Dietarymanager.doc

DIETARY MANAGER - used internationally
Nutdm.exe   (since 1986)
Comprehensive nutritional analysis of diet recalls / recipes / menus – saving hours

PROGRAM FEATURES (2014 version) – Windows Xp, 7 & 8 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
  GI estimation of a food / recipe program is being developed

  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
  We could assist in IMPORTING data from failed local or imported software at a fixed cost.
  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
  Backup to Cloud encouraged as well
  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

- **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 COMPARISONS
        - NUTRIENT DENSITIES (INQ)(not used anymore)
        - IBM   (Ideal Body Mass)
        - BMI   (Body Mass Index)
        - PRUDENT DIET RECOMMENDATIONS / COMPARISONS
        - DRI's are no longer included

ADDED SPECIAL FEATURES OF DIETARY MANAGER

1. **FOOD EXCHANGE LISTS Food**
 lists of similar nutritional specifications can be viewed.

2. **FOOD SUBSTITUTION LISTS**

3. **DESCENDING LIST OF FOOD NUTRIENT**
    A descending order list of all foods for a selected nutrient per portion

4. **FOOD / RECIPE COMPARISON PROGRAMS**
    Compare any two foods / recipes and print the differences

5. **MOISTURE CONTENT** (of foods & recipes)
    - Nutritional analysis adjusted with moisture change

6. **FOOD COSTING** (E.g. for recipe / menu costing)

7. **Printouts may be saved to memory stick or My Documents
    Saving printout and speeding up work**

8. **For dieticians CEU points may be obtained when attending
    a formal Dietary Manager training session (PENDING)**

9. **Program may be loaded onto as many computers as the purchasing
    user/institution has.**

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

11. The PROGRAM comes with a **MANUAL**
12. **Comprehensive information available FREE on our website**

13. **DIETARY MANAGER HAS SERVED DIETICIANS FOR 25 YEARS
    With continual upgrades.**

COST   **R 1000   (including postage and packaging)**

**Updates via drop box working well
Contact Program Management for further detailed information i.e. the manual.**