

NUTRIADDER MANUAL

S.No	CONTENT	PAGE NO
1.	INTRODUCTION	4
2.	DAILY ESTIMATED CALORIE CALCULATOR 2.1 ICMR based Calorie Calculator 2.2 WHO based Calorie Calculator 2.3 Harris Benedict Equation based Calorie Calculator 2.4 Manual setting of calories	5 5 7 8 9
3.	RDA TABLE 3.1 Selecting the Diet Plan 3.2 Cost 3.3 Weight 3.4 RDA values for Macro and Micro nutrients 3.4.1 Kilocalorie values 3.4.2 Setting the “Maximum value” of Calories, Min & Max values of Macronutrient 3.4.3 Setting "Upper limit" 3.4.4 Setting “Minimum value” of micronutrients if needed 3.4.5 RDA (Breakfast/Snack1/Lunch/Snack2/Dinner/Per day/Per week) - Reference 3.4.6 Selection of Display	10 11 11 12 12 12 12 12 12 13 13 13
4.	PYRAMID FOOD GROUP RECOMMENDED VALUE 4.1 Eating Pattern Dropdown box 4.2 Pyramid Food Groups 4.3 Min value 4.4 PRFG (Per day) 4.5 Display 4.6 Pyramid Food Subgroups	14 15 15 15 15 16 16
5.	SELECT FOOD DATABASE AND SELECTION OF FOOD AND TRANSFER TO FOOD CHOICE TABLE 5.1 Select Food Database 5.2 Select the Food Category for India 5.3 Select the Food Category for USDA SR28 Database 5.4 Select the Brand name for USDA SR28 Database 5.5 Food Search 5.6 Select the food & transfer to the food choice table 5.7 Multiselection of foods and transfer to the “Food Choice Table”	17 19 19 19 19 19 20 20
6.	FOOD CHOICE TABLE 6.1 Modifying “Grams Per Serving” 6.2 Selection of Food Choice for inclusion in the Diet 6.3 Delete the food from the Food Choice Table	21 22 23 23

7.	RESULT TABLE	24
8.	NUTRIENT GRAPH	27
9.	PYRAMID RESULT IN SEPARATE TABLE & PYRAMID FOOD GROUP GRAPH	29
	9.1 Pyramid Result	29
	9.2 Pyramid Food Group Graph	30
10.	CREATE USER	31
11.	MANAGE USER	31
12.	SAVE OPTION	32
	12.1 Recall of Saved Problems	32
13.	EXPORT RESULT INTO EXCEL – SAVE / PRINT	33

Nutriadder – User Manual

1. Introduction

“Nutriadder” is similar to other nutrition software for nutrition analysis for the diet with an added advantage of giving not only the nutrient values but also the pyramid food group values for the Diet

Dietary Guidelines are a translation of scientific knowledge on nutrients into specific Dietary Guidelines (Based on Recommended Pyramid Food Group Values). They represent the Recommended Dietary Allowances of Nutrients in terms of Pyramid Food Groups that should be consumed.

The “Nutriadder” shows your Pyramid Food Group targets – what and how much to eat within your calorie allowances.

An adequate diet, providing all nutrients is needed throughout our lives. The nutrients must be obtained through a choice and combination of a variety of food stuffs from different Pyramid Food Groups (within the recommended value of Pyramid Food Groups.)

As Pyramid Food Group is essential to follow the Food Guidelines these Food Group Values are included in ‘Nutriadder’ to design a balanced diet.

2. Daily Estimated Calorie Calculator

2. Daily Estimated Calorie Calculator

Calorie Calculator is used to determine daily calorie needs based on height, weight, age, activity level and gender. The computation of the calorie needs can be based by selecting any one of the recommendations published by

1. Indian council of Medical Research (ICMR)
2. World Health Organization (WHO)
3. Harris Benedict equation

The screenshot shows the 'Nutrioptimizer' web application interface. It includes a header with 'Logged in as admin | Logout' and navigation links for 'ICMR', 'WHO', and 'Harris Benedict'. The main form is titled 'Daily Estimated Calorie Calculator' and contains fields for 'First Name' (THEIRAJAN), 'Last Name' (M), 'Gender' (Male), 'Age' (65), 'Height' (175 cm), and 'Weight' (94 kg). There is a 'Manual' checkbox and a 'Calories Required Per Day' field showing 2470. A table displays the 'Percentage of Calories' for Breakfast, Snack1, Lunch, Snack2, and Dinner, with 'PerDay' and 'PerWeek' totals. A green 'Calculate' button is at the bottom. Annotations with arrows point to various elements: 'Enter the name in the text box' points to the first name field; 'Select the Gender' points to the gender radio buttons; 'Enter age in Age text box' points to the age field; 'Enter height in Height text box' points to the height field; 'Enter weight in the Weight text box' points to the weight field; 'Click the create user for new user' points to the 'Create User' link; 'Select activity in drop down box' points to the 'Activity' dropdown; 'For Manual entry of calories' points to the 'Manual' checkbox; 'Click the Calculate button then it will calculate and show the calories in the calories required per day text box and also distribute the percentage of calories in Breakfast, Snack 1, Lunch, Snack 2, Dinner, perday, perweek. Note : It is mandatory to click "Calculate" button after manual entry of calories' points to the 'Calculate' button; 'the percentage of calories for Breakfast, Snack 1, Lunch, Snack 2, Dinner can be altered in the screen as per requirement' points to the percentage table; 'Saved problem can be recalled using this link. Click the link.' points to the 'Manage User' link; and 'a. Click the link "select user" dialog box will appear.', 'b. Select user name in the first list box', 'c. Select the problem name in the second list box.', and 'd. Click the "open user" button, the saved diet problem will be loaded in the screen.' point to the user management links.

Enter the name in the text box

Select the Gender

Enter age in Age text box

Enter height in Height text box

Enter weight in the Weight text box

Click the create user for new user

Logged in as admin | Logout

New Food | Edit Food | Diet | Recipe Calculator1 | Recipe Calculator2 | Help

Daily Estimated Calorie Calculator

First Name: THEIRAJAN | Last Name: M | Gender: Male | Female | Age: 65 | Year: | Month: | Height: 175 | cm | Weight: 94 | Kg

Activity: Lightly Active --> BMR * 1.375 (Pa) | Manual | Calories Required Per Day: 2470

Percentage of Calories	Snack1	Lunch	Snack2	Dinner	PerDay	PerWeek
Breakfast	25%	25%	25%	25%	100%	700%
Calories	617.5	617.5	617.5	617.5	2470	17290

Calculate

Select activity in drop down box

For Manual entry of calories
☑ click Manual box and enter the calorie value.
For manual entry Name, Gender and Age is mandatory.

Click the Calculate button then it will calculate and show the calories in the calories required per day text box and also distribute the percentage of calories in Breakfast, Snack 1, Lunch, Snack 2, Dinner, perday, perweek.
Note : It is mandatory to click "Calculate" button after manual entry of calories

Calculated energy required in kilocalories

the percentage of calories for Breakfast, Snack 1, Lunch, Snack 2, Dinner can be altered in the screen as per requirement

Saved problem can be recalled using this link. Click the link.

a. Click the link 'select user' dialog box will appear.

b. Select user name in the first list box

c. Select the problem name in the second list box.

d. Click the 'open user' button, the saved diet problem will be loaded in the screen.

