

Diet Analysis PLUS

Diet Analysis Plus Student Guide

Contents

Benefits of Using Diet Analysis Plus	2
Where to Buy	2
First Time Login	2
Returning User	4
Walkthrough	5
Product Support	6

Benefits of Using Diet Analysis Plus

Featuring a database with over 20,000 foods that can be personalized with recipes, the market leading **Diet Analysis Plus** enables you to track their diet and activities, generate reports, complete assignments, and gain a better understanding of how nutrition relates to your personal health goals.

- **Easy Navigation:** The improved interface provides even easier navigation of Diet Analysis Plus. The homepage provides one-stop access to the profile, diet, activities, reports, and labs.
- **New Assignments:** These labs provide critical thinking opportunities where you learn even more about the health implications of your eating habits and the effects of even small changes.
- **New Activity Questionnaire:** You can create their own personal profiles based on height, weight, age, sex, and activity level. The Activity Questionnaire then assesses your true activity level and more accurately determines the proper Dietary Reference Intakes.
- **Track from 1 to 365 Days:** The visual month-to-month calendar enables tracking of food intake for up to 365 days and allows you to quickly see the dates where you've entered food and activities.

Where to Buy

CengageBrain.com : Choose the format and price options that work best for you. CengageBrain.com offers Textbook and Bundle Rentals, eTextbooks, individual eChapters and even free study tools.

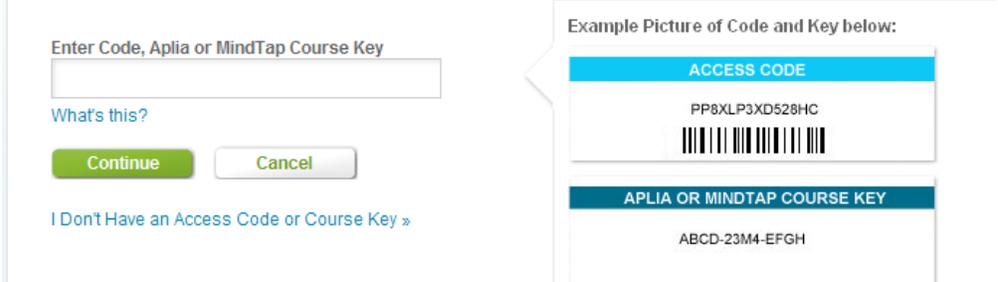
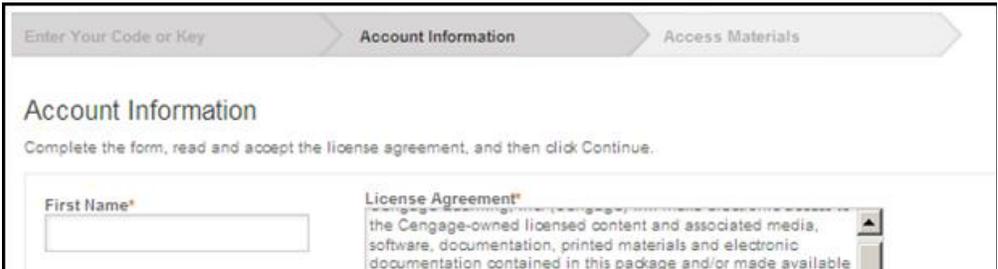
Go to www.CengageBrain.com and search ISBN number provided by your professor.



