

Dietary Analysis with FoodWorks 10

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About this guide

Purpose and scope

This guide is designed to help you get started using **FoodWorks® 10 Professional** for analysing dietary intakes, recipes and meal plans. You can also use or **FoodWorks® Premium** for dietary analysis.





This guide assumes that you are a new user of FoodWorks, and that you are creating a new FoodWorks database for analysing diets, recipes, meal plans and foods.

This guide also assumes that you have a broad knowledge of the advantages and limitations of computerised nutrition analysis.

Getting more help

We recommend that you use this booklet as a guide for getting started with **FoodWorks Professional** (or **FoodWorks Premium** when using it for dietary analysis). There are also several other ways to get help using FoodWorks, including:

- Video tutorials and blogs <u>on our website</u>
- On-line help
- To get help while using FoodWorks: On the FoodWorks Help menu, click Help Topics.
- FoodWorks support site

To search our knowledge base and to submit support requests, please go to the FoodWorks support site: <u>https://support.xyris.com.au</u>

Related documents

If you are using **FoodWorks Premium**, and you are also using it for nutrition labelling and product development, the following guide is helpful:

Introduction to Nutrition Labelling with FoodWorks® 10.

The guide is available from the FoodWorks support site.

Conventions

Each step-by-step computer procedure is introduced by a mouse icon in the left margin. *Example*

To create a new database:

1. On the FoodWorks toolbar, click **New**, then click **FoodWorks Database File**.

Contact details

Telephone +61 7 3223 5300 1800 875 549 Email: <u>info@xyris.com.au</u> Web: <u>www.xyris.com.au</u>

1. About FoodWorks[®] Professional

FoodWorks Professional is established and trusted Australian software for nutrition professionals. It is used in a wide range of contexts including health care, sports nutrition, food service, nutrition research, recipe publishing and tertiary education.

FoodWorks is used to analyse dietary intakes (such as 24-hour recalls and food diaries), to plan meals, to develop recipes, and to investigate the nutrient content of specific foods.

Features of FoodWorks for dietary analysis

Data entry and organisation

Using FoodWorks, you can enter dietary intakes, meal plans, recipes and foods.

Features for entering, editing and organising your data include:

- Quick and easy selection of foods and quantities from the most up-to-date Australian food composition data
- Full-featured editing capabilities for data entry
- Automatic updating of dietary intakes and recipes when you change a food/ingredient that they contain
- Recipes you create can be used in dietary intakes and in other recipes
- Automatically see where else in your data a food or recipe is used
- Easily navigate and search your data
- Organise your work with folders

Dynamic analyses

Nutrient analyses are updated instantaneously and graphically as you make changes to your dietary intakes, meal plans and recipes. Features for nutrient analyses include:

- Compare to Nutrient Reference Values (NRVs) including RDIs.
- See the food patterns in your diets, recipes and meal plans. With the Xyris food group system, view 5 major food groups and 28 subgroups, as well as oil equivalents, solid fat equivalents, added sugars and alcoholic drinks.
- Compare to custom nutrient goals.
- Show how much of a specific nutrient is in each food/ingredient.

Analyses include macro-nutrients, vitamins, minerals, and energy and fat ratios.

Food composition data

The major available food composition tables include:

- Australia—AusFoods 2019, AusBrands 2019, Australian Food Composition Database (AFCD)
- New Zealand—FOODfiles 2016
- United States—USDA National Nutrient Database for Standard Reference (Release 28)

Query the food composition data

- Search the food composition data
- Find foods high or low in a specific nutrient

Data publishing, import and export

- Publish your own food composition data for use by other FoodWorks users
- Export your FoodWorks database to Microsoft Access to enable statistical analyses or to generate reports
- Import dietary intakes, recipes and foods from other FoodWorks databases
- Import diet diaries from our free mobile app on iOS and Android, **Easy Diet Diary** (also from Xyris Software)¹

Printing options

- Choose the elements of a dietary intake, recipe or food to print
- Publish via Microsoft Word for complete customisation of format and layout

System requirements

Windows 7, 8, 8.1 or 10; Windows Server 2008 or later

¹ Easy Diet Diary is a free mobile app that your clients can use to track their diet and exercise. Download Easy Diet Diary from the Google Play Store or the Apple App Store.

2. Getting started

This chapter explains how to start and exit FoodWorks, and how to create your first FoodWorks database.

Downloading and installing FoodWorks



To download and install FoodWorks, go to **www.xyris.com.au** and follow the instructions shown.

NOTE: The FoodWorks download and free trial

There is a single download for all the editions of FoodWorks (Professional, Nutrition Labelling and Premium). For the free trial period, you have access to FoodWorks Premium, which combines the functionality of both FoodWorks Professional and FoodWorks Nutrition Labelling.

When you purchase FoodWorks you are issued with a product key. This product key enables the features of the FoodWorks edition that you have purchased.

The free trial begins when you start FoodWorks for the first time. To continue using FoodWorks after the free trial expires, you need to purchase FoodWorks.

Starting FoodWorks and creating your first database



To start FoodWorks and create a FoodWorks database for dietary analysis and meal planning:

1. Click the Windows **Start** button.



2. Click the Windows Start button, then locate and click FoodWorks 10.



3. If this is the first time you have started FoodWorks, or you are trialling FoodWorks, the following dialog is displayed.



In the above dialog, you can start or continue the free trial. Or you can enter your product key.

- 4. If this is the first time you have started FoodWorks, read the **FoodWorks License Agreement**. To accept and continue, click **I accept**.
- 5. The following dialog is shown. To create a new database, click **Create**.





6. A list of different types of database is displayed.

New Database	×
Select the type of database you want to create:	
Autrialia Diet And Recipe Analysis Nutrition Labelling And New Product Development Oiet And Recipe Analysis Nutrition Labelling And New Product Development Other	Click on an item for more information.
Other OK Cancel	

7. To see information about the choices, in the list, click a type of database—a description appears on the right.

New Database	×
Select the type of database you want to create: Australia Diet And Recipe Analysis Nutrition Labelling And New Product Development Nutrition Labelling And New Product Development Other	Australia - Diet And Recipe Analysis (AUSFOODS 2019) Analyse diets, recipes and menus for Australia, selecting foods from the AusFoods and AusBrands data sources. Recommended for general dietary and recipe analysis where you want to choose from the largest and most user-friendly set of foods possible, including brand name foods. AusFoods and AusBrands are developed by Xyris Software based on data from AUSNUT and Australian Food Composition Database (AFCD), food product labels, and other sources of information. You should exercise the usual caution when interpreting dietary data from AusFoods and AusBrands.
Other OK Cance	1

- 8. Select a type appropriate for:
 - your region (in this guide we use *Australia*)
 - what you want to do (*Diet and Recipe Analysis*)

Then click **OK**.

NOTE: Changing these settings

You can change or view the database settings at any time while working in FoodWorks: On the **File** menu, click **Database Properties**, make your changes, and click **OK**. For more information see the FoodWorks on-line help.

The free trial begins when you start FoodWorks for the first time. To continue using FoodWorks after the free trial expires, you need to purchase FoodWorks.

9. Type a name for the new database and browse to an appropriate location to save it.

🗧 🔶 👻 🛧 😫 > Thi	s PC > Documents	v 0	Search Docum	ents 🔎
Organize 👻 New folde	r			E • (
★ Quick access Desktop ↓ Downloads	* *			
Documents Pictures	*	Custom Office Templates	Documents	FoodWorks 9 databases
File name: Food	Diary			
		.)		

NOTE: Backing up

It is important to choose a location where you know that your FoodWorks database file will be regularly backed up. See *Backing up your database* on page 13.

10. Click Save.

FoodWorks is started with your new database open.

Closing FoodWorks

To close FoodWorks: On the FoodWorks **File** menu, click **Close**; or click the **X** in the top right corner of the FoodWorks window.

3. About your FoodWorks database

Your FoodWorks database is a repository for the work you do in FoodWorks. You store all the dietary intakes, recipes, foods and meal plans that you create in folders in this database.

Creating a new database

To create a new database:

1. On the FoodWorks toolbar, click New, then click FoodWorks Database File.

à Fo	odWorks (FoodWorks Sar	nple For PR	[O]
	New Open Save Save As Print	> Ctrl+S Ctrl+P	Food Record 24 Hour Recall Recipe Food Meal Plan
	Database Properties Send Database To Close	>	FoodWorks Database File

2. Follow the steps from **5** onwards in the procedure above *Starting FoodWorks and creating your first database* on page 9.

The database settings

By default, your new database is created with all the most commonly required settings for dietary analysis. The database settings affect, for example, the food composition data (food selections) available to you.

NOTE: Viewing or changing the default database settings

You can change or view the database settings at any time while working in FoodWorks: On the **File** menu, click **Database Properties**, make your changes, and click **OK**. For more information see the FoodWorks on-line help.

Backing up your database

It is very important to ensure that your FoodWorks database is backed up regularly. Make sure it is in a location that is routinely backed up as part of your organisation's standard back-up routine. If you are working in a networked environment, there are usually shared network drives available that are automatically backed up by your system administrator. In general, your FoodWorks database should be stored on one of these network drives.

FoodWorks also provides a simple option for ad hoc back-ups of the currently open database. (Note that this procedure should not replace a systematic back-up routine.)

To back up your database using FoodWorks :

- 1. On the FoodWorks **Tools** menu, click **Back up Database**.
- 2. Select the location and name for the backup.
- 3. Click Save.

Finding your database

Finding a recently opened database

If FoodWorks is not yet started, to find a database that you have recently opened: When you start FoodWorks, look in the first dialog—the databases that you have opened recently are listed on the right, along with their file location.



(If you select the checkbox **Do not show this window again**, then in the future, the last database you worked on is opened.)

JIF FoodWorks is already running, on the **File** menu, click **Open**. A list of recently opened databases is shown for you to select from:

	۵	FoodWorks [Food Diary]
	FILE	EDIT VIEW TOOLS HELP
New	>) 🗅 🎏 🚍 🔁 🕽
Open	>	Document
Save	Ctrl+S	FoodWorks Database File
Save As		5 100 1 5 1 (0)00 1
Print	Ctrl+P	FoodWorks Recipes (C:\Users\
		Foodworks Analysis (C:\Users)
Database Properties		FoodWorks Meal Plans (C:\Use
Send Database To	>	FoodWorks Research Study (C

Viewing the location of the currently open database

To view the location of the currently open database: On the FoodWorks **File** menu, click **Database Properties**. Its location is shown on the **General** tab.

Moving your database

A FoodWorks database is stored as a single file with the extension .fwb.

To move your database: First, find its current location (see above). Then use Windows Explorer to move it to the correct location. Note that you need to close your FoodWorks database before moving it.

About the food composition data

FoodWorks provides several sets of food composition data, referred to as *data sources*. They provide a large number of 'ready-made' foods and recipes, called *reference foods*, with their nutrient composition. For example, the AFCD is supplied as a FoodWorks data source. You select foods from the data sources when entering foods into a dietary intake or ingredients into a recipe.

These data sources are not stored in your FoodWorks database but are associated with the database.

By default, when you create a database, certain data sources will be enabled.

You can view the data sources selected for your database: On the **File** menu, click **Database Properties**, then click **Food Selections**.

For detail on a particular data source, under **Data Sources**, select the data source and information is shown on the right. You can also find information about the major food composition data sources supplied with FoodWorks on the support site <u>https://support.xyris.com.au.</u>

You can explore the reference foods in the **Query** view. See *10. Exploring the reference foods* on page 62.

NOTE: Nutrient data for brand name foods (AusBrands)

You can control the nutrient data displayed for commercial products our data source **AusBrands 2019.** You can choose whether the data is sourced from the nutrition information panel on the package only, imputed from **AusFoods 2019**, or taken from a mixture of these. To see or change these options, on the **File** menu, click **Database Properties** then the **Advanced** tab.

4. Exploring the FoodWorks window

The FoodWorks application window is opened when you start FoodWorks. The FoodWorks window provides a view into your FoodWorks database.

Elements of the FoodWorks window

The FoodWorks window shows:

- the contents of your database—its folders and documents
- the open document, for example, a food record or a recipe
- the analyses of the open document

The name of the open database is displayed at the top of the FoodWorks window.

The major elements of the FoodWorks window are labelled in *Figure 1—The FoodWorks Window*.



Each part of the window is described below.

A. Navigation Pane

The Navigation Pane is displayed down the left side of the FoodWorks window. See *Figure 1* on page 16. It shows you all the folders and documents within your database.

To open a folder or document: Click the name of a folder or document in the Navigation Pane.

- To show all the documents in the database: Click **All Folders**.
- To show or hide the Navigation Pane: On the **View** menu, click **Navigation Pane**, *or* press **F6**.
- To resize the Navigation Pane: Point to the right-hand border until the pointer turns into the resize pointer, then drag to the new position.



To search for one of your documents, click **All Folders**, then in the **Search** box type part of the name of the document.

What is a document?

The documents in your database are shown in the Navigation Pane. Every item that you create in FoodWorks is a **FoodWorks document**. Each document has its own icon, as shown below. You can organise your documents into folders.

The default documents that you can create in a dietary analysis database are:

lcon	Document	Usage
	Food Record	A document for recording an individual's food intake. Use for recording dietary intakes that are over several days.
(plate)		
	24 Hour Recall	A document for recording an individual's food intake. Use for recording dietary intakes that are for <i>just one continuous 24-hour period</i> . Can also be used to plan
(plate)		meals.
0	Meal Plan	A document for planning an individual's food intake.
(plate)		
S	Recipe	Use for recipes with ingredients.
(bowl)		
۵.	Food	Use for foods that you need to add to the database.
(vellow near)		

Contrast documents with reference foods—see *About the food composition data* on page 15.

NOTE: Document templates

You can add to or modify the types of documents available to you. Each document is based on an underlying *document template*. You can add new templates and modify the default templates for a database. When you modify a template, documents in the database that are based on that template may also be changed. For how to modify templates, or create new templates, see the FoodWorks on-line help.

B. Open document

The middle of the FoodWorks window displays the currently open document with its name at the top. See *Figure 1* on page 16. Only one document is open at any time. Each document is displayed as a set of tabbed pages. You click a tab to view a page.

Foods/ingredients grid

The **foods/ingredients grid** is shown on the **Foods** or **Ingredients** tab of the open document. Here is where you enter meals, foods and quantities for a dietary intake or ingredients and quantities for a recipe.

Food selection list

You select foods or ingredients from the drop-down **food selection list**. An example of the food selection list is shown in *Figure 2* below.

The food selection list appears when you begin typing a food or ingredient into the **Foods** or **Ingredients** column of the grid. Or you can display it at any time by clicking in the **Food/Ingredient** column and pressing **F2**.



Figure 2—The Foods/Ingredients grid showing food selection list

The foods shown in the food selection list can include:

- reference foods from the data sources selected for this database (as in the example above)
- documents (foods and recipes) from your own database.

What is a reference food?

Reference foods are from the data sources (food composition tables) supplied with FoodWorks. They are referred to as *reference foods* to distinguish them from the foods that you create and add to your database.

Icon	ltem	Usage
2	Reference food from	Select reference foods to enter into your dietary intakes and recipes. Reference foods have nutrient values provided. They are not FoodWorks documents—you
(pear on page)	data	cannot open and modify them.
	source	

You can explore the reference foods in the Query view. See *10. Exploring the reference foods* on page 62.

C. Analysis Pane

The Analysis Pane is displayed down the right side of the FoodWorks window. It shows analyses of the currently open document.

To show or hide the Analysis Pane: On the View menu, click Analysis Pane; or press F8; or on the FoodWorks toolbar, click the Analyses button:



To resize the Analysis Pane: Point to the left border until the pointer turns into the

resize pointer, then drag to the new position.