Introduction:

Calorie calculator is used to determine daily calorie needs based on Height, Weight, Age, Activity level and Gender. The computation of the calorie needs can be based on recommendations published by

- 2.1 Indian Council Of Medical Research (ICMR),
- 2.2 World Health Organization (WHO) or
- 2.3 Harris Benedict Equation

The procedure for using the Calorie Calculator for each recommendation is detailed below:

2.1 ICMR based Calorie Calculator:

1. Select "ICMR" radio button
2. Enter "First Name" and "Last Name" in the respective text boxes.
3. Select the Gender in the "Gender" box

In case of female, if relevant select “Pregnant Woman” or “ Lactating Woman” in the dropdown box next to “Female”

4. Enter Age in “Age” text box

5. Enter Height in “Height” text box

6. For Age 0 – 12 month & 1 – 18 year ; system will display the weight automatically in Weight Text Box.

For the Age above 18 years enter weight

7. Select activity level in the “Activity” dropdown box

7.1.1.If Age is selected between 0 to 12 month

No activity will be displayed in “Activity” dropdown box. (i.e. there is no need to select the activity level)

7.1.2.For Age 1- 5 years – only “Moderate Activity” is displayed in activity drop down box.

7.1.3. Select “Moderate Activity”

7.1.4. For age 6 – 18 years three activity levels are displayed i.e.

a) Sedentary Activity

b) Moderate Activity

c) Heavy Activity

For age above 18 three activity levels are displayed i.e.

a)Sedentary work

b) Moderate work

c) Heavy work

Select the appropriate activity level

8. Click the “Calculate” button then user can see the “Calorie value” in the “Calories required per day” text box.

The “Percentage of Calories” table appears displaying the default values in the respective column for “ Breakfast”, “Snack 1”, “Lunch”, “Snack2”, “Dinner”, “Per day”, and “Per week”.

The percentage of calories displayed on the screen for “ Breakfast”, “Snack 1”, “Lunch”, “Snack2”, “Dinner” can be altered by the user as per the requirement.

2.2 WHO based Calorie Calculator

1. Select “WHO” radio button
2. Enter first name and last name in respective text boxes “First Name” and “Last Name”
3. Select the “Gender”
In case of female, if relevant select “Pregnant Woman” or “ Lactating Woman” in the dropdown box next to “Female”
4. Enter Age in “Age” text Box
5. Enter “Height”
6. For Age 0 – 12 month & 1 – 18 year ; system will display the weight automatically in Weight Text Box.
For the Age above 18 enter weight

7. Select activity level in the “Activity” dropdown box

7.1.1. If Age is selected between 0 to 12 month

No activity will be displayed in “Activity” dropdown box. (i.e. there is no need to select the activity level)

7.1.2. For Age 1- 5 years – only “Moderate Activity” is displayed in activity drop down box.

7.1.3. Select “Moderate Activity”

7.1.4. For Age 6 – 18 years three activity levels are displayed i.e.

- a) Light Activity
- b) Moderate Activity
- c) Heavy Activity

7.1.5. For Age above 18 years six activity levels are displayed i.e.

- a) Sedentary
- b) Lightly Active
- C) Active
- d) Moderately Active
- e) Vigorous Active
- f) Vigorously Active

Select the appropriate activity level

8. Click the “Calculate” button then user can see the “Calorie value” in the “Calories required per day” text box.

The “Percentage of Calories” table appears displaying the default values in the respective column for “Breakfast”, “Snack 1”, “Lunch”, “Snack2”, “Dinner”, “Per day”, and “Per week”.

The percentage of calories displayed on the screen for “Breakfast”, “Snack 1”, “Lunch”, “Snack2”, “Dinner” can be altered by the user as per the requirement.

2.3 Harris Benedict Equation based Calorie Calculator

1. Select “Harris Benedict” radio button
2. Enter first name and last name in respective text boxes “First Name” and “Last Name”
3. Select the “Gender”
In case of female, if relevant select “Pregnant Woman” or “ Lactating Woman” in the dropdown box next to “Female”

4. Enter Age in “Age” text Box

For Age 0-3 years, normally Harris Benedict Equation is not used.

For 3 to 70 years only Harris Benedict Equation used.

5. Enter “Height”
6. Enter the “Weight”.
7. Select Activity level in the activity dropdown box.

1. Sedentary
2. Lightly Active
3. Moderately Active
4. Very Active
5. Extremely Active

Click the “Calculate” button then user can see the “Calories” in the “Calories required per day” text box.

The “Percentage of Calories” table appears displaying the default values in the respective column for “Breakfast”, “Snack 1”, “Lunch”, “Snack2”, “Dinner”, “Per day”, and “Per week”.

The percentage of calories displayed on the screen for “Breakfast”, “Snack 1”, “Lunch”, “Snack2”, “Dinner” can be altered by the user as per the requirement.

2.4 Manual setting of calories

Click the check box “Manual”, then enter the required calorie values in the “Calories required Per day” text box. It is mandatory to click “Calculate” button after the manual entry of calories.

Note: For using the “Manual” mode, data entry in text boxes of “Age, Gender, First Name and Last Name” and selection of any one of “ICMR, WHO, Harris Benedict” are mandatory for appropriate display of Nutrient values in RDA Table.

3. RDA table

3. RDA Table

User can save the Diet problem for review by clicking the save button, (save button is nearby the Add button) then the dialog box will appear after user has to enter the name of the diet problem and click the save button in the dialog box. The problem name and date is stored. By selecting the drop downbox the list of Diet problem stored appear and user can select the desired one.

By default cost is not selected. if want to select then click on select check box. Enter the cost range.

After clicking the calculate button in the 'Daily Estimated Calorie Calculator' and based on the selection of which is to be addition i.e. Breakfast / Lunch / Dinner / Perday / Per week, by default the min calorie value entered.

select anyone of breakfast, snack1, lunch, snack2, dinner, per day, per week (which is to be add)

To calculate added values of Nutrient and Pyramid Food Group by clicking Addition radio button.

Delete option for the Diet problem

By clicking the new link, new screen will appear with already calculated caloric and RDA value. User has to select only the foods and calculate addition.

By default all min & max value are coming from data base. This will come after calculating the calories in the calorie calculator.

per day RDA value (for reference only)

By default all check boxes are selected for addition. If any Macronutrient is not to be included in the addition then click on the related check box (deselecting)

Acceptable Macronutrient Distribution Range standard value is given. If needed this can be altered in the screen itself.

By selecting in the drop down box (selecting any one 3%, 5%, 10% upto 35% ie., if selected 3% is means 3% higher than min calorie value or 103% of min calorie value) By default 3% is selected. Normally 3% only selected if calorie is selected as objective.

1. If user want to change min & max value can be change in the screen itself.
2. If want to restore original value then this per day value is useful.

Diet Plan Name : INDIAN FOOD FINAL - 20/09/2018 Delete New

Breakfast ☐ Snack1 ☐ Lunch ☐ Snack2 ☐ Dinner ☐ Per Day ☐ Per Week ☐ Addition

Cost Constraints				Weight Constraints			
	Min Value	Max Value	Select	Manual		Min Weight	Max Weight
Cost	0	0	☐	☐	Weight(g)	0	0

Pyramid Recommended Value

RDA Table						
Energy and macro nutrient	Min Value	Max Value	Select	Max Calorie	AMDR	
Calories(kcal)	2000	2060	☒	3%	45	to 65 %
Carb(g)	225	325	☒		12	to 35 %
Protein(g)	60	175	☒		20	to 35 %
Fat(g)	44.44	77.78	☒			

Display	Nutrient	Min Value	Max Value	Lower Limit	Upper Limit	RDA (PerDay)
☒	SFA(g)	17.8	22.2	22.2	17.8-22.2	
☒	MUFA(g)	13.3	31.2	31.2	13.3-31.2	
☒	PUFA(g)	13.3	24.4	24.4	13.3-24.4	
☒	Cholesterol(mg)	0	300	300	300	
☒	Fiber(g)	25	50	100%	25	
☒	Sugar(g)	50	125	125	50-125	

Display check box

Display selection check box by default selected, this means all nutrients are selected for displaying the result. If user want any nutrient not to be selected for display then click on the display check box.

