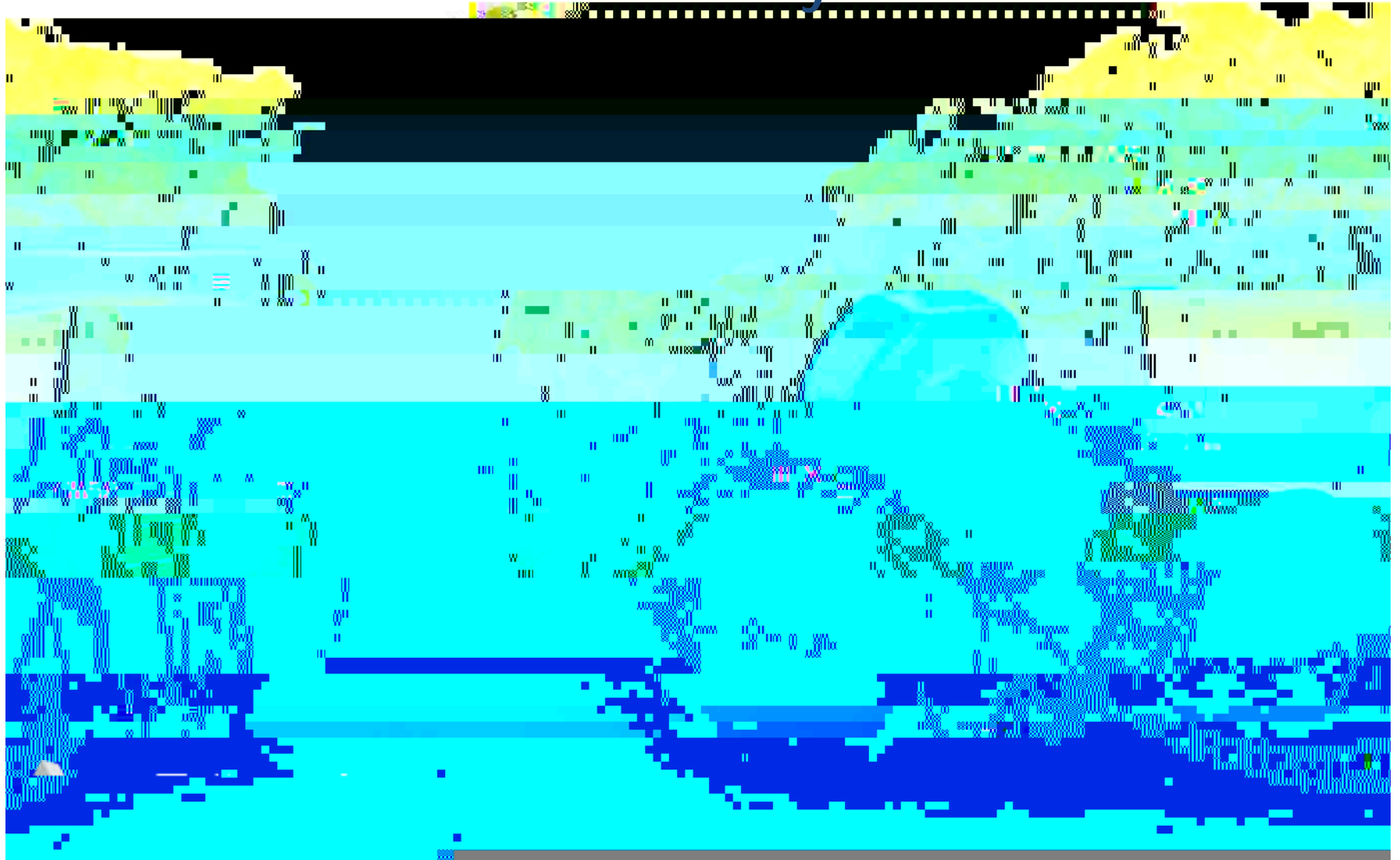


Dietary Analysis With The Food Processor®

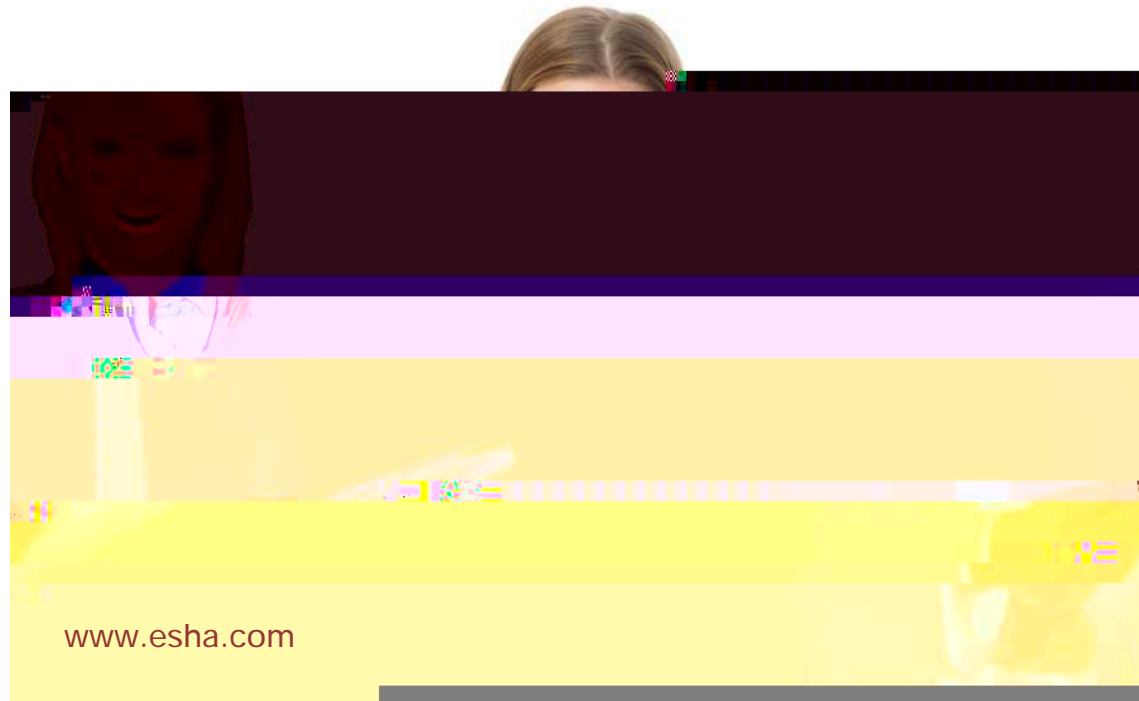
Diet & Exercise Analysis Software



Webinar Objective & Outline

This webinar will showcase how you can provide accurate dietary analysis for your clients using The Food Processor program.

- Case Study
- Nutritional Analysis
- Reporting Features



Goals & Recommendations

Sally Smith

- BMI = 29 (overweight)
- Calorie Goal: 1600
- Desired Weight: 125

Personal Client

Recommendations

Weight Gain/Loss

Groups

Dietary Fiber (g)

22.5

22.5

Basic Components

Nutrients	Value	Overri...
Calories (kcal)	1596.64	1
Calories from Fat (kcal)	447.96	

Vitamins

Vitamin A - IU (IU)

1,132

www.esha.com

OK Cancel

Dietary Intake Entry

Sally's Enters Her Dietary Intake Using the FoodProdigy

- Breakfast
 - Coffee: 16 fluid oz
 - Cocoa Puffs: 1 cup
 - Whole Milk: ½ cup
- Lunch
 - Coke: 16 fluid oz
 - Subway: 6" Philly on Wheat
 - Subway: Oatmeal Raisin Cookie
- Dinner
 - Coke: 16 fluid oz
 - Meat Lasagna: 1 serving
 - Green Snap Beans: 1 cup
 - Cheesecake: 1 slice



Dietary Intake Review

Review Sally's Dietary Intakes

- Breakfast
 - Coffee: 16 fluid oz
 - Cocoa Puffs: 1 cup
 - Whole Milk: $\frac{1}{2}$ cup
- Lunch
 - Coke: 16 fluid oz
 - Subway: 6" Philly on Wheat
 - Subway: Oatmeal Raisin Cookie
-