Resize pointer

If the Analysis Pane is **wide**, to select the type of analysis you want to view: Click an analysis in the list on the left.

Gene	ral		^	Wide Analysis Pane
Weigh	ht	1906.3 g		, , , , , , , , , , , , , , , , , , ,
ummary weigh		150015 g		
rofile Macr	o-Nutrients			
IRVs Energ	У	8678.8 kJ		
DT Protei	n	90.1 g		
Soals Total f	at	60.2 g		showing the list of a
Satura	ated fat	17.6 g		down the left Click or
Seneral Trans	Fatty Acids	0.5 g	-	down the left. Click a
Acro-Nutrients Polyu	nsaturated fat	12.2 g		select it
/itamins Mono	unsaturated fat	24.5 g		Select It.
Chole	sterol	63.7 mg		
Carbo	hydrate	255.8 g		
nergy Ratios Sugar	s	93.3 g		
at Ratios Starch	1	157.3 g		
atty Acids Water		1384.6 g		
mino Acids Alcoh	ol	1.9 g		
Dietar	y fibre	65.6 g		
UoW	Wholegrains	113.7 g		
od Groups Ash		20.4 g		
scellaneous Vitar	nins			
Thiam	in	2.440 mg		
R Ribof	lavin	3.445 mg		
Niacir	1	18.897 mg		
Niacir	equivalents	35.939 mg		
Vitam	in C	158.832 mg		
Vitam	in E	13.557 mg		
Тосор	herol, alpha	11.756 mg		
Vitam	in B6 (by analysis)	2.179 mg		
Vitam	in B12	3.988 µg		
Total f	olate	1370.841 µg		
gDay: 18g Folica	acid	196.672 µg		
U: 2g Folate	food	1174.169 µg		
Folate	total DFE	1502.719 µg		
Total	vitamin A equivalents	1187.840 µg		
Retin	ol	317.884 µg		
Beta	arotene equivalents	5224.601 µg		
Beta d	arotene	4303.521 µg		
Mina	an la			

If the Analysis Pane is **narrow**, to select the type of analysis you want to view: Click the down arrow, then click an analysis in the drop-down list.



D. Toolbar

The FoodWorks toolbar is shown across the top of the FoodWorks window and provides short-cuts for commonly used commands.

Previous and • next documents	Oper docu v data	n a Prin ment or sect base v the	t the octed ions of document	Open the Graphs window	Open the Query view your	of Access
SackNext	New Open	Save Print	Analysis Gr	raph Tree	Query T	Nools Help
	Create a new document or database	Save the open document.	View the analyses	View Food tree docu	the ds/ingredients for this ument	View the tools options

To see the name of a button in the toolbar, hover your cursor over the button.

E. Status bar

The status bar is shown along the bottom of the FoodWorks window.

To show or hide the toolbar or status bar: On the View menu, click Status Bar or Toolbar.

Orientation exercise

Try this quick orientation exercise to become more familiar with the elements of the FoodWorks window:

- 1. Start FoodWorks.
- 2. Click the Windows **Start** button, then locate and click FoodWorks 9.
- 3. Click a recently opened database.

When you first open FoodWorks, a blank document is opened.

NOTE: Sample FoodWorks database

To help you explore FoodWorks, we have provided a sample dietary analysis database, populated with some food records and recipes. To open this database, on the **Help** menu, click **Open Sample Database**, then **Sample Pro Database**.

Try hiding and then showing the Navigation Pane

- 1. On the **View** menu, click **Navigation Pane**. Repeat to show/hide it again. Try using the shortcut key (**F6**).
- 2. Explore the options in the open document. Click each of the tabs—for example, for a recipe, click the **Ingredients** tab, the **Overrides** tab, and so on.

Explore the options with the Analysis Pane

- 1. Try hiding and then showing the Analysis Pane. On the **View** menu, click **Analysis Pane**. Repeat to show/hide it again. Try using the shortcut key (**F8**).
- 2. Try resizing the Analysis Pane to show the wide view in the list of analyses on the left, click an analysis to display it.
- 3. Then resize the Analysis pane to show the narrow view. Click the down arrow, then from the drop-down list, click an analysis to display it.

Explore the help

- 1. In FoodWorks, on the **Help** menu, click **Help Topics**.
- 2. If necessary, to show the help menu, click the Menu button.
- 3. To browse the help using the table of contents, click the **Contents** tab. Then click a book, and then a topic, to open it.
- 4. To look up the index, click the **Index** tab, type a search term. Then click a topic in the search results.
- 5. To search the help text as a whole, in the **Search** box, type a search term and press **Enter**. Then click a topic in the search results.

Close FoodWorks

• On the FoodWorks **File** menu, click **Close**—or click the black **X** at the top right of the FoodWorks window.

5. Entering dietary intakes and meal plans

This chapter explains how to record a dietary intake (sometimes called a diet or food diary) or a meal plan for an individual. In FoodWorks, there are two types of document you can use for a dietary intake—one for multiple days, called a **food record**, and one for a single day, called a **24 hour recall**.

lcon in FoodWorks	Document	Usage
	Food Record	A FoodWorks document for recording an individual's food intake over several days.
(plate)		
	24 Hour Recall	A FoodWorks document for recording and individual's food intake for just one continuous 24-hour period.
(plate)		
	Meal Plan	A FoodWorks document for planning an individual's food intake for one or more days.
(plate)		

NOTE: Food frequencies

You can also enter food frequencies into a dietary intake. See the FoodWorks online help.

Food records, 24 hour recalls, and meal plans are FoodWorks documents and are stored in your FoodWorks database. For more on FoodWorks documents see *What is a document?* on page 17.

When adding either any of these documents, you need the following information:

- The personal details of the individual—such as age, weight, gender and activity level
- All the foods and drinks, and their quantities, consumed by this person in a 24 hour period or over a number of days

Entering a food record, 24 hour recall or meal plan

To enter a food record or 24 hour recall:

A. Create the new food record, 24 hour recall or meal plan

First, create the new food record, 24 hour recall or meal plan:

1. On the FoodWorks toolbar, click **New**, then click **Food Record**, **24 Hour Recall** or **Meal Plan**.

Example (24 Hour Recall)

FILE EDIT VIE	W TOOLS	HELP								
Back Next	New	2 Open		Print	Analysis	Graph	* Tree	Guery	Tools	() Help
All Folders	Foo	d Record					24 Hou	ur Reca	ll 1 (New	v)
Food Rec	orc 24 H	Hour Reca	al 👘				General	Foods	NRVs/Goals	Notes
Meal Plan	s Rec Foo	ipe d					Name: Id:	<u>24 H</u>	lour Recall 1	Alt.Id:
	Foo	odWorks D)atabase Fi	le			Folder:	Foo	d Records	
							based on	24 F	tour Recall	

2. On the **General** tab, in the **Name** box, type the name for the food record or 24 hour recall.

Example (24 Hour Recall)

FILE EDIT VIEW TOOLS HELP	
0 0 1 2 2 1 2 2 2	** 🔒 🌽 🙆
Back Next New Open Save Print Analysis Graph	n Tree Query Tools Help
all Folders	24 Hour Recall 1 (New)
Food Records	General Foods NRVs/Goals Notes
Meal Plans	Name: 24 Hour Recall 1
Contraction of the second seco	Id: Alt.Id:
*	Folder: Food Records
	Based on: 24 Hour Recall
	Ann Marrish
	Gender: VPAL:
	Weight (kg): Pregnancy:
	Height (cm):
	BMI:
	Calculate Energy Requirement using: NRV Equations
	Estimated Energy Requirement (EER):
Search	Basal Metabolic Rate (BMR):
🖧 Reduced salt baked beans	Description:
	v
	Created:
	Modified:

3. Optionally, enter the ID for the food record, 24 hour recall or meal plan.

4. Click the **Folder** drop-down button and select the folder in which you want to store the food record, 24 hour recall or meal plan. By default, there is one folder called *Documents*.

Example (24 Hour Recall)

24 Hou	ur Reca	all 1 (New)
General	Foods	NRVs/Goals	Notes
Name:	24	Hour Recall 1	
ld:			Alt.ld:
Folder:	Do	cuments	~
Based on	n Do	cuments	

5. If you want to create a new folder, click the ellipsis (...) button, type the folder name, and click **OK**.

...

6. On the toolbar, click the **Save** button.



....

B. Enter the personal details

The individual's personal details are required for FoodWorks to calculate the Nutrient Reference Values (NRVs). They are also necessary for FoodWorks to calculate their Basal Metabolic Rate (BMR) and the Body Mass Index (BMI), which are displayed on the **General** tab.

To enter the personal details:

- 1. Type in the age of the person.
- 2. Click the drop-down button to select their gender.
- 3. Type in their weight and height.
- 4. Click the drop-down button to select their level of activity. For help in choosing the appropriate activity level, click the ellipsis (....) button.
- 5. If the subject is female, enter her pregnancy and lactation status.

You can now see the values for the BMI, EER and BMR on this tab.

C. Enter the foods

To enter all the foods and drinks that the person has consumed:

1. Click the **Foods** tab.

Foods grid (24 Hour recall)

👌 FoodWorks [FoodWorks Sample	For PRO]	- 0	×
FILE EDIT VIEW TOOLS HELP			
Back Next New Open	Save Print Analysis Graph Tree Query Tools Help		
All Folders	24 Hour Recall 1 (New)	Avg/Day 1MJ	
Food Records	General Foods NRVs/Goals Notes	▼ All Components	
Meal Plans	0 0 Dutline	General	^
Recipes		Weight	0 g
🛒 Deleted Items	Meal Food Quantity Note Weight Energy ^	Macro-Nutrients	
		Energy	0 kJ
		tein	0 g
Search		al fat	0 g
	The Quantity column.	urated fat	0 g
Joanne Smith	The Feed column	hs Fatty Acids	0 g
John Smith		Polyunsaturated fat	0 g
		Monounsaturated fat	0 g
		Cholesterol	0 mg
		Carbohydrate	0 g
		Sugars	0 g
	The Meel column	Added Sugars	_ 0 g
	The Mear column.	Free Sugars	0 g
		Starch	0 g
		water	0 g
		Alconol	0 g
		Dietary fibre	0 9
		Ash	0 g
		Vitamins	
	The Foods grid for 24 hour	Thiamin	0 mg
	recelle (Feed records and	Riboflavin	0 mg
	recails. (Food records and	Niacin	0 mg
	meal plans include a Dav	Niacin equivalents	0 mg
	meat plans melude a Day	Vitamin C	0 mg
	column)	Vitamin E	0 mg
	oordinini,	Tocopherol, alpha	0 mg
		Vitamin B6 (by analysis)	0 mg
		Vitamin B12	0 µg
		Total folate	0 µg
	v	Folate, total DFE	_ ⁰ µg
	1 of 0 rows.	Show Sources	0.04
			1

The only difference between a 24 hour recall document and a food record is here in the **Foods** tab—for a food record, there is an extra column, the **Day** column.

TIP: Showing the Day or Meal column

If the **Day** or **Meal** column is *not* showing, and you wish to show one or both: Point to the title of any column in the grid. Right-click, then select the name of the columns to show. 2. If this is a food record or meal plan, in the **Day** column, type the name of the first day; or, to select the date, click in the **Day** cell, press **F2**, then click the date.

Example (food record)



TIP: Collapsing and expanding days or meals

In food records, 24 hour recalls and meal plans, you can expand and collapse meals and days:

To expand a day or meal, click the + (plus) sign.



Example

Joann	e Smit	h - Food	Record	s				
General	Foods	NRVs/Goals	s Notes					
0	Ċ	Outline						
Day	Mea	al Food						Quantity
± 01	-Jan-18							
= 03	-Jan-18					Click the +	(plus) si	gn to
-	Bre	akfast				show all the	e meals a	and food
		Bircher	muesli			IOI I Jan.		
		Coffee	.cappucc	ino,caffe	inate	d,regular,reduce	d fat milk	1 cup
						s) cign to		

Click the **Outline** button, as shown below, for more options:

General	Foods	NRVs/Goals Notes	
0	Ċ	Outline	
Day	N	Show All	
± 01	-Jan-:	Day Meal	
= 03	-Jan-:	Breakfast	
Ξ	В	Morning tea Lunch	
		Afternoon tea	affeinated, regula
		Dinner	
	N	Supper	



When entering a food record, 24 hour recall or meal plan, you use a separate row for each day, meal and food.

3. In the **Meal** column, type the name or time of the first meal, then press **Enter**.

Example (24 Hour Recall)

Back Next New Open		Print	Analysis	Graph	*	Query	Jools H	lelp	
All Folders	24 Hour Recall 1 (New)								
Food Records	General	Foods	NRVs/Goals	Notes					
Meal Plans Recipes	0	Ċ	Outline						
Deleted Items	Mea	I F	ood			Quantity	Note		
	⊟ br	eakfast							
Search	_								
Joanne Smith John Smith									

4. In the **Food** column, type the first few letters of each word of the food. Use the arrow keys to select the food from the drop-down list box, then press **Enter**. A list of matching foods (the food selection list) is shown.

Example (24 Hour Recall) showing the food selection list



TIP: Finding foods

For more on what to type to find foods more efficiently, see *Tips for finding foods and ingredients faster* on page 31.

TIP: See where a food comes from

The food selection list can contain items from several different sources, including data sources and your database folders.

To see the source of a particular food or recipe in the food selection list:

In the list, highlight the item. The source (a data source or folder) is shown at the bottom of the list.



For more on FoodWorks data sources, see *About the food composition data* on page 15.

TIP: Can't find the recipe or food you want? Create one on the fly.

If you cannot find the recipe or food that you want, you can create it while entering foods into the **Foods** grid of the dietary intake, and enter its details later:

To create a new recipe or food while in the **Foods** grid: In the **Food** column, type the name of the new recipe or food, or simply type *new recipe* or *new food*. Then type its name, select the required folder, and click **OK**.

-000 K	ecord	1 (New)	
General	Foods	NRVs/Goals Notes	
0	Ċ	Dutline	
Day	Mea	Food	Quantity
		zucchini and tofu slice	
		New Recipe	
		New Food	
-			
		Create New Food	×
		Name Zucchini and tofu slice	
		Folder Foods	✓
		OK	Cancel

This creates an 'empty' recipe or food document (with no nutrient values) that you can fill in later. See *7. Adding a recipe* on page 42 and *9. Adding a new food* on page 57.

(Note that you cannot create new documents on the fly if you have keywords switched on—see *B. Using keywords for selecting foods* on page 78.)

5. In the **Quantity** column, type the number of units for the measure that you want to use. Then press **Enter**.

Example (24 Hour Recall)

0	C Ou	tline	
Day	Meal	Food	Quantity
=	breakf	ast	
		Muesli,commercial,untoasted (na	atural), with dried frui 1
			single serve bowl single serve box single serve sachet g kg mL tsp tb cup L Press down arrow to sele

NOTE: Fractions

To enter a fraction, use decimals—for example, for ¹/₂ type **0.5**.

6. Use the arrow keys to select the measure that you want to use or type the first few letters of the measure name. Then press **Enter**.

- 7. Repeat steps 4 to 6 for each food in the meal.
- 8. Repeat from step 3 to start the next meal.
- 9. Repeat from step 2 to start the next day.

TIP: Decided you want to enter more days than one?

If you have entered a day's worth of food and drink into a 24 hour recall and realise that you want to continue on to more days, add a **Day** column: see *TIP: Showing the Day or Meal column* on page 26.

D. Save the food record, 24 hour recall or meal plan

To save: On the FoodWorks toolbar, click **Save**.



