

## Getting to know CheckYourFood

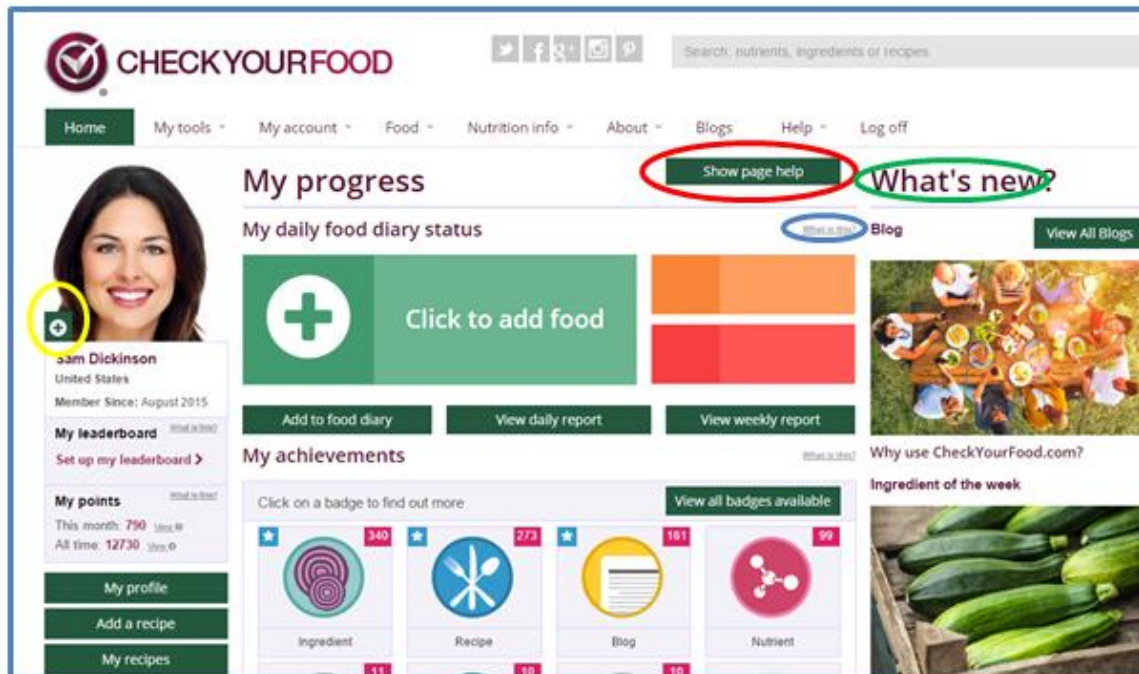
Using any new tool, especially something as powerful as CheckYourFood, can sometimes be overwhelming, so we created this guide to help you familiarise yourself with everything the site has to offer, so you can make the most of it.

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## Love Your Home Page

Ok, let's check out your personal home page. When you log in each day this is the first page you'll see.



Click '**Show page help**' for a virtual tour around the page. Now, if you hover over any of the '**what is this?**' a pop up will tell you 😊

You've had the tour now have a look around yourself; if you click any of the quick links you'll see they are just waiting for you to start adding! There's also a '**What's New**' section where we highlight our latest blog and this weeks in focus items. Click on any of these to be taken to the full page.

To personalise you home page, **click +** on the image and add your photo by following the instructions.

## Get to know your navigation bar

Let's start off by exploring the main menu options. Below is a brief description of what you can find under each option:



### Home:

Click here to be taken to your home page

### My Tools:

Here you'll find links to all of the tools that will make using CheckYourFood personal to you!

- ) Add a recipe – here you can analyse your own recipes to see how good they are
- ) My Recipes – Once you've analysed your recipes you'll find them all here
- ) Add to food diary – here you can start keeping a food diary
- ) My reports – Find out how you're doing with you food diary here, with a simple traffics light report system
- ) Menu Planner- Having friends round or on a special diet? Plan it all out with ease

### My Account:

Under 'My account' is where you can change your settings, update your email address things like that.

### Food:

- ) *Ingredients:*  
Under 'Ingredients' is your gateway to all of the different ingredient areas
- ) *Recipes:*  
In 'Recipes' you'll find over 600 recipes all split into convenient areas
- ) *Pre-Prepared:*  
This is your gateway to all things pre-prepared: takeaways, ready meals and all of those naughty sweet treats!

### Nutrition Info:

Want to know more about nutrients and what they do for you? This is the place to

come, with overviews of different types of nutrients i.e. minerals, vitamins etc. and each nutrient in detail.

#### About:

Here you'll find out why we started CheckYourFood in the Information Guide, what it's all about in 'What is CheckYourFood.com?'. A bit about us, we're real people not robots! And for the scientifically minded of you out there the Guidelines will show you the sciencey stuff.

#### Blogs:

Each week we write a new blog which will be featured on the home page, but there are loads of really interesting ones here for you to catch up on. Check out the tags if you're looking for a certain subject.

#### Help:

We've got frequently asked questions for you and our handy 'how to' videos all in one place.

#### Log Off:

Log on and off here. When you sign in tick the remember password box to save logging in every time

#### Search Bar:

Not quite on the Navigation bar but probably the most used bit of it. Here you can search for any nutrient, ingredient or recipe.