By default RDA min - upper Values will appear as 'Min Value' and 'Max value'. If required this value may be altered based on country specific requirements.

Minerals Names

Display	Nutrient (Minerals)	Min Value	Max Value	Lower Limit	Upper Limit	(P)
☒	Calcium(mg)	1000	2000	▼	2000	1000
☒	Iron(mg)	8	45	▼	45	8-45
☒	Sodium(mg)	1300	2300	▼	2300	1300
☒	Potassium(mg)	4700	9400	▼	100%	4700
☒	Phosphorus(mg)	700	4000	▼	4000	700-
☒	Zinc(mg)	11	40	▼	40	11-40
☒	Copper(mcg)	0.9	10	▼	10	0.9-10
☒	Magnesium(mg)	420	840	▼	840	420-840
☒	Manganese(mg)	2.3	11	▼	11	2.3-11
☒	Selenium(mcg)	50	400	▼	▼	150
☐	Iodine(mcg)	45		▼	▼	45
☐	Molybdenum(mcg)	30		▼	▼	30
☐	Chromium(mcg)	0	0	▼	▼	

Vitamin Names

2.7 RDA values (for reference only)

Display	Nutrient (Vitamins)	Min Value	Max Value	Lower Limit	Upper Limit	RDA (Per Day)
☒	VitA(mcg)	900	3000	▼	3000	900-3000
☒	Thiamin(mg)	1.2	2.4	▼	100%	1.2
☒	Riboflavin(mg)	1.3	2.6	▼	100%	1.3
☒	Niacin(mg)	16	35	▼	35	16-35
☒	VitC(mg)	90	2000	▼	2000	90-2000
☒	VitD(mcg)	15	100	▼	100	15-100
☒	VitE(mg)	15	1000	▼	1000	15-1000
☒	VitK(mcg)	120	240	▼	100%	120
☒	VitB6(mg)	1.7	100	▼	100	1.7-100
☒	Folate(mcg)	400	1000	▼	1000	400-1000
☒	VitB12(mcg)	2.4	4.8	▼	100%	2.4
☒	Pantothenic(mg)	5	10	▼	100%	5
☒	Choline(mg)	550	1100	▼	100%	550

If need arises to change RDA min value this drop down box will be useful. 50%..... upto 120% selection is possible. If 90% is selected this means min. value is 90% of RDA

For some nutrients max value allowed is not given, so to fix the max value this upper limit drop down menu is used. (10%, 25%, 50%, 100%, 150%, 200%, 250%, 300% are possible) If 50% is selected this means max. value is 150% of min. value (RDA)

By default all the minimum and maximum values in the RDA are taken from the Data base and displayed in the RDA table after calculating the calories in the calorie calculator.

3.1 Selecting the Diet Plan

From the RDA table user can see the tab for "Breakfast,Snack1,Lunch,Snack2,Dinner, Per Day, Per Week".

Decide for which the diet is to be analysed by selecting anyone of "Breakfast/Lunch/Dinner/Per Day/Per Week". If per day is selected for added click on 'Per Day'. According to the selection by default the calorie values and nutrient values will be displayed in the RDA table.

3.2 Cost

Above the RDA table user can see the cost constraint selection option. By default "Cost" is not selected, if cost is to be included as a constraint, click on check box and enter the cost range and also enter the price for the selected foods. In the Result Table the total cost of the "Diet Plan" is arrived.

3.3. Weight

If Total Weight of the Foods in the Diet Plan is to be calculated, then click on 'Select' check box in the Weight Constraint Table and enter the Min Weight & Max Weight in the text boxes. In the Result Table 'Total Weight' of the Foods in the Diet Plan is arrived.

3.4 RDA values for Macro & Micro nutrients

3.4.1 Kilocalorie values

Based on the selection of Diet for Breakfast, Lunch, Dinner, Per day, Per week (Ref Sec.2) the required "Minimum value" of calorie is displayed in the RDA table.

The "Minimum value" of calorie is taken from the result given by "Daily Estimated Calorie Calculator".

3.4.2 Setting the "Maximum value" of Calories, min & max values of Macronutrients

Select the desired percentage of calories required more than the "Minimum value" using the drop down menu.(Select 3% or 5% or 10% up to 35% and if 3% selected means 3% higher than min calorie value i.e., 103% of min calorie value. By default 3% is selected.)

By default the three macronutrient Min & Max values in 'Grams' are calculated as per the AMDR's Min and Max percentages. "AMDR Min and Max percentages" displayed by default.

As per country wise the AMDR will vary, so the percentage changing option is given in the screen itself. The percentage can be changed for country wise variation.

By default all the computed values of Macronutrients, Minerals and Vitamins, SFA, MUFA, PUFA, Cholesterol, Fiber, Sugar will appear on the RDA table, after calculating kilocalories in Daily Estimated Calorie Calculator.

3.4.3 Setting "Upper limit"

1. Fiber
2. Potassium
3. Thiamin
4. Riboflavin
5. Vitamin K
6. Vitamin B12
7. Pantothenic acid
8. Choline

For above nutrients upper limit value allowed is not given by RDA standards, so for fixing the max value the 'upper limit dropdown box' is used i.e. from any one 10%, 25%, 50%, 100%, 150%, 200%, 250%, 300% is selected. Normally by default 100% more than RDA min value is selected. (i.e. 200% of RDA min value)

3.4.4 Setting "Minimum value" of micronutrients if needed

To allow changing of the "Minimum value" of micronutrients based on country specific RDA an option is provided to alter the value in the Minimum value cell of each micronutrient.

If need arises to change RDA min value this dropdown box will also be useful. From 50% to 120% selection is possible. If 90% selected this means min value is 90% of RDA.

3.4.5 RDA (Breakfast/Snack1/Lunch/Snack2/Dinner/Per Day/Per Week – Reference)

This column displays the recommended dietary allowances for Micronutrients as per US- Institute of Medicine, for reference purpose only.

RDA (Lunch) means for lunch RDA Requirement. This is fixed by the percentage for lunch calories (i.e. 35% of per day calories). The micronutrient requirement of lunch calculated as 35% of RDA

3.4.6 Selection of display

Selection of Nutrients for "display" in the "Result" can be made by clicking the checkbox in the "Display" column.

By default all Nutrient are selected for display.

Note: Display of only important/selected Nutrients is possible because of the above selection option.

4. Pyramid Food Group Recommended Value

The drop down menu displays the following options

1. US. Style Eating Pattern
2. Mediterranean - Style Eating Pattern
3. Vegetarian Eating Pattern
4. India

If "ICMR" has been selected for Caloric and Nutrient calculation, "India" will also displayed as an option in the drop down menu

After selecting the eating pattern, Pyramid Food Group value is displayed in min value text box

Max value is not given in the Pyramid Recommended Value. By default Max. Value is fixed as 7% above the min value for optimization calculation

The drop down menu in this column provides the option of increasing the "Max Value" by 3%/ 5% / 7% / 10% / 50% or 100%

Recommended Food Group (RFG) Values (For Reference only)

1. If user want to change min and max value that can be changed in the screen itself.
2. If user want to restore original value then this value is useful.

