

Dietary Analysis With The Food Processor® Diet & Exercise Analysis Software



esha RESEARCH

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

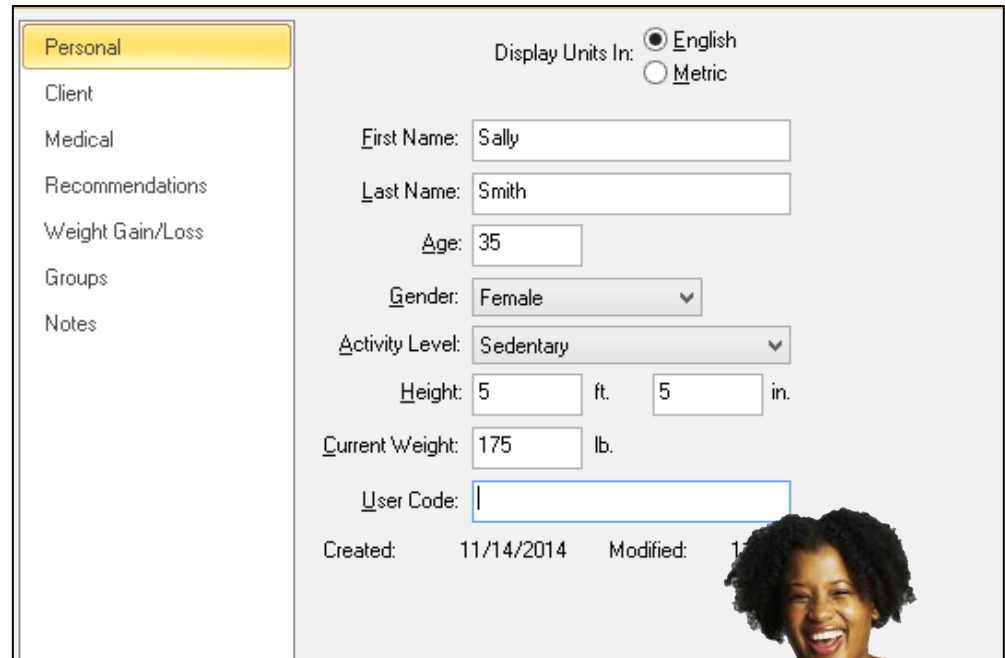


Case Study – The Profile

Sally Smith

Sally Smith is a healthy women overall, but has a sprained ankle.

- Age: 35
- Weight: 175
- Height: 5'5"
- Activity Level: Sedentary



The screenshot shows a patient profile form with a sidebar menu on the left and a main form area on the right. The sidebar menu includes: Personal (highlighted), Client, Medical, Recommendations, Weight Gain/Loss, Groups, and Notes. The main form area includes: Display Units In: English, Metric; First Name: Sally; Last Name: Smith; Age: 35; Gender: Female; Activity Level: Sedentary; Height: 5 ft. 5 in.; Current Weight: 175 lb.; User Code: |; Created: 11/14/2014; Modified: 11/14/2014.



Goals & Recommendations

Sally Smith

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

Personal
Client
Medical
Recommendations
Weight Gain/Loss
Groups
Notes

Desired Weight: lb. at a rate of lb. Per Week:

Personal
Client
Medical
Recommendations
Weight Gain/Loss
Groups
Notes

Fat Dependent Nutrients
 Calories Dependent Nutrients
 Show All Nutrients

Nutrients	Value	Overri...
Basic Components		
Calories (kcal)	1596.64	1600.00
Calories from Fat (kcal)	447.06	448.00
Calories from SatFat (kcal)	143.70	144.00
Protein (g)	67.86	68.00
Carbohydrates (g)	219.54	220.00
Dietary Fiber (g)	22.35	22.40
Soluble Fiber (g)		
Total Sugars (g)		
Monosaccharides (g)		
Disaccharides (g)		
Other Carbs (g)		
Fat (g)	49.67	49.78
Saturated Fat (g)	15.97	16.00
Mono Fat (g)	17.74	17.78
Poly Fat (g)	15.97	16.00
Trans Fatty Acid (g)		
Cholesterol (mg)	300.00	
Water (g)	2700.00	
Vitamins		
Vitamin A - IU (IU)		
Vitamin A - RAE (RAE)	700.00	
Carotenoid RE (RE)		
Retinol RE (RE)		
Beta-Carotene (mcg)		
Vitamin B1 (ma)	1.10	

Source of Calories... Delete Overrides...