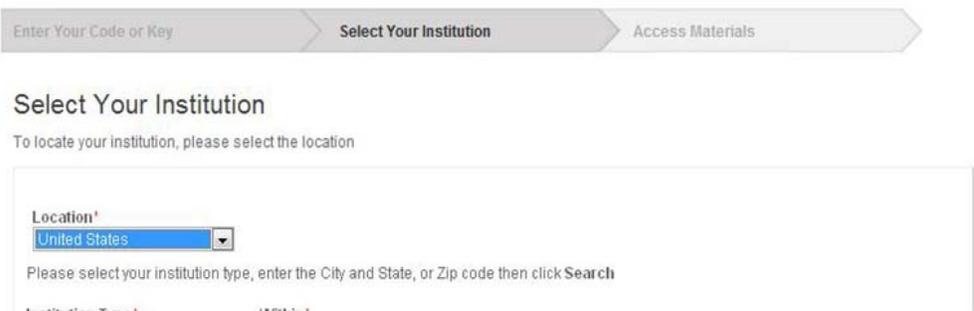
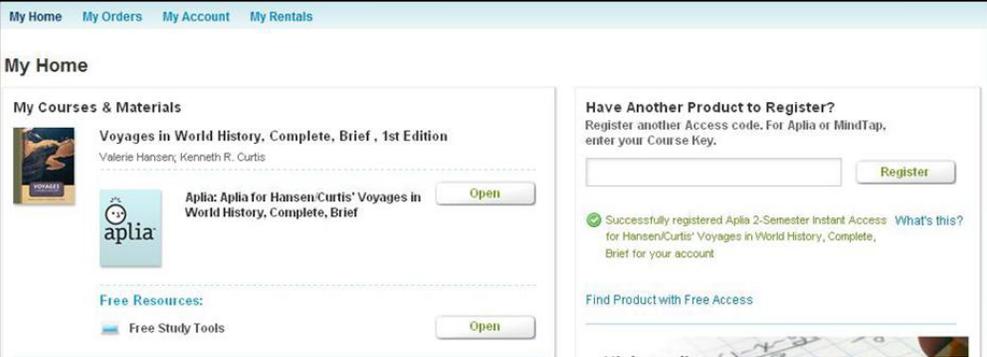
First Time Login

To get started, navigate to: login.cengagebrain.com. If this is your first time using a Cengage Learning Product, you will need to create a new account.

Create Profile

Step	Action
1	<p>Now you will need to enter the Diet Analysis Plus access code which came with your text.</p> 
2	<p>Complete the Account Information form, read and accept the license agreement, and then click Continue.</p> 

Select Your Institution

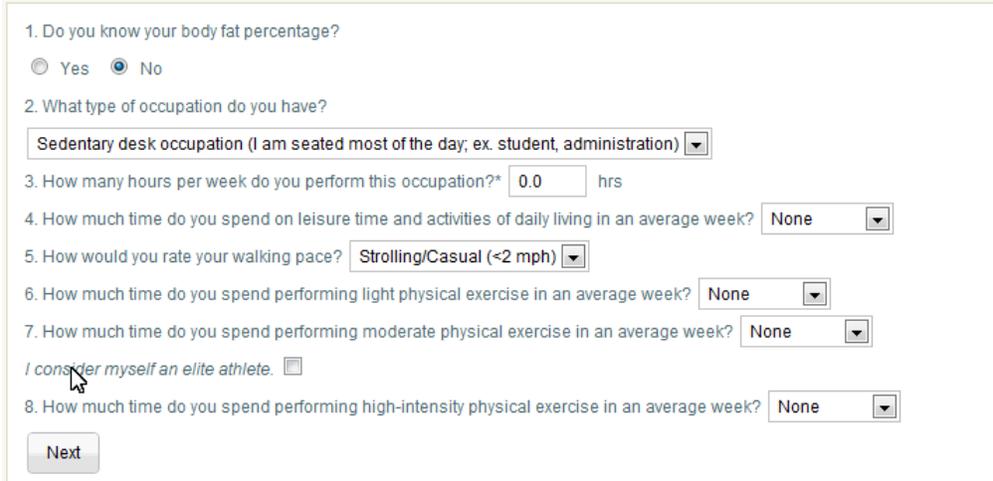
Step	Action
1	<p>First select your location, then your institution type. Locate your school through one of the available search options.</p> 
2	<p>Once you locate your institution, you will be directed to your dashboard.</p> 
3	<p>To access the Diet Analysis Plus product which you just registered, press</p> 