Display Selection Check Box

Pyramid Recommended Value

Eating Pattern : U.S.Style Eating Pattern

Display	Pyramid FoodGroup	Min Value	Max Value	Upper Limit	RPFG (PerDay)
☒	Grains(g)	170	181.9	7% ▾	170
☒	Vegetables(g)	391	418.37	7% ▾	391
☒	Fruits(g)	290	310.3	7% ▾	290
☒	Dairy&Milk(g)	735	786.45	7% ▾	735
☒	ProteinFood(g)	158	169.06	7% ▾	158
☒	Oil&Fat(g)	45	48.15	7% ▾	45
☒	AddedSugar(g)	30	32.1	7% ▾	30

Ok

Eating an appropriate mix of foods from the food groups and subgroups— within an appropriate calorie level—is important to promote health. Each of the food groups and their subgroups provides an array of nutrients, and the amounts recommended reflect eating patterns that have been associated with positive health outcomes. Foods from all of the food groups should be eaten in nutrient-dense forms. Food group recommended values have been taken from Indian guidelines (National Institute of Nutrition) and Dietary Guidelines for Americans -2015-2020(USDA).

American guidelines given in Ounce / Cup equivalent have been converted into grams.

The USDA Food Patterns are designed to meet food group and nutrient recommendations while staying within calorie needs. To achieve this goal, the Patterns are based on consuming foods in their nutrient-dense forms (i.e., without added sugars and in the leanest and lowest fat forms). For nearly all calorie levels, most of the calories in the USDA Food Patterns are needed for nutrient-dense food choices, and only a limited number remain for other uses. These calories are indicated in the USDA Food Patterns as "limits on calories for other uses." In Nutrioptimizer the "Limit on Calories for Other Uses" have been allocated as 45% of calories from added sugars and 55% of calories from solid fats.

In the Addition Software the “Pyramid Recommended Value” link is displayed above the “Weight Constraints” table.

On selecting the link “Pyramid Recommended Value” a table will be displayed.

4.1 “Eating Pattern” dropdown box:

The drop down menu displays the following options and user can select any one as per the requirement.:

- US Style Eating Pattern
- Mediterranean – Style Eating Pattern
- Vegetarian Eating Pattern
- If “ICMR” has been selected for Calorie & Nutrient Calculation, “India” will be selected as an option in the drop down menu

4.2 Pyramid Food Groups

The “Pyramid Food Groups” are:

1. Grains
2. Vegetables
3. Fruits
4. Dairy & Milk
5. Protein Food
6. Oil & Fat
7. Added Sugar

4.3 Min Value

The food group value is displayed in grams under this column based on the chosen guide lines (India or USDA - US Style Eating Pattern/ Mediterranean – Style Eating Pattern / Vegetarian Eating Pattern).

4.4 PRFG (per day)

In the Pyramid Recommended Value table the option for changing the Min & Max value in the table itself is given. This option will be useful for slight changes where cup to gram conversion errors or for the changes for the country wise / region wise.

While the user change the min value in the Recommended Food Group table then the standard reference is given in the last column as PRFG (Per Day) column.

4.5 Display

Selection of Pyramid Food Group for “Display” in the “Result Table” can be made by clicking the check box in the “Display” Column

By default all the pyramid Food Group are selected for display, If any Pyramid Food Group is not needed then deselect by clicking the checkbox.

4.6 Pyramid Food Subgroups:

Food Sub Groups are not included in the software, but while selecting the foods consider subgroups and according to the Guideline recommendation for the Subgroups, the foods have to be selected. Then only the nutrient constraints will be satisfied. For example the vegetables group has five subgroups i.e. 1 Dark Green vegetables, 2. Red and Orange vegetables, 3. Legumes (Beans and Peas), 4. Starch Vegetables, 5 Other Vegetables. Recommended subgroup values are given in the Dietary Guidelines. Though not included in our software user has to select foods & their quantity considering the Dietary Guideline values of Sub Groups. Then only the nutrients values can be achieved.

5. Select Food Database and Selection of Food and Transfer to Food Choice Table

Select Food Database and Selection of Food and Transfer to Food Choice Table

Food data base selection ← **Select Food Database :** **India** ▾

Food Category
Select food group first.
After selecting the food group food names are displayed

Food Search
Enter the food name and click “Enter” button then the name will appear in the food name list

From Food name list select (by clicking) and transfer (by right clicking) to the food choice table (see the manual for detailed explanation)

SELECT FOOD

Food Category: **Breakfast** ▾

Food Search:

Hyderabad

Sambar

Medhu Vada
Masala vada
Dahi vada
Rice Puttu
Idli
Dosa
Masala Dosa
Onion Dosa
Khicheri
Phulka
Puri
Paratha
Potato Paratha
Sandwiches
Upma
Semiya upma
Vegetable Kuruma
Channa Masala(Chole)
Coriander Chutney
Tomato Chutney
Mint Chutney
Coconut Chutney
Groundnut Chutney
Ravai Kesari

South Indian

Idly
Plain Dosai
Plain Oothappam
Onion Dosai
Onion Oothappam
Rava Upma
Semiya Upma
VenPongal
Coconut Chutney
Sambhar
Idliyappam
Chappathi
Phulka
Peas Kuruma
Mushroom Kuruma
Vegetable Kuruma
Cauliflower Kuruma
Coffee
Tea
Milk

Select from the drop down box desired food data base from

1. India
2. India Raw
3. USDA SR 28
4. USDA Raw with FPID

Select Food USDA

Category :

Select the category name from the category name menu list

Brand Name :

If Brand Name is there for that category name user can select the Branded Name (i.e, the manufacturer name.)

Food Search

Enter the food name and click "Enter" button then the name will appear in the food name list

From Food name list select (by clicking) and transfer (by right clicking) to the food choice table (see the manual for detailed explanation)

Select Food Database : **USDA Raw**

SELECT FOOD

Category: **Fast Foods**

Brand Name: **McDonald's Corporation**

Food Search:

- McDONALD'S, Hamburger
- McDONALD'S, FILET-O-FISH
- McDONALD'S, Cheeseburger
- McDONALD'S, QUARTER POUNDER
- McDONALD'S, QUARTER POUNDER with Cheese
- McDONALD'S, BIG MAC
- McDONALD'S, french fries
- McDONALD'S, Chicken McNUGGETS
- McDONALD'S, Barbeque Sauce
- McDONALD'S, Creamy Ranch Sauce
- McDONALD'S, Hot Mustard Sauce
- McDONALD'S, Spicy Buffalo Sauce
- McDONALD'S, Sweet 'N Sour Sauce
- McDONALD'S, Tangy Honey Mustard Sauce
- McDONALD'S, Hash Brown
- McDONALD'S, Hotcakes (plain)
- McDONALD'S, Baked Apple Pie
- McDONALD'S, Bacon, Egg & Cheese McGrIDDLES
- McDONALD'S, Sausage McGrIDDLES
- McDONALD'S, Sausage, Egg & Cheese McGrIDDLES
- McDONALD'S, Vanilla Reduced Fat Ice Cream Cone
- McDONALD'S, Strawberry Sundae
- McDONALD'S, Hot Caramel Sundae
- McDONALD'S, Hot Fudge Sundae
- McDONALD'S, Peanuts (for Sundaes)
- McDONALD'S, McFLURRY with M&M'S CANDIES
- McDONALD'S, McFLURRY with OREO cookies
- McDONALD'S, Sausage Burrito
- McDONALD'S, BIG BREAKFAST
- McDONALD'S, Low Fat Caramel Sauce
- McDONALD'S, Double Cheeseburger
- McDONALD'S, DOUBLE QUARTER POUNDER with Che
- McDONALD'S, NEWMAN'S OWN Cobb Dressing
- McDONALD'S, NEWMAN'S OWN Creamy Caesar Dres:
- McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vni:
- McDONALD'S, NEWMAN'S OWN Ranch Dressing
- McDONALD'S, BIG MAC (without Big Mac Sauce)
- McDONALD'S, McCHICKEN Sandwich
- McDONALD'S, McCHICKEN Sandwich (without mayonn
- McDONALD'S, Egg McMUFFIN
- McDONALD'S, Sausage McMUFFIN
- McDONALD'S, Sausage McMUFFIN with Egg
- McDONALD'S, Bacon Egg & Cheese Biscuit
- McDONALD'S, Sausage Biscuit
- McDONALD'S, Sausage Biscuit with Egg
- McDONALD'S, Deluxe Breakfast, with syrup and margi
- McDONALD'S, Hotcakes and Sausage
- McDONALD'S, Hotcakes (with 2 pats margarine & syr
- McDONALD'S, Bacon Ranch Salad with Grilled Chicken
- McDONALD'S, Bacon Ranch Salad with Crispy Chicken
- McDONALD'S, Bacon Ranch Salad without chicken
- McDONALD'S, Side Salad
- McDONALD'S, Fruit 'n Yogurt Parfait
- McDONALD'S, Fruit 'n Yogurt Parfait (without granola)
- McDONALD'S, FILET-O-FISH (without tartar sauce)
- McDONALD'S, Premium Grilled Chicken Classic Sandwid
- McDONALD'S, Premium Crispy Chicken Classic Sandwic
- McDONALD'S, Premium Grilled Chicken Club Sandwich
- McDONALD'S, Premium Crispy Chicken Club Sandwich
- McDONALD'S, Premium Grilled Chicken Ranch BLT San
- McDONALD'S, Premium Crispy Chicken Ranch BLT Sar

5.1 Select Food Database

Select preferred Food Database from the drop down menu:

- India (Database for Foods and the data includes Nutrients and Food Groups)
- USDA SR28(Nutrients only)
- India Raw – Nutrients and Food Groups
- USDA Raw with FPID

Note: USDA FPID includes Food Groups & Sub Groups. In our database only major food group values are included. The Cup equivalent and ounce equivalent has been converted into grams (conversion of cup equivalent is approximate). For accurate results it is preferable to use Pyramid food group data derived from Recipe calculator

A custom Data base which includes Nutrient and Pyramid Food group values can be built using the Recipe Calculator.

Also, Food database from any other source which contains Nutrient and Pyramid Food groups can be added using the “New Food” tab at the top of the screen.

Bulk Food Databases can also be imported using the ‘Import Food Data’ tab at the top of the screen.

5.2 Select the food category for India

Select food category combo box first then the food category food names are displayed, (Breakfast, Lunch, Dinner, Snacks, Supplementary food, Fruits, Leafy vegetables). From Food category names select the needed one. After selecting the food category name the food list is displayed in the food list box.

5.3 Select the food 'Category' for USDA SR28 Database

Select food category combo box first then the food category names are displayed. From the category name select the needed one and the food list is displayed in food list box.

5.4 Select the Brand name for USDA SR28 Database

Select the Brand name combo box first and then Brand names are displayed. Select the needed one then all food names under the Brand name will be displayed in the Food list box.

5.5 Food search

If needed select food search, enter the food name and click the “Enter” Button in the Key Board the name will appear in the food name list.

5.6 Select the Food & Transfer to the “Food Choice Table”

After selection of the food, from the food name list then right click on "food", a menu box will display "Add to breakfast", "Add to lunch", "Add to dinner", "Add to snack1", "Add to snack2", "Add to per day", and "Add to per week".

Suppose we are calculating for "per week basis" then click the "add to per week". The Food chosen, the grams per serving and the Nutrient values and Pyramid Food Group values are transferred to the "Food choice table" from the database. Check to see that the chosen food includes details of Pyramid Food Group Values in the transferred data. (If the foods are transferred from USDA database the user have to enter the grams per serving; for Indian foods the grams per serving already given; for any change user can edit in grams per serving text box.)

5.7. Multiselection of Foods and Transfer to the “Food Choice Table” :-

Multiselection of Foods is possible from Database and all selected Food datas can be transferred to the “Food Choice Table”. This option is given for time saving. While selecting the food press the “Control (Ctrl) button in the keyboard and select needed foods and transfer to Food Choice Table as per the procedure given in 5.6

6. FOOD CHOICE TABLE

Food Choice Table

If needed the grams per serving can be altered in the screen itself

Double Click the Servings Text Box to Enter the Serving Numbers

Default serving size is entered from the food data base

Note : Please note serving size is available to few food items only

Calories macro and micro nutrient values as per the Grams per serving

After food names selection is done from database their respective nutrient values for "Grams per serving" calculated and then transferred to this table.

Food Choice Table												
		Food Name	Price Per Serving	Serving Size	Servings	Grams Per Serving						
Delete	Select						Calories(kcal)	Carb(g)	Protein(g)	Fat(g)	SFA(g)	MUFA(g)
☒	☒	Milk without sugar		100 ml			72.89	4.94	3.26	4.48	2.71	1.21
☒	☒	Bread, wheat (Baked Products)					99.25	19.9	0.75	2.1	0.31	0.87
☒	☒	Jams and preserves (Sweets)					16.1	3.95	0.04	0.01	0	0
☒	☒	Coconut Water (Miscellaneous Foods)					30.59	6.32	0.52	0.32	0.19	0.05
☒	☒	White rice (without salt) 1		300			182.88	40.14	4.06	0.28	0.08	0.04
☒	☒	Vegetable Kuruma 1		100 g			55.88	2.28	0.89	4.88	1.16	1.23
☒	☒	Rasam 1		70 g			40.49	2.36	0.83	3.01	0.34	0.83
☒	☒	Milk, buttermilk, fluid, cultured, reduced fat (Dairy and Egg Products)					358	6.8	56.8	10.2	6.61	2.7
☒	☒	Ponnanganni Keerai Poriyal 1		70 g			94.64	7.4	6.63	3.9	0.53	1.06
☒	☒	Drumstick Poriyal 1		70 g			84.73	2.79	1.76	7.32	3.94	0.85
☒	☒	Chicken Boneless Two 1		70 g			205.22	1.03	11.71	17.3	1.79	3.25
☒	☒	Tatta Payaru (Kaaramani) Sundal		100 g			313.84	37.06	14	11.46	3.52	2.24
☒	☒	Pineapple (Ananas comosus)(Fruits)										

By default all foods are selected for Addition if not needed for Addition deselect by clicking the check box

Click the delete option if the food is not needed

Pyramid Food Group values as Grains, Vegetables, Fruits, Dairy and Milk, Protein, Oil, Solid Fat and Added Sugar values as per the Grams Per Serving