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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

The screenshot shows the FoodProdigy web application interface. At the top, there is a green header with the logo "by esha FoodProdigy" and navigation buttons for Home, Profile, Intakes, Activities, Reports, Database, and Account. A "Logout" link is also present. Below the header, there are tabs for "Day 1" through "Day 7", with "Day 1" selected. A search bar prompts the user to "Enter a description of the item you wish to add and click 'Find'." Below the search bar is a "Search Tips" button. The main content area displays a table of dietary intake items for Day 1.

Delete	Meal	Amount	Items
<input type="checkbox"/>	Breakfast	.5 cup	Milk, whole, 3.25%, w/add vit D (USDA SR-24)
<input type="checkbox"/>	Breakfast	16 fluid ounce	Coffee, brewed w/tap water (USDA SR-24)
<input type="checkbox"/>	Breakfast	1 cup	Cereal, Cocoa Puffs (General Mills)
<input type="checkbox"/>	Lunch	245 gram	Sandwich, steak & cheese, w/wheat (Subway)
<input type="checkbox"/>	Lunch	16 fluid ounce	Soda, Coca-Cola, diet (Coca-Cola)
<input type="checkbox"/>	Lunch	1 each	Cookie, oatmeal raisin (Subway)
<input type="checkbox"/>	Dinner	1 serving	Lasagna, w/meat & sauce, fzn entree, svg (USDA SR-24)
<input type="checkbox"/>	Dinner	1 cup	Snap Beans, green, ckd f/fzn, drmd (USDA SR-24)
<input type="checkbox"/>	Dinner	1 piece	Cheesecake, 17oz (USDA SR-24)
<input type="checkbox"/>	Dinner	16 fluid ounce	Soda, Coca-Cola, diet (Coca-Cola)

At the bottom of the table is a "Save" button.



Dietary Intake Review

Review Sally's Dietary Intakes

- 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

Name: Sally Smith

Search For:

Edit Person... Search... More...

Person Info
 Gender: Female Age: 35 Yrs.
 Height: 5 ft. 5 in. Activity Level: Sedentary
 Weight: 175.00 lb. BMI: 29.12

