

Diet Analysis Plus Demo Walkthrough Guide

Take Control. Reach Your Goals. Experience Diet Analysis Plus.

With its 20,000+ food database, Diet Analysis Plus allows students to track their diet and physical activity, and analyze the nutritional value of the food they eat. Updated for Fall 2010, Diet Analysis Plus includes an enhanced search functionality with filter option, easy-to-use instructor interface, new resources for students, newly assignable labs with comments feature, and integrated in-book activities for all Introductory Nutrition titles. Take a look at the new and improved Diet Analysis Plus today!

Get started at <http://cengage.com/login>

Log in to your Single Sign-On account and add Diet Analysis Plus (ISBN 0538495081) to your bookshelf. Access Diet Analysis Plus and create a profile to get started.



Click on Track Diet

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**

A new serving size warning alerts students if they have entered a serving size greater than 5x the normal serving size or more than 1/3 of the recommended calorie intake.



Click on Track Activity

Students use “Track Activity” to record daily activities from occupations to athletics to household chores. For example, track an one hour jog by following these steps:

- Next to **Find Activities**, insert “jogging” Click **Go**
- Click **Running, jogging**
- Use the drop down menu and input one hour
- Click **Save**



Click on Reports

Diet Analysis Plus offers 11 customizable reports to help students analyze their diets and activity. Students are able to preview reports, print in PDF or RTF, or submit the report via email. A new comments feature allows students to insert their feedback before submitting it.

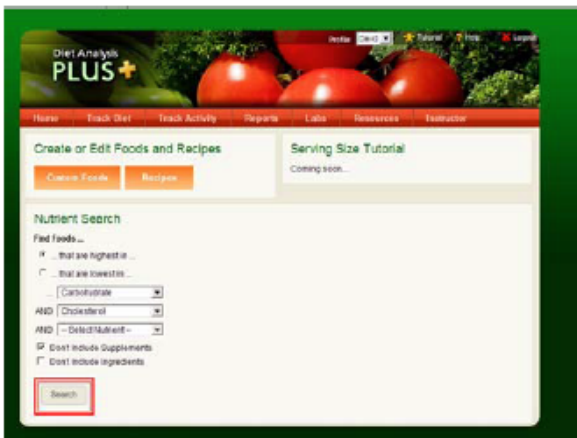
- Click **Custom Averages**
- Click on **Preview Custom Report** to review the report
- Click **Back**
- If there is a course assigned, click on **Submit Report** and then **Submit** to demonstrate how a student can submit reports and labs online



Click on Labs

Diet Analysis Plus is the only software to provide labs that help students practice important skills and further analysis their dietary intakes. These labs extend the use of Diet Analysis throughout the semester. A new lab on “Serving Sizes” has been added.

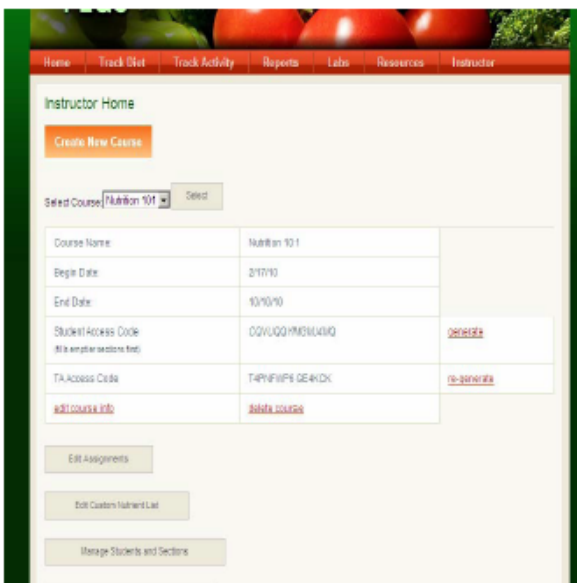
- Click on **Food Label 1** under Level 1
- Keep clicking on **Next** to view the full lab
- At the end of the lab, click **Save and Submit**
- Close the lab



Click on Resources

New Resources tab provides students access to valuable tools, such as a Nutrient Search, Custom Food and Recipes, and Serving Size Tutorial. For example, search for a Nutrient high in carbohydrate and cholesterol with these steps:

- Under **Nutrition Search**, put in the criteria for foods that are highest in **Carbohydrate** and **Cholesterol** in the drop down menu
- Click **Search**



Click on Instructor

New easy-to-use instructor’s page provides access to course management resources, such as setting up a course, creating course sections, and providing codes for Teaching Assistants. This new interface also allows instructors to assign labs, manage students’ submissions, and edit the nutrient list.

- If you have not created a course yet, click on **Create New Course** and input your course information
- If a course is already created, select the course from the drop-down menu and click **Select**
- Click **View Student Submissions**
- Click on a student’s name — all the student’s submissions are available for viewing
- Click on a submitted report and click **Add Comment** to leave feedback
- Click **Close**
- Click **Home** to go back to the home screen