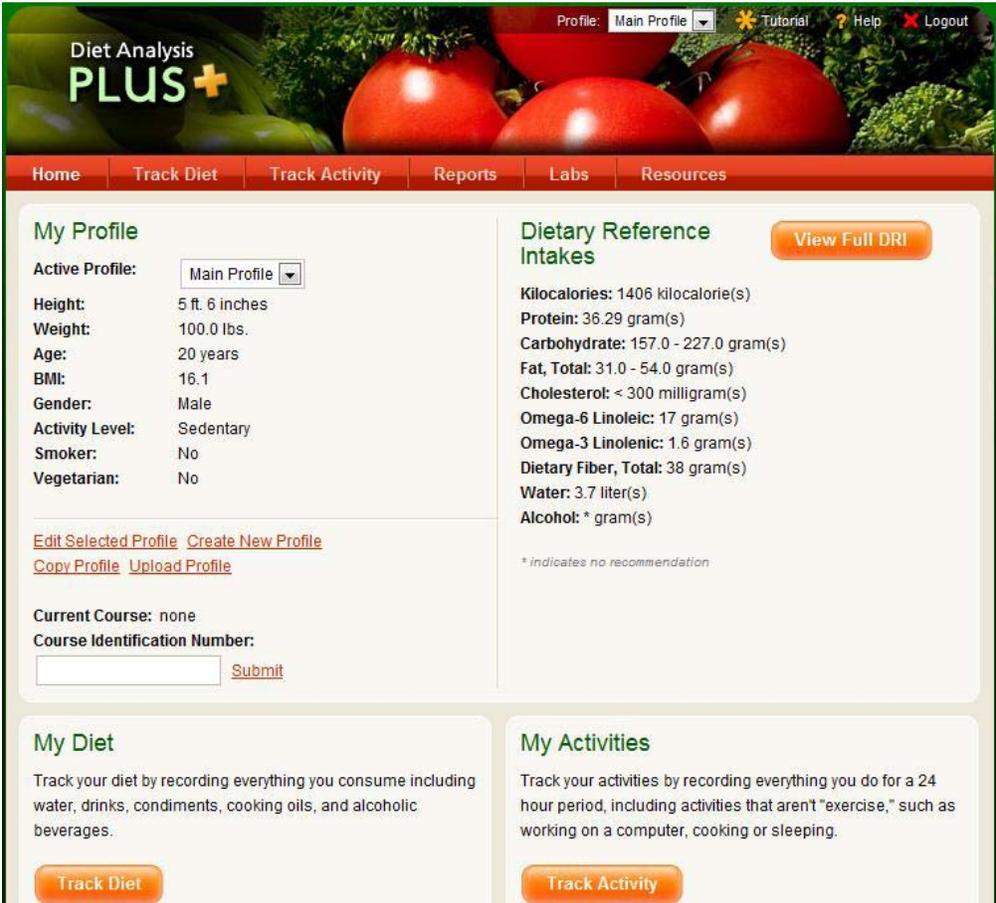
Returning User

To get started, navigate to: login.cengagebrain.com. Please log in to your CengageBrain account to activate your product. If you have forgotten your password please select the “Forgot Password” link to retrieve your password.

Walkthrough

Create Profile

Step	Action
1	<p>Fill in the required information for your Primary Profile.</p>  <p>The screenshot shows the 'Create Profile' form in the Diet Analysis PLUS+ application. The form is titled 'Create Profile' and includes a note '* required fields'. The fields are: Profile Name* (Main Profile), Birth Date (May 7, 1990), Gender (Male), Height Feet* (5 ft.), Height Inches* (6 inches), Weight* (100.0 lbs.), Smoker (checkbox), and Vegetarian (checkbox). A 'Next' button is located at the bottom left of the form.</p>
2	<p>Answer the Activity Questionnaire.</p>  <p>The screenshot shows the 'Activity Questionnaire' form. It contains 8 questions: 1. Do you know your body fat percentage? (Yes/No), 2. What type of occupation do you have? (Sedentary desk occupation), 3. How many hours per week do you perform this occupation? (0.0 hrs), 4. How much time do you spend on leisure time and activities of daily living in an average week? (None), 5. How would you rate your walking pace? (Strolling/Casual (<2 mph)), 6. How much time do you spend performing light physical exercise in an average week? (None), 7. How much time do you spend performing moderate physical exercise in an average week? (None), 8. How much time do you spend performing high-intensity physical exercise in an average week? (None). A 'Next' button is located at the bottom left of the form.</p>

