

Diet Analysis Plus Software Macintosh Version 20

The Exploring Foods/Nutrients section provides detailed nutritional information on each food in the database and also includes a feature called Nutritrac Top 20 that ranks the top 20 foods in the database for any selected nutrient. An expansive food database contains approximately 5,000 foods in 18 different categories: Baby Food, Baked Goods, Beverages, Breads/Grains and Pasta, Breakfast Foods/Cereals, Dairy and Eggs, Fats and Oils, Fruits and Vegetables, Meats and Beans, Nuts and Seeds, Frozen Entrees and Packaged Foods, Restaurant Chains-Fast Foods, Restaurant Chains-Other, Seafood and Fish, Snacks and Sweets, Soups, Supplements, and Toppings and Sauces. Listed activities include more options geared toward children and adolescents, plus new trends in physical activity for adults, such as Pilates, yoga, elliptical trainers, spinning, and Tae-Bo. This program even analyzes a diet's compliance with Dietary Reference Intakes, Recommended Nutrient Intakes, and the Food Guide Pyramid. Take your reports with you wherever you go - just point, click, and print. The Personal Profile section allows the user to enter and edit an unlimited number of profiles - allowing the user to monitor and manage the overall nutrition of multiple clients or the entire family. Colorful and easy-to-read graphics include pie charts for caloric and fat-source breakdown, bar graphs that visually represent a diet's compliance with DRI/RNI recommendations, and the familiar USDA Food Guide Pyramid with customized information comparing any individual diet with the pyramid. An innovative CD-ROM program, Nutritrac IV, Revised Edition, takes the guesswork out of calculating and analyzing food intake and energy expenditure. The Personal Profile section allows users to enter and edit an unlimited number of patients or clients for whom nutrition and activity may be assessed and analyzed and to calculate each person's body mass index (BMI). Nutritrac is ideal for both professional and personal use, with more than 150 activities and approximately 5,000 foods included. The program presents detailed nutritional information in a variety of ways and automatically adjusts all analyses for age, height, and weight based on the information the user enters in the Personal Profile section. The Analysis Tools section includes: (1) an Intake Record section in which the user may enter food intake by meal for multiple days or weeks; (2) a Detailed Energy Expenditure section used to record a variety of activities; and (3) a Weight Management Planner section that uses the information from an individual's profile, food intake, and energy output to customize weight-loss or weight-gain goals based on caloric intake, energy expenditure, or a balance of the two. A new ideal body weight (IBW) calculator helps individuals manage their weight-loss goals realistically, using medically recommended weights as guidelines. Save feature provides you with additional mobility. The complete Exchange Lists for Meal Planning is useful in creating meal plans for diabetic patients or clients. This nutrition software calculates energy expenditure based on activity level and caloric intake and generates nutrient reports and easy-to-read pie charts that detail sources of carbohydrates, fat, and protein. In addition, users may even create monthly meal plans for patients or clients. The food database includes nearly 2,000 new and updated foods, such as new fast foods and convenience items, foods from the dietary patterns of various cultures, and diet-related items for individuals on lifestyle plans such as the Atkins diet or Weight Watchers. Find the foods you want be searching within a specific food category. Any of the various tools can be used to analyze a person's diet by individual foods or entire meals, days, or weeks. A complete listing of more than 150 activities - daily/common, sporting, recreational, and occupational - is included in the Detailed Energy Expenditure section. The most recent DRIs for macronutrients (energy, carbohydrates, fiber, fat, fatty acids, cholesterol, protein, and amino acids) and water and electrolytes (potassium, sodium, chloride, and sulfate) are incorporated throughout to allow users to analyze their nutrient intakes against recommended intakes. Optimization and functionality gives you the flexibility to skip meals and enter scores of data at one time without slowing you down 2603dac586

This exciting new software program allows students to calculate the RDA/DRIs, goal percentages, and actual percentages of essential nutrients, vitamins, and minerals consumed based on an individual's personal profile. Contains a database of over 4000 foods, including fast food and chain restaurant meals, brand name products and ethnic dishes, vegetarian foods, and no- or low-fat food choices. New to version 5. Site license available free to adopters. Students may use the information provided to adjust their diet in order to better meet nutritional needs and personal health goals. 0: recommended intakes reflect the newest 1997/98 DRI values; food database has been revised to include 2000 new items 2603dac586

Arranged under nine chapters dealing with such topics as databases, reference materials, and organization and agencies. Subject, geographical, organization and program indexes. Directory intended to assist nutritionists and other interested professionals as to sources of food and nutrition information. Emphasis is on management, education, food science, and related aspects of applied nutrition. Each entry gives discription 2603dac586

aureus can cause direct damage, thwart our own body's defenses, or trigger massive amounts of cytokines that lead to indirect damage within the human body. The exotoxins produced by *S. aureus* is able to initiate infections due, in part, to the diverse group of toxins that they secrete. In this book are 12 research articles that deal with different aspects of staphylococcal exotoxins. *Staphylococcus aureus* is a common inhabitant of the human body with which we co-exist. Overall, this book will give the reader a good overview of how staphylococcal exotoxins contribute to initiating and sustaining infections in humans. Some of the work gives an overview about how the toxins contribute to the disease process. *S.* However, this species can also cause disease in humans when an appropriate opportunity arises, such as a cut or some other breakdown in our body's defenses. Other articles discuss different aspects of several exotoxins, and two articles are centered on countermeasures against *S. aureus* infections 2603dac586

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Written by Thomas W. , the workbook is a great companion to DIET ANALYSIS PLUS. This two-part workbook begins with 20 case studies, including a series of questions based on each study. The second part contains DIET ANALYSIS PLUS projects and activities offering students opportunities to apply their critical thinking skills and complete self-contained exercises. The authors include 20 nutrition case studies with discussion questions and DIET ANALYSIS PLUS projects/activities, enabling students to apply their critical thinking skills. Castonguay, et al 2603dac586

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