. **Create the recipe (see training sheet 10 for instructions)**
2. **Create a person with the RDI values you want to use in your comparison.**
3. **Assign the person to the recipe.**
4. **Print the recipe RDI comparison reports.**


## Procedure



1. **Create the recipe (see training sheet 10 for instructions)**
2. **Create a person with the RDI values you want to use in your comparison.**


Having already created a recipe(see training sheet 10 for instructions), from the main menu bar,



Select Person, then Person details and the person details window is displayed:

Click the  button, a new blank person details record is created. Enter the person's name and the person's age, sex, height, weight and activity level. As you set these details you can generate the person's RDI values.

You can select the  button to check the RDI values that have been set for the person, and adjust the specific RDI values to your requirements. Select the  button to exit.


When you have finished setting up the person details select the  button to exit to the main menu bar.

### 3. **Assign the person to the recipe.**

From the main menu bar select **Recipe**, then select **Modify or Remove a recipe**. A window will be displayed as shown below:

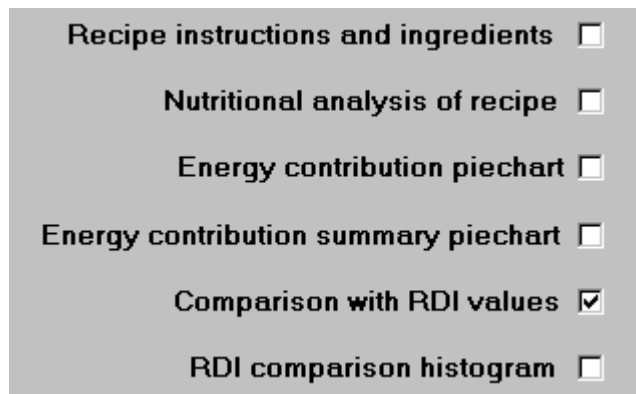



Select the person you want to attach to the recipe from the drop down list of persons. The person is now assigned to the recipe, and the person's RDI values are now available for comparison with the recipe.

Select the  button to exit to the main menu bar.

### 4. **Print the recipe RDI comparison reports.**

From the main menu bar select **Recipe**, then select **Print an analysis of the recipe**. The recipe report window will be displayed which has the options as shown below:



Select the Comparison with RDI values report (as shown above) or the RDI Comparison histogram report and then click the  button.

Samples of these reports are shown below:

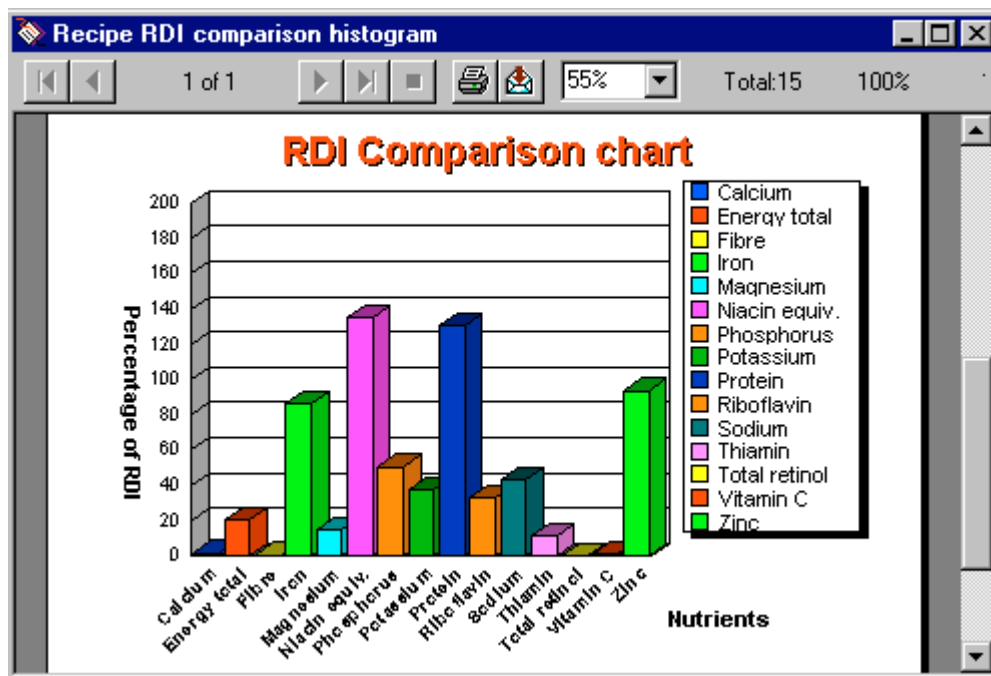
**Recipe Comparison with RDI values**

1 of 1    65%    Total:124    100%    124 of 124

### Herbed leg of lamb

<u>Nutrient</u>	<u>Amount per Serve</u>	<u>RDI value</u>	<u>% of RDI</u>
<b>Energy</b>			
Carbohydrate	0.45 g		
Energy total	2,658.27 kJ	13,055.30	20 %
Fat	37.40 g		
Protein	73.49 g	56.20	131 %
Total calories	636.70 kcal		
<b>Minerals</b>			
Calcium	14.36 mg	800.00	2 %
Iron	6.06 mg	7.00	87 %
Magnesium	48.79 mg	320.00	15 %
Phosphorus	506.21 mg	1,000.00	51 %
Potassium	739.22 mg	1,950.00	38 %
Sodium	396.91 mg	920.00	43 %
Zinc	11.26 mg	12.00	94 %

This report lists the nutrients by nutrient category, shows the nutrient values obtained per serve of the recipe, the RDI values and the percentage of RDI obtained from a serve of the recipe.



This report shows a histogram comparison of the nutrient value of the recipe against the daily recommended nutrient intake. Also on the report is a list of the nutrient values per serve of the recipe, the RDI values and the percentage of RDI obtained from a serve of the recipe.

As with all reports in SERVE you can print these reports, or export the data to a spreadsheet or word processing program.