Step	Action
3	<p data-bbox="418 258 792 289">Begin tracking diet and activity.</p>  <p>The screenshot shows the Diet Analysis PLUS+ website interface. At the top, there is a navigation bar with 'Home', 'Track Diet', 'Track Activity', 'Reports', 'Labs', and 'Resources'. Below this is a 'My Profile' section with fields for Active Profile (Main Profile), Height (5 ft. 6 inches), Weight (100.0 lbs.), Age (20 years), BMI (16.1), Gender (Male), Activity Level (Sedentary), Smoker (No), and Vegetarian (No). There are links for 'Edit Selected Profile', 'Create New Profile', 'Copy Profile', and 'Upload Profile'. Below the profile section is a 'Current Course' field (none) and a 'Course Identification Number' field with a 'Submit' button. To the right is the 'Dietary Reference Intakes' section with a 'View Full DRI' button. It lists: Kilocalories: 1406 kilocalorie(s), Protein: 36.29 gram(s), Carbohydrate: 157.0 - 227.0 gram(s), Fat, Total: 31.0 - 54.0 gram(s), Cholesterol: < 300 milligram(s), Omega-6 Linoleic: 17 gram(s), Omega-3 Linolenic: 1.6 gram(s), Dietary Fiber, Total: 38 gram(s), Water: 3.7 liter(s), and Alcohol: * gram(s). A note at the bottom of this section states '* indicates no recommendation'. At the bottom of the page, there are two sections: 'My Diet' with a 'Track Diet' button and 'My Activities' with a 'Track Activity' button.</p>

Track Diet

Step	Action
1	<p data-bbox="418 1428 1382 1499">Access this section by clicking on the Track Diet button on your Diet Analysis Plus home page or by clicking at the Track Diet tab on the top navigation.</p>

2

Select a day to start entering foods by clicking on the calendar icon. You'll notice that days that are "highlighted" in green are days in which food has been entered. Select a day to enter food for that day.

The screenshot shows the Diet Analysis PLUS+ website interface. At the top, there is a navigation bar with links for Home, Track Diet, Track Activity, Reports, Labs, and Resources. The main content area is divided into several sections. On the left, there is a 'Select a Date' section with a calendar for May 2010. The calendar shows the date May 12, 2010, selected. Below the calendar, there are search filters including 'Find Foods', 'Search Tips', 'View: Favorites', 'Optional Sea', 'Category Filter', and 'Specialty Foods Filter'. The 'Category Filter' is set to 'None'. On the right, there is a 'Create or Edit Foods and Recipes' section with buttons for 'Custom Foods' and 'Recipes'. Below that, there is a 'My Meals' section for May 12, 2010, which states 'You have not recorded any diet entries for this day.'

3

The enhanced search functionality under "Track Diet" allows students to use a new filter option to improve search precision and make it easier to find certain foods. For example, search for white grapefruit juice by following these steps:

- Next to **Find Foods**, type in "grapefruit" and click **Go**.
- Under **Category Filter**, find "Beverage" under the drop down menu and click **Apply Filter**.
- Click on **Juice, Grapefruit, White**.
- Click **Save**.

4

If you click the “I” icon next to the food item, you’ll see the nutrient information for one serving of that food.