Dietary Intake MyPlate Analysis



Dietary Intake Recommendation

Modify Sally's Dietary Intake

Create a recommended menu for Sally based on her dietary intake

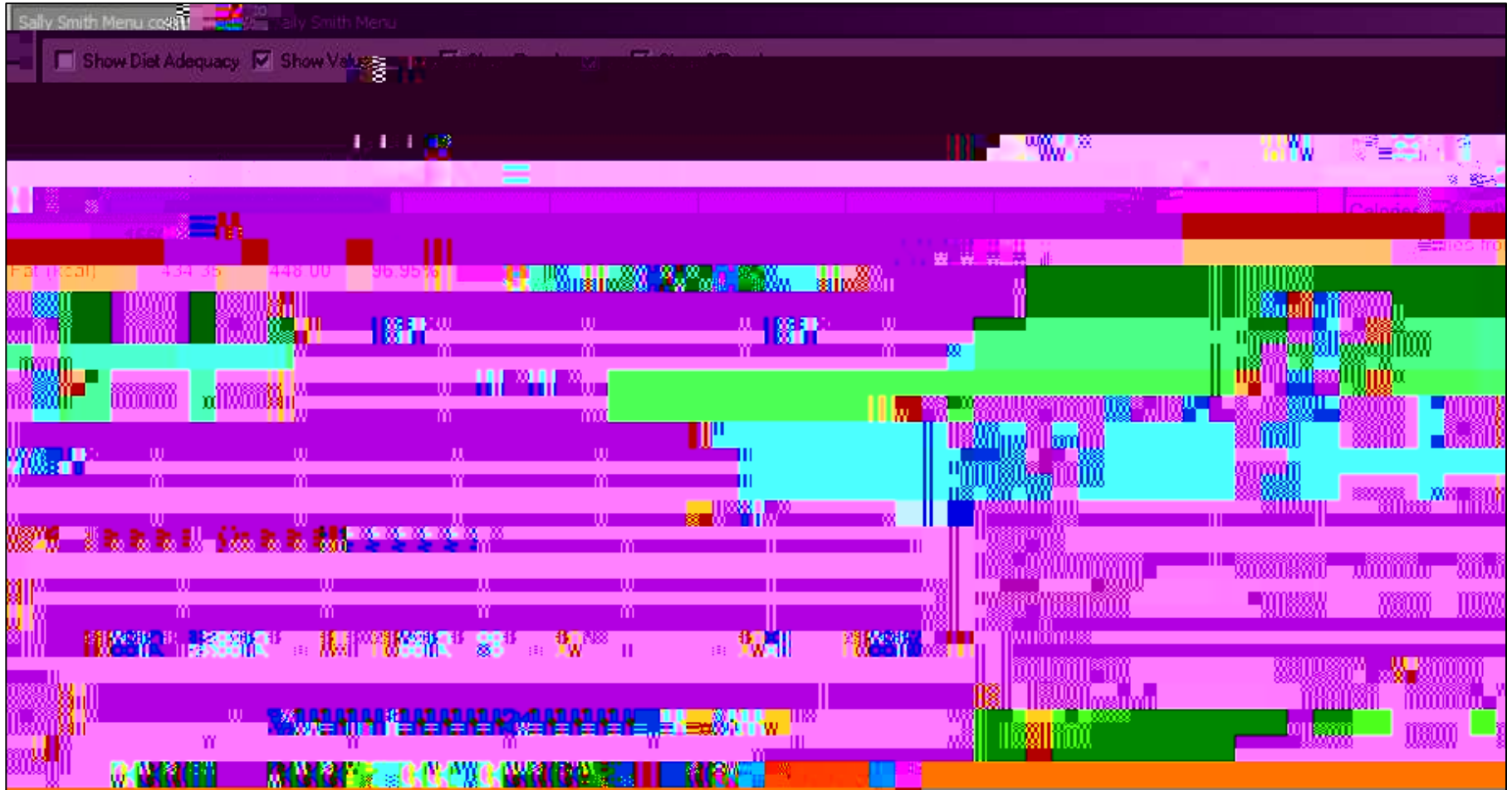
- Breakfast
 - Coffee: 16 fluid oz
 - Cheerios Cereal: 1 cup
 - 1% Milk: 1 cup
 - Banana slices: ½ cup
- Lunch
 - Diet Coke: 16 fluid oz
 - Subway : 6" Roast Beef sandwich
 - Subway: Apple Slices
 - Subway: Dannon Light & Fit Yogurt
- Afternoon Snack
 - Baby Carrots: 1 cup
 - Ranch Dressing: ¼ cup
- Dinner
 - Diet Coke: 16 fluid oz
 - Meat Lasagna: 1 serving
 - Snap Beans: 1 cup
 -



