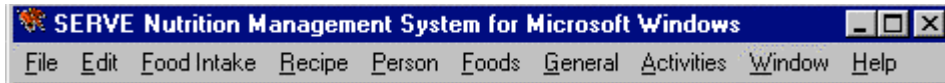



# How do I print my food intake?

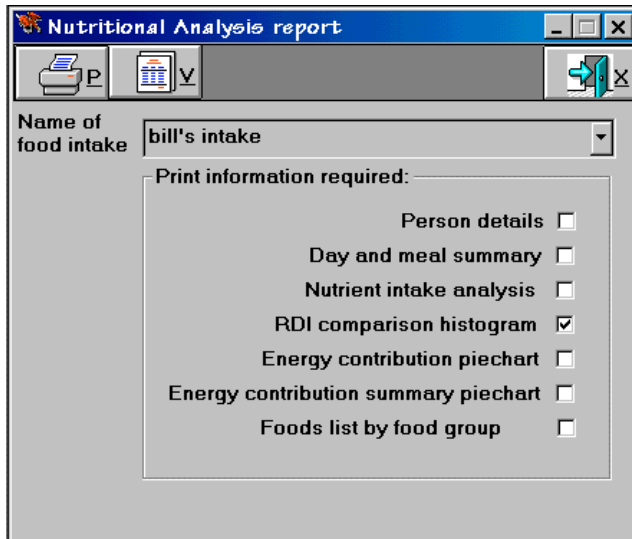
## 1. To select the report(s) you want

From the main menu bar,



select Food-Intake, then select Print. Or while entering foods into the food intake click 


The nutritional analysis report window is displayed as shown below:

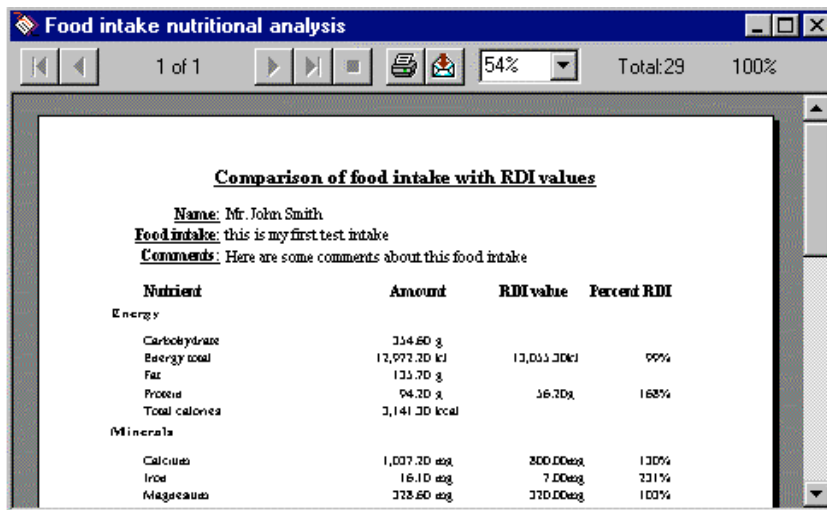


If the name of food intake is not the one you want to print then select from the drop-down list.


Select the report(s) required from the list.

## 2. To preview the report

Having selected the food intake to be printed and the report options click the  button. A preview of the report is displayed as shown in the example below.




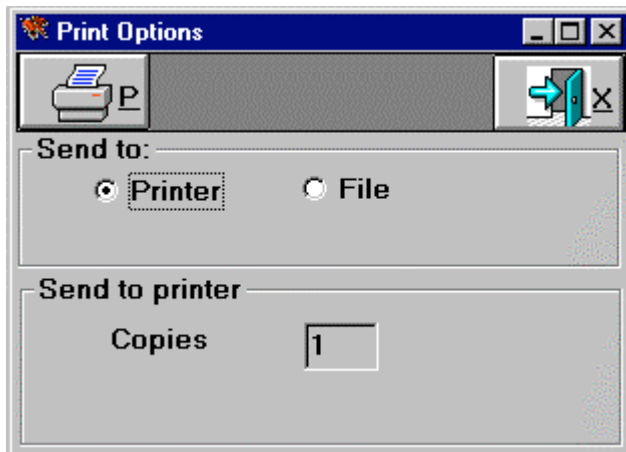
Note that if more than one report has been selected then only the first in the list is displayed.


When you have finished previewing the report select the  button in the top right corner of the window to exit.


### 3. To print


Before printing make sure that the printer is switched on and ready to print.

Select the  button. The following window will be displayed:



select the  in this window to print the report you have selected.

click the  button to leave the Print Options window.

click the  button to leave the Nutritional Analysis report window.