

>> Hi, everyone. In this video, I'm going to go over how to do the Nutri Calc software program for your Nutri Calc assignment. This is put out by the publisher of your textbook. And it's a software program that basically is going to analyze your diet, you know, how many grams of sugar did you take it, how much sodium, how much saturated fat, and so forth. Most students really enjoy the assignment. So hopefully, you will as well. I provided the web address where you purchase this program on the instruction sheet, the Word document, which is in Canvas in the assignment folder. Once you get to this page, you're going to go over to register as a student. It's self-explanatory. It's going to walk you through. You're going to have to purchase it with a credit card. It's \$22, as of 2018 anyway. You can share it with two other students. And I'll show you how to do that in a little bit. First thing you're going to do is once you set up the account, you are going to create an email and password. So once you come in here to sign in, put that in. Click sign in. They didn't like what I just created. Let's see if I get it right this time. Oh, for Pete's sake. I just created a new one. Sorry about that. This should do it. Yeah. Okay. So once you – Yeah, write down your password somewhere. Once you sign in, you're going to go over to profiles every time. So you go to profiles. And it's basically the first time, you are going to put in your name, your birthdate, your gender, height, weight, and all that. And then you're going to click save profile. Okay. Now, like I said, you can share it with two other students, so you can share the cost of this program. If I click on this one, that's my profile. And you can see, you can still put a third person in here. So each time you come in, you're going to click which person you are. And then from there, you're going to scroll up at the top, and now you go to intake. And it's pretty simple. You're going to choose the date. Today's July 30th. If you want to go back some, you can certainly do that. And then let's say you start putting in your food. Let's say you had oatmeal for breakfast. That is not what I wanted to put. Let's go back. Oatmeal. When you press that, go over to the right here and click find. Not quite far enough over the screen. And then you're going to scroll down. There's all of these selections. Now there's going to be pages and pages. If you go all the way to the bottom, you'll see there's ten plus pages of oatmeal. And whatever, however accurate you want to be for this assignment, you know, if you want to really get into this and pick the exact one or you want to pick something that's close, I leave that up to you. Let's say it was this one right here. No. Let's say it was this plain, dry. You click add. And then it's going to ask you what meal. Put breakfast, an individual packet, or you can go by weight. Let's say it was an individual packet. And I always, right away, put save changes. I've had students put in a whole day's worth of food and they didn't save it, and the next day, you know, of course, was all gone. So maple syrup, let's say you added that. And here it is here. It's going to ask you again, breakfast, how much. Let's say it was a tablespoon. Let's say it was one tablespoon. Click save changes. Then let's say – You don't have to put coffee or tea or water. If you didn't add any sugar or milk to it, if it has no calories, don't waste your time on that, okay. But let's say you had a snack, an apple as a snack. So again, we're on still that first day. I put snack, a large, which [inaudible]. Well, I guess not. Save changes. Now