Tips for finding foods and ingredients faster

When you are entering foods into the **Foods** tab of a food record, 24 hour recall or meal plan (or into the **Ingredients** tab of a recipe) try these tips for finding them faster:

- Type two to four letters only per key word of the ingredient name. This is faster and helps avoid spelling mistakes—for example, **avo** finds **avocado**. Typing avocado does not refine this search any further.
- Typing the first part of two or more key words helps refine your search—for example, for **black tea**, type **bl tea** rather than **tea**.
- The order for typing key words does not alter the number of foods found—for example, **tea black** is identical to **black tea**.
- Case is unimportant. FoodWorks accepts upper-case and lower-case entries.
- Type the singular for foods—for example, type **pea**, not **peas**, **bean** not **beans**.
- If you do not find the food, try alternative spellings or other word combinations.
- For some foods, there are many different varieties. Hence, when the varieties are displayed that may not all fit on to the screen. Use the arrow key to scroll down and see more varieties.

Next steps

This dietary intake is shown in the Navigation Pane of FoodWorks.

The next chapter explains how to view the nutrient analyses for your food record or 24 hour recall. *Chapter 7. Adding a recipe* and *Chapter 9. Adding a new food* explain how to add recipes and foods you need to your database.

6. Analysing dietary intakes and meal plans

While you are entering your food record, 24 hour recall or meal plan, you can view its analyses in the Analysis Pane on the right of the FoodWorks window. The analyses update as you make changes. Here are some suggestions for exploring the nutrient analyses for a dietary intake.

Basics—Using the Analysis Pane

To view the analyses for the food record, 24 hour recall or meal plan:

- 1. First open that food record, 24 hour recall or meal plan: In the Navigation Pane, click the document.
- 2. To show the Analysis Pane (if it is not already displayed), on the FoodWorks toolbar, click the **View Analyses** button.



View Analyses button

3. To choose the unit of analysis for the food record, 24 hour recall or meal plan: Click the tabs at the top of the Analysis Pane. You can look at the analyses as an **average per day** or per **megajoule**.

Avg/Day	1MJ	
•	All Com	ponents

Click the tab for the unit of analysis for the food record or 24 hour recall.

4. Then, in the list of analyses, click the analysis you require (e.g. **General**):

If the Analysis Pane is wide, the analyses are listed down the left of the pane.

Avg/Day 1MJ		
All Components	General	^
Summary	Weight	1906.3 g
Drofile	Macro Nutrionte	
NDV	Wacro-Nutrients	
NRVS	Energy	when the Analysis Pane is wide, the
SDT	Protein	list of analyses is shown on the left.
Goals	lotal fat	
	Saturated fat	Click the analysis you require.
General	Irans Fatty Acids	-
Macro-Nutrients	Polyunsaturated fat	24.5 a
Vitamins	Monounsaturated fat	24.5 g
Minerals	Cholesterol	05.7 mg
Energy Ratios	Carbonydrate	233.6 g
Entry Hatter	Sugars	55.5 g
Fat Ratios	Starch	127.5 g
Fatty Acids	Vater	19.0
Amino Acids	Alcohol Diatapy fibra	65.6 g
Intolerances	Lielw/Wholegrains	113.7 g
Food Groups	Ach	20.4 g
Miscellaneous	ASI	20.4 g
FED	Vitamins	
ELK SAR	Thiamin	2.440 mg
EAR	Riboflavin	3.445 mg
AI	Niacin	18.897 mg
RDI	Niacin equivalents	35.939 mg
UL	Vitamin C	158.832 mg
SDT(Min)	Vitamin E	13.557 mg
SDT(Max)	Tocopherol, alpha	11.756 mg
SUT(Max)	Vitamin B6 (by analysis)	2.179 mg

If the Analysis Pane is narrow, the analyses are shown as a drop-down list. Click the down arrow to display the list.



NOTE: Question marks (?) and 'greater than' (>) signs in the analyses For help with resolving these problems see *A. Symbols in the analyses* on page 75.

About the nutrient reference values (NRVs)

The nutrient reference values (NRVs) for use in Australia and New Zealand² outline the levels of intake of essential nutrients to meet the known nutritional needs of practically all healthy people. They may not meet the specific requirements of people with various diseases or conditions, or pre-term infants.

In the Analysis Pane of FoodWorks, you can view NRV analyses as shown in *Figure 3— The NRV analyses in FoodWorks* below:

Figure 3—The NRV analyses in FoodWorks



Here are the definitions for each NRV that appears in FoodWorks:

Estimated Energy Requirements (EER)—The average dietary energy intake that is predicted to maintain energy balance in a healthy adult of defined age, gender, weight, height and level of physical activity, consistent with good health. In children and pregnant and lactating women, the EER is taken to include the needs associated with the deposition of tissues or the secretion of milk at rates consistent with good health.

Estimated Average Requirement (EAR)—A daily nutrient level estimated to meet the requirements of half the healthy individuals in a particular life stage and gender group.

Adequate Intake (AI)—The average daily nutrient intake level based on observed or experimentally determined approximations or estimates of nutrient intake by a group

² National Health and Medical Research Council (NHMRC) (2006). *Nutrient reference values in Australia and New Zealand. Executive summary*. Canberra:NHMRC
(or groups) of apparently healthy people that are assumed to be adequate. It is used when an RDI cannot be determined.

Upper Level of Intake (UL)—The highest average daily nutrient intake level likely to pose no adverse health effects to almost all individuals in the general population. As intake increases above the UL, the potential risk of adverse effects increases.

Suggested Dietary Target (SDT)—A daily average intake for certain nutrients that may help in the prevention of chronic disease. These values apply only to adults and adolescents aged 14 years and over.

Recommended Dietary Intake (RDI)—The average daily dietary intake level that is sufficient to meet the nutrient requirements of nearly all (97–98 per cent) healthy individuals in a particular life stage and gender group.

TIP: More on NRVs?

For more information go to www.nrv.gov.au.

About the food groups

The Xyris food group system allows you to analyse diets, recipes and meal plans by food group, and thus investigate food patterns.

The food groups use Australian food composition data, including extensive brand name data, and are informed by the *Australian Guide to Healthy Eating* (AGHE)³, and the *USDA Food Patterns Equivalents Database* (FPED)⁴.

The Xyris food groups are broadly compatible with the five food groups (and additional categories) of the *Australian Guide to Healthy Eating*. However, there are important differences.

Food groups and serve sizes

There are 5 major food groups and 28 subgroups, as well as oil equivalents, solid fat equivalents, added sugars and alcoholic drinks.

See the number of serves of the basic food groups (e.g. vegetables) and drill down into the subgroups (e.g. dark green vegetables). Where a recipe is available for them, composite foods and recipes (e.g. donuts, lasagne) are allocated to food groups according to their ingredients.

Serve sizes for the food groups are similar to those in the AGHE.

NOTE: Food groups are only for Australian data

The food group analyses are only available if you are selecting food from these Australian data sources: AUSNUT 2011-13, AusFoods 2019 and AusBrands 2019.

³ https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating

⁴ <u>http://www.ars.usda.gov</u>

Discretionary choices and food components

In the Xyris food groups, some food components are treated as 'groups' in their own right, namely:

- Oil equivalents (fats naturally occurring in nuts, seeds, avocado, seafoods, and unhydrogenated vegetable oils; excludes palm oil and coconut oil)
- Solid fat equivalents (fats naturally occurring in meat, poultry, eggs, dairy, fully or partially hydrogenated oils, shortening, palm oil and coconut oil)
- Added sugars
- Alcoholic drinks

As a result, the 'discretionary choices' category used in the AGHE is not used in the Xyris groups. Instead, all composite foods, including those that would be discretionary items (e.g. pizzas, pastries, commercial burgers), are broken into their ingredients/components and assigned to 'groups' accordingly. The resulting analysis exposes teaspoons of solid fat equivalents and added sugars, and serves of refined grains, etc. For example, a meat pie which would be considered a discretionary choice in the AGHE, in the Xyris system would instead contribute serves of meat, refined grains, solid fats, and so on.

More information on food groups in FoodWorks

For more information on the food groups and serve sizes, see the FoodWorks support site, <u>https://support.xyris.com.au</u>

Viewing the food groups analyses

To view the food groups analyses for your diet, recipe or meal plan:

• In the Analysis Pane, in the list of analyses, click **Food Groups**.

Avg/Day	1MJ			
All Comp	onents	General		^
Summary	1	Weight	2220.6 g	
Profile		Macro-Nutrients		
NRVs		Energy	8645.3 kJ	
SDT		Protein	62.7 g	
Goals		Total fat	71.8 g	
		Saturated fat	16.6 g	
General		Trans Fatty Acids	0.8 g	
Macro-N	utrients	Polyunsaturated fat	22.3 g	
Vitamins		Monounsaturated f	at 26.1 g	
Minerals		Cholesterol	268.6 g	
Energy R	atios	Sugars	107.1 g	
Fat Ratio	15	Starch	160.9 g	
Fatty Aci	ds	Water	1741.2 g	
Amino A	cids	Alcohol	0 g	-
Food Gr		Dietary fibre	44.7 g	
1000 01	Jubs	Ach	22.1 g	

Customising the nutrient profile

You can create your own customised list of the nutrients of interest to you by editing the **Profile** analysis.

To add or delete nutrients from the **Profile** analysis:

1. If the Analysis Pane is wide: In the list of analyses on the left, click **Profile**, then click the **Edit Profile** button.

Avg/Day IMJ		
All Components	Macro-Nutrients	
Summary	Protein	90.1 <u>c</u>
Profile	Fat	60.2 <u>c</u>
NRVs	Carbohydrate	255.8 <u>c</u>
SDT	Water	1384.6 g
Goals	Alcohol	1.9 0
General		
Macro-Nutrients	;	
Vitamins		
Minerals		
Energy Ratios		
Fat Ratios		
Fatty Acids		
Amino Acids		
Intolerances		
Food Groups		
Miscellaneous		
EER		
EAR		
AL		
RDI		
UL		
SDT(Min)		
SDT(Max)		

- OR -

If the Analysis Pane is narrow: Point over the Analysis Pane, click right, then click **Edit Profile Nutrients**.



2. Select or de-select nutrients as required.

Edit Nutrient Profile ×
Nutrients/Components to include in the Nutrient Profile analysis:
GENERAL Vitamin C (mg) kJ from fat (%) GRAINS (serve) Organ meats (serve) Weight (g) Vitamin E (mg) kJ from saturated fat - Refined (serve) - Seafood high in LC MACRO-NUTRINTS Tocopherol, alpha (m) kJ from trans fat (%) - Wholegrains (serve) - Seafood high in LC Energy (kI) Vitamin B1c (by analysis) kJ from alcohol (%) - Wholegrains (serve) - Seafood low in LC f Protein (g) Vitamin B12 (µg) kJ from alcohol (%) FRUIT (serve) - Legumes (serve) Otal fat (g) Total folate (µg) kJ from fibre (%) - Other fruit (serve) - Legumes (serve) Saturated fat (g) Folat caid DFE (µg)(kJ from fibre (%) - Other fruit (serve) - Mik (serve) Polyunsaturated fat (g) Folat caid (µg) FAT RATIOS - Fruit juice (serve) - Mik (serve) Polyunsaturated fat (fol Total vitamin A equiv (Fat as snono (%) - Fruit juice (serve) - Mik (serve) - Othese (serve) Monounsaturated fat (g) Retinol (µg) Fat as saturated (%) - Dark green vegetat - Mik alternatives (se Cholesterol (mg) Retinol (µg) Fat as saturated (%) - Dark green vegetat - Mik alternatives (se
✓ Carbohydrate (g) Beta carotene equivaATTA ACIDS - Red & orange vege[] OIL EQUIVALENTS (ts; Sugars (g) Beta carotene (µg) Very long chain N3 fi - Tomatoes (serve) SOUID FAT EQUIVALEN Added Sugars (g)
Include All Nutrients OK Cancel

3. Click **OK**.

Investigating a particular nutrient

 $\widetilde{\mathcal{T}}$ To see more information for a nutrient:

- 1. Make sure the Analysis Pane is wide, that is, showing the list of analyses on the left. For how to resize the Analysis Pane, see *C. Analysis Pane* on page 19.
- 2. Then, in the Analysis Pane, click the nutrient name. Some information appears on the left of the Analysis Pane, and a new column appears in the foods grid.

Example—Clicking protein – information in the Analysis Pane

Vitamins Minerals Energy Ratios Fat Ratios Fatty Acids Amino Acids Intolerances Food Groups Miscellaneous EER EAR AI RDI UL SDT(Min) SDT(May)	%Mono %Sat Nutrient/Component Weight 18 Energy 878-2 KJ Protein 70.9 g Fat 91 g Sat.Fat 25.9 g Carbohydrate 199.2 g Alcohol 21.8 g Fibre 25.8 g Sodium 1528.664 mg
Protein AvgDay: 71g 1MJ: 8g EAR: 39g (182%) RDI: 49g (145%)	and information about it is shown here.

A column for that nutrient is then also shown in the foods grid.

Example—Clicking protein – Nutrient column in the foods grid

Joan	ne Sm	ith ·	Food Records							Avg/Day 1MJ		
Gener	al Food	Is N	RVs/Goals Notes							All Components	Energy Ratios	
	50	Ou	tine							Summary	%kJ-Protein %kJ-Fat	14%
Da	w M	leal	Food		Quantity	We	ight En	nergy	Protein A	NRVs	- %Sat Fat	11%
-	01-Jan-1	18				194	19.8	9053	71.50	SDT	%kJ-Carb %kJ-Alcohol	37%
1	= Br	reakf	ast			53	25.8	2175	16.07	General	%Fibre %kJ-Others	1%
			Bread, white, hom	emade, to asted	2 regular sli						at Ratios	
			Kraft Vegemite		2 thin spread	Clic	k th	ne n	utrie	nt of	Poly	18%
			Avocado.raw		0.5 mediu	one	in ci		iutiio		Mono	31%
			Reduced salt bake	ed beans	0.33 cup	inte	eres	t—h	ere F	Protein	lutrient/Componen	t
			Juice,100% juice,	orange,commercial,fresh,no added vi	250 mL	_					weight	1839.7 g
										Fatty Acids	Energy	8786.2 kJ
Η.						30	09.0	1310	13.94	Amino Acids	Protein	70.9 g
L'	- 1	iorni	ng tea						/	Ecod Groups	Fat Sat.Fat	25.9 g
			Coffee,cappuccin	o,caffeinated,regular,full cream milk	1 regular ta	2	31.0	642	8.42	Miscellaneous	Carbohydrate	199.2 g
			Nuts, almonds, rav	v,without skin	1 handful		28.0	668	5.52	FED	Alcohol	21.8 g
						_	/			EAR	Fibre	25.8 g
	- Lu	unch		The nutrient column	for the	3	2.4	1875	18.34	AI	Sodium	1528.664 mg
			Fish,tuna,canned	me nathent column	i ioi the	- K	90.0	519	16.20	RDI		
			Lettuce, iceberg	selected nutrient is d	isplayed		24.0	9	0.22	UL SDT(Min)		
			Tomato,roma	here on the right side	of the	1	24.0	92	1.24	SDT(Max)		
			Cucumber, comm	noro, on the right slut			30.0	40	0.64			
			Dressing, vinaigre	foods grid.		4	14.4	1215	0.05	Protein		
										AvgDay: 71g		
	= Af	ftern	oon tea			19	98.0	891	5.64	EAR: 39g (182%) RDI: 49g (145%)		
			Ryvita Original Ry	e Wholegrain Rye Crisphread	2 crispbrea		20.0	293	2.00			

Viewing analyses for a selection

To see the nutrient values for part of the dietary intake only—say, for a single food or recipe, or for a meal:

• Use the selector buttons on the left of the **Foods** grid to select the row(s). The Analysis Pane then shows the analyses for the selected row(s) only.

