**Dietetic Services 2021**

### 5 Swazi Road , Boskruin ,Randburg 2188

# **011 792 4429 082 212 0324**

# [**www.dieteticservices.co.za/dietary\_analysis.htm**](http://www.dieteticservices.co.za/dietary_analysis.htm)

# : **scharf@icon.co.za**

Dietarymanagerhandout.doc

DIETARY MANAGER – also used internationally

***Nutritional analysis of diet recalls / recipes / menus – saving hours***

***and product development with food Label application***

**PROGRAM FEATURES (2021 version) – Windows compatible**

 **New version is much easier to use than any older version.**

* **NUTRITIONAL ANALYSIS** of a 24-hour recall / recipe / menu for +/- 80 nutrients🡪 This analysis can be saved on memory stick & printed in MS-Word.
* **Printout can be saved to Documents folder & MS Word for further processing**

* **> 8280 FOODS** in the database: USDA food composition tables

+ selected SA foods, e.g. **Fortified maize meal.**

* The database consists of **comprehensive NUTRITIONAL INFORMATION** for each food

- Macronutrient analysis - micronutrients analysis

* amino acid profiles - fatty acid profiles

**L print a “food label “ now included**

* Use **FOOD NAMES to find FOOD CODES** when entering a dietary recall / recipe / menu.
* **FOOD CODE LIST** (easily updated by user as new foods become available in the market place, e.g. fortified maize meal, and GMF).
* Easily accessible **NUTRITION INFORMATION** on ANY food / recipe / diet recall

**For food labels!**

**Any new foods may be added**

For each large project – it is recommended that a new dir/folder is open for

that project.

The projects data can be treated separately or merged

One may EXPORT data for further analysis to Excel , Access, text ,DBF

 & to SPSS

 Information produced may be viewed ,edited, filed in MS Word or emailed

Meals may be coded by mealtime within days within menu cycles,

Backup should be done regularly

We can modify our software to meet any user needs

Email a sample of 24 hour recall or recipe and we will process it for you

as to demonstrate of the power of our Dietary Manager software.

We also enter and produce “ingredient list” + cost for caterers

 Page 2

* **PRINTOUTS:**

1. **2–PAGE**: for the Dietitian's record (this can be saved on computer)

2. **6 –PAGE**: Simplified explanation of dietary analysis

- For the patient / client - easy to understand:

***Excellent educational TOOL!***

 Information on printouts:

- RDA / nrv COMPARISONS

- IBM (Ideal Body Mass)

- BMI (Body Mass Index)

- PRUDENT DIET RECOMMENDATIONS / COMPARISONS

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 **ADDED SPECIAL FEATURES OF DIETARY MANAGER**

1. **FOOD EXCHANGE LISTS Food**

 lists of similar nutritional specifications can be viewed.

1. **FOOD SUBSTITUTION LISTS**
2. **DESCENDING LIST OF FOOD NUTRIENT**

A descending order list of all foods for a selected nutrient per portion

1. **FOOD / RECIPE COMPARISON PROGRAMS**

Compare any two foods / recipes and print the differences

1. **MOISTURE CONTENT** (of foods & recipes)

 - Nutritional analysis adjusted with moisture change

1. **FOOD COSTING** (e.g. for recipe / menu costing)
2. **Printouts may be saved to memory stick or My Documents**

 **Saving printout and speeding up work**

1. **Program may be loaded onto as many computers as the purchasing**

**user/institution has.**

1. **Dietary Manager is used for BOTH 1ST AND 3RD WORLD NUTRITION**

 **SOLUTIONS.**

1. The PROGRAM comes with a **MANUAL**
2. **Comprehensive information available on our website**

**13. DIETARY MANAGER HAS SERVED DIETICIANS FOR 32 YEARS**

 **With continual upgrades.**

**COST @ R6000 per department OR R1000 per PPDT**

**Installed using Teamviewer - user downloads Teamviewer – free for personal use**

**Contact Dietetic Services for further detailed information i.e. the manual.**