

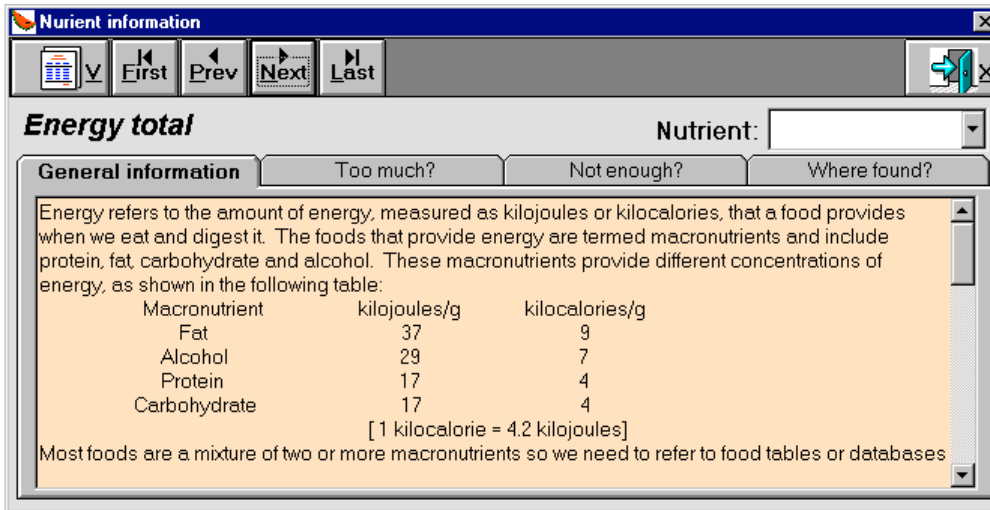
How do I find out information about nutrients?

The purpose of this training sheet is to show you how you can obtain further information about the nutrients and other components in your food intake.


From the main menu bar, select the **N**utrients option, then select **N**utrient information




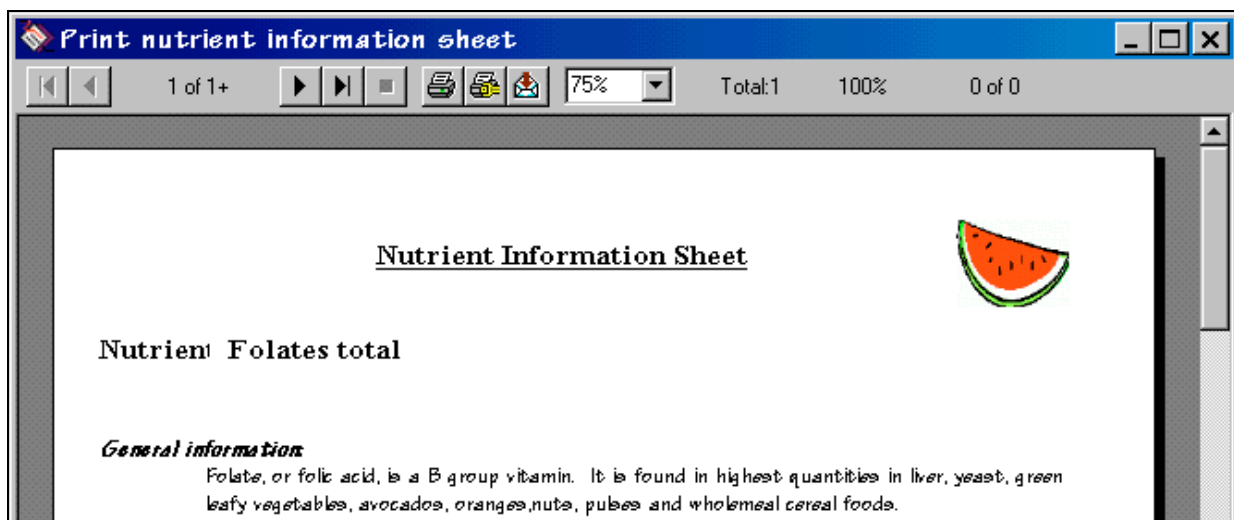
The screen is displayed as shown below:





The nutrients are displayed in alphabetical order. Click on **F**irst, **P**rev, **N**ext and **L**ast to view the nutrients. Click the General information, Too much?, Not enough? And Where found? Tabs to see other information on the nutrients.

To view a particular nutrient click the  to obtain a drop -down list of nutrients, then click on the nutrient you want to view details for.

To preview a printout of the nutrient information sheet as shown below click 



Then click  to print the report, or click  to export to a file (e.g. Word)

To exit the nutrient information window click 