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## The Search Bar: the nutrient, ingredient and recipes options

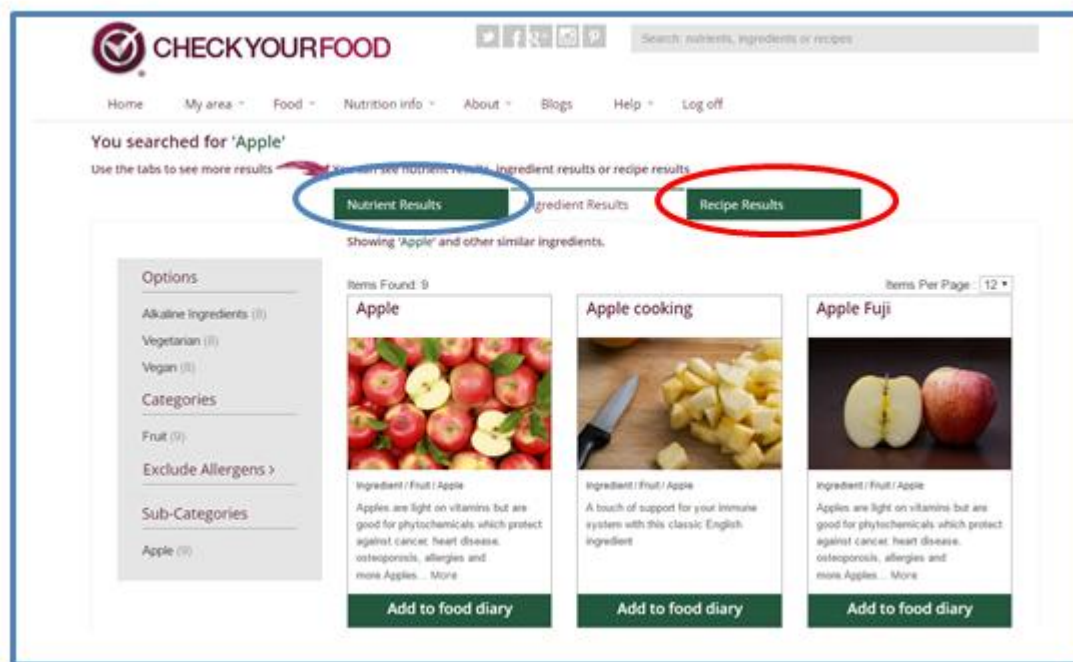
On CheckYourFood we've tried to make things as simple as possible for you and so have included this great option when searching for a nutrient, ingredient or recipe.

1) Start by searching for an ingredient. As you type you'll see a list of options start appearing, the more you type the smaller the returns will get.

Let's say you're searching for apples and you type 'app', you will get a list of ingredients followed by recipes and then nutrients with the letters 'app' in. In this case there are no nutrients.

So, click on the top one 'apple' and you see a page of search results with 'Apple' first. Each thumbnail has a short synopsis with the nutritional benefits and an option to add it to your food diary.

On the left you'll see some options you can filter by.



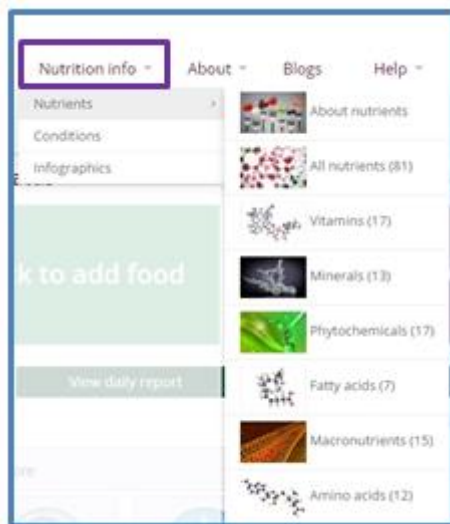
2) At the top you now have a really quick way to find out what **recipes** contain apples and what **nutrients** are in an apple. Click on these to check them out.

Notice that the filters on the left change depending on which tab you are on and which ingredient etc.

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## Find out what nutrients do for your health

You've probably heard of vitamin C and know what it does for you, but what about omega 3 or selenium. There are over 80 vitamins, minerals, amino acids and phytochemicals on CheckYourFood and this is the place to find out about them.



## Nutrition Info

Ok, so let's get started by clicking on **Nutrition Info** on the Navigation bar.

You'll see 3 options here Nutrients, Conditions and Infographics.

### Under Nutrients

)] **About Nutrients:** If you're interested in what different types of nutrients there are you'll find out all about them here, there's a simple overview of the different types.

- )] **All Nutrients:** Here you can access individual pages for every vitamin, mineral, phytochemical etc. in alphabetical order.
- )] **Vitamins, Minerals, Phytochemicals, Fatty Acids, Macro nutrients, and Amino Acids:** Individual pages for each of the different types of nutrients are listed in each area.

How to find out about a **nutrient** in more detail?

1) Click on 'Vitamins' under the 'Nutrient' option.

All of the vitamins are listed in alphabetical order. You'll see at the top there are **17 nutrients** on **2 pages** and it's displaying **12 of them on items per page**.



Click on the little arrow next to the 12 on Items per page and choose All.

You'll see all of the vitamins are now displayed, scroll down and click on Vitamin C

- ✓ Have a read; see what's good for you and what happens if you don't have enough.
- ✓ Want to see the science? Click on a link under 'Find out more'.

- ✓ Right at the bottom you'll see the top 6 ingredients for that vitamin, they are listed by portion size for **your RDA**.
- ✓ You can filter by vegetarian or vegan.
- ✓ And click to see all of the ingredients that have vitamin C by the highest first!

