

How do I create a food intake quickly with the Wizard?

Six steps to creating your first food intake:

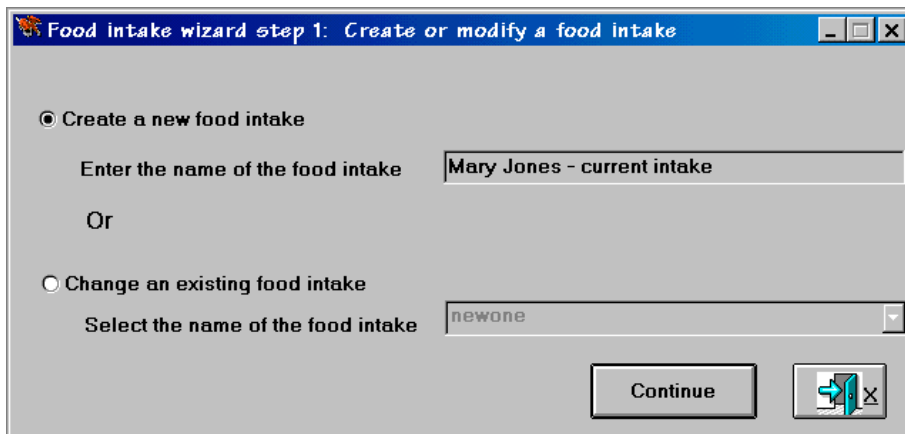
1. To start the food intake wizard

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



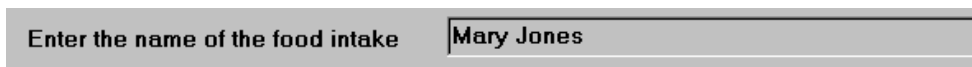
select **F**ood **I**ntake, then select the **F**ood intake **W**izard option.

The following window is displayed:



2. To create the food intake record

Type in a name for the food intake you want to create as shown below:



and then click




Note: The name of the food intake must not have been used already.


3. To record your personal details so that your Recommended Dietary intake (RDI) requirements can be calculated

Enter the following person details:

- your name,
- age in years and months,
- select male or female,
- height as a number of cm,
- weight as a number of kg
- and select an appropriate activity level.
(note that activity levels range from bed rest through to very heavy activity, select the one that seems most appropriate.)

An example is shown below.



Click  and the food intake window, like the one shown below, is displayed.

Note that you will need to enter **all** the details (name of person, age, gender, height, weight and activity level) before clicking .

Nutrient	Amount	Unit	RDI
Alcohol	0.0	g	
b Carotene eqv	0.0	ug	
Calcium	0.0	mg	800
Carbohydrate	0.0	g	227.6
Cholesterol	0.0	mg	
Energy	0.0	kJ	6897.6
Energy(incl fibre)	0.0	kJ	
Fat	0.0	g	
Fibre	0.0	g	30
Folates total	0.0	ug	
Glycaemic Glucose E	0.0	g	
Iron	0.0	mg	14
Magnesium	0.0	mg	270
Monounsat Fat	0.0	g	
Niacin	0.0	mg	
Niacin equiv.	0.0	mg	
Niacin Tryptophan	0.0	mg	
Other energy src.	0.0	g	
Phosphorus	0.0	mg	1000

Your personal details have been recorded and the corresponding Recommended Dietary Intake values (RDIs) are displayed. You can now enter your food intake details.

4. Select the appropriate day and meal

Select the day  by clicking the  button to obtain a drop-down list of the days and use the arrow and enter keys or the mouse to pick the day:

Similarly select the appropriate meal: 

5. To find the food you want

Type in a string of two or more letters. Any foods found with that string of letters somewhere in the description will be listed.

For example: type in chili and SERVE will find all foods with chili somewhere in the description, as shown in the following list:

19 foods found.		
▶	BEEF STEW OR CASSEROLE, WITH BEANS IN TOMATO CHILI SAUCE	
	DIP, CHEESE WITH CHILI PEPPER (SPICY CHEESE DIP):OLD EL PASO	
	SAUCE, CHILI, ASIAN, COMMERCIAL:AYAM; LEE KUM KEE; MAGGI	
	SAUCE, CHILI, BOTTLED:FOUNTAIN CHILI SAUCE; COLES CHILI SAUCE;	
	SAUCE, SALSA, TOMATO-BASED:MASTER FOODS PICANTE; TACO	
	RELISH, TOMATO & ONION:FOUNTAIN TOMATO AND ONION RELISH;	
	SOUP, CREAMED, VEGETABLE, CANNED, READY TO SERVE:POTATO &	
	POPCORN, FLAVOURED (CHEESE, BARBECUE, SOUR CREAM,	
	CHILI POWDER	
	SEASONING MIX, CHILI-BASED:TACO SEASONING MIX; CHILI SEASONING	
	TOMATO, CANNED, IN TOMATO JUICE:CHOPPED; CRUSHED; CHUNKY	

