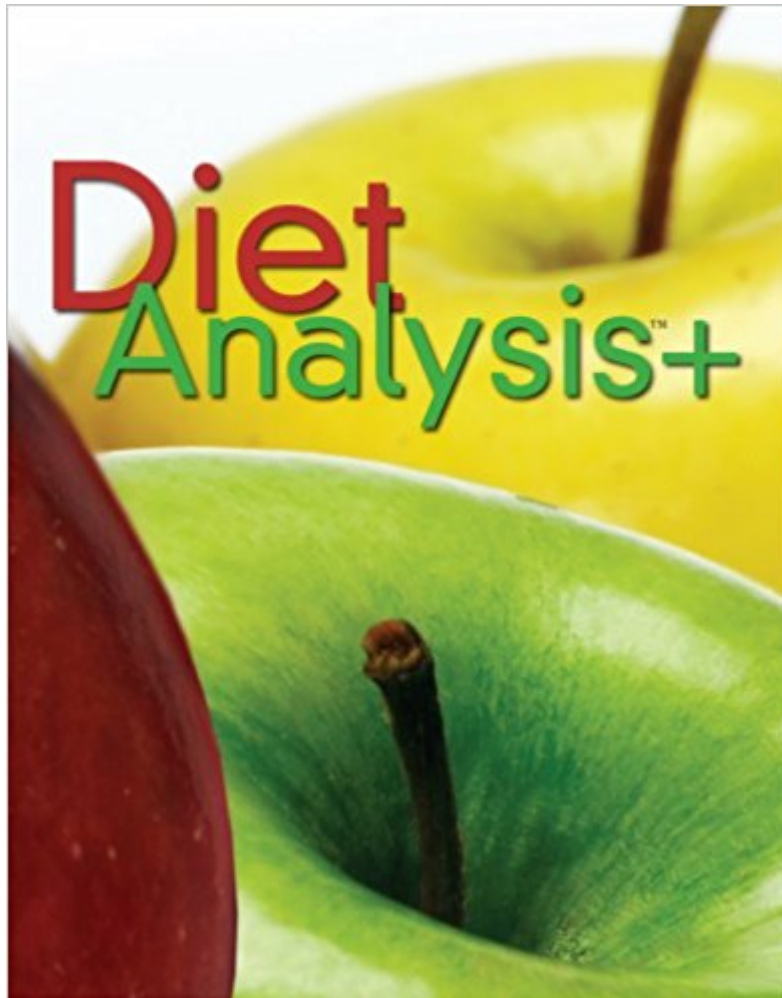




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Diet Analysis Plus, 2 Terms (12 Months) Printed Access Card



Synopsis

Take control. Reach your goals. Experience Diet Analysis Plus. Diet Analysis Plus allows students to track their diet and physical activity, and analyze the nutritional value of the food they eat so they can adjust their diets to reach personal health goals--all while gaining a better understanding of how nutrition relates to, and impacts, their lives. Diet Analysis Plus includes a 20,000+ food database; customizable reports; new assignable labs; custom food and recipe features; the latest Dietary Reference Intakes; and goals and actual percentages of essential nutrients, vitamins, and minerals. Updated for Fall 2010, new features include enhanced search functionality with filter option, easy-to-use instructor page, and resources tab with helpful information. Use the Diet Analysis Plus activities in all our Introductory Nutrition textbooks to show students how the concepts they learn in the text relate to their personal health goals.