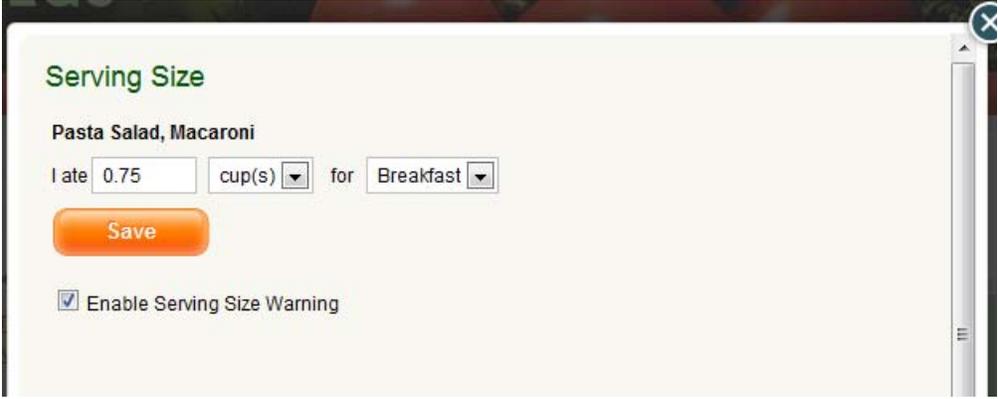


Pasta Salad, Macaroni 4.68 oz. (132.75 g)	
Energy	
Kilocalories	254.88 kcal
Protein	4.18 g
Carbohydrate	28.51 g
Fat, Total	13.91 g
Fat	
Saturated Fat	2.11 g
Monounsaturated Fat	3.42 g
Polyunsaturated Fat	7.5 g
Cholesterol	6.64 mg
Essential Fatty Acids	
Omega-6 linoleic	6.62 g

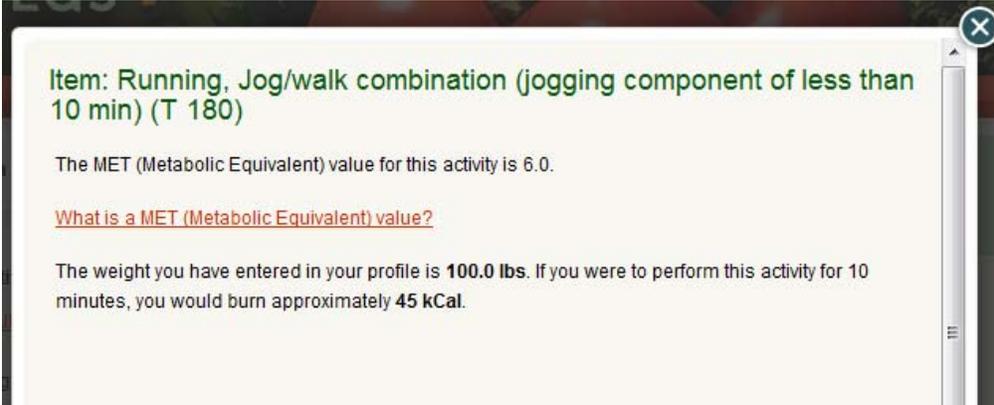
5

The enhanced search functionality under “Track Diet” allows students to use a new filter option to improve search precision and make it easier to find certain foods. For example, search for white grapefruit juice by following these steps:

- Next to **Find Foods**, type in “grapefruit” and click **Go**.
- Under **Category Filter**, find “Beverage” under the drop down menu and click **Apply Filter**.
- Click on **Juice, Grapefruit, White**.
- Click **Save**.