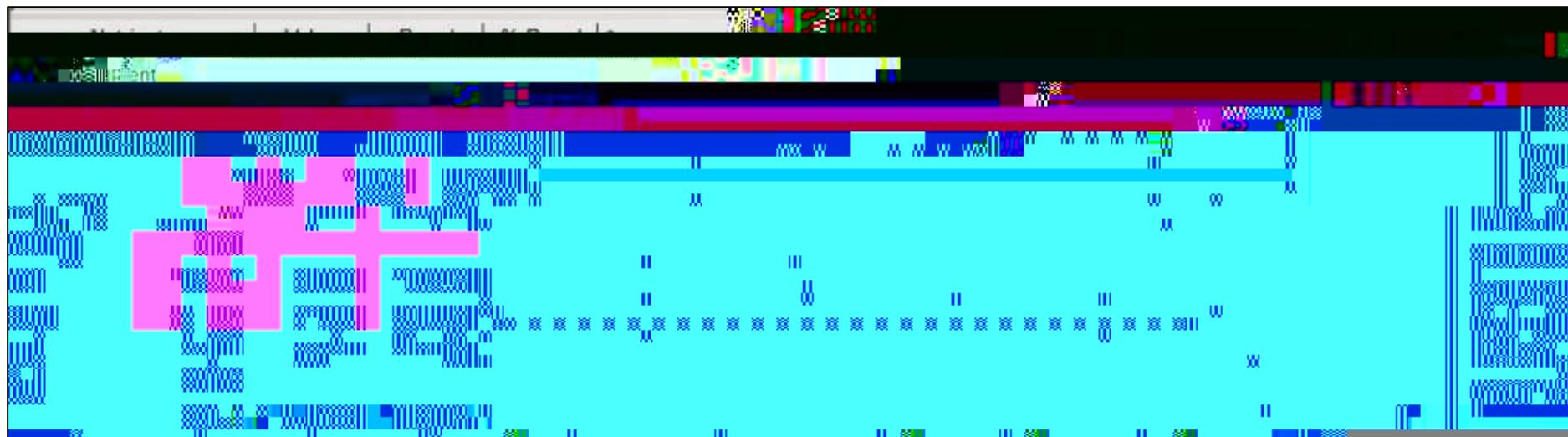
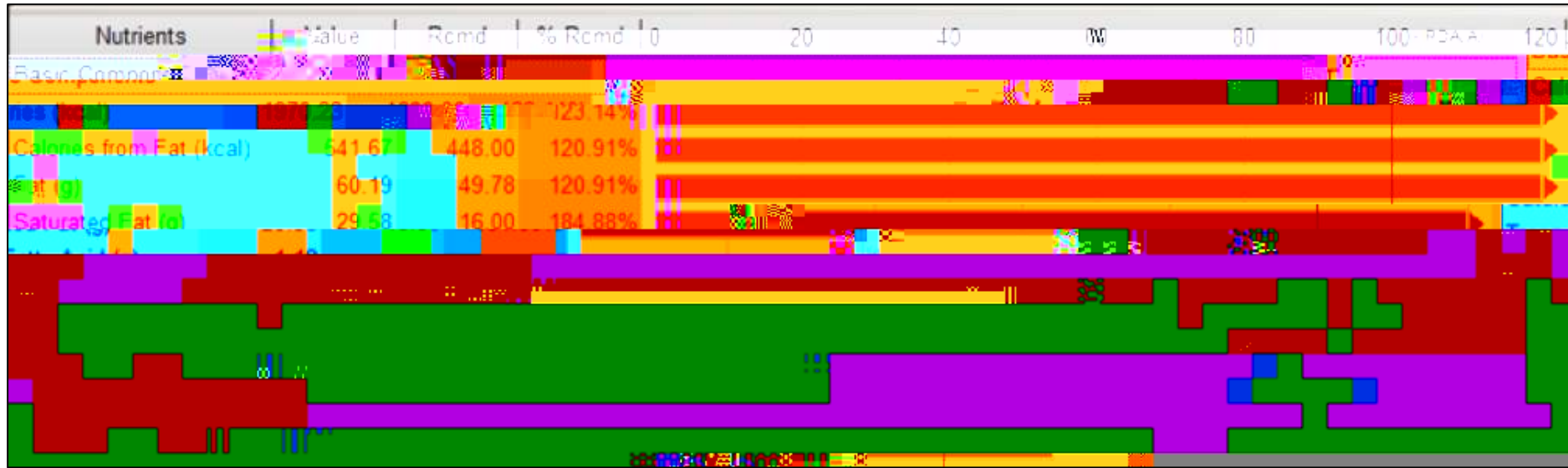
Modified Dietary Intake MyPlate Analysis



Modified Dietary Intake Nutrient Analysis



Nutrient Report Comparison



MyPlate Report Comparison



Group	Percent of Rec.	Comparison	Amount (Daily)
Total Intake	129 %		6.46 oz equivalent
Total Recommended			2.00 cup equivalent
Intake	97 %		1.45 cup equivalent
Recommended			1.5 cup equivalent
Intake	113 %		3.40 cup equivalent
Recommended			3 cup equivalent
Total Intake	94 %		1.7 cup equivalent
Total Recommended			5 oz equivalent

The Food Processor®

- ESHA Research Founded in 1981
- Released in 1984
- Diet Analysis
- Recipe Planning
- Recipe Formulation
- Fitness Detail
- Nutrient Search
- Reporting Features
- FoodProdigy Online Companion
- Menu Analysis
- Cookbook Creation
- And Much, Much More...



Food & Ingredient Database

- Over 55,000 food & ingredients
- Sourced from more than 1,700 reputable sources
 - USDA
 - Manufacturers
 - Restaurants
- Tracks over 163 nutritional components
- MyPlate food groups
- Continually updated to maintain accuracy

Questions?

How to learn more:

Website: www.esha.com

Email: sales@esha.com

Phone: 503-585-6242