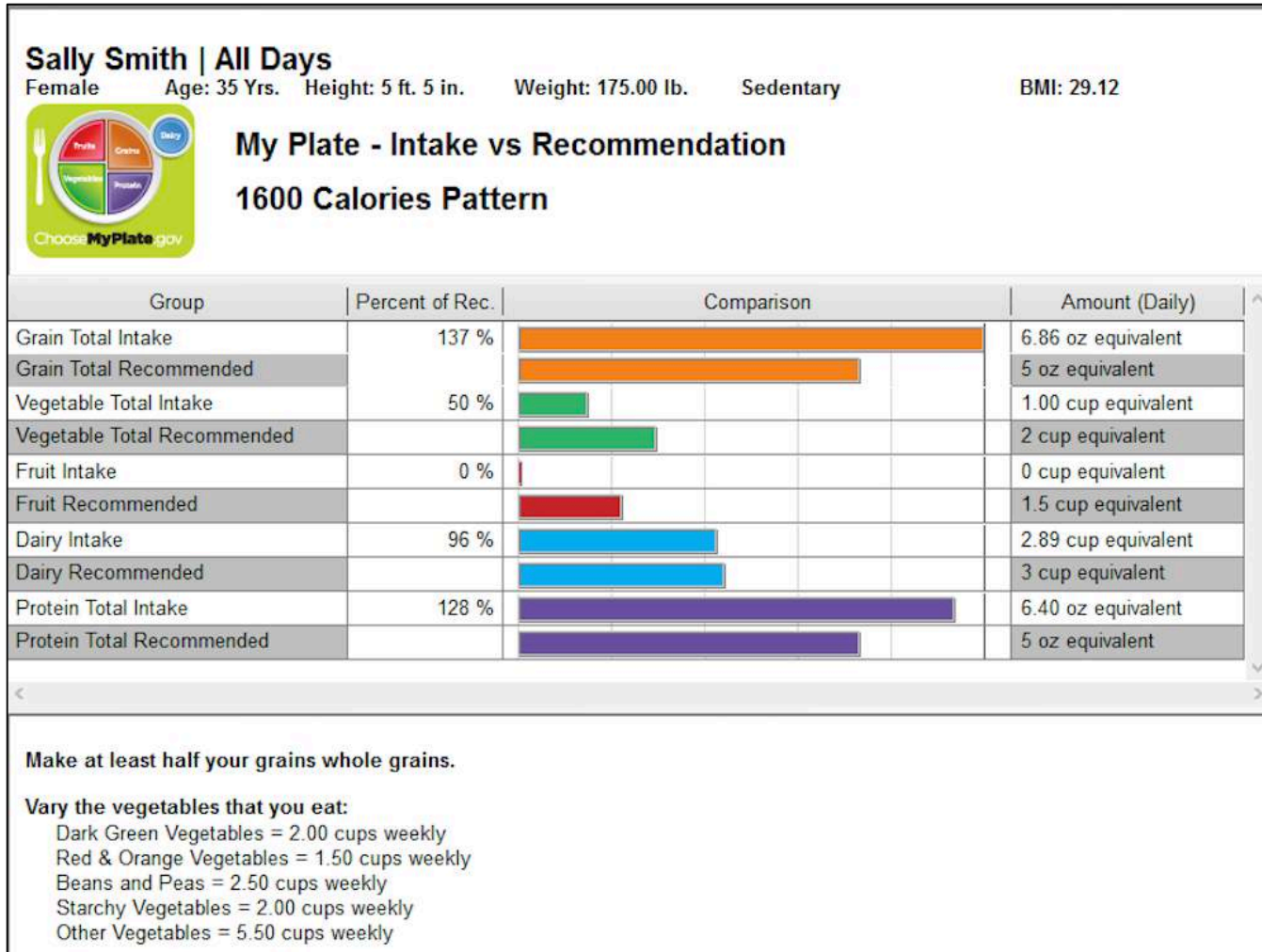
Show Days
 Show Meal

Diet Exercises Clinical

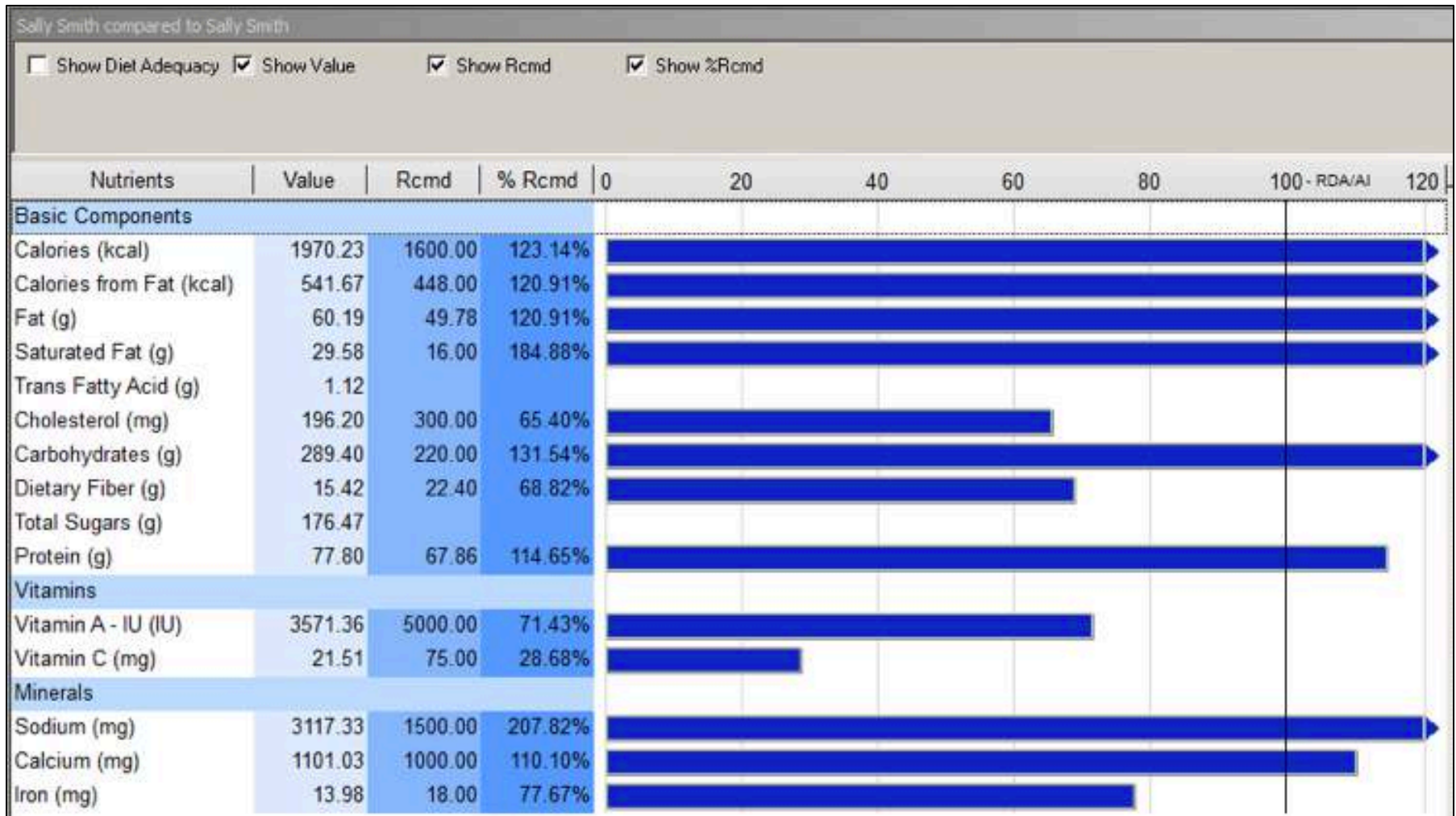
Item Name	Quantity	Measure	Cals (kcal)	MPGrain (oz-e)	MPVeg (c)	MPPFruit (c)	MPDairy (c)	MPProt (oz-e)
Day 1 (11/13/2014)			1970.23	7.47	1.00	0	2.89	6.40
Breakfast			217.04	1.87	0	0	0.49	0
Cereal, Cocoa Puffs	1	Cup	137.88	1.87	0	0	0	0
Milk, whole, 3.25%, w/add vit D	0.5	Cup	74.42	0	0	0	0.49	0
Coffee, brewed w/tap water	16	Fluid ounce	4.74	0	0	0	0	0
Lunch			894.29	3.20	0	0	1.70	4.00
Sandwich, cheesesteak, Big Philly, w/wheat, 6"	1	Each	500.00	3.20	0	0	1.70	4.00
Soda, Coke	16	Fluid ounce	194.29	0	0	0	0	0
Cookie, oatmeal raisin	1	Each	200.00	0	0	0	0	0
Dinner			858.91	2.40	1.00	0	0.70	2.40
Lasagna, w/meat sauce, fzn	1	Serving	350.00	2.40	0	0	0.70	2.40
Snap Beans, green, cut, fzn	1	Cup	57.82	0	1.00	0	0	0
Cheesecake, 17oz	1	Slice	256.80	0	0	0	0	0
Soda, Coke	16	Fluid ounce	194.29	0	0	0	0	0



Dietary Intake MyPlate Analysis



Dietary Intake Nutrient 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
 - Nonfat vanilla yogurt: 1 cup
 - Strawberries: ½ cup

Sally Smith Menu

Search For:

Person Info
 Gender: Female Age: 35 Yrs.
 Height: 5 ft. 5 in. Activity Level: Sedentary
 Weight: 175.00 lb. BMI: 29.12

