

How do I find the food I want?

When entering a food intake or recipe there are 5 ways you can use to find the food you want:

1. Type in a string of letters

Type in a string of two or more letters. Any foods found with that string of letters somewhere in the description will be listed.

For example: type in chili and SERVE will find all foods with chili somewhere in the description, as shown in the following list:

19 foods found.	
▶	BEEF STEW OR CASSEROLE, WITH BEANS IN TOMATO CHILI SAUCE
	DIP, CHEESE WITH CHILI PEPPER (SPICY CHEESE DIP):OLD EL PASO
	SAUCE, CHILI, ASIAN, COMMERCIAL:AYAM; LEE KUM KEE; MAGGI
	SAUCE, CHILI, BOTTLED:FOUNTAIN CHILI SAUCE; COLES CHILI SAUCE;
	SAUCE, SALSA, TOMATO-BASED:MASTER FOODS PICANTE; TACO
	RELISH, TOMATO & ONION:FOUNTAIN TOMATO AND ONION RELISH;
	SOUP, CREAMED, VEGETABLE, CANNED, READY TO SERVE:POTATO &
	POPCORN, FLAVOURED (CHEESE, BARBECUE, SOUR CREAM,
	CHILI POWDER
	SEASONING MIX, CHILI-BASED:TACO SEASONING MIX; CHILI SEASONING
	TOMATO, CANNED, IN TOMATO JUICE:CHOPPED; CRUSHED; CHUNKY

Note: If you put an * after the string of letters, then only foods with a description starting with the string of letters will be found. For example, typing in chili* produces the following list:

Selected foods - 6 matching foods found			
	Id	Reference	Description
▶	5726	10E10005	CHILI POWDER
	6295	13A10550	CHILI, BANANA, COOKED, FAT NOT ADDED IN COOKING:N
	6296	13A10551	CHILI, BANANA, RAW
	6298	13A10553	CHILI, HOT, THIN, COOKED, FAT ADDED IN COOKING
	6297	13A10552	CHILI, HOT, THIN, COOKED, FAT NOT ADDED IN COOKING
	6299	13A10554	CHILI, HOT, THIN, RAW

2. By typing in two or three strings of letters.

Sometimes, by entering just one string of letters a very long list of foods is found. By entering two or three strings, each separated by a space a more specific list can be found:

For example: entering 'chili taco' will find all foods containing 'chili' and 'taco' somewhere in the description.

Food finds only two foods:


2 foods found.	
▶	SAUCE, SALSA, TOMATO-BASED:MASTER FOODS PICANTE; TACO
	SEASONING MIX, CHILI-BASED:TACO SEASONING MIX; CHILI SEASONING

Note: If you put an * after the first string of letters, then only foods with a description starting with the first string of letters will be found. For example, typing in 'chili* cooked' produces the following list:

Selected foods - 3 matching foods found			
	Id	Reference	Description
▶	6295	13A10550	CHILI, BANANA, COOKED, FAT NOT ADDED IN COOKING:N
	6297	13A10552	CHILI, HOT, THIN, COOKED, FAT NOT ADDED IN COOKING:
	6298	13A10553	CHILI, HOT, THIN, COOKED, FAT ADDED IN COOKING

3. By using the find foods function.




Select the  button and use the following window to find foods by Food group, Reference, Description, or Food id:

The dialog box titled "Food selection" contains the following elements:

- Buttons: Find foods, View Food, Select food, and a close button (X).
- Frame1:
 - Food group: A dropdown menu currently set to "All food groups".
 - Reference: An empty text input field.
 - Description: An empty text input field.
 - or Food id =: An empty text input field.
- Selected foods: A section at the bottom for displaying results.

Select the food group you want to select from, or select from all food groups. Enter either a food id number, part of a reference, one, two or three strings of letters each separated by a

space as the description, and click the  button.

For example, if you select all food groups, and type in 'wholemeal' into the description as follows:

Description

a list of foods matching this criteria is found as displayed below:

Selected foods - 55 matching foods found			
	Id	Reference	Description
▶	2314	02A10066	PASTA, WHOLEMEAL, DRY;WHOLEWHEAT PASTA (ALL
	2315	02A10067	PASTA, WHOLEMEAL, COOKED, FAT NOT ADDED IN CO
	2316	02A10068	PASTA, WHOLEMEAL, COOKED, FAT ADDED IN COOKING
	2317	02A10069	PASTA, WHOLEMEAL, COOKED, NS AS TO FAT ADDED I
	2332	02A10084	LASAGNE SHEETS, WHOLEMEAL, DRY
	2376	02A20019	FLOUR, WHEAT, WHOLEMEAL, PLAIN
	2377	02A20020	FLOUR, WHEAT, WHOLEMEAL, SELF-RAISING

If you however specify "Cereals" as the food group, only 52 matching foods will be found.

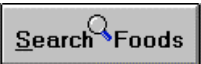
Note: If you specify 'bread* wholemeal' only 23 foods will be found.

To identify the food you want either use the up and/or down arrow keys or click with the mouse on the row to highlight the food to be selected. Then either double click the mouse

on the food highlighted or click the  button. The food is then selected, and you return to the food intake or recipe window where you selected .

4. By using the food search function.

With the food search you can search the database for foods which are high or low in a particular nutrient. For example, you can find foods which are high in iron and low in fat.

Select the  button and use the following window to search for foods which meet the nutrient criteria you enter:



Further details are provided in the "How do I search for foods which have the nutrients I want?" training sheet.

5. By food number

Enter the number of the food. Each food has its own unique number. If you type in the number then that specific food is found immediately.

Eg. Type in the number 62, and CORN FLAKES will be selected:

Food will get:

YEAST EXTRACT
SPREAD:MARMITE;
VEGEMITE; PROMITE

Serve size: teaspoon: 6g.

Note: by becoming familiar with the numbers of commonly used foods this method can become the most efficient method of finding foods.