you're on to lunch. Let's say you had a hamburger. And there's going to be a lot of choices, Burger King and all these other ones. So if it's here, great. If not, you can add it, and I'll show you how to do that. But you always click add. But if you want to see what's in that burger, click the burger itself, and it'll show you 250 calories, how many grams of protein, carbs, fiber, fat, and so forth. Kind of interesting sometimes to see. When you're done looking, just click add. And it's each. You had one. This was lunch. Click save changes. And you just keep doing that for the day. When you're done with the day and you want to go to the next day, click the next day. And then for breakfast, let's say you had eggs. And let's see, fried egg. Click add. Let's say you had two. It was breakfast. Save changes. And you keep doing that for each day. Now let's say the food that you put in is not in the database. You can't find it, the food that you eat. We go up to the top here, and you see my database. You click that. And there's two things you can do: either add a new food or create a recipe. Add a new food, and you can see I've added a bunch of things here. If you say you get a fiber bar or Kind bar or whatever it is that's not in the database, I've put these bars in. And the way to do it is really simple. You click add a new food. And as long as you have the wrapper, name it, you know, Rona's – No. Let's say it was something. It was Kind Bar coconut. And the weight and grams is – You read it right off the label. Okay. And then on the label, it's going to say how many calories. So say 250. Let's say there were 12 grams of protein. Let's say there was 25 grams of carbs. There's 12 grams of sugar, and so forth. Whatever you can see on the label, put it in. And if you don't have it, you don't have it. At the bottom, when you're done, click save food. Now if you go to intake, it'll be there. Just remember what you called it, Kind Bar coconut. The other thing you can do in this my database is add a food. So you go to create a recipe. For instance, I have a salad twice a day, lunch and dinner. I don't want to every time I put this in, I put in – Sorry about that. Half a tomato, stock of celery, half a cup of spinach. You know, I don't want to do that. So I put in, let's say, Rona's green salad and add ingredients. So now, I'm going to put what I normally put in here. So let's put tomato. And you start putting in everything that you would put in for one serving, which is what that is. Let's say it's a half a tomato per serving. And you just keep putting the food in. Okay. So whatever it is, keep putting it in. You might do this. Let's say you make a soup that you have a twice a day or you make a smoothie that you have twice a day or once a day even. So you keep – You know, you can put your breakfast smoothie, your workout smoothie. When you're done, go back to intake. And let's say I want to put Rona's green salad. I don't think I saved it, did I? Well, it's there. I must have saved it or it's from last time. So there it is. Click add. And say dinner. Let's say I had two servings of it. Save changes. Put your salad dressing. Put your drinks if you drink beer or whatever else. Anything that has calories, put it. Remember, you're going to do three days, okay. So let's do one more day of something. Let's just say chips. I'll just be fast because I just want to show you what to do next. Say Sun Chips. Okay. Now when you are done with three days – And you can definitely do more than three days because the more you do, the more accurate

it is. So okay. Let's say you're done with the three days. You go to reports. And this is where on the instruction sheet it's going to tell you which graph you need. You need the bar graph, the single nutrient, and the macronutrient. Let's go to the bar graph first. And what this is going to show you is how did you do, how was your eating. So bar graph. Save changes. So hopefully this is the bar graph. No. What happened here? Select. Okay. Now, very important. You have to select the date that you want because they're going to give you one bar graph, which is the average of the three days. So they're not going to say, Monday, you had, you know, 12 grams of sugar or Tuesday, you had six grams. It's going to average it for those three days how did you average. So you click the date, okay. You click your days, go down on the bottom. There's a lot here. And click view report. Notice it says PDF. I would keep it as a PDF. That's the easiest way to submit in Canvas. Click view report. And now, you're going to get the bar graph, which is going to be the average of the three days. Sometime today. Here we go. So now, you can see here how do – I'm going to check this and make sure, the dates right here, one, two, three dates. So this is going to be the average. Now you don't need to do all of this. The questions tell you which graph to use for which question. You don't use this graph for carbs, fats, or proteins. You will use it for sugar. This person averaged, you can see sugar in grams, 15 grams of sugar per day. You average that. Fiber, one of the questions in the assignment is how much fiber. You see here value. Dietary fiber was three grams, but this person's goal was 29 grams. So they fell short by a long shot, right. They only got about 12% of fiber. So on the assignment, you would say I was very deficient in fiber. And then the question was how do you improve that. You just answer the question. Well, I can eat more fruits and vegetables and so forth. So the sugar, the fiber, you need to know on this graph, all the vitamins and minerals. Here's the vitamins: 14%, 22%. These should all be at least 100%. What this is showing is that you didn't even get 100% of the RDA. The recommended dietary allowances, which we're going to go over in chapter eight and also chapter two, those are the minimal levels of vitamins and minerals that you need to function. It's not the optimal level for optimal health. So you want at least 100%. And you can see here, we didn't put a full day's worth of food. But most students really fall short. For the assignment, you're going to put each one you're sufficient in. And if you're only deficient in two, you still have to do at least five. List them out separately. For vitamin A, I was very deficient and need to increase carrots and watermelon. For vitamin B1, I need to increase, and give me two foods for each. List them separately. Same thing for the minerals. List them. They were also very short here, of course, except for sodium is never, you know, too little sodium. So you would list them separately. Calcium, I need to increase by eating more, and give me two foods. And you can find these in chapters eight and nine. Okay. So that's all you need to do on this bar graph. The next graph you need to do – Going to run out of time on this video. These are 15-minute videos, and so I'm almost done with this. The next one – Actually, I think I will stop this video, and we'll finish it in the next part.