Show Days
 Show Meals

Item Name	Quantity	Measure	Cals (kcal)	MPGrain (oz-e)	MPVeg (c)	MPFruit (c)	MPDairy (c)	MPProt (oz-e)
<input checked="" type="checkbox"/> Day 1 (11/13/2014)			1593.79	6.46	2.17	1.40	2.78	4.70
<input checked="" type="checkbox"/> Breakfast			279.81	1.26	0	0.50	0.98	0
Coffee, brewed w/tap water	16	Fluid ounce	4.74	0	0	0	0	0
Cereal, Cheerios	1	Cup	105.84	1.26	0	0	0	0
Milk, 1%, w/add vit	1	Cup	100.10	0	0	0	0	0
Banana fresh	1	Cup	100.10	0	0	0	0	0
<input checked="" type="checkbox"/> Lunch								
Soda								
Sandwich								
Sandwich								
Apples								

Modify Foodlist Item

1 Serving = 1 Cup

Cereal, Cheerios

Name/Code User Code

Quantity: Measure:

* Day: Day 1 (11/13/2014)

* Meal: Breakfast

* Comments:

Enter Foodlist Item name, ESHA Code or User Code to search for. Enter quantity and measure for foodlist item. Fields marked with an asterisk are optional.

Teaspoon 1
 Tablespoon 2
 Cup 3