oanne	Smith	- Food Records					(Avg/Day)	(1MJ)		
ieneral	Foods N	NRVs/Goals Notes					All Compor	nents	General	
0	¢ 0	tine					Summary		Weight	525.8 g
0	0 0	call ite					Profile		Macro-Nutrients	
Day	Meal	Food	Quantity	Weight	Energy	Protein ^	NRVs		Energy	2174.6 kJ
E 01-1	lan-18			1949.8	9053	71.50	SDT		Protein	16.1 g
							Goals		Total fat	13.7 g
-	Break	fast		525.8	2175	16.07			Saturated fat	2.1 g
				00.0	1077	6.00	General		Trans Fatty Acids	0 g
		Bread, white, homemade, to asted	2 regular sli	88.0	10//	6.98	Macro-Nutr	rients	Polyunsaturated fat	1.8 g
		Kraft Vegemite	2 thin spread	5.0	40	1.27	Vitamins		Cholecterol	
		r	1.5 mediu	79.5	460	1.27	Minerals		Carbobydrate	73.9 a
			22 cup	90.8	303	4.45	Energy Rati	ios	Sugars	18.1 g
- I		Click (and drag on) the selector	.55 cup	262.5	204	2.10	Fat Ratios		Added Sugars	1.9 g
			50 mL	202.5	294	2.10	Fatty Acids		Free Sugars	16.2 g
		buttons to select a row(s)					Amino Acid	ts.	Starch	55.7 g
-	Morn	ing tea		309.0	1310	13.94	Intolerance	**	Water	386 g
	With	ing teu					Food Grow	nc l	Alcohol	0 g
		Coffee,cappuccino,caffeinated,regular,full cream milk	1 regular ta	281.0	642	8.42	Misseller	h s	Dietary fibre	13.2 g
		Nuts,almonds,raw,without skin	1 handful	28.0	668	5.52	EER	ous	Asn	6.4 g
							EAR	The	Analycic Dana	1.601 mg
-	Lunch			362.4	1875	18.34	AI	.me	Analysis Falle	0.899 mg
							RDI th	hen	shows the	8.727 mg
		Fish, tuna, canned, flavoured	90g	90.0	519	16.20	UL			1.907 mg
		Lettuce, iceberg	3 medium I	24.0	9	0.22	SDT(N Va	alue	s for the	0.870 mg
		Tomato,roma	1 medium	124.0	92	1.24	SDT(M CA	مامد	ted row(s) only_	2.413 mg
		Cucumber,common,unpeeled	8 medium s	80.0	40	0.64	30	CIEC	(cu 10w(3) 0my-	0.142 mg
		Dressing, vinaigrette	2 tb	44.4	1215	0.05	in	n this	s case, for	0 µg
							b	reak	dast	04.920 µg

Exploring the nested recipes in a dietary intake

A food record or 24 hour recall can include recipes from your own database. These recipes have ingredients of their own, which in turn might be recipes with their own ingredients, and so on.

To see *all* the nested recipes and their ingredients in a food record or 24 hour recall (in a tree-like view):

- 1. In the Navigation Pane, select the food record or 24 hour recall.
- 2. On the toolbar, click the **View Food/Ingredient Tree** button.



View Food/Ingredient Tree button

The Food/Ingredient Tree dialog is displayed.

Example



- 3. To open a FoodWorks document from the **Food/Ingredient Tree** dialog, doubleclick its name. (Remember the icons show whether each ingredient is a reference food from the data sources, which cannot be opened, or a FoodWorks document one of your own recipes or foods.)
- 4. To view the values for a specific nutrient in the **Food/Ingredient Tree** dialog: In the Analysis Pane, click that nutrient.

Ez	xample				Sele Sati	ect a nutrient urated fat –	—here in the	
4	** 🔥 🌽 🕢				Ana	lysis Pane		
ph	Food/Ingredient Tree							
01	Food/Recipe	Weight	Energy	Sat.Fat 🔺		Avg/Day 1MJ		
+0	Joanne smith:	1840	8786	25.95		All Company	General	^
ee.		975	4526	11.88		All Components		1030 7 -
	O Breakfast	263	1087	1.03		Summary	weight	1859.7 g
	🚵 Bread, white, homemade, toasted [Au	44	539	0.22		Profile	Macro-Nutrients	
	🚵 Kraft Vegemite [AusBrands 2019]	3	20	0.03	Sat.Fat 🔨	NRVs	Energy	8786.2 kJ
	🚵 Avocado, raw [AusFoods 2019]	40	230	0.77	23.75	SDT	Protein	70.9 g
	Reduced salt baked beans [0.33 cu;	45	152	0.02	20110	Garda	Total fat	91 a
	🚵 Juice, 100% juice, orange, commercia	131	147	0.00	2.06	Goals	Saturated fat	25.9 g
	- 🖃 💽 Morning tea	155	655	2.91	2.00	General	Trans Eatty Acids	1.3 g
	📩 Coffee, cappuccino, caffeinated, regu	141	321	2.38	0.44	General	Polyunsaturated fat	15.2 g
=,'	🔤 Nuts,almonds,raw,without skin [Au	14	334	0.53	0.11	Macro-Nutrients	Monouncaturated fat	43.3 g
hit		181	938	2.41	0.05	Vitamins	Cholecterol	229.6 mg
w	🔤 Fish, tuna, canned, flavoured [AusFo	45	260	0.50	1.53	Minerals	Carbobydrate	199.2 g
E.	Lettuce, iceberg [AusFoods 2019]	12	5	0.00	0.04	Energy Ratios	Sugar	103 g
It	Tomato, roma [AusFoods 2019]	62	46	0.00	0.04	Eat Dation	Added Sugars	25.9 g
i	Cusumbar common unnealed Must	40	20	0.00	0.00	Fat Natios	Auteu sugars	23.5 y

...This column appears in the Food/Ingredient Tree showing the nutrient per item.

7. Adding a recipe

This chapter explains how to add a recipe to your FoodWorks database. You can use the recipes you create as ingredients in other recipes. You can also use them as foods in your food records and 24 hour recalls.

lcon	Document	Usage
<u>ن</u>	Recipe	Use to create recipes with ingredients.
(bowl)		

The key difference between a recipe and a food document in FoodWorks is that a recipe has ingredients. (For how to add a food, see *9. Adding a new food* on page 57.)

Recipes are FoodWorks documents and are stored in your FoodWorks database. You open them from the Navigation Pane. For more on FoodWorks documents, see *What is a document?* on page 17.

When adding a recipe, you need the following information:

- The ingredients and their quantities
- Optionally, the number of serves it makes or the serve weight
- Optionally, the yield

If you wish, you can record the method (preparation instructions) for the recipe, however, this does not affect the nutrient analyses.

Adding a recipe

To add a recipe to your FoodWorks database:

A. Create the new recipe

To create a new recipe:

1. On the FoodWorks toolbar, click **New**, then click **Recipe**.



2. On the **General** tab, in the **Name** box, type the name for the recipe.

EDIT VIEW TOOLS HELP	Save Print Print Camph Tree Camp Tools Help		
All Folders	Recipe 1 (New)	100g 1MJ Total	
Deleted Items	General Ingredients Method Overrides Measures Notes	All Components	
bereteo nemo	No. Design 5	Summary Trans Ently Acids	
	Name: Recipe 1	Profile Polyupraturated fat	
	Id: Alt.Id: Food Group:	Monouncaturated fat	
		General Cholesterol	1
	Polder: Documents	Macro-Nutrients Carbohydrate	1
	Based on: Recipe	Vitamins Sugars	7
	Description:	Added Sugars	7
		Free Sugars	7
		Energy Ratios Starch	7
		Pat Ratios Water	7
		Fatty Acids Alcohol	7
		Amino Acids Dietary fibre	7
		Intolerances Ash	7
		Food Groups Vitamins	
		Miscellaneous Thiamin	2
		Riboflavin	?
		Niadin	?
	×	Niacin equivalents	7
	Crastert	Vitamin C	?
ments found.	Crancia A	Vitamin E	
	Modified.	tocopherol, alpha	
		Vitamin B6 (by analysis)	
		Vitamin B12	
		Iotal folate	
		Folace, total DFE	
		Fond Exists	;
		Total vitamin A equivalents	
		Retinol	?
		Beta carotene equivalents	7
		Beta carotene	?
		Minerals	
		Sodium	?
		Potassium	?
		Magnesium	?
		Calcium	?
		Phosphorus	2
		Iron	7
		Zinc	?
		Selenium	7
		lodine	

- 3. Optionally, enter your **ID** for the recipe.
- 4. Click the **Folder** drop-down button and select the folder in which you want to store the food. By default, there is one folder, *Documents*.

File Edit View Tools Help	
I I I I I I I I I I I I I I I I I I I	a 🌮 🖦 🔩 😡
Search	Recipe 1 (New)
All Folders	General Ingredients Method Overrides Measures Notes
Deleted Items	Name: Recipe 1
	ID: Alt.ID:
	Folder: Documents
	Based on: Documents

If you want to create a new folder, click the ellipsis (...) button, type the folder name, and click **OK**.



5. On the toolbar, click the **Save** button.



B. Enter the ingredients for the recipe

To enter the ingredients for the recipe:

1. Click the **Ingredients** tab.

Example Ingredients grid

FoodWorks (FoodWorks Database FILE EDIT VIEW TOOLS HELL			- u x
Back Next New Open	Save Print Analyzis Graph Tree Query Tools Help		
All Folders	Recipe 1 (New)	100g 1MJ T	otal
Documents	General Ingredients Method Overrides Measures Notes	All Components	General
Deleted items		Summary	Weight 100 g
		Profile	Macro-Nutrients
	Ingredient Quantity Note Weight ^		Energy ?
		General	Protein ?
		Macro-Nutrients	Total fat ?
		litamins	Saturated fat ?
		dinerals	Trans Fatty Acids
	The Quantity column	inergy Ratios	Monoupraturated fat
		at Ratios	Cholesterol ?
		Fatty Acids	Carbohydrate ?
		Amino Acids	Sugars ?
		Intolerances	Added Sugars ?
		Food Groups	Free Sugars ?
		Miscellaneous	Starch 7
	The Ingredient column.		Alcohol 7
			Dietary fibre
Search			Ash ?
No documents found.			Vitamins
			Thiamin ?
			Riboflavin ?
			Niacin ?
			Niacin equivalents ?
			Vitamin C 7
			Vitamin E F
			Vitamin B6 (by analysis)
			Vitamin B12 ?
	The Ingredients grid for a		Total folate ?
			Folate, total DFE ?
	recipe		Folic acid ?
			Food Folate ?
			Total vitamin A equivalents ?
			Retinol
			Beta carotene
			Minerals
			Sodium ?
			Potassium ?
			Magnesium ?
	1 of 0 rows.		Calcium ?

2. In the **Ingredient** column, type the first few letters of each word of the ingredient. Use the arrow keys to select the ingredient from the drop-down list box, then press **Enter**. A list of matching foods (the food selection list) is shown.

Example recipe showing the food selection list



TIP: Finding foods

For more on what to type to find foods more efficiently, see *Tips for finding foods and ingredients faster* on page 31.

TIP: See where an ingredient comes from

The food selection list can contain items from several different sources, including data sources and your database folders.

 \checkmark To see the source of a particular food or recipe in the food selection list:

In the list, highlight the item. The source (a data source or folder) is shown at the bottom of the list.



page 15.

TIP: Can't find the ingredient you want? Create one on the fly.

If you cannot find the food or recipe that you want as an ingredient, you can create while entering ingredients into the **Ingredients** grid, and enter its details later:

To create a new food or recipe while in the **Ingredients** grid entering ingredients: In the **Ingredient** column, type the name of the new ingredient, or simply type *new recipe* or *new food*. Then type the name for the recipe or food, select the required folder, and click **OK**. (Note that you cannot create new documents on the fly if you have keywords switched on – see *Using keywords* on page 78.)

ieneral	Ingredients	Method	Override	s Measure	s Notes	
Ingree	dient			Quantity	Note	
New F	ood					
N	ew Recipe.					
N	ew Food					
	<u>N</u> an Fold	ne 🚺	New Food Foods		OK	V

This creates an 'empty' recipe or food document that you can fill in later. Use this chapter to fill in the detail later for a recipe and for a food, see *9. Adding a new food* on page 57.

3. In the **Quantity** column, type the value (a number) for the measure that you want to use. A drop-down list displays the available measures for this item.

Example

ecipe 1 (Nev	v)						
eneral Ingredier	nts Method	Overrides	Measures	Notes			
00							
Ingredient				Qua	intity	Note	
Sugar, white,	egular						
					g		·
					kg ml		
					tsp		
					tb		
					L		
					%		
					lump		
					single ser	ve sachet	
-					Press dov	/n arrow to select	
-							

NOTE: Fractions

To enter a fraction, use decimals—for example, for ¹⁄₂ type **0.5**.

- 4. Use the arrow keys to select the measure that you want to use or type the first few letters of the measure name. Then press **Enter**.
- 5. Repeat these steps for each ingredient in the recipe.

C. Enter the serve weight for the recipe

To enter the serve weight (in grams):

• On the **Ingredients** tab, in the **Serve Weight(g)** box (at the bottom of the Ingredients grid), enter the serve weight.

Serve Weight(g)	
NOTE: Number of Serves versus Serve Weight	

Click the button to toggle between **Serve Weight(g)** and **Number of Serves** and enter whichever value is more convenient.

D. Enter the yield for the recipe

If the processing step for this recipe will result in a change in weight due to the loss or gain of water, then you need to set the yield.



- If you already know the final *percentage* weight of the recipe, on the **Ingredients** tab, in the **Yield** box, type the percentage.
- If you know the final weight of the recipe, FoodWorks can calculate the yield for you. To enter the final weight, click the ellipsis (...) button, type in the final weight, then click **OK**.

Yield (%) ...

Click the ellipsis button to enter the final weight.

E. If the recipe is a beverage or liquid

\sim			
\square	If the recipe is a	heverage or	· a liquid:
	ii die recipe is a	beverage of	u nquiui

1. Click the **Measures** tab.

all Folders	Recipe 1 (New)					
Documents	General Ingredients Method Overrides Measures Notes					
Deleted items	Common Measure Weight (g) Description					
	-					
Search						
No documents found.						
	Volume: mL = g					
	Liquid					
	Default measure:					
	Edible portion (%):					
	Conv Mascurac From					
	copy measures from					

- 2. Set the density by entering a volume (in mL) and its corresponding weight (in g).
- 3. Select the Liquid check box.

F. Save the recipe

 \checkmark To save the recipe: On the FoodWorks toolbar, click **Save**.

Next steps

Your recipe is shown in the Navigation Pane of FoodWorks. And it is also automatically listed in the food selection list for you to select as an ingredient in other recipes or as a food in a dietary intakes.

The next chapter explains how to view the nutrient analyses for the recipe.

8. Analysing a recipe

While you are creating a recipe, you can view its nutrient analyses in the Analysis Pane on the right of the FoodWorks window. The analyses update automatically as you make changes to the recipe. Here are some suggestions for exploring the nutrient analyses for a recipe.

Basics—Using the Analysis Pane

To view the analyses for a recipe:

- 1. First open the recipe: In the Navigation Pane, click the recipe.
- 2. To show the Analysis Pane (if it is not already displayed), on the FoodWorks toolbar: Click the **View Analyses** button.



3. To choose the unit of analysis for the recipe: Click the tabs at the top of the Analysis Pane. For a recipe, you can look at the analyses per **100g**, per **megajoule**, and for the **total** recipe.

Г				Click the tab for the unit of analysis
I	100g	1MJ	Total	с. н
	All Com	ponents	General	for the recipe.
I	Summa	rv	Weight	100 g

If you have entered the number of serves the recipe makes at the bottom of the **Ingredients** tab, then a per **Serve** tab is also shown.