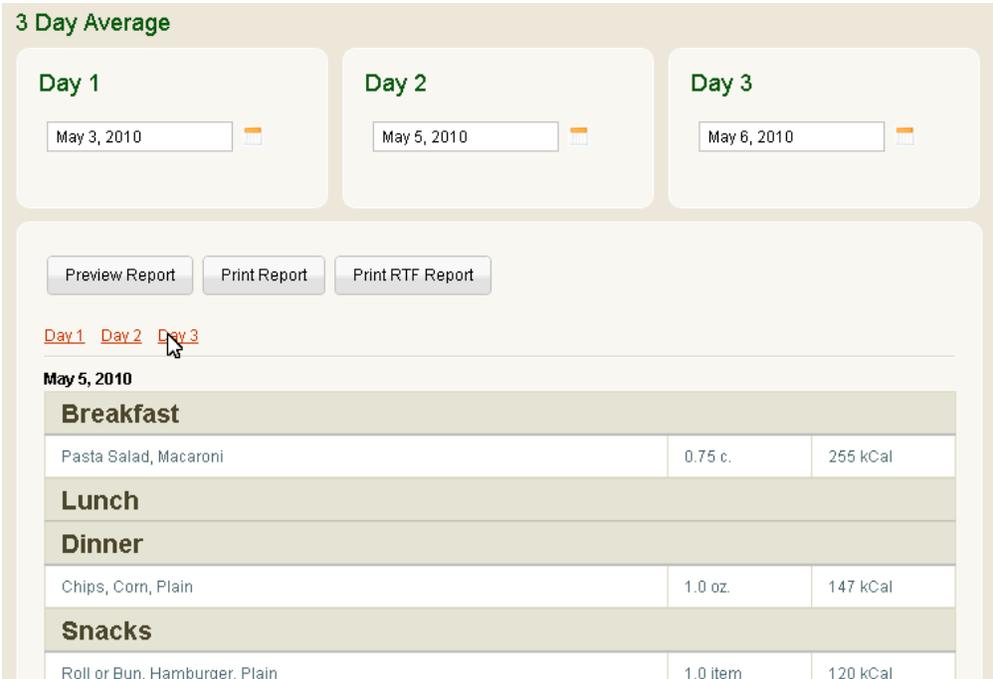
<p>6</p>	<p>If you click the star icon next to the food, you'll add this item to your Favorites list, which can be accessed by clicking the Favorites link at the top of the food list. The Favorites link will allow you to quickly and easily add foods that you eat regularly.</p> 
<p>7</p>	<p>To add a food to being building your daily meals, simply click on the food. You will then be prompted to choose the serving size and select for which meal. Click Save, and you've started building your daily meals. A new serving size warning alerts students if they have entered a servicing size greater than 5x the normal servicing size or more than 1/3 of the recommended calorie intake.</p> 
<p>8</p>	 <ul style="list-style-type: none"> ■ The Custom Foods button allows you to add foods that are not in the database. You'll need the food label for your food to accurately add it to the database. ■ The Recipes button allows you to combine foods from the database to create recipes of commonly eaten foods. Recipes are automatically added to the food database and to your list of "Favorites."