 Ounce-weight 6
 Pound 7
 Gram 8
 Kilogram 9
 Fluid ounce 10
 Milliliter 11
 Liter 12
 Gallon 13
 Pint 14
 Quart 15
 Milligram 16
 Microgram 17



Modified Dietary Intake MyPlate Analysis

Sally Smith Menu * | All Days

Female Age: 35 Yrs. Height: 5 ft. 5 in. Weight: 175.00 lb. Sedentary BMI: 29.12



My Plate - Intake vs Recommendation

1600 Calories Pattern

Group	Percent of Rec.	Comparison	Amount (Daily)
Grain Total Intake	129 %		6.46 oz equivalent
Grain Total Recommended			5 oz equivalent
Vegetable Total Intake	100 %		2.00 cup equivalent
Vegetable Total Recommended			2 cup equivalent
Fruit Intake	97 %		1.45 cup equivalent
Fruit Recommended			1.5 cup equivalent
Dairy Intake	113 %		3.40 cup equivalent
Dairy Recommended			3 cup equivalent
Protein Total Intake	94 %		4.70 oz equivalent
Protein Total Recommended			5 oz equivalent

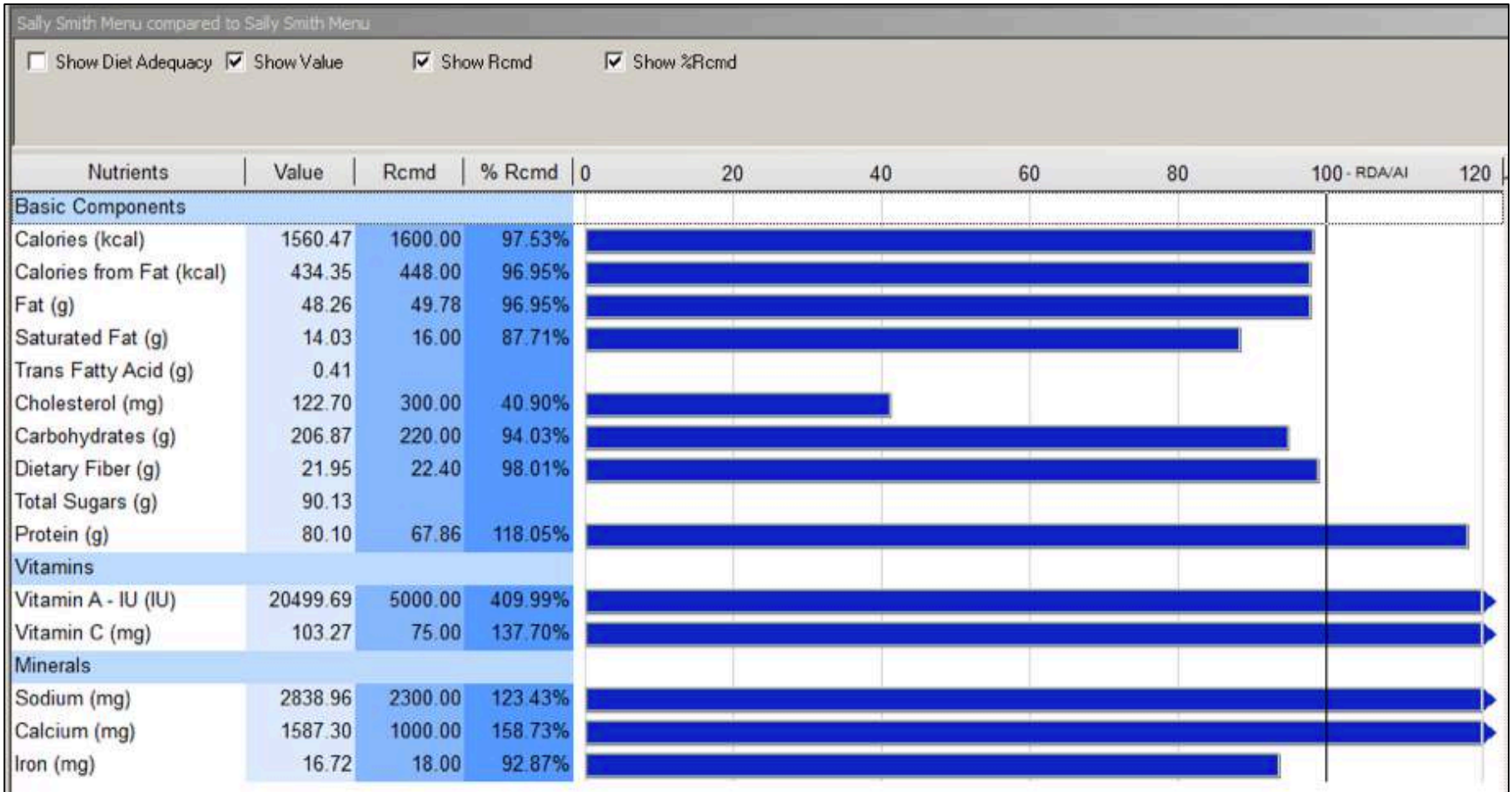
Make at least half your grains whole grains.