Note: If you put an * after the string of letters, then only foods with a description starting with the string of letters will be found. For example, typing in chili* produces the following list:

Selected foods - 6 matching foods found			
	Id	Reference	Description
▶	5726	10E10005	CHILI POWDER
	6295	13A10550	CHILL BANANA, COOKED, FAT NOT ADDED IN COOKING IN
	6296	13A10551	CHILL BANANA, RAW
	6298	13A10553	CHILL HOT, THIN, COOKED, FAT ADDED IN COOKING
	6297	13A10552	CHILL HOT, THIN, COOKED, FAT NOT ADDED IN COOKING
	6299	13A10554	CHILL HOT, THIN, RAW

Note: If there is only one food found then this food is automatically selected.

Use the arrow keys or point and click with the mouse to highlight the food you want, then press the 'Tab' or 'Enter' key or double click with the mouse to select the food.

6. Select serve size and enter food quantities

When a food has been selected a description of the food is displayed, including details of the serve size. There is more than one serve size then a drop down list of serve sizes is displayed (as shown below), from which you can select the appropriate serve size you want to use.

Food	Serve size:	No. of Serves	or weight(g)
SAUCE, CHILI, ASIAN, COMMERCIAL:AYAM; LEE KUM KEE; MAGGI	Select one..		

Enter either the number of serves or press the 'Tab' key to move to the weight(g) area and enter the actual weight in grams and press the 'Tab' key.

To add more foods to the food intake

Repeat steps 5 and 6 until all the foods have been entered, remembering to use step 4 to change the day and meal as required.

As each quantity is entered you will see the nutrient amounts and energy contribution figures change as the new total is revised to include the food you have just added. There are several nutrient amounts accumulated for the food intake. Use the scroll bars on the right hand side of the nutrient details display to see this information.

To view the nutrient analysis

Click **Energy table** or **Energy chart** to see the energy contributions from protein, carbohydrate, fat, etc or click **RDI chart** to see how the nutrient intake compares with RDI values:




Note that if you click on the chart you can see a larger version of the chart.

To adjust the food intake details you entered:

Details of the foods you have entered are displayed in the intake details area of the screen as shown below:

Intake details				nutrient details			
Food intake details							
	Day	Meal	Food	Amount(g.)	Ser		
▶	1	Monday	0 Unspecified	2400	BREAD, WHITE, PROTEIN	31.00	
	1	Monday	0 Unspecified	2010	BEER, LOW ALCOHOL (LESS THAN	190.00	3
	1	Monday	0 Unspecified	2040	WINE, RICE-SAKE; SAKI	60.00	
	1	Monday	0 Unspecified	2050	COCKTAIL, SCREWDRIVER,	30.00	
	1	Monday	0 Unspecified	2090	COFFEE, INSTANT, REGULAR, DRY	1.00	
	1	Monday	1 Breakfast	2325	PASTA, EGG, REGULAR, COOKED,	45.00	1
	1	Monday	2 Morning tea	2485	MUFFIN, ENGLISH, WITH	67.00	
	1	Monday	4 Afternoon	4896	CHICKEN CURRY, INDIAN OR	142.86	2
	2	Tuesday	1 Breakfast	2618	BREAKFAST FLAKE, CORN, MED	25.00	
	2	Tuesday	2 Morning tea	2392	BREAD, WHITE,	66.00	
	2	Tuesday	3 Lunch	2397	BREAD, WHITE, HOMEMADE,	40.00	
	2	Tuesday	3 Lunch	3383	MARGARINE,	4.00	2
	2	Tuesday	3 Lunch	2076	TEA, WHITE, BREWED FROM LEAF	240.00	2
	2	Tuesday	3 Lunch	3316	EGG, BENEDICT	155.00	1
	2	Tuesday	6 Supper	3306	EGG, WHOLE, POACHED	98.00	1
	3	Wednesday	1 Breakfast	2323	PASTA, EGG, REGULAR,	116.00	1




You can change the day, meal, food or amount. To change the day or meal point the mouse at the day or meal number on the line you want to change. A  button will be displayed in the day or meal column selected, click this button to obtain a drop-down list of day or meal options to choose from.

To change the amount of the food that was entered, highlight the existing amount and type in the new amount required.

If you have selected a food you don't want you can click on the food number and select an alternative food from the drop down list. Alternatively you can highlight the intake detail by clicking the left hand side of the line, as shown below,

▶	1	Monday	4	Afternoon	4896	CHICKEN CURRY, INDIAN OR	142.86	2
	2	Tuesday	1	Breakfast	2618	BREAKFAST FLAKE, CORN, MED	25.00	
	2	Tuesday	2	Morning tea	2392	BREAD, WHITE,	66.00	

To obtain a printed report of the food intake you entered:

Click  to select the report you want to print. Either select one of the reports and click  to preview this report, or select multiple reports and  to send these to your selected printer.

To exit

When you have finished with the food intake click 