


How do I see the nutrient value of a specific amount of food?

Objective:

This training sheet shows you how to view the nutritional values of a specific amount of a food. This is useful when looking at different foods and also when selecting foods for a food intake or recipe.

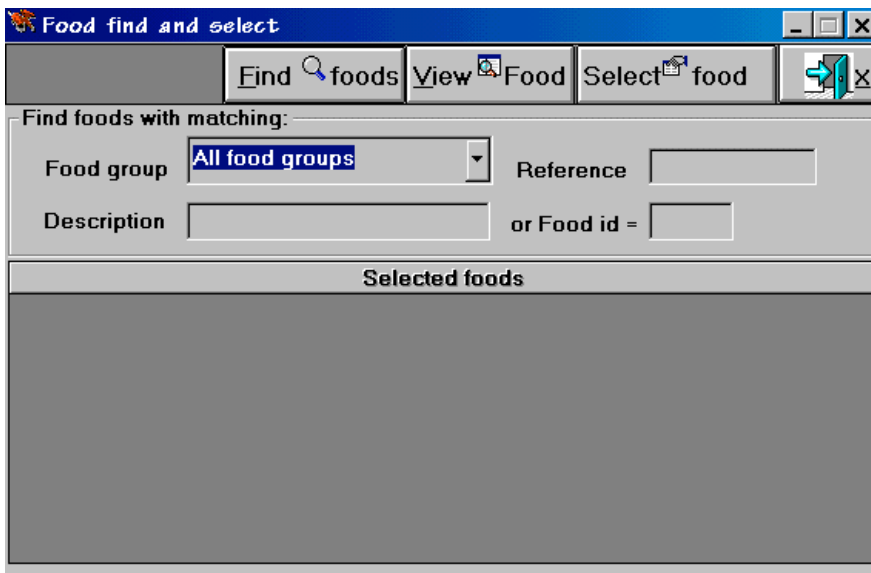
This facility is available whenever you access the View Food window by selecting , which is accessible from the Find foods and Search for nutrients facilities and the review foods in a food intake and review ingredients of a recipe.

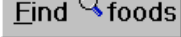
To select the food intake to be modified:


From the main menu bar such as is shown in the example below:

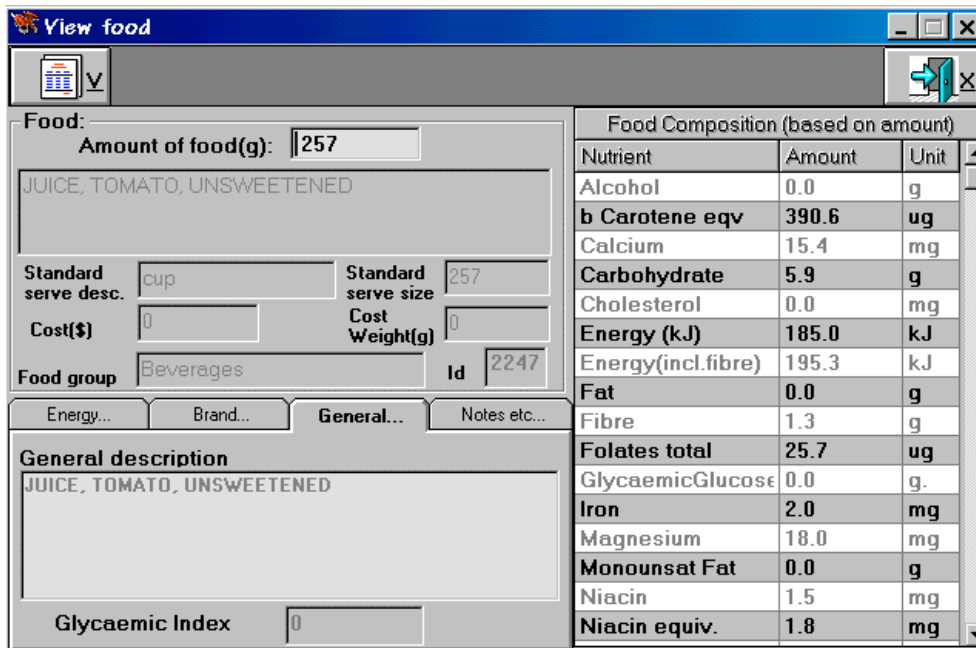


select **FQods**. Then select **Find Foods**. The following window is displayed:





Type in tomato in the description and click , and a list of foods will be displayed in the selected foods area of the window. You can then scroll through the list of foods and highlight one of these by pointing and clicking it.

Click  and the following window will be displayed, depending on the food you have selected.



In the View food window, type in the amount of food for which you want to see the nutrient values and press the Tab or Enter key. The nutrient amounts will be modified according to the amount you typed in.

If you select  a report will display on the screen, which you can send to your printer, showing for the food selected the nutrient amounts for the quantity you have typed in, as well as per 100g and per serve.

When you have finished viewing the food details, select the  button to exit the window.