

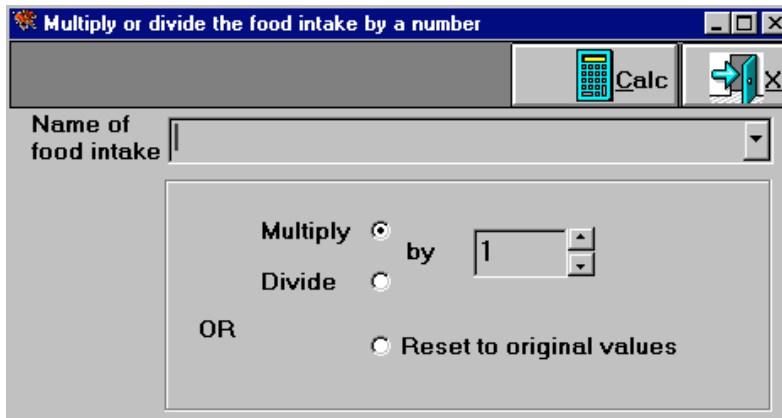
# How do I convert my week's food intake into an average daily nutrient intake?


From the main menu bar such as shown below,



select Food-Intake, then select **Multiply or Divide**.

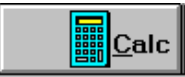
A window as shown below is displayed:

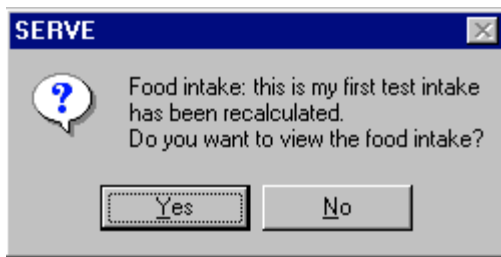



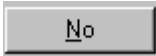
If the name of food intake displayed is not the food intake you want select the food intake by clicking the  and selecting the food intake from the drop-down list.

Select the divide option and set the number to divide by to the number of days of the food intake. For example, for a seven day food intake, type 7 into the number area as shown below:



Click the  button to divide by 7, the following message should appear.



click the  button to preview the revised food intake, else click the  button.

Remember to reset the food intake back by multiplying by the number you divided by before adding any more foods. Alternatively you can use the reset to original values option to reset the food intake back to the original values if you have forgotten what you multiplied and/or divided by.