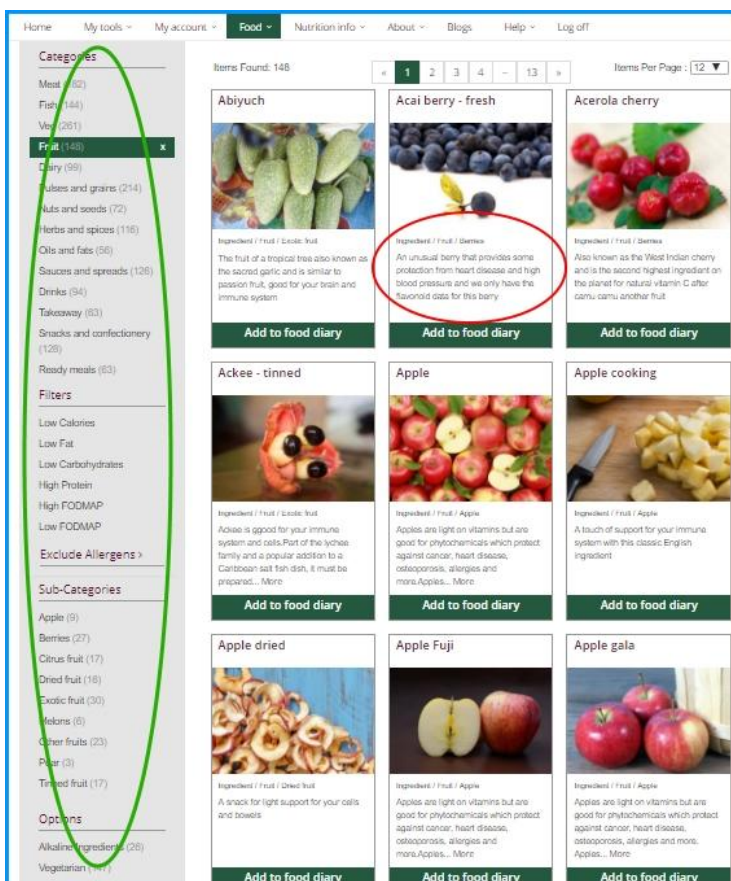
## Make the most of the filters

The filters on CheckYourfood allow you to really drill down to find ingredients or recipes that will suit whatever you may be looking for. Here we'll show you how to make the best use of them.

Click on the **'Food'** tab, this is where you can find all of the food pages.

If you hover over **'Food'** you'll see 3 options, Ingredients, Recipes and Pre-prepared food. As you scroll down different options will be available for each one.

Let's look at ingredients. From the **'Food'** tab scroll down to ingredients and look at the list of food choices displayed in the sub dropdown. At the side of each one you'll see a



number; this is how many items there are in each section.

Click on one of the different ingredient group choices.

Now you'll see all of the ingredients in that group listed alphabetically.

As before the amount of items are listed above, with how many pages and items per page displayed, which can be changed.

Each ingredient has a **thumbnail** with a short synopsis of its benefits.

On the left of the page are the **filters**.

### Filters

- Here you can add more ingredient groups.
- Filter by low calorie, low fat etc.
- Exclude allergens
  - Notice that if you click on one of these filters the thumbnail will change to include the numbers of calories, fats etc.
- You'll also find sub categories here, so if you are looking for something in a certain food group it's easy to find.
- And finally you have alkaline, vegetarian and vegan filters.

**Each of the food areas will have slightly different options in the filters, check them all out.**

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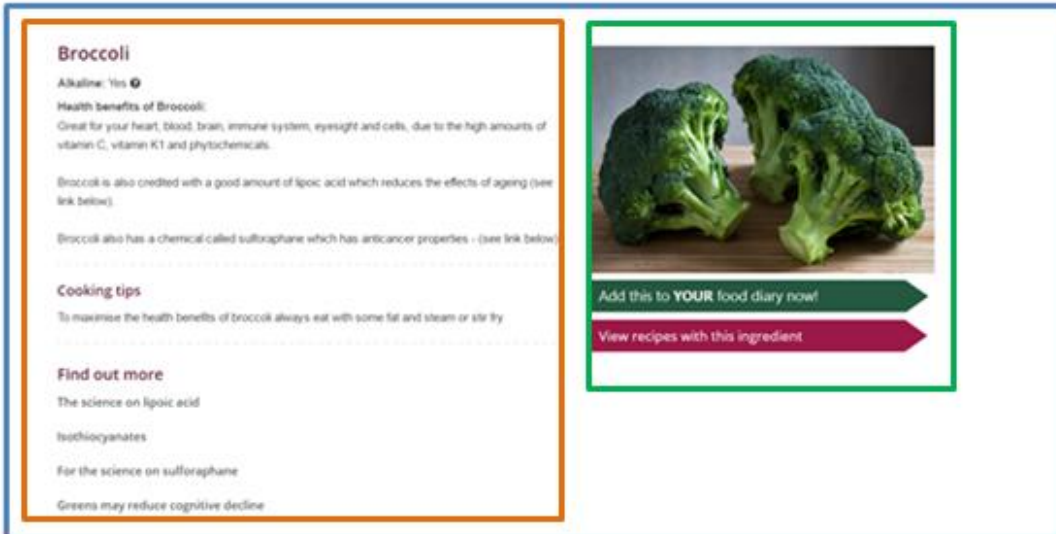
## Understand Your Ingredient and Recipe pages

The recipe and ingredient pages on CheckYourFood are laid out in the same way with just a few differences. It's really good to know your way around the pages so you can get the most benefit from using them.

Let's start by using broccoli as an example. Search for 'broccoli' and click on the thumbnail.



At the top of the page **on the left**



- ) You'll see the name of the ingredient/recipe
- ) Followed by any allergens that may be present in that ingredient/recipe
- ) Below that a short synopsis of the nutrient benefits
- ) And there may be a write up about the ingredient/recipe
- ) There may also be cooking tips - (ingredients only)
- ) And links to science or interesting facts under 'Find Out More'

### On the right

- ) A picture of the ingredient/recipe
- ) Under this a quick link to add that ingredient/recipe to your food diary
- ) A quick link to recipes using that ingredient (ingredients only)

### Scrolling down **Ingredients only**

- ) Cooking method: The default option is Raw, click here to alter the cooking method and see how this affects the nutrient values.
- ) Portion size: Here you can change the portion size: The average portion size will be listed first. Click on the arrow and there are more portion sizes and at the bottom grams so you can be exact. Don't forget to click change size once you've changed your amount.

**Cooking method**

Raw ▼

**Raw**

Portion size:   ▼ Change Size 60g

The RDA's below are based on your profile and the portion size set above ?

Scrolling down **Recipes only**

) Ingredients and method for cooking the recipe

**Nutritional Information:**








) The nutrients amounts are displayed by the amount of the nutrient in grams (g) micrograms (mg) or milligrams (µg) followed by the percentage of your RDA that this amount meets.

- o There is a quick **overview of the macronutrients** first, these are nutrients you need a lot of such as protein, carbohydrates, and fats.
- o Followed by the top **6 micronutrients**, these are nutrients you need in micro proportions.