Food Choice Table													
Delete	Select	Food Name	VITB12(mcg)	Pantothenic Acid(mg)	Choline(mg)	Pyramid FoodGroup							
						Grains(g)	Vegetables(g)	Fruits(g)	Dairy & Milk(g)	Protein(g)	Oil(g)	Solid Fat(g)	Added Sugar(g)
	☒	Milk without sugar	0	0.34	0	0	0	0	100	0	0	0	0
	☒	Bread, wheat (Baked Products)	0	0.06									
	☒	Jams and preserves (Sweets)	0	0	0.51								
	☒	Coconut Water(Miscellaneous Foods)	5	0.52									
	☒	White rice (without salt) 1	0	0.28	0	52.02	0	0	0	0	0	0	0
	☒	Vegetable Kuruma 1	0	0.11	0.77	0	18.39	0	0	0.8	3.12	0	0
	☒	Rasam 1	0	0.1	0.09	0	29.73	0.85	0	0.43	2.5	0	0
	☒	Milk, buttermilk, fluid, cultured, reduced fat (Dairy and Egg Products)	0.74		32								
	☒	Ponnanganni Keeral Poriyal 1	0	0.27	0	0	104.01	0	0	2.36	2.12	0	0
	☒	Drumstick Poriyal 1	7	0.28	0	0	44.66	0	0	13.96	1.49	0	0
	☐	Chicken Boneless Two 1	0	0.73	0.41	0	0	4.3	0	65.27	8.22	0	0
	☒	Tatta Payaru (Kaaramani) Sundal	48	0.98	0	0	0	0	0	0	0	0	0
	☐	Pineapple (Ananas comosus)(Fruits)											

After all the chosen foods and their nutrient and Pyramid food group values are transferred to the food choice table, the following steps are taken

1 By default serving size is entered from the food database.

2 In the "Food Choice Table" double click the "Servings" text box to enter the serving numbers.

In case "USDA SR28" is chosen then value for "Grams Per Serving" is to be entered for the food chosen.

Note:

The nutrient values are displayed based on the value in the " Grams Per Serving " column. It is mandatory to have " Grams Per Serving " value for the nutrient values to be displayed.

6.1 Modifying "Grams Per Serving"

Grams per serving of each "Food Name" can be modified by entering the desired value in the respective "Grams Per Serving" text box.

6.2 Selection of Food Choice for inclusion in the diet

By default all foods are selected. If not needed for inclusion in the Diet deselect the specific food by clicking the checkbox. A wide range of foods can be added to the Food Choice Table and from this the required foods can be selected to achieve the target value of Calories , Nutrients and Pyramid Food Groups (By using this method Repeated access of the Data Base can be avoided).

6.3 Delete the food from the Food Choice table

Click the delete option if the food is to be deleted from the Food Choice Table.

NOTE: In the case of using the NutriAdder to compute Pyramid Food Group values ensure that all the chosen foods have their corresponding Food Group values.

In the case of using the NutriAdder to compute Nutrient values only the corresponding 'Food Group values' for the chosen foods are not mandatory.

7. Result Table

Result Table (Addition)

Click Add button added value of Calorie, Macro & Micro Nutrient and Pyramid Food Group will be shown in the Result Table.

Save option to save the problem and result, in the software and can be recalled for further improvement

The result shall be exported to Excel Sheet. Save and Print option from Excel.

Names of Macro and Micronutrients + Pyramid Food Group values

The result table will give

1. Foods selected
2. For each food the serving no. is given.
3. For each food the serving in grams also given
4. For each food the Calorie and Macro and Micronutrient values according to serving grams is given. (This will be useful to find which food is essential for particular nutrient)
5. Total, RDA and upperlimit values for Nutrients + Recommended Pyramid Food Group values + Percentage of RDA + Food Group satisfied are all given.

Nutrients not meet the RDA requirement like VitC low (92.37%), VitD low (78.93%), VitE low (99.8%), Folate low (72.89%), Choline low (66.83%). The "% of RDA satisfied" is given along with their names.

All Pyramid Food Group Names and their respective % satisfied is displayed

Selected Food names

Result - serving numbers

Result - serving in grams

Total Carbohydrate

RDA & upper value

% of RDA satisfied

Required Calories

Carbohydrate range

Percentage achieved on min. calorie requirement

Result Table

VitC low(92.37%), VitD low(78.93%), VitE low(99.8%), Folate low(72.89%), Choline low(66.83%)
 MUFA high, VitK high, VitB12 high
 Grains(101.59%), Vegetables(102.69%), Fruits(112.07%), Dairy&Milk(103.96%), ProteinFood(98.89%),
 Oil&Fat(100.36%), AddedSugar(112.2%)

Food Name	Servings	Servings in Gram	Calorie(kcal)	Carb(g)	Protein(g)	Fat(g)	SFA(g)	MUFA(g)	Cholesterol(mg)	Sugar(g)
Beef, ground, 90% lean meat / 10% fat, patties, cooked, broiled (Beef Products)	0.5	17.5	37.98	0	4.57	2.06	0.81	0.87	15.4	0
Nuts, almonds (Nut and Seed Products)	1	20	115.8	4.31	4.23	9.99	0.76	6.31	0	0.87
Oil, olive, salad or cooking (Fats and Oils)	1	14	123.76	0	0	14	1.93	10.21	0	0
Oil, safflower, salad or cooking, high oleic (primary safflower oil or confectionery) (Fats and Oils)	0.5	6.5	57.46	0	0	6.5	0.49	4.89	0	0
Butter, light, stick, without salt (Fats and Oils)	0.75	3	14.97	0	0.1	1.65	1.03	0.48	3.18	0
Sugars, granulated (Sweets)	1	30	116.1	29.99	0	0	0	0	0	29.94
Total	1775.5	2025.78	270.53	97.94	66.35	20.51	32.51	169.42	106.04	
Recommended Value (RDA - UpperValue) / Recommended Pyramid FoodGroup			2010 - 226.13 - 2070.3	326.63	175.88	44.67 - 78.17	17.9 - 22.3	13.4 - 31.3	0 - 300	50.3 - 425.6
% of RDA Satisfied / % of RPYG Satisfied			100.79 % of Goal	53.84 % of Kcal	19.49 % of Kcal	29.71 % of Kcal	9.18 % of Kcal	14.56 % of Kcal	56.47 % of UL	84.43 % of UL

Total MUFA

MUFA RDA range (Min.-Max.)

% of RDA satisfied

Click the Pyramid Result link to show the Pyramid Result Table

Clear Food Add Save Pyramid Result Export To Excel Print Result

Result Table

VitC low(92.37%), VitD low(78.93%), VitE low(99.8%), Folate low(72.89%), Choline low(66.83%)
 MUFA high, VitK high, VitB12 high
 Grains(101.59%), Vegetables(102.69%), Fruits(112.07%), Dairy&Milk(103.96%), ProteinFood(98.89%),
 Oil&Fat(100.36%), AddedSugar(112.2%)

Food Name	Choline(mg)	Pyramid FoodGroup								
		Grains(g)	Vegetables(g)	Fruits(g)	Dairy&Milk(g)	ProteinFood(g)	Oil(g)	SolidFat(g)	Oil&Fat(g)	AddedSugar(g)
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled (Beef Products)	4.69	0	0	0	0	17.02	0	0.48	0.48	0
Nuts, almonds (Nut and Seed Products)	0.42	0	0	0	0	39.97	6.28	0	6.28	0
Oil, olive, salad or cooking (Fats and Oils)	1.04	0	0	0	0	0	14	0	14	0
Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) (Fats and Oils)	1.02	0	0	0	0	0	6.5	0	6.5	0
Butter, light, stick, without salt (Fats and Oils)	1.39	0	0	0	0	0	0	1.65	1.65	0
Sugars, granulated (Sweets)		0	0	0	0	0	0	0	0	30
Total	167.55	172.7	401.5	325	764.12	156.24	29.51	15.65	45.16	33.66
Recommended Value (RDA - UpperValue) / Recommended Pyramid FoodGroup	150 - 1500	170 - 175.1	391 - 402.73	290 - 298.7	735 - 757.05	158 - 162.74			45 - 46.35	30 - 30.9
% of RDA Satisfied / % of RFG Satisfied	6.83 % of adequate intake	101.59 % of Recommended	102.69 % of Recommended	112.07 % of Recommended	103.96 % of Recommended	98.89 % of Recommended			100.36 % of Recommended	112.2 % of Recommended

Total Grains Value
 Recommended Pyramid Food Group - UpperValue for Grains.