Serve	100g	1MJ	Total	
All Components		Gen	eral	
Summa	ry	Weig	ght	1

4. Then, in the list of analyses, click the analysis you require (e.g. **General**):

If the Analysis Pane is wide, the analyses are listed down the left of the pane.

Avg/Day 1MJ			
All Components	General Weight	1906.3 g	^
Profile	Macro-Nutrients		
NRVs SDT Goals	Energy Protein Total fat	8678.8 kJ 90.1 g 60.2 g	
Caparal	Saturated fat Trans Fatty Acids	17.6 g	
Macro-Nutrients Vitamins Minerals Energy Ratios Fat Ratios	Polyunsaturated fat Monounsaturated fat Cholesterol Carbohydrate Sugars Starch	When the Analysis list of analyses is s Click the analysis y	Pane is wide, the shown on the left. you require.
Fatty Acids Amino Acids Intolerances Food Groups	Alcohol Dietary fibre UoW Wholegrains Ash	1.9 g 65.6 g 113.7 g 20.4 g	
Miscellaneous EER	Vitamins		
EAR	Thiamin Riboflavin	2.440 mg 3.445 mg	
RDI	Niacin Niacin equivalents	18.897 mg 35.939 mg	

If the Analysis Pane is narrow, the analyses are shown as a drop-down list. Click the down arrow to display the list.

Avg/	/Day 1MJ			
-	All Components			
~	All Components	1	^	
	Summary	06.3 g		
	Profile			
	NRVs	78.8 kJ		
	SDT	90.1 g		
	Goala	60.2 g		
	Goals	0.5 g		
	General	12.2 g	Wh	en the Analysis Pane is narrow,
	Macro-Nutrients	24.5 g 1	the	list of analyses is shown as a
	Vitamins	3.7 m	dro	p-down. Click the analysis you
	Minerals	93.3 q	req	uire.
	Energy Ratios	57.3 g		
	Fat Ratios	84.6 g		
	Fatty Acids	65.6 a		
	Amino Acids	13.7 g		
	Intolerancer	20.4 g		
	Freed Crewer			
	Food Groups	440 mg		
	Miscellaneous	445 mg		
	EER	939 mg		
	EAR	332 mg		
	AI	557 mg		
	RDI	756 mg		
	UL	988 µg		
	SDT(Min)	841 µg		
	SDT(Max)	672 µg		
		105 µg		

NOTE: Question marks (?) and 'greater than' (>) signs in the analyses

For help with resolving these problems see *A. Symbols in the analyses* on page 75.

Customising the nutrient profile

You can create your own customised list of the nutrients of interest to you by editing the **Profile** analysis.

To add or delete nutrients from the **Profile** analysis:

1. If the Analysis Pane is wide: In the list of analyses on the left, click **Profile**, then click the **Edit Profile** button.

Avg/Day 1MJ		
All Components	Macro-Nutrients	
Summary	Protein	90.1 g
Profile	Fat	60.2 g
NRVs	Carbohydrate	255.8 g
SDT	Water	1384.6 g
Goals	Alcohol	1.9 g
General		
Macro-Nutrients		
Vitamins		
Minerals		
Energy Ratios		
Fat Ratios		
Fatty Acids		
Amino Acids		
Intolerances		
Food Groups		
Miscellaneous		
EER		
EAR		
AI		
RDI		
UL		
SDT(Min)		
SDT(Max)		
Edit Profile		

- OR -

If the Analysis Pane is narrow: Point over the Analysis Pane, click right, then click **Edit Profile Nutrients**.

Serve	100g	1MJ	Total				
•		Pro	ofile				
Macro-Nutrients							
Protein			6.801	g			
Fat	3.541 g						
Carbohy	drate		25.452	g			
Water	Water Add to Profile Alcohol Remove from Profile						
Alcohol							
Edit Profile Nutrients							
	_			_			

1. Select or de-select nutrients as required.

Edit Nutrient Profile	\times
Nutrients/Components to include in the Nutrient Profile analysis:	
GENERAL Vitamin C (mg) KJ from fat (%) GRAINS (serve) - Organ meats (serve)
Weight (g) Vitamin E (mg) kJ from saturated fat - Refined (serve) - Seafood high	in LC
MACRO-NUTRIENTS Tocopherol, alpha (m kJ from trans fat (%) - Wholegrains (serve - Seafood low in	1 LC P
Energy (kJ) Vitamin B6 (by analysic kJ from carbohydrate · Wholegrains percer - Nuts & seeds (serve
✓ Protein (g) Vitamin B12 (µg) kJ from alcohol (%) FRUIT (serve) - Legumes (serve	e)
✓ Total fat (g)	serve
Saturated fat (g) Folate.total DFE (µg) kJ from others (%) - Other fruit (serve) DAIRY (serve)	
Trans Fatty Acids (g) Folic acid (µg) FAT RATIOS - Fruit juice (serve) - Milk (serve)	
Polyunsaturated fat Food Folate (µg) Fat as mono (%) Fruit juice percent (- Cheese (serve)	
Monounsaturated fa Total vitamin A equiv Fat as poly (%) VEGETABLES (serve) - Yoghurt (serve)	
Cholesterol (mg) Retinol (µg) Fat as saturated (%) - Dark green vegetat - Milk alternativ	es (se
✓ Carbohydrate (g) Beta carotene equiva _ FATTY ACIDS Red & orange vege OIL EQUIVALENT	S (tsp
□ Sugars (g) □ Beta carotene (µg) □ Very long chain N3 f - Tomatoes (serve) □ SOLID FAT EQUIV	ALEN
Added Sugars (g) MINERALS F18D2CN6 linoleic (g Other red & orang_ ADDED SUGARS	(tsp)
Free Sugars (g) Sodium (mg) F18D3N3 alpha-linol - Starchy vegetables · kJ from added	suga
Starch (g) Potassium (mg) F20D5N3 eicosapent - Potatoes (serve) · kJ from added	suga
Water (g) □ Magnesium (mg) □ F22D5N3 docosapen - Other starchy veg ⊂ ALCOHOLIC DRI	NKS (
Alcohol (g) Calcium (mg) F22D6N3 docosahex Starchy vegetables UNCLASSIFIED V	VEIGI
Dietary fibre (g) Phosphorus (mg) AMINO ACIDS Legumes (serve) · Unclassified w	eight
Ash (g) Iron (mg) Tryptophan (g) - Other vegetables (s UNCLASSIFIED k	J (kJ)
VITAMINS Zinc (mg) INTOLERANCES _ PROTEIN FOODS (ser - Unclassified kJ	perc
☐ Thiamin (mg)	US
□ Riboflavin (mg) □ Iodine (µg) □ Amines □ - Poultry (serve) □ Caffeine (mg)	
Niacin (mg) _ ENERGY RATIOS _ Glutamates Eggs (serve)	
Niacin equivalents (n kJ from protein (%)	
	-
Include All Nutrients OK Cance	8
Include All Nutrients	

2. Click OK.

Investigating a particular nutrient



To see more information for a nutrient:

- 1. Make sure the Analysis Pane is wide, that is, showing the list of analyses on the left. For how to resize the Analysis Pane, see *C. Analysis Pane* on page 19.
- 2. Then, in the Analysis Pane, click the nutrient name. Some information appears on the left of the Analysis Pane, and a new column appears in the ingredients grid.

Example—Clicking Protein - information in the Analysis Pane

Vitamins Minerals	%Mono %Sat	51% 31%	
Fat Ratios	Nutrient/Component Weight	1839.7 g	Point to a nutrient—here Protein
Amino Acids	Energy Protein	8786.2 kJ 70.9 g	
Intolerances Food Groups	Fat Sat.Fat	91 g 25.9 g	
Miscellaneous EER	Alcohol	21.8 g	
EAR Al	Sodium	1528.664 mg	
UL SDT(Min)			
Protein			
AvgDay: 71g 1MJ: 8g EAR: 39g (182%)	and informat here.	tion about it is shown	
RDI: 49g (145%)			

A column for that nutrient is then also shown in the ingredients grid.

Example—Clicking Protein - Nutrient column in the ingredients grid

Joann	e Smith	- Food Records						Avg/Day	1MJ			
General	Foods	NRVs/Goals Notes						All Compo	onents	Energy Ratios		
	<u> </u>	uting						Summary		%kJ-Protein		14%
0	0 0	uune						Profile		%kJ-Fat		38%
Day	Meal	Food		Quantity	Weight	Energy	Protein ^	NRVs		- %Sat Fat %kLCarb		37%
= 01	-Jan-18				1949.8	9053	71.50	SDT		%kJ-Alcohol		7%
-					525.8	2175	16.07	Goals		%Fibre		2%
	Break	fast			525.0	21/5	10.07	General		%kJ-Others		1%
		Bread, white, homemade	,toasted	2 regular sli	88.0	1077	6.98	Macro-Nu	trients	Fat Ratios		
		Kraft Vegemite		2 thin spread	5.0	40	1.27	Vitamins		%Poly		18%
		Avocado,raw		0.5 mediu	79.5	460	1.27	Minerals		%Sat		31%
		Reduced salt baked bear	15	0.33 cup	90.8	303	4.45	Energy Ra	tios	Nutrient/Compo	onent	
		Juice,100% juice,orange,	commercial.fresh.no added vi	250 mL	262.5	294	2.10	Fat Ratios		Weight		1839.7 g
		. ,						Fatty Acid	s	Energy		8786.2 kJ
		turn burn			309.0	1310	13.94	Amino Ac	ids	Protein		70.9 g
	WOT	ing tea						Food Gro	une	Fat Sat.Fat		25.9 g
		Coffee,cappuccino,caffei	nated,regular,full cream milk	1 regular ta	281.0	642	8.42	Miscellan	up 3	Carbohydrate		199.2 a
		Nuts, almonds, raw, witho	ut skin	1 handful	28.0	668	5.52	EER				
							,	EAR	Clio	ck the nutr	ient of	
=	Lunch				362.4	1875	18.34	AI				
		Fish, tuna, canned, flavour	red	90g	90.0	510	16.20	RDI	inte	erest—nere	Proteil	1
		Lettuce.iceberg		3 medium I	24.0	9	0.22	UL (DTIMIN)				
		Tomato.roma		1 medium	124.0	92	1.24	SDT(Min)				
		Cucumber.common.unp				40	0.64	Je (max)				
		Dressing vinaigrette				1215	0.05	Protein				
		areasing/thing/ette	The nutrient co	olumn for t	the			AvgDay: 71	g			
-	After	noon tea	selected nutrient	t is display	ved	891	5.64	1MJ: 8g EAR: 39g (1	82%)			
H -	-	Durvite Onininal Dury Wilso	have an the right	t aida af ti	ha	202	2.00	KDI: 49g (1	145%)			
		KVVIIA OFIRINALKVE Who	nere, on the righ	t slue of t	ne	295	2.00					
			ingredients grid.									

Viewing analyses for a selection

To see the values for an ingredient (or several ingredients) only:

• Use the white selector buttons on the left side of the **Ingredients** grid to select the row(s). The Analysis Pane then shows the analyses for the row(s) only.

FloodWorks (FoodWorks Sample Fo FILE EDIT VIEW TOOLS HELP Back Next New Open	Save Pr	Dint Analysis Graph Tree	Query Tools Help						-	0 >
All Folders	Anzac bis	cuits - Recipes						(Serve) (100g)	(1MJ) (Total)	
E Food Records	General Ingr	redients Method Overrides Meas	ares Notes					All Components	General	
Meal Plans								Summary	Weight	3.133 g
Carl Recipes	0.0							Profile	Macro-Nutrients	
🙀 Deleted Items	Ingredier	nt	Quantity	Note	Weight E	nergy ?	Sat.Fat 🔿		Energy	92,400 kJ
	Flour.wh	tite (wheat) plain	150g	RF:flour/meal;baked	150.0	2219	0.27	General	Protein	0.220 g
	Corport	desistant	90.0		80.0	2218	46.18	Macro-Nutrients	Total fat	2.180 g
	Coconar,	desiccated	208		00.0	4040	4.50	Vitamins	Saturated fat	1.924 g
	- × Dif	,uncooked,plain,unfortified	90g	RF:oatmeal,regular/quick;	90.0	1340	1.30	Minerals	Trans Fatty Acids	0 g
	Jugerices	audr	110g		110.0	1760	0.00	Energy Ratios	Polyunsaturated fat	0.018 g
	Jugar, bro	own	55g		55.0	854	0.00	Fat Ratios	Monounsaturated fat	0.109 g
	Buttor of	lain no added calt	1250		125.0	3784	66.83	Fatty Acids	Cholesterol	0.243.0
	- Dotter, a							Amino Acids	Sugar	0.220 g
	Syrap,g				57.0	095	0.00	Intolerances	Added Sugars	0.0
	Baking	Click the dr	av obloctor	huttono	2.3	0	0.00	Food Groups	Free Sugars	0 g
	1	Click the gro	ey Selector	DULLOIIS				Miscellaneous	Starch	0.027 g
								in the second second	Water	0 g
	H 1	to select a r	ow(s), her	e l					Alcohol	0 g
		10 00.000 0.	011(0),	Ŭ				Saturated fat	Dietary fibre	0.513 g
earch		aaaanut						5erve: 2g 100g: 61g	Ash	0.060 g
Anzac biscuits [Recipes]		coconut						1MJ: 21g	Vitamins	
Bircher muesli [Recipes]								Total: 46g	Thiamin	0 mg
Creamy pasta salad [Recipes]									Riboflavin	0 mg
Fried rice [Recipes]			· · · · · · · · · · · · · · · · · · ·						Niacin	0.043 mg
Joanne Smith (Food Records)									Niacin equivalents	0.077 mg
John Smith (Food Records)									Vitamin C	0.027 mg
🖆 Mango & banana smoothie (Re									Vitamin E	0.057 mg
💆 Mushroom & eggplant strogan	H								Vitamin B5 (by analysis)	0.002 mc
Pumpkin soup (Recipes)	H								Vitamin B12	0 μα
弦 Reduced salt baked beans [Foo			The Anal	veis Pano th	non g	chr	NA/C		Total folate	0.300 µg
Summer menu meal plan [Meal			The Ana	ysis Fanc ti	ICH S	5110	1003		Folate, total DFE	0.300 µg
Tropical fruit salad [Recipes]				e					Folic acid	0 µg
Tuna filling [Recipes]	H		the values	for the sele	ecter	1			Food Folate	0.300 µg
Tuna sandwich [Recipes]	H					^			Total vitamin A equivalents	0 µg
White bean salad [Recipes]			row(c) only	horo ocoo	nut				Retinol	0 µg
			10w(S) 0m	, nere coco	nut.				Beta carotene equivalents	0 µg
									Beta carotene	
	H								Minerals	
🥣 Anzac biscuits is used in:	H								Sodium	0.500 mg
	2 of 8 rows.					_	_		Potassium	19.133 mg
									Magnesium	2,400 mg
		Annual 24							Calcium	Columna and

Exploring the nested recipes in a recipe

A recipe can include other recipes with their own ingredients.

✓ To see *all* the nested ingredients of a recipe in a tree-like view:

- 1. In the Navigation Pane, select the recipe.
- 2. On the toolbar, click the **View food/Ingredient tree** button.



View food/ingredients tree button

The Food/Ingredient Tree dialog is displayed.

