


How do I search for foods which have the nutrients I want?

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, or low in fat. You can also perform a sub-search, for example, you can find foods low in fat and high in fibre.

From the main menu bar,



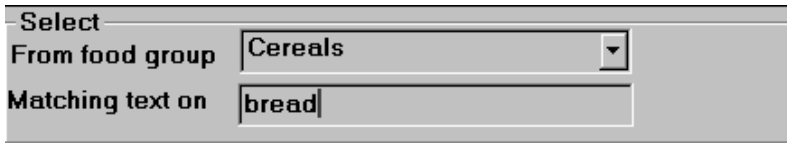
select **F**oods, then select **S**earch foods for nutrient values.

Alternatively you can select the  button when adding foods to a food intake or adding ingredients to a recipe. The following window is displayed:



1. Entering the search criteria

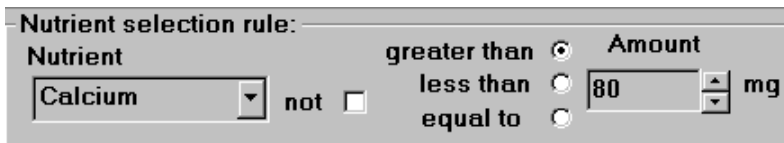
Select the food group you want to search, or choose 'All food groups' if you want to search all foods. You can also optionally enter part of the description to match on. For example to search the cereals, matching on 'bread':



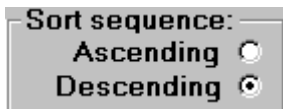
Select the basis for selecting foods, either the amount of nutrient per 100g or per serve size as shown below:



Select the nutrient you want to search on, the amount and whether you want foods with the nutrient greater, less than or equal to the amount. For example, to search for calcium greater than 80mg:



Select the order in which you want the foods listed, ascending or descending:





then click the button. A list of foods meeting the criteria you have entered will be displayed. For example, foods from the cereals group will be selected where the description contains the word 'bread' and the amount of calcium is greater than 80mg per 100g as shown below:

Selected foods - 59 matching foods found					
	Food Group	Food	Nutrient	Amount	U
▶	Cereals	BREAD, GLUTEN FREE,	Calcium	317.00	m
	Cereals	BREAD, GLUTEN FREE	Calcium	263.00	m
	Cereals	BREAD ROLL, WHITE,	Calcium	215.00	m
	Cereals	BREAD, WHITE, FIBRE	Calcium	176.00	m
	Cereals	BREAD,	Calcium	169.00	m
	Cereals	BREAD, YEAST FREE,	Calcium	159.00	m
	Cereals	BREAD ROLL,	Calcium	148.00	m



2. Viewing the foods selected

Use the vertical scroll bars to see the additional foods, and the horizontal scroll bars to see the serve size details.


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

Highlight the food you are interested in and click the  button to obtain more details about the food you have chosen. Click the  button to return to the search window when you have finished viewing the food selected.


3. Selecting the food you want


To select a food, 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 the  button from, or to the modify foods window.

4. Printing a list of the foods selected

Select the  button to obtain a printed list of the foods selected.

5. Performing a sub-search on the foods listed

Once you have a list of selected foods you can do a second level search on this list of foods by selecting the  button. The sub-search will search through the list of foods you have already selected, based on a new set of search criteria you provide (nutrient selection rule, sort sequence and serve size as per item 1 above). You can also view, select and print as in steps 2, 3 and 4 above.)

Click the  button to exit the food search windows.