The RDA's below are based on your profile and the portion size set above ?

**Nutritional Information**

All information is per portion and for your RDA - You can change your settings here

 2% RDA 20cal Calories	 2% RDA 7g Carbs	 3% RDA 1g Of which sugars	 6% RDA 2g Protein	 0.60% RDA 0g Fats	 0.98% RDA 0g Salt	 10% RDA 7g Fibre
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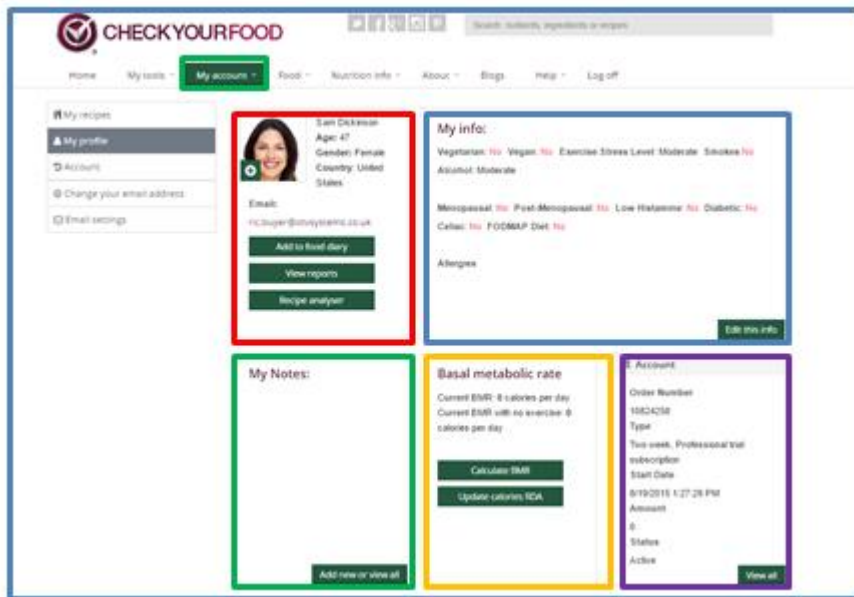
**Top 6 vitamins, minerals, fibre or omega 3**

<p><b>Vitamin K</b></p> <p>111µg - which is 124% of your RDA</p> <p>Essential for blood clotting and plays a key role in bone, artery and cell health</p>	<p><b>Vitamin C</b></p> <p>47.4mg - which is 64% of your RDA</p> <p>Critical for your brain function and mood regulation, is a very powerful antioxidant and boosts your immune system</p>
<p><b>Folate (B9)</b></p> <p>57µg - which is 15% of your RDA</p> <p>Essential for your DNA creation and repair, lowers your risk of heart disease and cancer, regulates inflammation, prevents birth defects and is essential for your brain</p>	<p><b>Omega 3 ALA</b></p> <p>0.102g - which is 10% of your RDA</p> <p>Once converted by us to the more powerful form this will significantly reduce your risk of dementia, heart disease &amp; stroke</p>
<p><b>Fibre/Fiber</b></p> <p>2.4g - which is 10% of your RDA</p> <p>For healthy bowels, protects your heart and arrests the development of diabetes</p>	<p><b>Manganese</b></p> <p>0.18mg - which is 10% of your RDA</p> <p>Plays a role in detoxing your liver and brain and is important for healthy bone and skin</p>

**Top 2 phytochemicals**

<p><b>Lutein and zeaxanthin</b></p> <p>841.8µg - which is 43% of your CYF recommendation</p>	<p><b>Quercetin</b></p> <p>1.96mg - which is 20% of your CYF recommendation</p>
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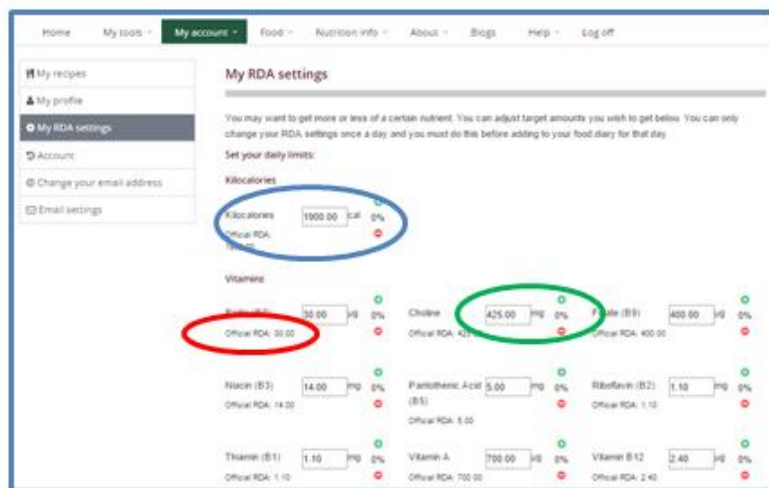




### On the right:

- } **Who I am and quick link box** – Here you'll see your image, which you can change from here as well as the homepage, your name, age and email address plus quick links to Your Tools
- } **My Info** – In this box are your preferences which can be edited by clicking on the green box in the bottom right corner.
- } **My notes** - if you're following a particular diet or want to record your calories etc., then this is the place to keep all of your notes.
- } **Basic metabolic Rate** - this will calculate your calorie intake based on your height weight and exercise. You can update your calories for your reports from here once you have calculated them.
- } **Account** – here you'll find your account details.  
 Click on View all to see your payment history

2) Using the quick links on the left click on **My RDA Settings**



) **My RDA Settings** - The **default settings** for vitamins, minerals etc. are based on your age and gender, but you may want to get more or less of a certain nutrient. Here you can adjust **target amounts**, so that your reports will be based on the RDA's you set.

) **Calories** – If you reset your calories after doing the BMR calculation the new amount will be displayed under calories here.

3) Using the quick links on the left click on **Change your email address**

) **Change your email address** - if you've changed your email address let us know here.