Example

Food/Ingredient Tree				
Food/Recipe	Weight	Energy	Sat.Fat	
🕤 🗂 Tuna sandwich:	471	4104	8.55	
🖃 🥣 Tuna filling [2 Serve]	243	2544	7.60	You cannot open reference foods.
Fish, tuna, canned, unflavoured, in brine [A	140	756	1.44	·
- 🐻 Mayonnaise, commercial, regular fat [AusF	59	1729	6.06	
👌 Celery, fresh, raw [AusFoods-2019]	40	25	0.00 5	
Herbs, Thyme [AusFoods 2019] Salt, cooking [AusFoods 2019] Peper, black [AusFoods 2019] Bread, mixed grain, commercial, fresh [AusFood Tomato, common, raw [AusFoods 2019] Lettuce, iceberg [AusFoods 2019]	You cai docum	n double ent (reci	-click on pe or foc	any FoodWorks d) to open it.

- 3. To open a FoodWorks document from this **Food/Ingredient Tree** dialog, doubleclick its name. (Remember, the icons show whether each ingredient is a reference food, or a FoodWorks document—one of your own recipes or foods.)
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4. To view the values for a specific nutrient in the **Food/Ingredient Tree** dialog: In the Analysis Pane, click that nutrient.



Exploring where a recipe is used

A recipe might be used in other documents in your database—either as an ingredient in another recipe or as an item in a dietary intake.

 \checkmark To see what documents in your database use this recipe:

- 1. In the Navigation Pane, navigate to the recipe and select it.
- 2. At the bottom of the Navigation Pane, a box appears at the bottom showing you where this recipe is used.

Example showing the 'used in' box



3. As elsewhere in the Navigation Pane, simply click the document containing the recipe to open it to see how it is used.

9. Adding a new food

This chapter explains how to add foods to your database. For example, you might choose to add a food that you cannot find in the reference foods.

lcon	Document	Usage
۵.	Food	Use for foods that you need to add to the database.
(yellow		
pear)		

Contrast the foods that are FoodWorks documents with *reference* foods from the data sources, which you can not open or edit:

	ltem	Usage
3	Reference food from data	Select reference foods to enter into your dietary intakes and recipes. Reference foods have nutrient values provided. They are not FoodWorks documents—you
(pear on page)	source	cannot open and modify them.

Foods are FoodWorks documents and are stored in your FoodWorks database. You open them from the Navigation Pane. For more on FoodWorks documents, see *What is a document?* on page 17.

When adding a new food, you need the nutrition information for the food. You can get this information by basing the food on a similar reference food. Or, you might have the nutrient values from the product label. You can also use a mixed approach basing the nutrition information on a reference food in FoodWorks, and then overriding those nutrient values for which you have more specific data available.

Adding a food

To add a food to your FoodWorks database:

A. Create the new food

First, create the new food:

1. On the FoodWorks toolbar, click **New**, then click **Food**.



2. On the **General** tab, in the **Name** box, type the name for the food.

FoodWorks [FoodWorks Database]			-	a ×
FILE EDIT VIEW TOOLS HELP				
Back Next New Open	Save Print Analysis Graph Tiree Query Tools Help			
all Folders	Food 1 (New)	100g 1MJ	Total	
Documents Deleted Items	General Nutrients Measures Notes	All Components	General	^
-	Name: Food	Summary	Weight	100 g
	the Albert Course	Profile	Macro-Nutrients	
	Id: Food Group:	General	Energy	?
	Folder: Documents	Macro-Nutrients	Protein Total fat	
	Based on: Food	Vitamins	Saturated fat	7
	Description:	Minerals	Trans Fatty Acids	?
		Energy Ratios	Polyunsaturated fat	?
		Fat Ratios	Monounsaturated fat	?
		Fatty Acids	Carbohydrate	
		Amino Acids	Sugars	?
		Intolerances	Added Sugars	?
		Food Groups	Free Sugars	?
		Miscellaneous	Starch	
			Alcohol	2
			Dietary fibre	2
Search			Ash	?
No documents found.	Created:		Vitamins	
	Modified:		Thiamin	?
			Riboflavin	7
			Niacin	- ?
			Vitamin C	
			Vitamin E	2
			Tocopherol, alpha	?
			Vitamin B6 (by analysis)	?
			Vitamin B12	
			Folate total DFF	
			Folic acid	2
			Food Folate	?
			Total vitamin A equivalents	?
			Retinol	
			Beta carotene	
			Minerals	
			Sodium	?
			Potassium	?
			Magnesium	2
			Calcium	×
		Show Sources		

3. Optionally, enter your ID for the food.

4. Click the **Folder** drop-down button and select the folder in which you want to store the food. By default, there is one folder, *Documents*.

All Folders	Food 1 (N	ew)
Deleted Items	General Nut	rients Measures Notes
	Name:	Food 1
	ld:	Alt.Id: Food Group:
	Folder:	Documents 🗸 🛄
	Based on:	Documents
	Description:	A

- 5. If you want to create a new folder, click the ellipsis (...) button.
- 6. On the toolbar, click the **Save** button.



....

B. Base the nutrient values on an existing food

Using the following steps, you can base the nutrient values on a reference food (from a data source in FoodWorks), or on another FoodWorks document in your database.

If you want to type in values from an from an external source, skip to *C. Enter or edit nutrient values* page 60.

To derive the nutrient values for this food from a reference food or another FoodWorks document:

1. Click the **Nutrients** tab.

👌 FoodWorks [FoodWork	(s Database]					
FILE EDIT VIEW TOO	OLS HELP					
Back Next Next) 🚰 v Open	Save Print	Analysis Graph Tree Qu	iery T	Sols H	elp
All Folders		Food 1 (New)				
Documents		General Nutrients	Measures Notes			
		Base analysis on: (Unknown for all nutrients			~
		General	Nutrient/Component	Value	Result	Note
		Macro-Nutrients	General			
		Vitamins	Weight (g)	100	100.000	
		Minerals	Macro-Nutrients			
		Fatty Acids	Energy (kJ)		?	Food energy including contribution from
		Amino Acids	Protein (g)		?	
		Intolerances	Total fat (g)		?	
		Missellances	Saturated fat (g)		?	
		Miscellaneous	Trans Fatty Acids (g)		?	
			Polyunsaturated fat (g)		?	
			Monounsaturated fat (g		?	
			Cholesterol (mg)		?	Determined by enzymatic or chromatogra
			Carbohydrate (g)		?	Includes the free sugars plus dextrins, st
			Sugars (g)		?	Sum of free monosaccharides and disacc
			Added Sugars (g)		?	AUSNUT13 added sugars
Point and a second s			Free Sugars (g)		?	AUSNUT13 free sugars
Search			Starch (g)		?	The sum of all polysaccharides yielding g
This folder is empty.			Water (g)		?	
			Alcohol (g)		?	ethyl alcohol / ethanol
			Dietary fibre (g)		?	Sum of the water-soluble components ar

- 2. To the right of the **Base Analysis On** drop-down button, click the ellipsis (...) button.
 -
- 3. The **Select Food/Recipe** dialog is displayed.



4. Type a few letters of your search term, and select the food you want to use from the list box on the left, and press **Enter**.

If you wish to edit the nutrient values, use the next procedure.

C. Enter or edit nutrient values

Use this procedure to enter nutrient values for your food from an external source, such as the label for the product.

You can also use this procedure, if necessary, to override some of the nutrient values derived from a reference food or FoodWorks document (see the last procedure).

To enter nutrient values for a food:

1. On the Nutrients tab, on the left, click the category of nutrient that you wish to work with.



2. In the **Override** column, type the value for the nutrient, then press **Enter**.

NOTE: Units

Be sure to use the appropriate unit for each nutrient in FoodWorks. You can see the unit beside the nutrient name in the Nutrient/Component column on the Nutrients page. For example sodium uses the unit mg, not grams.

D. Save the food



To save the food: On the FoodWorks toolbar, click Save.

You have now added your first food to the FoodWorks database. You can see your new food document in the Navigation Pane of FoodWorks, and it is available for you to use as an ingredient when you are entering a recipe or as a food in your food records.

Next steps

Your food is now shown in the Navigation Pane of your database. And it is automatically listed for you to select as an ingredient in recipes or as a food in dietary intakes.

10. Exploring the reference foods

The **Query** view lets you explore all the reference foods in your licensed data sources (as well as all the documents in the FoodWorks database). You click an item to display its nutrient composition. You can rank the search results based on a specific nutrient or component.

For more on reference foods and the data sources which contain them, see *About the food composition data* on page 15

The usual view of the FoodWorks window is onto your database and all its folders and documents. In contrast, the **Query** view gives you a view into your reference data sources.

Basics-Using the Query view

Here are the basic ways to work in the Query view. In *Figure 4*, the boxes with letters A, B, C and so on, show the procedures detailed in *Basic procedures* on page 63.

To display the Query view: Click the Query button on the FoodWorks toolbar. To return to the usual database view, click the Query button again.



Query button on toolbar

Figure 4—The Query View: Basics

👌 FoodWorks [FoodWorks Databas	e]								- c	
FILE EDIT VIE	EW TOOLS HELP					Click	horo to todala	hotwo	on the	/	The Analysis
00	1 13 02		414 🔒	ß	0	CIICK	nere to toggie	betwee	enthe		Pana chowing
Back Niet	New Orean	Saus Dent Arsharis Grand		Taak	Hale	Query	view and the	standa	ard		Falle Showing
DOCK IVEXC	I idea open	Save Print Analysis Graph	duery	10015	neip						the analyses
Search In		app				view	of Foodworks.	•			for the feed
AUSNUT 2013				Vitamin C	(mg)			rotar			for the lood
AusBrands 201	19	Food	ource 1	100g 1M	AJ 100gDW			Weight			selected in the
AusFoods 201	9	Apple strudel comm		1.	4.19		All Components		utrients		a a such successive
New Zealand	FOODfiles 2016	Apple turnover C. Type	your searc	h 1	31 2.77	\sim 1					search results.
USDA Nationa	1	Apple, baked, peeled it own ho	, ro	17.	78 26.85	H	F. To rank t	he			
Abbott Produ		Apple, baked, unpee ILEIII ILE	ere.	0.0	00.00		foods by the	2			0.300 g
FoodWorkt Sa	A. Jeleur	Apple, canned	unEnergy 2010	13.	36 20.52		TOOUS by the		Acids		0 0
Nestle Health	the data	Apple fresh, bonza, peeled A	usFoods 2019	4.00 15.4	44 25.48		selected		irated fat		0 g
Nutricia Advar	COUROOC	Apple, tesh, bonza, unpeeled	usFoods 2019	2.00 8.1	20 13.61		nutrient cli	ck	turated fat		0 g
Nutricia Early	Sources	Apple, fresh, fuji, peeled					nathent, th	011	4		0 mg
	to search	Apple, fresh, fuji, unpeeled	The search re	esults a	re	1 I	one of the u	ınits,	ate		57.400 g
	in	Apple fresh golden delicious un					for overnle		ars		0 g
	in.	Apple, fresh, granny smith, peeled	shown in this	middle	9		tor example	,	s		0 g
		Apple, fresh, granny smith, unpeel	nane				100g, Click	(5.300 g
		Apple, fresh, jonathon, peeled	panol				orin to rou	oroo			18.600 g
		Apple fresh other deep skin pee	usFoods 2019	5.00 22.	2 33.56		again to rev	erse	re		9.100 g
		Apple, fresh, other, green					the ranking	٤.			1.200 g
		Apple, fresh, other, other	o coarob ro	culto	Coloot		100g: 9.00mg	Vitamin	s		
		Apple, fresh, other, other	e search le	suits.	Select		1MJ: 7.31mg	Thiamin			0 mg
		Apple fresh other red si an ite	em (here ap	ople, di	ried) to)	Total: 9.00mg	Riboflavin			0 mg
		Apple, fresh, other, red si			, , , , , , , , , , , , , , , , , , , ,			Niacin			0 mg
		Apple, fresh, pink lady, p See II	ts analyses	on the	e right.			Vitamin C	uivalents		9 mg
		Apple, fresh, pink lady, u	urFaada 2010	4.00 15	14 25 48			Vitamin E			0.63.0 mm
		Apple fresh red delicious uppeals	usFoods 2019	6.00 24.	19 38.71			Tocophere	ol, alpha	_	
			IsFoods 2019	4.00 15.4	44 25.48			Vitamin Be	5 (by analysis)	E. In	the Analysis
	B. To inclu	ide vour own	IsFoods 2019	2.00 9.0	01 15.04			Total folat	ie .	Pane	a select a
			IsFoods 2019	3.17 13.	36 20.52			Folate,tot	al DFE	1 and	5, 301001 a
	aocument	s in the search:	IsFoods 2019	2.20 11.4	40 10.35			Folic acid		nutr	ient to focus on
	select this	checkbox.	IsFoods 2019	3.16 10.	76 16.75			Food Fola	te	(hor	Vitamin C)
	conoce ente		IsFoods 2019	3.54 19.9	30.33			Retinol	nin A equivalents	(nen	
· / '		Dieakrast cereal, mixed grain, when A	usFoods 2019	0.00 0.0	00.00			Beta carot	ene equivalents	It is	then shown for
		Breakfast cereal mixed grain, when A	usFoods 2019	0.00 0.0	0.00			Beta carot	ene	1013	
		Breakfast cereal, mixed grain, wher A	usFoods 2019	6.00 4.0	6.52			Minerals		each	n food in the
Show docume	ents from this databa	Breakfast cereal, mixed grain, when A	usFoods 2019	6.00 3.	6.45	•		Sodium		sear	ch results
Select Data So	urces	7 of 102						Potassium	1	Seal	chiresuits.
								• • • • • • • • • • • • • • • • • • • •			4

Basic procedures

To search for foods in the Query view:

A. Set up your search



- 1. To show the Query view, on the toolbar, click Query.
- 2. Under **Search In**, select or de-select data sources as required.
- 3. If you want to include FoodWorks documents from your open database in the search, below the **Search In** list, select the **Show documents from this database** check box.
- B. Type in your search term

To search for an item:

• In the *Search* box, type part of the name of the food(s) or recipe(s) that you want to find.

The search results are shown in the middle pane of the **Query** view.

C. View analyses for a selected food

To show the nutrient analyses for a food listed in the search results:

• In the middle pane of the **Query** view, click the food.

The nutrient values for that item are displayed in the Analysis Pane on the right of the **Query** view. If you see question (?) marks, it indicates that FoodWorks cannot calculate this value or that the value is missing in the data source. See *A. Symbols in the analyses* on page 75 for information on how to resolve question marks.

D. Show a nutrient for all foods listed

To show the value for a particular nutrient for all the foods listed in the search results:

• In the Analysis Pane of the **Query** view, click the nutrient of interest.

The nutrient column (with the nutrient name as its title) appears to the right of the results list.

E. Rank foods by a nutrient

To rank the foods in the search results by nutrient:

- 1. To select the nutrient, in the Analysis Pane, click the nutrient of interest.
- 2. In the middle pane, click the title of the column (the unit of analysis) by which you want to rank the results. You can order the foods by the nutrient value per:
 - o 100g
 - 1MJ (the value for the quantity of the food or recipe that contributes 1MJ of energy)
 - 100gDW (the value for 100g of the food or recipe where all water has been removed, that is, on a 'dry weight basis')
- 3. To change the order of the ranking (from ascending or descending, or vice versa), click the title of the column again.

Searching for foods high or low in a nutrient

To search the data sources and/or your documents for a food high or low in a nutrient:

- 1. Set up your search: Under **Search In**, select or de-select data sources as required. To include FoodWorks documents from your open database in the search, below the **Search In** list, select the **Show documents from this database** check box.
- 2. If necessary, clear the **Search** box.
- 3. In the Analysis Pane, click the nutrient of interest.

