

How do I add a new nutrient to SERVE?

SERVE provides you with information about the nutritional content of foods for several nutrients. If you want to add your own nutrients you can do so. You will need to supply the nutritional values for the foods for any nutrients you add to the database.


Adding nutrients is an advanced/restricted function, and to do this you will need to log on as “SUPERVISOR” and enter in the supervisor password.

From the main menu bar,



select **General**, then select **Nutrients**. The Maintain nutrients window is displayed as shown below:

Number	Name	Unit	Nutrient Category	Print Order	RDI Value
3	Protein	g	1	3	-1
4	Fat	g	1	4	0
5	Carbohydrate	g	1	5	0
6	Energy total	kJ	1	6	-1
7	Calcium	mg	2	7	-1
8	Phosphorus	mg	2	8	-1
9	Iron	mg	2	9	-1
10	Sodium	mg	2	10	-1
11	Potassium	mg	2	11	-1
12	b Carotene eqv	ug	3	12	0
13	Retinol	ug	3	13	0
14	Thiamin	mg	3	14	-1

Click  the add nutrient window will display as shown below:

Add a nutrient

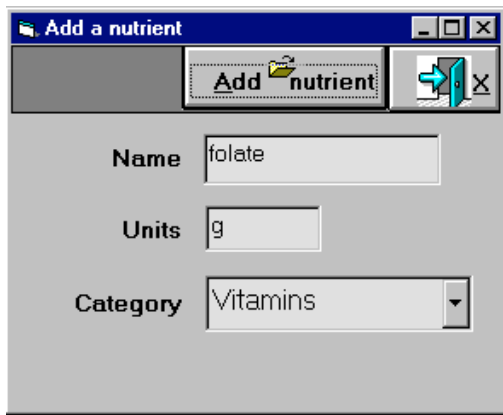
Add nutrient

Name

Units

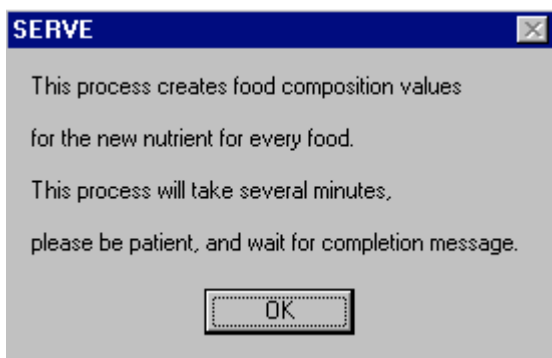
Category


Enter the name of the new nutrient, the units in which values per 100g are to be held (eg. G for grams, mg for milligrams, ug for micrograms.) An example is shown below:




Click 

The following message will be displayed:



Click  to proceed. Once zero nutrient values have been added for all the foods in the database the following message is displayed:



Click  to return to the maintain nutrients window.

Once you have created zero food composition values for the new nutrient for each food you can use the modify foods function to enter the nutrient content per 100g for your new nutrient.

Note that you don't have to put in nutrient content for all foods, only the ones you are going to use.

You can also now set up this nutrient to have RDI values as described in training sheet 25.