4) Using the quick links on the left click on **Email settings**

) **Report Emails** – We'll send you emails to let you know how you are doing with your food diary. Choose how often you want to receive them here. Once you start keeping your food diary on a regular basis come back to this page and choose how often you'd like your reports.

) **Badge emails** – When you earn a new badge we'll let you know by email. If you don't want to receive them let us know here.

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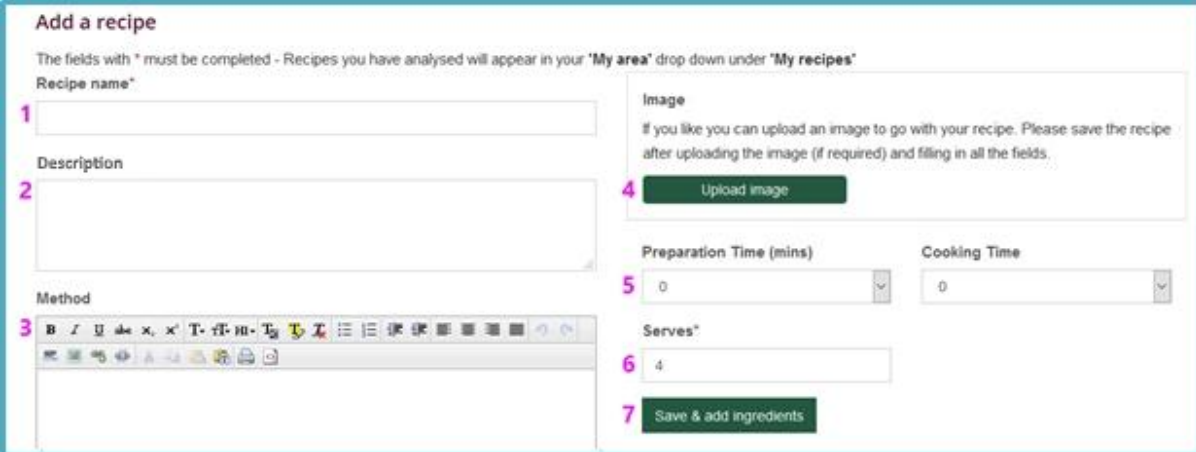
## Add your own recipes to see how good they are

One of the great things about CheckYourFood is that you can add your own recipes. You will be able to see the full nutritional breakdown of your recipes and add them to your food diary.

Click **Add a Recipe** from your homepage or under the **My Tools** tab

Now you can start to enter your recipe details:

1. Enter the recipe name
2. Enter a description of the recipe. You may want to wait until after you have added the recipe to see the full nutritional breakdown before entering this. We'll show you how to edit a recipe later
3. Add the cooking method
4. If you have an image for the photo click on 'Upload image' and follow the on screen instructions
5. Set the preparation time and the cooking time
6. Enter how many it serves. This is important as the nutritional information is divided by the number of servings
7. Click '**Save & add ingredient**'



Once saved you can add the ingredients:

8. Start typing the name of an ingredient and click on the result that appears below the search box
9. Choose the cooking method. You can select up to 3. This is important as the nutritional content is affected by cooking
10. Enter the amount. By default it will show average portion size. You can look at other size in the drop down or choose grams and the update the amount
11. You can choose to set the display name. In this case we've named it '1 Mango'. If we hadn't set the display name it would display as '400g Mangoes'
12. Click '**Add to list**'

8 Search ingredients to add



**Mangoes**  
Ingredient / Exotic fruit

9 Cooking method: Select up to 3  
Raw

10 Enter amount:  
1




Whole mango (400g) |  
Add the uncooked weight in grams

11  Set display name  
1 Mango

12 **Add to list**  
Cancel

Once you have added your ingredients you see this:

13. You can drag the ingredients up and down to reorder them
14. You can remove the ingredient or click to edit it
15. Once you are happy click **'Save & show me my recipe'**

Reorder	Items	Display name & amount	Amount in grams	Cooking method(s)
13 +	 Mangoes	1 Mango	400g	Raw [Remove] [Edit]
+	 Red chillies	1 Red chilli	10g	Raw 14 [Remove] [Edit]
+	 Lime juice	Juice of 1 Lime	0g	Raw [Remove] [Edit]

15 **Save & show me my recipe**

Once added you will be taken to your recipe where you can see its full nutritional breakdown.

Once it's calculated it will appear in **'My recipes'** and have the exact same format as the recipes on the site so you can see all of the nutrition at a glance.

### TIP

When you're using CheckYourFood it's great to have as many of your recipes analysed as possible as this makes it really easy to add them to your food diary.

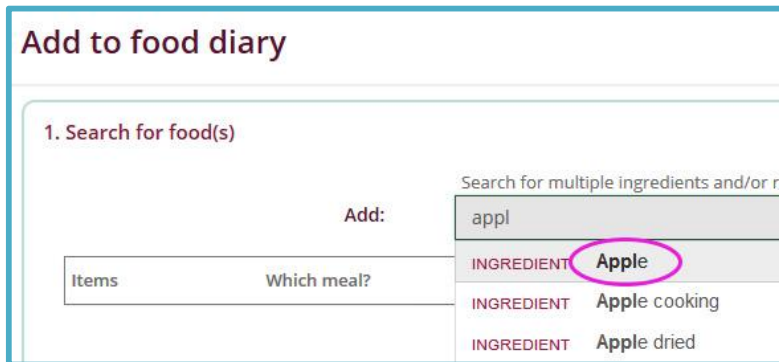
So each time you cook one of your regular recipes, add them as you go along and you'll soon have a recipe database of your own!

## Keep a food diary to see which nutrients you need more of

It's been proven that people who keep a food diary are more likely to stick to their healthy eating plans and lose weight. By keeping your food diary you'll be able to see which nutrients you get a lot of and which you need more of.

Click on **Add to food diary** from the 'My tools' tab

Type the name of the food into the search box and click on the correct food that appears below the search box.



**Add to food diary**

1. Search for food(s)

Search for multiple ingredients and/or recipes

Add:

Items Which meal?

appl

INGREDIENT **Apple**

INGREDIENT Apple cooking

INGREDIENT Apple dried

The food will appear below the search area.