Example—Clicking Calcium

FoodWorks [Fo	odWorks Database	•]								
ILE EDIT VIEW	TOOLS HELP									
Back Next	New Open	Save Print Analysis Graph Tree	Query To	Sols H	elp					
earch In		Search	6	laisen (m.m			Allspice Chic	ken with Chimichurri	and Brown Ric	
AUSNUT 2013			Ca	icium (mg			Serve 100g	1MJ Total		
AusBrands 2019		Food Source	100g	1MJ	100gDW	^	The second se	Total fat	21.692 g	
AusFoods 2019		Allspice Chicken with Chimichurri AusFoods 2019	29.23	55.00	108.39		All Components	Saturated fat	3.761 g	
Australian Food	Composition Dat	Almond meal AusFoods 2019	220.00	85.67	229.65		Summary	Trans Fatty Acids	0.032 g	
New Zealand FO	ODfiles 2016	Aloo mutter AusFoods 2019	25.00	52.08	106.38		Profile	Polyunsaturated fat	2.777 g	
USDA National N	lutrient Database	Anchovies AusFoods 2019	167.00	219.16	330.69			M	12 601 0	
Abbott Products	2019	Apple strudel, commercial AusFoods 2019	22.95	20.34	42.99		General	Ct		
FoodWorks Sam	ple For PRO	Apple strudel, homemade AusFoods 2019	24.52	26.83	48.59		Macro-Nutrients	G Here the us	er has cli	cked or
Investie Baby Prod	ucts 2019	AusFoods 2019	13.45	12.57	26.63		Vitamins	su ricic, the us		uncu ui
Inestie Health Sci	ence Products 20	AusFoods 2019	437	16.89	25.50		Minerals	A Calcium in t	he Analys	is Pane
Nutricia Early 14	a medical Nutriti	Ausroods 2019	4.26	17.05	27.50		Energy Ratios	Fr Galefulli III (ine manya	is i unc
Little Edity Lit			17.00	13.80	20.88		Fat Ratios	Staren	2011 455	
	the na	ame of the selected	5.00	19.31	31.85		Eatthe Acide	Water	295.155 g	
			6.00	24.59	40.82		ratty Acius	Alconol	7547-	
	nutrient	is displayed in the tab	5.00	19.31	31.85		Amino Acids	Dietary fibre	7.579 g	
			6.00	24.49	37.74		Intolerances	ASI	5.078 g	
	and the	values are shown for	4.00	17.78	26.85		Food Groups	Vitamins		
			4.00	19.80	26.49		Miscellaneous	Thiamin	0.398 mg	
	Calcium	for each item.	4.00	17.78	26.85			Riboflavin	0.409 mg	
			5.00	24.75	33.78		Calcium	Niacin	14.410 mg	
			5.00	19.31	31.85		Serve: 118.14mg	Niacin equivalents	22.183 mg	
		Apple, fresh, Jonathon, unpeeled AusFoods 2019	4.00	17.70	25.00		100g: 29.23mg	Vitamin C	50.363 mg	
		Apple, fresh, other, green skin, pee AusFoods 2019	4.00	17.78	26.85		1MJ: 55.00mg	Vitamin E	7.970 mg	
		Apple, Tresh, other, green skin, unp AusFoods 2019	4.00	19.80	26.85		rotal: 29.25mg	Vitamin P5 (bu analysis)	1.179 mg	
		Apple, fresh, other, other AusFoods 2019	4.48	18.91	29.04			Vitamin B12	0.179.00	
		AusFoods 2019	4.85	19.10	31.13			Total folate	116 399 µg	
		Apple, tresh, other, other, unpeelec AusFoods 2019	4.42	10.88	20.71			Folate total DEF	116.399 µg	
		Apple, resh, other, red skin, peelec AusFoods 2019	4 50	18.74	20.03			Folic acid	0 µg	
		Apple frech pink lady peeled AucEoods 2019	5.00	10.74	31.85			Food Folate	116.399 µg	
		Apple fresh pink lady unneeled AusFoods 2019	4.00	16.46	25.00			Total vitamin A equivalents	234.312 µg	
		Apple fresh red delicious neeled AusEonds 2019	5.00	19.31	31.85			Retinol	8.685 µg	
		Apple fresh red delicious unpeele AusFonds 2019	5.00	20.16	32.26			Beta carotene equivalents	1351.453 µg	
		Apple fresh royal gala peeled AusFoods 2019	5.00	19.31	31.85			Beta carotene	1294.615 µg	
		Apple, fresh, royal gala, unpeeled AusFoods 2019	5.00	22.52	37.59			Minerals		
		Apple, puree AusFoods 2019	4.26	17.96	27.59			mindiala	73.330	
		Apple, stewed, peeled, sugar swee AusFoods 2019	3.27	10.64	17.19			Sodium	72.329 mg	
		Apple, stewed, peeled, unsweeten AusFoods 2019	3.56	18.52	30.18			Potassium	1033.154 mg	
		Apple, stewed, unpeeled, sugar sw AusFoods 2019	2.99	10.18	15.85			magnesium	120.505 mg	
		Apple, stewed, unpeeled, unsweet AusFoods 2019	3.26	18.34	27.89			Phoenhorus	455 416 mg	
Show documents	from this databa:	Apricot chicken AusFoods 2019	25.90	46.58	96.57	¥		kee	455.410 mg	
		Row 1						iion	4.095 mg	

The tab in the Search results now displays the nutrient you have chosen, and the value for each item is shown.

4. To order the results from least to most: In the search results, click the unit of analysis (e.g. per **100g**). Then, click the unit of analysis again to order the results from most to least.

If you want to show the ranked list for all the foods in the selected data sources, as in the following example, make sure you clear the *Search* box first.

ILE EDIT VIEW TOOLS HELP									
Back Next New Open	Save Print Analysis Gra	h Tree	tuery To	ols He	de la				
earch In	Search	1			1	F	ish,sardine,	cooked	
AUSNUT 2013		1	Cal	cium (mg)		1	00g 1MJ	Total	
AusBrands 2019	Food	Source	100g	1MJ 1	00gDW	^		Total fat	6.950 (
AusFoods 2019	🔀 Herbs, basil, dried	AusFoods 2019	2090.91	1932.77	2323.23	1	All Components	Saturated fat	2.044
Australian Food Composition Dat	Fruit blend	AusFoods 2019	2090.91	1932.77	2323.23	2	Summary	Trans Fatty Acids	0.030
New Zealand FOODfiles 2016	🖄 Beverage base, malt milk flavour	AusFoods 2019	1910.00	1207.33	1946.99	F	Profile	Polyunsaturated fat	1.548
USDA National Nutrient Database	🖄 Herbs,Thyme	AusFoods 2019	1890.00	1598.99	2049.89			Monounsaturated fat	2.872
Abbott Products 2019	🔀 Herbs, sage	AusFoods 2019	1652.00	1251.52	1795.65	(General	Cholesterol	165.884 n
FoodWorks Sample For PRO	💆 Herbs, mixed, dried	AusFoods 2019	1627.13	1399.29	1782.96	,	Macro-Nutrients	Carbohydrate	0
Nestle Baby Products 2019	Spice, oregano	AusFoods 2019	1597.00	1457.12	1772.48	1	Vitamins	Sugars	0
Nestle Health Science Products 20	Spice, marjoram	AusFoods 2019	1597.00	1457.12	1772.48		Minarali	Added Sugars	0
Nutricia Advanced Medical Nutriti	Seeds,poppy	AusFoods 2019	1438.00	685.74	1529.79		Detter	Free Sugars	0
Nutricia Early Life Nutrition 2019	Shrimp paste	AusFoods 2019	1380.00	3502.54	2464.29		Energy Ratios	Starch	0
	Milk, cow, dry powder, skim	AusFoods 2019	1100.00	724.16	1149.43	F	Fat Ratios	Water	61.994
	Protein powder, whey based, prot	AusFoods 2019	1100.00	634.74	1115.62	- F	Fatty Acids	Alcohol	0
	Spice, cinnamon	AusFoods 2019	1002.00	998.01	1120.81		Amino Acids	Dietary fibre	0
	Cheese, cheddar, natural, plain, ext	AusFoods 2019	995.00	897.20	1880.91		ntolerances	Ash	6.034
	Milk, goat, dry powder	AusFoods 2019	976.00	476.56	1003.08		Food Groups	Vitamins	
	Cheese, parmesan, dried	AusFoods 2019	970.00	497.69	1251.61		ood oroups		0.022 -
	Cheese, parmesan, fresh	AusFoods 2019	970.00	573.96	1349.10		M		0.0221
	Cheese,romano	AusFoods 2019	963.00	604.14	1439.46		The		4.242
	Cheese,mozzarella,reduced fat	Aushoods 2019	950.00	112.99	1708.63	0	, ine us	ser has clicked	6 5 77 .
	Breakfast cereal, mixed grain, rice	AusFoods 2019	936.00	560.81	973.99	10	00	100	0.3771
	Spice, cumin seeds	Aushoods 2019	931.00	522.45	1013.06	11	M on the	e 100g column	1 210 4
	G Fish, sardine, cooked	AusFoods 2019	930.14	1354.77	2447.34		01		1 146 1
	Rerbs, rosemary, dried	AusFoods 2019	905.71	1242.64	904.47		title tv	vice to list items	0.358 r
	Cheese, processed, with added pr	AusFoods 2019	000.00	1000.36	1051 54				9,583
	Cheese, cheddar, processed, extra	AusFoods 2019	885.00	040.61	1951.34		from r	nost to least for	8.096
	Chasse iprichara light	AusFoods 2019	000.00	916 72	1763.05				8.096
	Cheese Jarisberg, light	AurEcode 2019	885.00	546 20	1412 74		Calciu	m ner 100g	0
	Cheese jarlsherg regular	AusFoods 2019	885.00	546.30	1413 74		Galola	in per ±00g.	8.096
	Milk cow dry nowder regular fat	AusFoods 2019	850.00	399.62	879.01				23.851
	Chaese cheddar other reduced ta	AusFoods 2019	835.12	775.67	1641 52			Retinol	123,753
	Cheese nizza blend	AusFoods 2019	811.00	610.69	1420 32			Beta carotene equivalents	0.573
	Cheese gouda	AurEoods 2019	810.00	504 67	1314 94			Beta carotene	0.573
	Cheese edam	AusFoods 2019	810.00	536.42	1347.75			Minerals	
	Beverage base chocolate flavour	AusFoods 2019	800.00	532.27	809.72			Minerais	
	Cheese cheddar natural plain red	AusFoods 2019	800.00	584.80	1372.21			Sodium	854.793
	Spread cheese cream cheese redu	AusFoods 2019	800.00	868.62	2105.26			Potassium	451.641
	apread, creese, cream creese, redu	AusFoods 2019	800.00	673.97	1629.33			Magnesium	59.018
	Spread cheese cheddar		000.00	0.0.01				Calcium	020 140 -
	Spread, cheese, cheddar	AusFoods 2019	800.00	658.44	1839.08			calcium	330.1401
Show documents from this databas	Spread, cheese, cheddar Spread, cheese, cream cheese, regu	AusFoods 2019	800.00	658.44	1839.08			Phosphorus	737.721 r

Example—Ranking per 100g for Calcium, most to least

11. Printing and publishing

This chapter explains your options for printing, publishing and sharing your FoodWorks data.

Printing a document

To print a FoodWorks document (such as a dietary intake, recipe or meal plan):

- 1. Open the document.
- 2. On the toolbar, click **Print.**



The Print window is shown, with a preview of your document on the right:

FoodWorks (FoodWorks Sample For PRO)					
FILE EDIT VIEW TOOLS HELP					
H ← 1/2 ► H	Q - Joanne Smith				
Print					
Cancel Print					
	L				
Copies: 1					
Collate	Joanne Smith				
Printer					
OneNote					
Print Options	ANALTSIS SUMIWART				
Reports		Avg/Day	FAR	FAR (%)	Alerts
Details	Protein (g)	71	20	192%	
Graphs	Total fat (e)	91		101.70	
	Carbobudrate (a)	100			
	Carbonyorate (g)	133			- 44
	water (g)	1397			CA
Options	Alcohol (g)	22			
	Dietary fibre (g)	26			<sd1, <goal<="" td=""></sd1,>
Save As PDF Copy to Clipboard	Thiamin (mg)	1.38	0.90	153%	
	Riboflavin (mg)	1.60	0.90	178%	
	Niacin equivalents (mg)	38.45	11.00	350%	

- 3. To set printing options such as the paper size, orientation and margins, click **Print Options**. Edit as required, then click **OK**.
- 4. Click the report you wish to print.
- 5. Click Print.

TIP: Saving a document as a PDF
To save a document as a PDF, on the toolbar, click Print , then click Save As PDF .



- 1. Click **Options**, and select or de-select sections as required.
- 2. Then click **OK**.

FoodWorks [Food Diary]					-		×
FILE EDIT VIEW TOOLS HELP							
Print	<u>≋</u> ∢ 1/9) n _Q v	Diary 10 October					í
Print Cancel							
Copies: 1	Details Settings		×				
Collate							
Printer	Header:						
Canon MF8300 Series UFRII LT Print Optio	Print these sections: Description Foods Notes Analysis Summary	Include in Analysis Summary All Nutrients Nutrients in Current Profile					
Reports	NRVs	Also include NRVs/Goals					
Summary	✓ - EAR	For NRVs, Ratios & Goals include	ау	EAR	EAR(%)	Alert	s
Details Graphs	I - Al	Graphs					_
	✓ - OL ✓ - SDTs		79				
	Ratios	Compact layout for Foods	90	35	254%		
	Food List (Percentages)	Force landscape for wide tables					
Options	Options Contributions by Day/Meal		18				
			0				
Save As PDF Copy to Clipboard			12				
	Bauat	04 6-7	25				
	Reset	OK Carl	(e))4				
	Sugars (g)	are (B)	230				
	Starch (g)		157				
	Water (g)		1385			<Δ1	
			2505				_
	<						>

Example—Print dialog for a food record, 24 hour recall or meal plan

Alternatively, you can publish the document to Microsoft Word and print from Word: see the next procedure below.

Publishing a FoodWorks document to Word

FoodWorks has a publishing tool that enables you to streamline publishing your documents to Word. You can create Word templates appropriate for publishing your FoodWorks documents and use these templates whenever you publish to Word.

To publish a FoodWorks document using Microsoft® Word:

- 1. In FoodWorks, open the document.
- 2. On the **Tools** menu, click **Publish with Microsoft Word**. FoodWorks now opens Microsoft Word and Word displays the templates for you to choose from.
- 3. Click the template in Word that you want to use.
- 4. The Word document opens, and the FoodWorks **Publish with Microsoft Word** tool appears:

 FoodWorks
 ×

 Name
 ID

 Description
 Notes

 Method
 Serves >>

 Yield >>
 Ingredients

 Analyses >>
 Graphs >>

 Update
 Ingredients

FoodWorks Word Publisher tool (for recipes)

- 5. In the Word document, place the cursor where you want the data to appear, then on the **Publish with Microsoft Word** tool, click the button for the type of data you want to insert.
- 6. Repeat step 5 until you have entered all the data you require.
- 7. Format the Word document as you require.

TIP: Save your Word document as a Word template

Open the Word document to which you have published FoodWorks data that you would like to use as a template. On the **File** menu, click **Save As**. Click **Browse**, then from the **Save as type** menu, select **Word Template (*.docx)**, enter a file name and click **Save**.

To use your template, when you next go to publish from FoodWorks to **Microsoft Word**, in Word, click the **Personal** tab, and you should see your saved template.

New	
Search for online templates	Q
Suggested searches: Business Industry Personal Design Sets Event Labels Education FEATURED PERSONAL	

Emailing a FoodWorks database

To email your database to another FoodWorks user, on the File menu, click Send Database To and choose Mail Recipient.

Or simply attach your FoodWorks database to an email.

To open a database that you receive by email:

- 1. Save the attachment.
- 2. In FoodWorks, on the **File** menu, click **Open FoodWorks Database File**, then navigate to the database file, and click **Open**.

