

# How to check whether the food intake exceeds the recommended upper level?

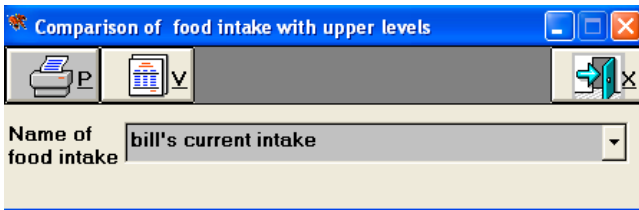
The purpose of this training sheet is to show you how you can ...

## 1. Producing the report

From the main menu bar,





select **Food Intake**, then select **Print comparison with upper levels**. The following window will display:



Select the food intake to be checked from the drop down list, then click .

The following window will display.

<u>Nutrient</u>	<u>Amount</u>	<u>Upper Level</u>	<u>% of UL</u>
Calcium	1,918.00 mg	2,500	76.72%
Energy	6,469.80 kJ	12,105	53.45%
Folates total	71.70 ug	1,000	7.17%
Iron	2.80 mg	45	6.22%
Magnesium	145.20 mg	420	34.57%
Niacin equiv.	35.10 mg	35	100.29% ** Exceeds upper limit
Phosphorus	1,201.20 mg	4,000	30.03%
Sodium	5,278.60 mg	2,300	229.50% ** Exceeds upper limit
Total retinol	888.40 ug	3,000	29.61%
Zinc	13.70 mg	40	34.25%

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

To exit the print preview window click 