Book Information

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Customer Reviews

About This Edition From the Publisher New Features Enhanced search functionality allows users to filter food by category--improving search precision and making it easier to find certain foods. Easy-to-use instructor's page provides access to course management resources, such as setting up a course, creating course sections, and providing codes for Teaching Assistants. In addition, this new interface allows instructors to assign labs, manage users' submissions, and edit the nutrient list. "Comments" feature allows instructors and students to include feedback when submitting or grading labs and reports. "Resources" tab offers helpful tools for students, including a quick Nutrient

Search, Serving Size Tutorial, and the ability to create entries for Custom Food and Recipes. "Serving Sizes" lab added to help users understand how to accurately estimate serving size. Diet Analysis Plus is integrated in all Cengage Learning Introductory Nutrition textbooks through activities in each chapter that show users how the concepts in the chapter relate to their diet and health goals. Use these activities for assignments or extra credit to extend the use of Diet Analysis Plus. The new version of Diet Analysis Plus is only available in an online format. A CD-ROM will not be produced. Additional Features The visual month-to-month calendar enables users to track food intake for up to 365 days and highlights the dates for which users have entered food and activities. The Activity Questionnaire assesses users' true activity level and more accurately determines the proper Dietary Reference Intakes. Customizable reports are available for users to print or email in PDF format. Labs provide critical thinking activities and offer opportunities for users to practice important skills, such as reading a food label, before using Diet Analysis Plus for their diet analysis project. They also can be used as assignments or extra credit to extend the use of Diet Analysis Plus throughout the semester. New "Serving Sizes" lab added. A quick start tutorial provides an audio and video walkthrough of the main features of the program, including setting up a profile, tracking diet, and printing reports like the 3-Day Average report. The improved interface provides easy navigation of Diet Analysis Plus. The homepage offers a single access point to the profile, track diet and activities, reports, and labs. In this enhancement of Diet Analysis Plus, instructors access their course information and assignments through a streamlined homepage making it even easier to manage your course. Featuring over 20,000 foods and updated twice yearly, the extensive database includes common foods, popular brands, regional favorites, international foods, and vegetarian options. Further reference for this edition: Download a Demo Walkthrough Guide for Diet Analysis Plus (10th Edition).

Dr. Michelle "Shelley" McGuire teaches in the Department of Food Science and Human Nutrition at Washington State University. She is the author of several published articles, and specializes in the research of understanding of how breastfeeding and lactation influence both maternal and child health and well-being. Recent research has focused on investigating how maternal diet influences milk fat content and, thus, energy intake and fatty acid consumption of the breastfeeding child. Dr. McGuire has been teaching the basic nutrition course for several years and has a strong appreciation of the course, its goals and objectives, and the variety of student needs. This experience coupled with her strong writing and research background has helped her create an exciting and refreshing text for the introductory nutrition course. Dr. Beerman teaches in the School

of Biological Sciences at Washington State University. She is the author of several published articles assessing the impact of bioactive components in soy (isoflavones) on health parameters in menopausal women. More recently, she has been studying the prevalence of iron deficiency anemia in rural, impoverished regions of Guatemala, and efficacy of a novel approach to improve iron status in women and children. Dr. Beerman teaches the 300-level nutrition course for health-related majors (Nutrition, Health, and Disease), as well as courses related to women's health (Biology of Women). She also teaches a course in teaching methodology (Teaching Methods in Higher Education) for graduate students. Since joining the faculty at Washington State University in 1989, she has taught more than 12,000 students and has been the recipient of several college and university teaching awards. Dr. Beerman's years of teaching experience, combined with her wide knowledge base in nutrition, health sciences and educational pedagogy, has helped create this innovative introductory nutrition text.

Do NOT buy this product used!!!! You can NOT use an access code more than once so this product shouldn't even be ALLOWED to be sold used!!! What a waste of my time and \$\$!!! You can get this program for about the same price on the actual Cengage Brain website and you won't have to worry about waiting for a piece of paper to be mailed to you with an access code your're not even able to use!!! Cengage Brain will give you the access code INSTANTLY!!! No wait, no hassle, no waste of your time trying to return!!! I will post another review when I purchase a usable Diet Analysis +.