% of Recommended Pyramid Food Group Satisfied for Grains

An important feature of the Result Table is that the impact of addition of food items along with their Grams Per Serving and Number Of Servings can be seen simultaneously on the displayed Result.

7.1 The displayed result will contain

1. Selected foods
2. Serving number
3. Serving quantity in grams
4. Calories, Macro and Micronutrient values
5. Food Group Values

7.2The row "Total" displays the total value of calories, Macro, Micronutrients and Pyramid Food Group values.

7.3 The row "Recommended value (RDA-upper value)/ Recommended Pyramid Food Group" displays the RDA / upper value for Calories, Macro and Micronutrients / Values of Pyramid Food Group.

7.4 In the row "% of RDA satisfied / % of Pyramid Food Group satisfied" of the "Result Table" the following values are displayed.

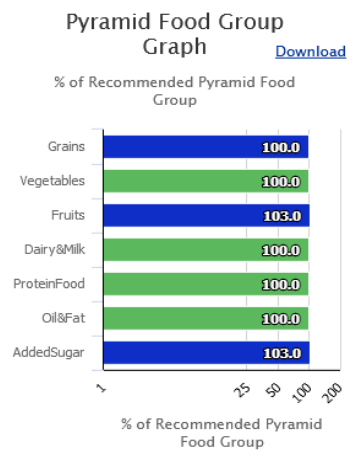
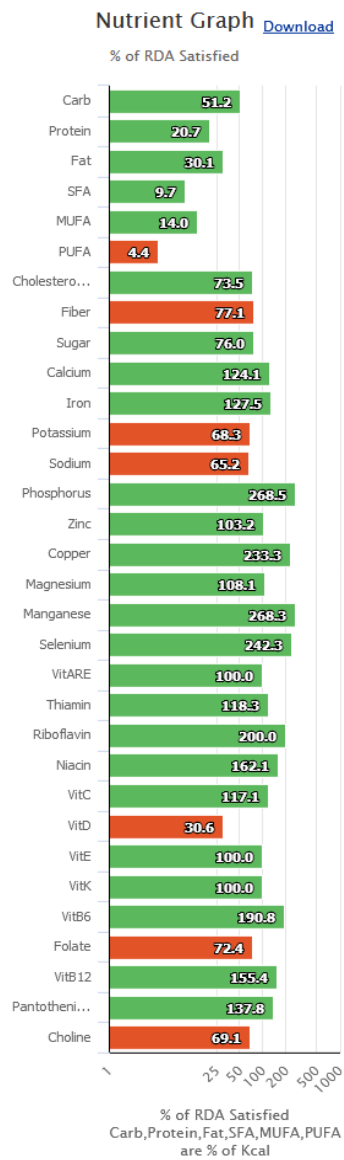
1. The total calorie value is displayed as a percentage of minimum calorie requirements.
2. The total macronutrient value is converted to calories and their value is displayed as percentage of minimum calorie requirement.
3. The total micronutrient value is displayed as the percentage of minimum RDA
4. The total value of Pyramid Food group is displayed as a percentage of Pyramid Food Group value.

Any addition/deletion of a food item will result in a corresponding change in the 'Result Table'.

7.5 The advantages of the result table is user can easily identify the contribution of each food to that particular nutrient and Pyramid Food Group. For example if Coffee (with milk) is one of the food then its contribution to the nutrient Calcium will be more. User can see easily calcium value in the result table for Coffee (with milk) and if needed user can increase the Coffee (with milk) "Serving" quantity in 'Food Choice Table' to get the calcium percentage of RDA satisfied as 100%.

Food group/ Nutrient values which are low/high in the Result Table can be addressed by altering the corresponding food quantity or exchanging the food items with specific nutrient rich foods / Pyramid Food Group rich food.

8. Nutrient Graph



This Nutrient Graph is a bar chart which display of the results helps in quick interpretation of the results and aids in the corrective action that may be required.

The percentage of RDA satisfied for each nutrient is displayed along the X axis.

All the Nutrients chosen for “Display” in the RDA Table are displayed along the Y axis.

A nutrient with green bar indicates that this result value is within the RDA minimum and maximum value.

A nutrient with red bar indicates that this result value is below the RDA minimum value (lower limit).

A nutrient with blue bar indicates that this result exceeds the RDA maximum value (upper limit).

The bar against each nutrient displays the % of RDA satisfied. On pointing the cursor to the bar causes a tool tip displaying the “Name of Nutrient”, “Total” and “ Recommended Value (RDA upper value)” from the result table.

Download:

An option is available to download and print the Nutrient Graph using PNG, JPEG and PDF formats.

9 Pyramid Result in separate table & Pyramid Food Group Graph

9.1 Pyramid Result

Pyramid Result Table

Food Name	Servings	Servings In Gram	Grains(g)	Vegetables(g)	Fruits(g)	Dairy&Milk(g)	ProteinFood(g)	Oil(g)	SolidFat(g)	Oil&Fat(g)	AddedSugar(g)
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled (Beef Products)	1.1	38.5	0	0	0	0	37.433	0	1.056	1.056	0
Nuts, almonds (Nut and Seed Products)	1.1	22	0	0	0	0	43.967	6.908	0	6.908	0
Oil, olive, salad or cooking (Fats and Oils)	0.479	6.705999	0	0	0	0	0	6.706	0	6.706	0
Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) (Fats and Oils)	1.0	13	0	0	0	0	0	13	0	13	0
Butter, light, stick, without salt (Fats and Oils)	0.693	2.772	0	0	0	0	0	0	1.525	1.525	0
Sugars, granulated (Sweets)	0.862	25.86	0	0	0	0	0	0	0	0	25.86
Total		1706.17	169.984	391.042	290	734.963	162.547	30.458	15.678	46.136	30.014
Recommended Pyramid FoodGroup			170.0 - 175.1	391.0 - 402.73	290.0 - 298.7	735.0 - 757.05	158.0 - 162.74			45.0 - 46.35	30.0 - 30.9
% of Recommended Pyramid FoodGroup Satisfied			100	100	100	100	102.9			102.5	100

