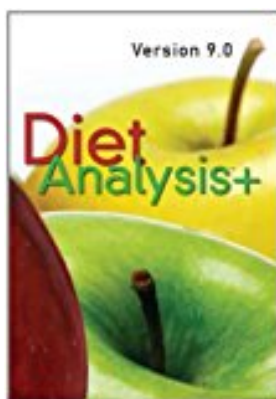


[PDF] Diet Analysis Plus 9.0 Windows/Macintosh CD-ROM

Wadsworth - pdf download free book



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Description:

About This Edition

From the Publisher

New Features

- 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.
- A new Profile Questionnaire assesses the user's true activity level and more accurately determines the proper Dietary Reference Intakes.
- New assignments take advantage of the extensive database and provide critical thinking opportunities in addition to the previous reports. The user can copy a profile and make changes to compare and analyze various profiles to complete these online assignments.
- With the ability to create up to five profiles, a user can input a desired weight change to determine the proper DRIs to reach the desired weight goal.

Additional Features

- Featuring over 20,000 easy-to-find foods, the extensive database includes common foods, popular brands, regional favorites, international foods, and vegetarian options.
 - Users can use the "Create a Recipe" feature to combine foods from the database to create recipes of commonly eaten foods, such as a homemade salad dressing. Recipes are automatically added to the food database and list of "Favorites."
 - The visual month-to-month calendar enables tracking of food intake for up to 365 days and allows users to quickly see the dates where they entered food and activities.
 - Among the ten reports, the "Macronutrient Ranges" report compares actual intake of carbohydrate, fat, and protein with the recommended ranges, using both a simple graph and a detailed table to show the comparison clearly.
 - A built-in tutorial provides an audio and video walkthrough of the main features of the program, including setting up a profile, tracking diet, and printing reports like the 3-Day Average report.
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