1. Select when/which meal you eat this
2. Enter how much was eaten
3. Choose how it was cooked (select up to 3 cooking methods)
4. Click '**Add to list**'

Add all the foods eaten for a single day by repeating these steps.



**Apple**  
Ingredient / Apple

Which meal: 1 Breakfast

How much did you eat: 1 Small (100g) 2

Cooking Method: 3 Raw

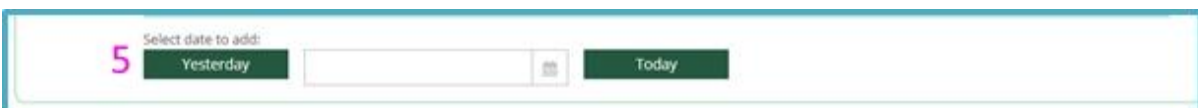
Add the uncooked weight in grams

4 Add to list

Cancel

Next fill in when you ate this:

5. Click '**Yesterday**', '**Today**' or click the calendar icon to select a different day



5 Select date to add:

Yesterday Today



6. Next click **'Add all to food diary'**



After CheckYourFood has added the foods to the diary you will be taken to this page:

7. Click **'Click here to see your report'** to view the clients report

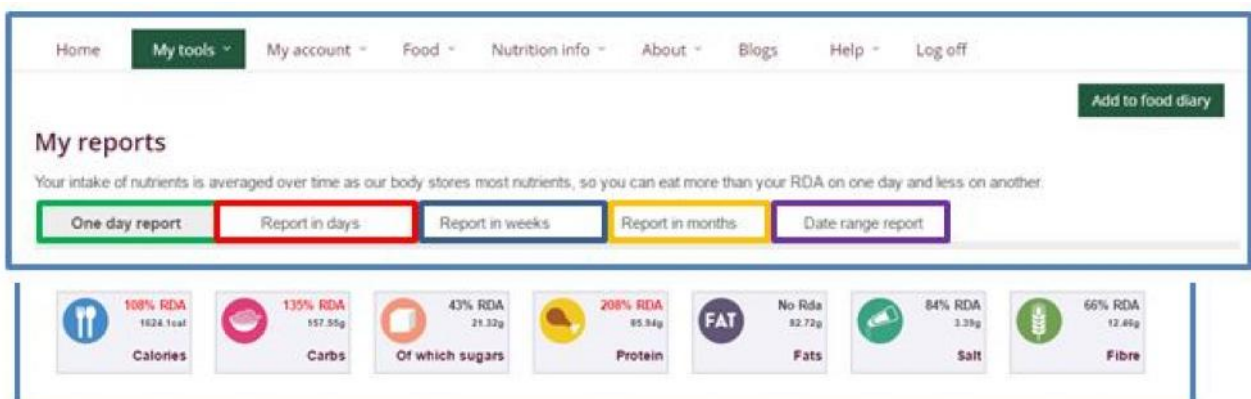
8. Or click **'Add more food(s)'** to add more food to the diary



## Get to know your Reports area, to improve your diet

The reports area on CheckYourFood is very comprehensive. This is where you can see how you're doing after keeping your food diary over a day or days, weeks, months and years!

Click on **My Reports** from the homepage or under the [My Tools](#) tab. **Report tabs:**



**One day report:** You can change the date here to see your report for a particular day.

- J Below that you will see Quick report boxes for your macronutrients as displayed on ingredient and recipe pages.
- J Below that - Traffic light reports – here you can see how well you did at a glance with nutrients above 100% of your RDA in the **Green box**, 51 – 99% of your RDA in the **Amber box** and those under 50% of your RDA in the **Red box**.
  - o You can click on any of these to be taken to that nutrient page, very handy for those nutrients in the red, when you want to see what you can eat to get more of them!

24	nutrients above 100%	6	nutrients between 51% & 99%	11	nutrients below 50%
Copper - 139%	Flavonoids - 109%	Biotin (B7) - 57%	Calcium - 60%	Choline - 41%	Folate (B9) - 15%
Histidine - 225%	Iodine - 132%	Iron - 74%	Magnesium - 86%	Lutein and zeaxanthin - 0%	Lycopene - 0%
Isoleucine - 252%	Leucine - 216%	Vitamin B6 - 51%	Zinc - 89%	Pantothenic Acid (B5) - 27%	Omega 3 EPA/DHA - 50%
Lysine - 199%	Manganese - 146%			Thiamin (B1) - 47%	Potassium - 36%
Methionine - 157%	Myricetin - 480%			Vitamin K - 2%	Riboflavin (B2) - 43%
Niacin (B3) - 104%	Phenylalanine - 146%				Vitamin A - 27%
Phosphorus - 152%	Phytosterols - 109%				
Quercetin - 252%	Selenium - 198%				
Threonine - 202%	Tryptophan - 247%				
Valine - 253%	Vitamin B12 - 156%				
Vitamin C - 135%	Vitamin D - 2820%				
Vitamin E - 110%	Vitamin K2 - 168%				

- J Below that all of the foods you have eaten will be listed with how many nutrients they have.
  - o If you look at the key you'll see that the darker the green is in the box, the better you're doing. Those in Red keep a check on! In Grey means no info for that nutrient.
  - o This area is split up in groups, Macronutrients and calories, Vitamins with RDA's, Minerals with RDA's, Essential amino acids/fatty acids and phytochemicals. You can jump to see any of the groups or just scroll down.
  - o In Total at the bottom of each nutrient, the amount of the nutrient and the percentage of RDA's are added together to give a total for the day, for that nutrient.