Vary the vegetables that you eat:

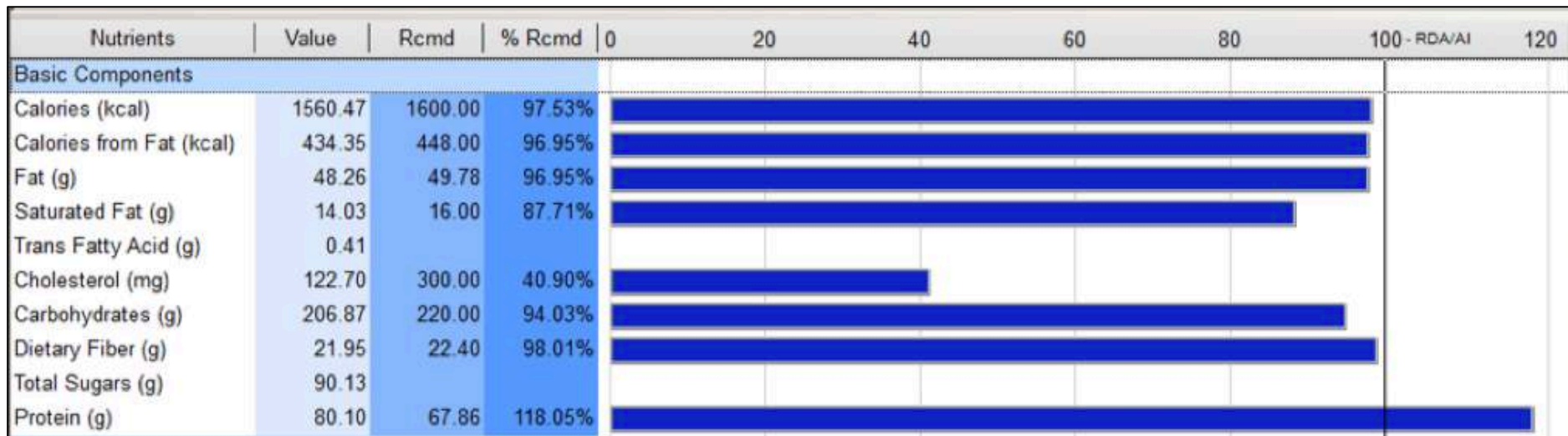
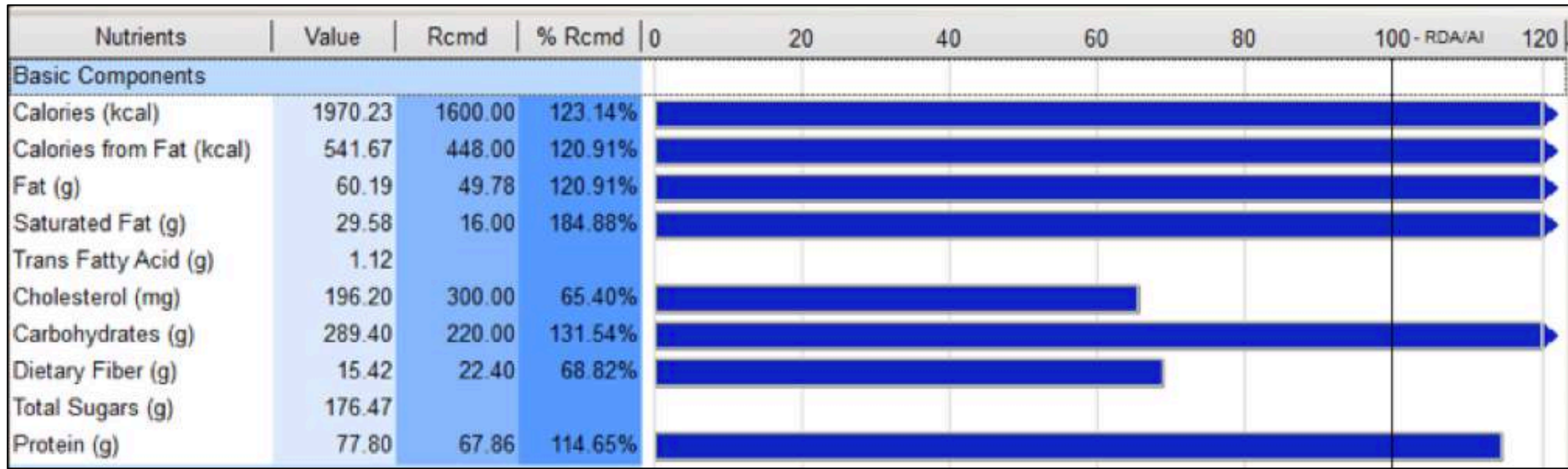
- Dark Green Vegetables = 2.00 cups weekly
- Red & Orange Vegetables = 1.50 cups weekly
- Beans and Peas = 2.50 cups weekly
- Starchy Vegetables = 2.00 cups weekly
- Other Vegetables = 5.50 cups weekly












Modified Dietary Intake Nutrient Analysis







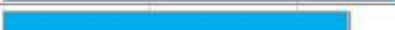





Nutrient Report Comparison



MyPlate Report Comparison

Group	Percent of Rec.	Comparison	Amount (Daily)
Grain Total Intake	137 %		6.86 oz equivalent
Grain Total Recommended			5 oz equivalent
Vegetable Total Intake	50 %		1.00 cup equivalent
Vegetable Total Recommended			2 cup equivalent
Fruit Intake	0 %		0 cup equivalent
Fruit Recommended			1.5 cup equivalent
Dairy Intake	96 %		2.89 cup equivalent
Dairy Recommended			3 cup equivalent
Protein Total Intake	128 %		6.40 oz equivalent
Protein Total Recommended			5 oz equivalent

Group	Percent of Rec.	Comparison	Amount (Daily)
Grain Total Intake	129 %		6.46 oz equivalent
Grain Total Recommended			5 oz equivalent
Vegetable Total Intake	100 %		2.00 cup equivalent
Vegetable Total Recommended			2 cup equivalent
Fruit Intake	97 %		1.45 cup equivalent
Fruit Recommended			1.5 cup equivalent
Dairy Intake	113 %		3.40 cup equivalent
Dairy Recommended			3 cup equivalent
Protein Total Intake	94 %		4.70 oz equivalent
Protein 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:

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