If you have a slower or older computer don't bother. You have to download all the information from the disk onto your computer, and it could cause a horrible lag. Buying the online code may be a better route, you can go to cengagebrain.com and buy an online subscription for \$32. Also if your getting it for a class, you can get it right away by the online subscription. Everything is updated online-unlike the disk and all you have to do after purchasing is sign in online. Allot of foods/recipes that people add to the program are saved into a database, so its nice to not to have to put in as many individual foods or recipes that are not listed. However, if your looking at price as your main factor, the disk is probably the best way to go. It doesn't have a whole lot of foods, other than very basic and healthy American foods. I had a problem finding allot of foods and had to type allot of my own recipes in but price was what drew me to buy the disk.

I installed the software and it would not open. It would LOOK like it was about to open and nothing. I contacted Cengage's customer service and their first level support was clueless. After several days,

their level 3 support got back to me and said, "Diet Analysis Plus 9 is not compatible in browsers later than OS X 10.5." Had I known there was an online version, I would have gone for that instead of buying this disc. What a waste of time. I haven't been able to use the program so I can't comment on its quality but this has been a major FAIL so far.

unless you are purchasing this for a class, save your money. the database is highly limited and you get a better app for free on itunes and the app store for FREE! typed in maple bacon, could not find it. could not find Dave's killer bread but would find great harvest. if you are looking for a good food tracker, myfitnesspal does the same thing for free, but runs better and has a larger database of foods.

There are a lot of reviews for this product saying that brand names always come up first, and they all seem to use the banana example. Well, I have Diet Analysis open right now, I just typed in "banana" and the fruit was literally the first result. There are no brand names on the first page of results. I think they update the list of foods periodically, because there have been times in the past when I looked up a product and it didn't come up on the list, but it did show up at a later time. Another complaint is that you can't compare the breakdown of carbs/fat/protein. That's not true either. I don't use that feature very often though; the one I like most is Intake vs. Goals, where you can compare your intake on any given day with the DRI for carbs/fat/protein, and most vitamins and minerals. It helps you to understand where your diet is lacking and correct those imbalances with food or supplements (and to see what you need to cut back on). It's not perfect. I hate that you have to log in to Cengage every time instead of just accessing the program directly, that's annoying. I wish there were more vitamins and minerals included - they left off Vitamin K, biotin, selenium, etc., so your profile won't be as complete as it possibly could be. That said, I have already found it to be immensely useful in improving my own diet. I bought it for a nutrition class but I mostly use it for my own purposes. If I hadn't had to buy it for class, I probably would have tried one of the free online programs like Calorie Count before paying for this one, but I've been pretty satisfied with it so far.

Unfortunately I can't really rate the product itself because I was never able to use it. I bought this new, but when I went to use it for the project I had ordered it for, the code didn't work. It said that it had already been used. I guess this wasn't actually a "new" product. My project wasn't due until after the window for returns had passed, so I guess I'm out almost \$50 and had to spend significantly more time completing my project without it. I had emailed customer support at Cengage

and still haven't heard back.

This was a requirement of one of my courses, unfortunately. My main issue with it is that tracking your diet with this software is time-consuming and frustrating. The search function for foods needs to be updated or refined or SOMETHING! I tried searching "banana" and my results are loaded with anything but plain, fresh bananas. Banana nut bread, banana cream pie, Gerbers Banana baby food, anything banana-flavored under the sun. A plain fresh banana was listed on page 16 of the search results. I tried typing in "fresh banana" as well. No dice. Just as frustrating trying to find other fresh fruits or plain whole milk. However, IF you can properly find the foods you consumed to track your diet, the analysis and reports are helpful. It's just a pain to get to them.

The CD came in a great condition, and is extremely nice to have instead of a semester access card for class. However, the product itself is kind of slow, and mostly shows brand name products/pre-made. It is not user friendly; to search for a piece of fresh fruit, you have to chug through slow page after slow page of "Fruit - in [brand name] trail mix", "Fruit - frozen", "Fruit - canned", "Fruit - in [brand name] cereal" until you finally get "Fruit - fresh". Nowadays, I feel like there are free/open source programs that perform similar functions just as well.

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