Macronutrients & calories		Alcohol sugars	Carbohydrates	Fats	Fiber/Fiber	Glycemic load	Monosaccharides - calories	Lactose	Natural sugars	Proteins	Total sugars	
<b>Breakfast</b>												
	Calo Calories Gluten free waffles	Name / No. daily pct	29.4g 25.13%	3.42g	3.12g 16.91%	22.2g 22.2%	165.6kcal 11.04%	Name / No. daily pct	Name / No. daily pct	2.7g 8.52%	Name / No. daily pct	
	Calo Calories Soylent OneMeal	Name / No. daily pct	Name / No. daily pct	16.74g	Name / No. daily pct	Name / No. daily pct	215.46kcal 14.36%	Name / No. daily pct	Name / No. daily pct	16.31g 29.39%	Name / No. daily pct	
	Calo Calories Red potatoes	Name / No. daily pct	2.8g 2.39%	0.02g	0.51g 2.7%	Name / No. daily pct	12kcal 0.8%	Name / No. daily pct	Name / No. daily pct	0.33g 0.8%	1.06g 3.72%	
	Calo Calories Soylent breakfast	Name / No. daily pct	6.73g 6%	0.01g	0.06g 0.24%	Name / No. daily pct	21.09kcal 2%	Name / No. daily pct	Name / No. daily pct	0.88g 3%	1.04g 1%	
<b>Lunch</b>												
	Calo Calories Haddock fillet	Name / No. daily pct	Name / No. daily pct	0.8g	Name / No. daily pct	Name / No. daily pct	96.5kcal 6.04%	Name / No. daily pct	Name / No. daily pct	23.86g 67.7%	Name / No. daily pct	
	Calo Calories White rice	Name / No. daily pct	2.7g 1.79%	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct	362.5kcal 17.5%	Name / No. daily pct	Name / No. daily pct	2.1g 5.85%	2.1g 4.2%	
	Calo Calories Soylent - Lite	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct	
<b>Dinner</b>												
	Calo Calories Biscuits and gravy	Name / No. daily pct	117.8g 101%	1.39g	3.7g 20%	103.72g 64%	517.96kcal 35%	Name / No. daily pct	Name / No. daily pct	6.84g 26%	10.02g 13%	
<b>Snack</b>												
	Calo Calories Soylent OneMeal	Name / No. daily pct	2.8g 8%	3.74g 3%	14.73g	2.4g 12%	167.08kcal 11%	0.01g	0.86g	4.75g 11%	3.05g 8%	
<b>Total using RDA setting at date shown:</b>												
		Name / No. daily pct	2.5g 8.32%	162.06g 136.96%	36.99g 0%	6.79g 31.73%	66.87g 66.67%	1471.83kcal 86.12%	0.01g 0%	11.84g 0%	66.17g 142.91%	14.33g 29.98%

Vitamins with RDAs		Biotin (B7)	Choline	Folate (B9)	Niacin (B3)	Pantothenic Acid (B5)	Riboflavin (B2)	Thiamin (B1)	Vitamin A	Vitamin B12	Vitamin B6	Vitamin C	Vitamin D	Vitamin E	Vitamin K	Vitamin K2
<b>Breakfast</b>																
	Calo Calories Gluten free waffles	Name / No. daily pct	1.32mg 0.3%	0.71ug 0.21%	0.72mg 5.71%	0.22mg 4.9%	0.01mg 1.21%	0.02mg 1.94%	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct
	Calo Calories Soylent OneMeal	Name / No. daily pct	6.29mg 1.64%	9.94ug 2.76%	0.08mg 0.43%	0.16mg 3.8%	0.16mg 16.36%	0.21mg 26.36%	186.05ug 63.36%	0.24mg 2.7%	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct	22.69ug 166%	Name / No. daily pct
	Calo Calories Red potatoes	Name / No. daily pct	0.3ug 1.1%	1.8mg 0.47%	3.3ug 0.71%	0.08mg 0.27%	0.01mg 0.27%	0.03mg 0.04%	0.3ug 0.04%	0.03mg 2.22%	0.9mg 1.2%	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct	Name / No. daily pct
	Calo Calories Soylent breakfast	Name / No. daily pct	13.96ug 30%	3.96ug 0.83%	2.96mg 5%	0.09mg 0.68%	0.03mg 3%	0.01mg 0.83%	3.75ug 0.54%	Name / No. daily pct	9mg 120%	17.9mg 10%	Name / No. daily pct	13.29mg 10%	0.56ug 0.88%	Name / No. daily pct

- o You can also **edit or delete** any of the recipes or ingredients you have added

## Report in days

Run a **pre-set report**:

- o **This week (Sun to Sat)**. The weeks on CheckYourFood run from Sunday to Saturday. If you click on this option you'll see a report that shows how well you're doing for the whole week, so **some days may be empty** if you do this before Saturday.
  - o Scroll down and you'll see the report is in days now, without the foods listed.

- Click on any of the days to see the food you ate that day.
- **Why would you want to click this option?** As you get through the week you may be really high in some nutrients but very low in others. This is a good way to see what you need more of before the week has finished, so you can add in some foods of those you are low on in the last couple of days.

Macronutrients & calories	Added sugars	Carbohydrate	Fats	Fiber/Fiber	Glycemic load	Kilocalories - C	Lactose	Natural sugars	Protein	Total sugars
Sunday, June 18, 2017	13.61g 45.36%	94.31g 80.81%	81.23g --	23.07g 122.06%	46.06g 46.06%	1979.65cal 131.98%	1.93g --	36.69g --	104.35g 252.06%	50.18g 100.36%
Monday, June 19, 2017	0.6g 2%	130.41g 111.46%	89.46g --	6.51g 34.42%	72.8g 72.8%	2321.31cal 154.75%	None / No data yet	11.87g --	117.81g 284.57%	12.47g 24.93%
Tuesday, June 20, 2017	2.5g 8.32%	162.59g 138.96%	36.98g --	9.78g 51.73%	86.67g 86.67%	1471.83cal 98.12%	0.01g --	11.84g --	59.17g 142.91%	14.33g 28.66%
Wednesday, June 21, 2017	4.25g 14.15%	64.54g 55.16%	84.82g --	15.59g 82.49%	27.12g 27.12%	1605.31cal 107.02%	0.06g --	21.45g --	114.09g 275.58%	25.4g 50.79%
Thursday, June 22, 2017	2.5g 8.32%	157.55g 134.66%	82.72g --	12.46g 65.62%	73.5g 73.5%	1624.1cal 108.27%	6.19g --	18.83g --	85.94g 207.59%	21.32g 42.65%
Friday, June 23, 2017	None / No data yet	None / No data yet	None / No data yet	None / No data yet	None / No data yet	None / No data yet	None / No data yet	None / No data yet	None / No data yet	None / No data yet
Saturday, June 24, 2017	None / No data yet	None / No data yet	None / No data yet	None / No data yet	None / No data yet	None / No data yet	None / No data yet	None / No data yet	None / No data yet	None / No data yet
<b>Total using current RDA</b>										

