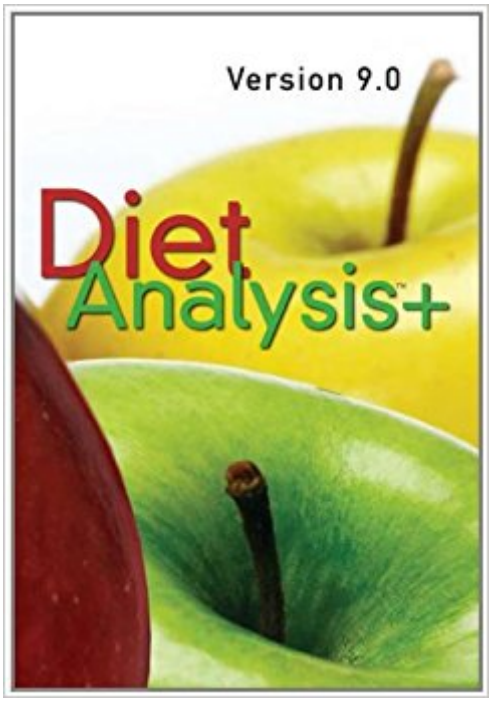
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Diet Analysis Plus 9.0 Windows/Macintosh CD-ROM



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Synopsis

DIET ANALYSIS PLUS is the market-leading diet assessment program used by colleges and universities. Featuring a database with over 20,000 foods that can be personalized with recipes, DIET ANALYSIS PLUS enables students to track their diet, generate reports, complete assignments, and gain a better understanding of how nutrition relates to their personal health goals. Students create their own personal profiles based on height, weight, age, sex, and activity level, and then track the types and serving sizes of the foods they consume from one day to 365 days. Unique custom and 3-day reports are among the many that students can print and analyze. Highlights of the new Version 9.0 include an improved interface for easier navigation, new assignments, and a questionnaire that accurately assesses one’s true activity level. Available as a standalone product or in a bundle with any Wadsworth text for a substantial cost savings (Online or Windows/Macintosh compatible CD-ROM), this is a must-have for all who are interested in analyzing their diets.

Book Information

CD-ROM

Publisher: Brooks Cole; 9 edition (December 17, 2008)

Language: English

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ISBN-13: 978-0495387657

Product Dimensions: 8 x 9.2 x 0.2 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 135 customer reviews

Best Sellers Rank: #506,654 in Books (See Top 100 in Books) #105 inÃ Â Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition #152 inÃ Â Books > Medical Books > Nursing > Medical Nutrition #307 inÃ Â Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition

Customer Reviews

About This Edition From the Publisher New Features The improved interface provides even easier navigation of Diet Analysis Plus. The homepage provides one-stop access to the profile, diet, activities, reports, and labs. A new Profile Questionnaire assesses the user’s true activity level and more accurately determines the proper Dietary Reference Intakes. New assignments take advantage of the extensive database and provide critical thinking opportunities in addition to the previous reports. The user can copy a profile and make changes to compare and analyze various

profiles to complete these online assignments. With the ability to create up to five profiles, a user can input a desired weight change to determine the proper DRIs to reach the desired weight goal. Additional Features Featuring over 20,000 easy-to-find foods, the extensive database includes common foods, popular brands, regional favorites, international foods, and vegetarian options. Users can use the "Create a Recipe" feature to combine foods from the database to create recipes of commonly eaten foods, such as a homemade salad dressing. Recipes are automatically added to the food database and list of "Favorites." The visual month-to-month calendar enables tracking of food intake for up to 365 days and allows users to quickly see the dates where they entered food and activities. Among the ten reports, the "Macronutrient Ranges" report compares actual intake of carbohydrate, fat, and protein with the recommended ranges, using both a simple graph and a detailed table to the show the comparison clearly. A built-in 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.

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. --This text refers to the Printed Access Code edition.

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 Cenage 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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