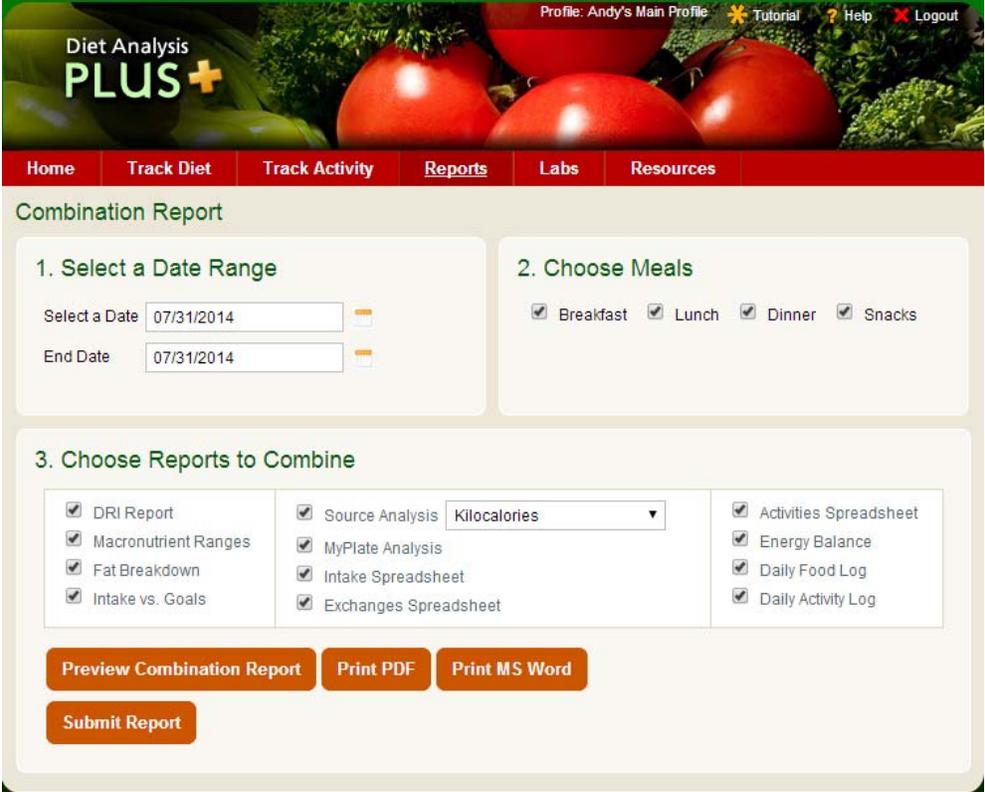
Track Activity

Step	Action
1	Access this section by clicking on the Track Activity button on your Diet Analysis Plus home page or by clicking at the Track Activity tab on the top navigation.
2	You can track your activity the same way you tracked your diet, using the calendar icon to select a date and the Find Activities box to search for an activity.
3	<p>Students use Track Activity to record daily activities from occupations to athletics to household chores. For example track a one hour jog by following these steps:</p> <ul style="list-style-type: none"> ■ Next to Find Activities, insert “jogging”. Click Go. ■ Click Running, jogging. ■ Use the drop down menu and input one hour. ■ Click Save.
4	<p>If you click on the “i” icon next to the activity, you’ll be given the Metabolic Equivalent value for that activity based on your weight.</p>  <p>The screenshot shows a pop-up window with the following text:</p> <p>Item: Running, Jog/walk combination (jogging component of less than 10 min) (T 180)</p> <p>The MET (Metabolic Equivalent) value for this activity is 6.0.</p> <p>What is a MET (Metabolic Equivalent) value?</p> <p>The weight you have entered in your profile is 100.0 lbs. If you were to perform this activity for 10 minutes, you would burn approximately 45 kCal.</p>

My Reports

Step	Action
------	--------

Step	Action
1	<p>Now that you've tracked your food intake and your daily activity, you can generate reports. Access this section by clicking on the My Reports section on your Diet Analysis Plus home page or by clicking at the Reports tab on the top navigation. You have a wide range of nutrient reports and spreadsheets to choose from.</p> 
2	<p>You can quickly see your 3-Day averages by clicking the 3-Day Average button.</p>
3	<p>Here you can select 3 individual days to average, and you can preview your meals for each of the days before printing the report.</p> 

Step	Action
4	<p>The Combination Report button on the Reports page allows you to average as many days as you'd like within a date range. Simply select a date range using the calendar icon, choose the meals and the reports you wish to average, and click the Submit Report button. Please note that only days with food entered will be averaged in the date range.</p>
	

My Labs

Step	Action
1	<p>Access this section by clicking on the My Labs section on your Diet Analysis Plus home page or by clicking at the Labs tab on the top navigation.</p>

Step	Action
2	<p>The new labs in Diet Analysis Plus take advantage of the extensive database by providing critical thinking opportunities and demonstrating ways to use this information to learn more about the health implications of your eating habits and the effects of even small dietary and activity changes.</p> 
3	Click on one of the on-line labs to complete. You will use various reports that you generated to complete the labs.
4	You can save your work and come back to finish later or you can email it to your instructor for grading once you've clicked the "Save and Submit" button at the end of the lab.

Product Support

Questions with your Cengage Brain account?

- Check the FAQs in the Support area of your CengageBrain home.
- Write to cengagebrain.support@cengage.com
- Call 866.994.2427 Mon. through Fri. from 8 AM to 6 PM EST

Questions regarding Diet Analysis Plus?

- Go to www.cengage.com/support for 24/7 live chat!
- Call 800.354.9706 Mon. through Thurs. 8:30 AM to 9 PM EST and Fri. 8:30 AM to 6 PM EST