- )] **One Week back from today** – Click on this to see your report for a week back from today.
- )] **Click here to select up to two weeks** – You can enter up to two weeks here. This is really handy if you want to see how you’re doing for the days in the week so far.
  - Isn’t that the same as this week (Sun – Sat)? I hear you asking. No, this will just show the days you enter, so you’ll see your total nutrition so far, not days you’ve not added.

**NOTE:** The Total box will display your report as an average for the week by dividing what you have eaten (the totals for each day) by the amount of days.

### Report in Weeks

- )] Here you can select to see as many whole weeks as needed.
- )] **Why would you want to do this?** Well, you may have been on a set diet for 6 weeks and want to see at a glance how well you did for each week.
  - For example if you’ve been trying to cut down on the carbs you’ll see in the quick reference boxes at the top how you did for the period and if you scroll down you can check out the carbs tab to see how you did on a week by week basis.

- ) If you click on one week it will display the days for that week and if you click on a day it will display that day with the food you ate displayed.
- ) The **Total box** will display your report as an average for the amount of weeks entered by dividing what you have eaten (the totals for each week) by the amount of weeks.

### Report in Months

- ) Here you can select to see as many whole months as needed.
- ) **Why would you want to do this?** Well, as before, you may have been on a set diet for 6 months and want to see at a glance how well you did for each month.
- ) If you click on one month it will display that month in weeks, click on a week and it will display the days for that week and if you click on a day it will display that day with the food you ate.
- ) The **Total box** will display your report as an average for the amount of months entered by dividing what you have eaten (the totals for each month) by the amount of months.

### Date Range Report

- ) Enter the dates you want the report to start and end.
  - ) **Why do you need this?** The reports for months is always from the end of a month and you may have started a particular diet the middle of the month, so this allows you to see the whole the period in one go.
  - ) As before it displays the results as an average over the whole time period, not the total of what you ate.
- 

## Create menu plans designed to give you more of certain nutrients

You may have noticed from your Reports that you are not getting enough of certain nutrients or you may be on a particular diet that requires you to eat certain foods or nutrients, or maybe you're just planning a dinner party and you want to make it as nutritious as possible.

Well, with CheckYourFood's menu planner you can make a menu for day or week and see how much nutrition it will contain in advance. You can even add it straight to your food diary.

Click on Menu Planner from the homepage or under the [My Tools](#) tab

- ) Click '**Create new plan**'.
- ) Enter a descriptive name for the plan and select the plan length.
- ) If you are making a plan for one day, only one day will appear in the planner. For a week all 7 days will appear.
- ) Click on a day in the planner
- ) Add recipes or ingredients in the same way that you would if you were adding them to your food diary. (see Tip 9) You can add multiple ingredients and meals.
- ) Once you've chosen them all click '**Add all to menu plan**'.
- ) Once added scroll down to see the nutrient content of the plan for that day. It will be displayed exactly as you would see on your reports (see tip 10). You can edit or delete any food added here as well.
- ) Click **Back to planner** you will now see the foods you have added for that day.



- ) If you're making a week plan repeat adding food for all days.
- ) On the main planner page scroll down to see the nutrient content for the whole plan.

## Add a shop/restaurant bought meal to my food diary

You may have eaten a shop bought meal but haven't been able to add it to the food tracker.

The site doesn't have all shop bought meals. There is a selection under Pre-prepared meals, under the **Food** tab, so look there first.

But if you are relying on the packet data it will be incomplete. Mostly the manufacturer will only provide data for carbohydrates, proteins, fats, salt, vitamin C, A and fibre.

So, we suggest that you re-create the meal/ingredient using the recipe analyser (see tip 8) and then add that to your food tracker.

### How do you do that?

Shop bought meals/ingredients: There's going to be some guess work here.

- ) Most packet meals state the amount of the main ingredients as a percentage.
- ) So if a 380g meal says it has 17% potatoes then multiply 380 by 0.17, which equals 64. So you can add 64g of cooked potato.
- ) For other ingredients that don't state the percentage you will have to estimate it.
- ) As long as you are close it will give the food tracker an indication of what you consumed, which is better than it not being included at all.

**Note:** We suggest only adding the main ingredients and leaving off any sauces or herbs and spices as they don't provide many nutrients.

### What about restaurant meals?

Restaurants: Again there's going to be a bit of guess work here.

- ) If you've eaten out in a restaurant then you'll need to estimate the size of the ingredient portions.
- ) Or, we have a lot of recipes on the site and so you could add a portion of one of those if it's there i.e. chilli will probably have a pretty similar recipe wherever you get it.
- ) Or, check out the next section and use one of the meals on the site but change around the ingredients to match what you ate.

## Put your own spin on our meals

If you like one of our meals but cook it differently or have eaten out in a restaurant and want to change some ingredients, this is the place to do it.

You can save any of our meals into your '**My recipes**' area and then edit them to add or remove any of the ingredients.

- ) Simply go to a recipe page, then click the **Save this to your recipes** button that is under the image.
- ) Now go to '**My recipes**' under the **My Tools** menu and click '**Edit**' on the meal.
- ) You can then change any of the details or ingredients.
- ) It's a good idea to change the name so you won't be confused when you're looking for it later. If it was a restaurant meal then maybe Greens chilli con carne, or if it's yours then your name first.
- ) When finished click 'Analyse' to work out the nutrient content with your added ingredients as you would if you'd just added the recipe.

You can now see the nutrient content for the meal with the change you made.