

# PROGRAM MANAGEMENT

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## DIETARY MANAGER - used internationally

**Comprehensive nutritional analysis of diet recalls / recipes / menus – saving hours**

### **PROGRAM FEATURES (2006 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
- **> 7000 FOODS** in the database: USDA food composition tables + selected SA foods  
**Fortified maize meal**
- The database consists of **comprehensive NUTRITIONAL INFORMATION** for each food
  - Macronutrient analysis
  - amino acid profiles
  - micronutrients analysis
  - fatty acid profiles
- 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, eg fortified maize meal, and GMF)
- Easily accessible **NUTRITION INFORMATION** on ANY food / recipe / diet recall  
**For food labels!**
- **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:

  - RDA COMPARISONS
  - IBM (Ideal Body Mass)
  - PRUDENT DIET RECOMMENDATIONS / COMPARISONS
  - DRI's are also included (December 2006)
  - NUTRIENT DENSITIES (INQ)
  - BMI (Body Mass Index)

### **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**
5. **MOISTURE CONTENT** (of foods & recipes)
  - Nutritional analysis adjusted with moisture change
6. **FOOD COSTING** (Eg for recipe / menu costing)
7. **The program can run from a memory stick**
8. **Printouts may be saved to memory stick or My Documents**  
**Saving printout and speeding up work**
9. **For dieticians CPD points may be obtained when attending a formal Dietary manager training session (PENDING)**
10. **Program may be loaded onto as many computers as the user/ institution has.**

11. **FOR BOTH 1<sup>ST</sup> AND 3<sup>RD</sup> WORLD NUTITION SOLUTIONS**
12. **PROGRAM COMES WITH A COMPREHENSIVE MANUAL**
- 13 **DIETARY MANAGER HAS SERVED DIETICIANS FOR 20 YEARS**  
**VERSION 1 AT DOH PRETORIA**