Importing folders from another FoodWorks database

To import FoodWorks documents from another FoodWorks database:

1. On the Tools menu, click Import, then click From FoodWorks Database.

FILE	EDIT VIEW TOOLS HELP					
	Publish with Microsoft Word	0				
	Import	From FoodWorks Database				
	Export		From Easy Diet Diary File			
	Compact Database Back up Database Publish As FoodWorks Data Source Install Data Source Options			Quan	Note	
			dge	150g		
			ready to drink, regul	250g		
_	Pe	ach,ca	nned, in syrup, drained	5 half		

- 2. Open the Windows folder containing the FoodWorks database from which you wish to import.
- 3. Select the database file to open, then click **Open**.
- 4. Select the FoodWorks folders that contain the documents you wish to import.
- 5. Click Import.

Publishing your foods and recipes as a data source

If you want your recipes and foods to be available as reference foods (with nutrient composition) to other FoodWorks users, you can publish your FoodWorks database (just the recipes and foods) as a FoodWorks *data source*.

NOTE: About publishing a data source

When you publish your data as a FoodWorks data source, it is *automatically* available to you and other users on this computer.

If you are working on a local area network where multiple users are accessing the same FoodWorks databases, it is recommended that, *prior to publishing*, you place the database in the same folder as the databases that will use the new data source. Then, when you publish your database as a data source, the new data source is automatically available for other users on the local area network.

If you want to send this data source to other users, first, you need to compress the data source into a *FoodWorks cabinet file*. Then you can email it, post it to a web site, or copy it to a shared folder.

To publish the data from your FoodWorks database as a data source for other FoodWorks users:

- 1. Open the FoodWorks database.
- 2. On the Tools menu, click Publish as FoodWorks Data Source.

FILE	EDIT	VIEW	TOOLS	HELP
	Publish	Vord		
	÷.,			
	Compa			
	Back u			
	Publish	lata Source		
	Option			
3. Follow the instructions shown. You can choose which folders (of recipes and foods) to publish.

Publish FoodWorks Database	X
Publish analyses for recipes and food	s in this database
Which folders contain the documents you want to	publish?
Foods	
Recipes	
	Show Advanced Options
	·

- 4. Then Under Show Advanced Options, you can choose:
 - which nutrients to publish
 - whether to compress the exported file into a FoodWorks cabinet file (.FWC)

NOTE: Sending a FoodWorks data source

If you want to send this data source to other users, make sure that you select **Create a FoodWorks Cabinet file**.

Installing a FoodWorks data source



To install a FoodWorks cabinet file (extension **.FWC**) containing a FoodWorks data source:

1. On the FoodWorks **Tools** menu, click **Install Data Source**. Alternatively, doubleclick the cabinet file containing data source.



2. Follow the instructions shown.

TIP: Checking that the data source is installed

To check that the new data source is installed: Open the FoodWorks database that is to use the data. Click **File**, then click **Database Properties**. Click **Food Selections** and the new data source will be listed.

Exporting your data for further analysis

You can export your data to Microsoft Access for further analysis in other software such as a statistical package.

To export data from a FoodWorks database to Microsoft Access:

- 1. Open the FoodWorks database.
- 2. On the **Tools** menu, click **Export**.

FILE	EDIT	VIEW	TOOLS	HELP	
	Publish	Vord			
	Import		>		
	Export				
	Compa				
	Back up				
	Publish	ata Source			
	Install (
	Option				

3. Follow the instructions shown.

FoodWorks creates a new Microsoft Access database containing the data from your FoodWorks database, in the location that you specify. You can then use Microsoft Access or any other compatible tool to query, analyse or produce reports on the documents in your database.

12. Importing diaries from Easy Diet Diary

Users of Easy Diet Diary (our mobile app for iPhone and Android phones) can send their diary to you to open and analyse in FoodWorks. When a client chooses to share their diary with you, you receive a link to download their diary in an email we send to you on behalf of your client. You can open their diary in FoodWorks straight away, or you can save the file for use later.

More information

For more about Easy Diet Diary, visit <u>easydietdiary.com</u>. To download Easy Diet Diary, visit the Apple App store or the Google Play Store and search for 'Easy Diet Diary'. For help for your clients in using Easy Diet Diary, including how to email their diary to you, visit the Easy Diet Diary support site: <u>support.easydietdiary.com</u>.

Opening a diary in FoodWorks from the email

To open a diary in FoodWorks:

- 1. Locate the email sent by us on behalf of your client and click the "Open in FoodWorks" button.
- 2. Depending on the settings of your web browser. The Easy Diet Diary file will either be automatically downloaded (usually in the Downloads folder), or you will be prompted to save the file to suitable location.
- 3. To open the diary in FoodWorks, double-click the downloaded file.

By default, the diary is automatically imported into a database, **EasyDietDiary.fwb** in the Documents folder. See below if you want to open the diary in a different FoodWorks database.

Set the default destination database

If you wish, you can set another database and location as the default database for Easy Diet Diary diaries.

- To set the FoodWorks database to which you want to import diaries from Easy Diet Diary:
 - 1. Open the database to which you want to import the diaries.
 - 2. On the **Tools** menu, click **Options**.
 - 3. On the **General** tab, tick the checkbox: 'Make this database the destination for EDD diaries.'
 - 4. Click the **OK** button.

Opening a diary from within FoodWorks

If you are working in FoodWorks, you can also import the diary into your currently open database.

- To open the diary in **the currently open database**:
 - 1. First, from the email, save the diary in a suitable location.
 - 2. On the Tools menu, click Import, then From Easy Diet Diary File.

EDIT VIEW TOOLS HELP	1		
Publish with Microsoft Word	1	0	
Import	>	From FoodWorks Databa	ase
Export		From Easy Diet Diary File	
Compact Database		Quantity	Note
Back up Database			
Publish As FoodWorks Data Source			
Install Data Source			
Options			

- 3. Navigate to the Easy Diet Diary file.
- 4. Click **Open**.

Tips

- **Recipes:** Recipes imported from the diary are shown in blue. To see the ingredients, click right on the recipe name, then click **Open**. The quantities of the ingredients are shown for the whole recipe; the portion eaten is shown as a percentage of the whole recipe. (To see the recipes as documents in their own right, in the Folder box, click right and select Show Hidden Folders.)
- Exercise: Exercise activity from the diary is shown at the bottom of the list of foods for each day.
- Personal details: Your client's details from Easy Diet Diary such as age, weight and height are shown in the **General** tab.

A. Symbols in the analyses

Sometimes in the Analysis Pane, instead of numbers you will see question marks (?) for one or more or all the nutrients. Or you might see a > ('greater than') sign in front of one or more value. A question mark indicates that for some reason FoodWorks cannot calculate a nutrient value. When only a partial result is possible, FoodWorks displays the 'greater than' sign before the partial result.

FILE EDIT VIEW TOOLS HEL	,P										
3 0 🗅 🚰 🗔 😂	s 🌮 🐫 🏞 😡 🤌 🚱 .										
All Folders	Vegetarian Risotto - Recipes						100g	1MJ	Total		
Documents	General Ingredients Method Overrides Measures Notes						All Components		Energy Ratios		
Recipes	Ingredient	Quantity	Note	Weight	Energy	Protein 🔺	Summa	iry	Protein		?%
🙀 Deleted Items	Sun Rice Arborio Risotto Rice	150g		150.0	2229	9.45	Profile		Fat		?%
	Mixed vegetables,canned,carr	missing		?	?	?	Canad		- Sat Fat		?% ?%
	Stock, powder, reduced salt	1 tsp		4.0	36	0.45	Genera	Nutrients	Alcohol		?%
	Scrambled eggs, chicken, plain,	200g		200.0	1090	21.30	Vitamir	ns	Fibre		?%
	Ginger, fresh, raw	1g		1.0	1	0.01	Minera	ls	Others		?%
							Energy	Ratios	Fat Ratio	ōs .	
							Fat Rat	ios	Poly		?%
Search	-						Eatty A	cids	Sat		: 76 ?%
Brett Brogin (Documents)	-			Question r	marks	(?) in	Amino	Acids	Nutrien	t/Component	
Judith Blackrov (Documents)	-			the Analys	sis Par	ne	Food	Froups	Weight		?
👌 Lactose Free Milk [Foods]				cho / marye		10.	Miscell	aneous	Energy		?
Martin Richards [Documents]									Protein		?
📹 Pancakes [Recipes]	-								Fat		?
💽 Shannon Baeker [Documents]	_								Sat.Fat		?
💽 Susan Mavers [Documents]									Carbohyd	Irate	
🥣 Vegetarian Risotto [Recipes]									Alcohol		- f
									Fibre		
									soaium		-
1											

Example recipe with question marks in Analysis Pane

Causes of question marks and 'greater than' signs

Question marks (?) and 'greater than' (>) can be caused by missing data.

The data might be missing from a FoodWorks document. It might be that you omitted some data on the **Foods** tab (for a food record) or **Ingredients** tab (for a recipe) or the **Nutrients** tab (for a food). In the recipe above, for example, a quantity has been omitted for an ingredient.

Or the data might be missing in a reference food.

Sometimes a calculation is impossible. For example, if you are investigating protein, for water, the percentage of energy from protein appears as a question mark because the calculation 0/0 is undefined.

Investigating question marks and 'greater than' signs

Here are some suggestions for investigating question marks or 'greater than' signs appearing in the Analysis Pane of a dietary intake or recipe.

Find the problem items

1. Depending on whether you have open a dietary intake or recipe, click the **Foods** or **Ingredients** tab.

2. In the Analysis Pane, click a nutrient showing a question mark or 'greater than' sign. A column appears on the right side of the foods/ingredients grid showing values for this nutrient. There will be question marks beside the problem items.



Example recipe

If all foods have question marks or 'greater than' signs

If **all** foods in the dietary intake or recipe have a question mark or 'greater than' sign for a nutrient, there might be a global problem with the dietary intake or recipe. For example, for a recipe, check that a valid value been entered for the yield.

Check a valid quantity had been entered

In the foods/ingredients grid, check that a quantity for the problem item has been entered. If it is missing, enter the quantity and click **Save**.

Open a problem FoodWorks document

If the problem item is a FoodWorks document (food or recipe):

1. In the foods/ingredients grid, right-click it, then click **Open**. (Remember you cannot open a reference food.)

The dietary intake or recipe might have nested recipes within it.

- 2. To make sure you can see all the FoodWorks documents and reference foods that the dietary intake or recipe contains: On the FoodWorks toolbar, click the **View Foods/Ingredients tree** button.
- 3. To open the problem FoodWorks document (food or recipe) from the **Food/Ingredient** tree dialog, double-click it.

Investigate a problem FoodWorks document

To investigate the problem FoodWorks document (food or recipe): Open the document, then click the Nutrients tab (for foods) or Ingredients tab (for recipes) tab and check for missing data. Enter any required data and click Save.

Investigate a problem reference food

To investigate a problem reference food:

- Find out the data source it comes from—this data source might not contain values for this nutrient: In the foods/ingredients grid, click the name of the food, then press F2. The data source for the reference food is shown at the bottom of the food selection list.
- 2. If the reference food does not have the nutrient data you need, your options include to:
 - Create your own food.
 - Disable the nutrient for this database—On the **File** menu, click **Database Properties**, then click **Nutrients & Components**, then de-select the nutrient and click **OK**.

B. Using keywords for selecting foods

This appendix explains options that you can set for the food selection list used when selecting foods or ingredients for a food record or recipe.



To show the food selection list at any time: Click the **Foods** or **Ingredients** tab of the food record or recipe document. Click in the **Food** or **Ingredient** column and start typing, or simply press **F2**.

Using keywords in the food selection list

In the food selection list, you can turn on **keywords** to help guide you through the list of foods.

To turn on keywords:

- 1. At the bottom of the food selection list, click **Options**.
- 2. Then click **Show Keywords**.



Now instead of a flat list of foods matching the letters you have typed, the list shows categories of foods.

Food Record 1 (New) General Foods NRVs/Goals Notes O O Outline Day Meal Food Quantity Note Weight Energy mue Muesli bar with 10% dried fruit with 10% nuts Muesi bar, with 10% dired fruit, with 40% nuts Muesi bar, with 10% dired fruit, with 45% nuts Muesi bar, with 10% dired fruit, without nuts, chocolate coated Muesi bar, with 10% dired fruit, without nuts, chocolate coated Muesi bar, with 10% dired fruit, without nuts, plain, with 61% dired fruit, without nuts, yoophut coated, with 61% dired fruit, without nuts, yoophut coated, with 61% dired fruit, with 62% seeds Muesi bar, with 10% dired fruit, with 50% nuts, seeds Muesi bar, with 20% dired fruit, with 55% nuts Muesi bar, with 20% dired fruit, with 55% nuts Muesi bar, without fruit, with 10% nuts, chocolate coated Muesi bar, without fruit, with 10% nuts, plain Muesi bar, without fruit, with 10% nuts, thocolate coated Muesi bar, without fruit, without nuts, with flaxseed Muesi bar, without fruit, without nuts, with flaxseed Muesi bar, without fruit, without nuts, with chocolate coating Muesi bar, without fruit, without nuts, with chocolate coating Muesi bar, without fruit, without nuts, with chocolate coating Muesi bar, without fruit, without nuts, with chocolate coating Muesi bar, without fruit, without nuts, with chocolate coating Muesi bar, without fruit, without nuts, with chocolate coating Muesli bar with 10% dried fruit with 45% nuts Muesli, commercial, gluten free Muesli, commercial, toasted, with dried fruit, with nuts, added vitamins b2+b3+e+folate+ca Muesi, commercial, toasted, with dried fruit, with nuts, added vitamins 02-b3-e-i Muesii, commercial, toasted, with dried fruit, without nuts, unfortified Muesii, commercial, toasted, without dried fruit, without nuts Muesii, commercial, untoasted (natural), with dried fruit, with nuts Muesii, commercial, untoasted (natural), with dried fruit, without nuts, low fat Muesii, commercial, untoasted (natural), with dried fruit, without nuts, low fat Muesii, commercial, untoasted (natural), with dried fruit, without nuts, low fat Muesii, commercial, untoasted (natural), with dried fruit, without nuts, regular fat Muesii, commercial, untoasted (natural), without dried fruit, without nuts, regular fat Muesii, commercial, untoasted (natural), without dried fruit, without nuts, regular fat a Muesi, nommercia, untoasted (natura), without dried Muesil, homemade, toasted, - dried fruit Muesil, homemade, toasted, - dried fruit+nuts Muesil, homemade, toasted, - dried fruit+nuts + seeds Muesil, homemade, toasted, - dried fruit-seeds Muesil, homemade, toasted, + nuts+seeds AusFoods 2019 (1 of 290) Options >

Example of food selection list without keywords

General	Foods	NR	Vs/Goals Notes					
0	Ċ	Outli	ne					
Day	Me	al	Food	Qua	antity	Note	Weight	Energy
			mue					
			Muesii, Siice, Siice,					
_			Press Down arrow then Enter to select				O	ptions >

To find the food you want using the keywords:

- 1. Use the arrow keys or the mouse to select the keyword, then press **Enter**.
- 2. Continue until you find the actual food item to select it will have an icon beside it and will be a recipe, food or reference food.

Example of food selection list with keywords turned on

Example of food selection list with reference food

Food F	Record	1 (New)			
General	Foods	NRVs/Goals Notes			
0	Ċ	Outline			
Day	Mea	I Food	Quantity	Note	Weight Energy ^
		mue			
		Muesli bar, other Muesli bar, with 10% dried fruit, with 10% nuts Muesli bar, with 10% dried fruit, with 45% nuts Muesli bar, with 10% dried fruit, with 5% nuts Muesli bar, with 10% dried fruit, without nuts,	hocolate coated high fibre Jain, unfortified Jain, vit b1+b2+b3+folate+ii	'on	^