Click on the “Pyramid Result” link to view the Pyramid Result Table

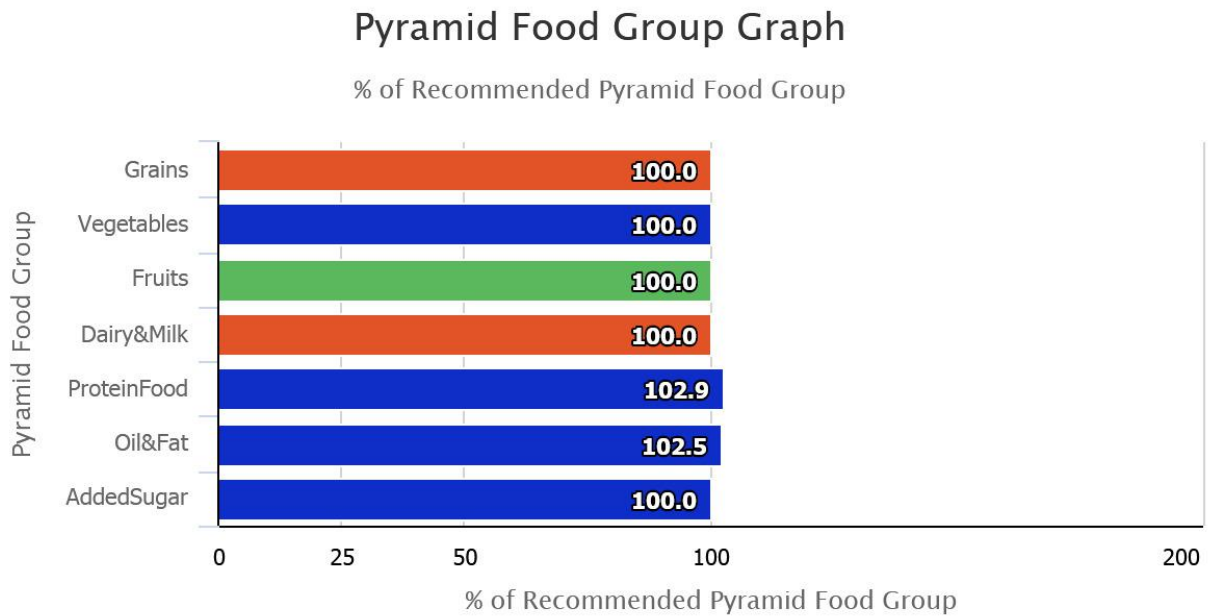
This table displays, in grams, the contribution of each food in the result to the Pyramid Food Group.

The “Total” row indicates summation of each of the Pyramid food group values.

The “Recommended Pyramid Food Group” displays the recommended food group values as per guidelines chosen for this computation.

The “% of Recommended Pyramid Food Group Satisfied” displays percentage of Recommended Pyramid Food Group Satisfied.

9.2 Pyramid Food Group Graph.



This Pyramid Food Group Graph is a bar chart which display of the results for a quick interpretation of the results.

The percentage of Recommended Pyramid Food Group Satisfied is displayed along the X axis.

All the Pyramid Food Groups chosen for “Display” are displayed along the Y axis.

A Food Group with green bar indicates that this result value is 100% of Recommended Food Group Value.

A Food Group with red bar indicates that this result value is below 100% of the Recommended Food Group Value.

A Food Group with blue bar indicates that this result exceeds the 100% of Recommended Food Group Value.

The bar against each Food Group displays the % of Recommended Pyramid Food Group.

On pointing the cursor to the bar causes a tool tip displaying Food Group Name, “ Total” value (as per the result), the “Recommended Pyramid Food Group Value”.

10. Create User

Create user and Manage user

Second list box with Diet plan name and date

Select user dialog box

First list box with user name (First select user name)

By selecting the "New user" button the new screen will appear

After selecting the Diet Plan name click the "open user" button and then the selected Diet Plan will be loaded in the screen

By clicking the 'Create User' link new screen will appear for new user. User can create a new diet plan by entering the user name in calorie calculator

11. Manage User

By clicking the 'Manage User' link, the "select user" dialog box will appear. It shows "User Name" in first list box. After selecting the user name, its corresponding saved "Diet plan names" listed in the second list box. First the "Diet plan name" is selected then by clicking the "open user" button the diet plan will be loaded in the screen. (It is used to recall the saved Diet Plan Name and further improvement of the solution)

By clicking 'New User' button in the 'Select User' dialog box, new Diet Plan screen will appear.

12. Save Option

Save option to save the problem and result, in the software and can be recalled for further improvement

The result shall be exported to Excel Sheet. Save and Print option from Excel.

Pyramid Result
Export To Excel
Print Result

Clear Food

Add Save

Result Table

VitC low(92.37%), VitD low(78.93%), VitE low(99.8%), Folate low(72.89%), Choline low(66.83%)
MUFA high, VitK high, VitB12 high
Grains(101.59%), Vegetables(102.69%), Fruits(112.07%), Dairy&Milk(103.96%), ProteinFood(98.89%),
Oil&Fat(100.36%), AddedSugar(112.2%)

Food Name	Servings	Servings In Gram	Calories(kcal)	Carb(g)	Protein(g)	Fat(g)	SFA(g)	MUFA(g)	Cholesterol(mg)	Sugar(g)
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled (Beef Products)	0.5	17.5	37.98	0	4.57	2.06	0.81	0.87	15.4	0
Nuts, almonds (Nut and Seed Products)	1	20	115.8	4.31	4.23	9.99	0.76	6.31	0	0.87
Oil, olive, salad or cooking (Fats and Oils)	1	14	123.76	0	0	14	1.93	10.21	0	0
Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) (Fats and Oils)	0.5	6.5	57.46	0	0	6.5	0.49	4.89	0	0
Butter, light, stick, without salt (Fats and Oils)	0.75	3	14.97	0	0.1	1.65	1.03	0.48	3.18	0
Sugars, granulated (Sweeteners)	1	30	116.1	29.99	0	0	0	0	0	29.94
Total		1775.5	2025.78	270.53	97.94	66.35	20.51	32.51	169.42	106.04
Recommended Value (RDA - UpperValue) / Recommended Pyramid FoodGroup			2010 - 226.13 - 2070.3	226.63	50.25 - 175.88	44.67 - 78.17	17.9 - 22.3	13.4 - 31.3	0 - 300	50.3 - 125.6
			100.79	53.84	19.49	29.71	9.18	14.56	56.47	84.43

"Save" button is adjacent to the "Add" button and above the Result Table. By clicking the 'save' button, the dialog box will appear. The user can enter the 'Diet Plan Name' and "click" the save button. Now the Diet Plan Name will be saved along with the same user name initially entered in the calorie calculator. The Diet Plan is saved by Diet Plan Name and date and User Name. Under one user name many Diet Plans can be saved. The save option stores all the Data (RDA Table, Food Choice Table, Result Table and Added Food Value Table) for that Diet Plan. (This save option can also be used to recall the diet plan for any further improvement of the solution.)

Note:

Before starting with a new "Diet Plan" the active diet plan on screen must be saved or else the existing Diet Plan data will be lost.

12.1 Recall of Saved Diet Plans (Diet Plan Name Drop down Box) :-

The 'Diet Plan Name' drop down box is located above the 'RDA Table'.

This drop down box displays all the names of all saved Diet Plan Names along with date. From this dropdown list a Diet Plan Name can be chosen to

1. Recall for further Analysis / Improvement
2. Delete (Using the delete button adjacent to 'Diet Plan Name')

3. By clicking the 'New' Link a new screen with already calculated Calorie & RDA values will appear. This screen can be used to create a new Diet Plan for the same user name.

13. Export Result into Excel - Save / Print

The "Result Table" data can be exported to 'Excel' format by clicking the 'Export to Excel' link, file download dialog box will appear in the screen. For save in the excel file user has to click the "Save File" radio button and click 'ok' button. Then the 'Result Table' will be stored in Excel file.

By default "Open" with radio button is selected click 'ok' button the 'Result Table' can be seen in the excel sheet in the user computer. User can print the result by using the Excel file.