

Directions for Diet and Wellness Plus (Cengage)

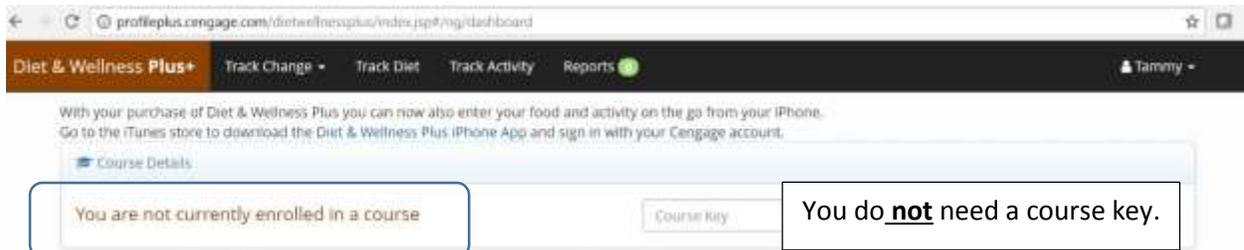
Online Program

If you have an access code for the Diet and Wellness Plus program you need to create an account with your email and password. To do so go to www.cengage.com/login



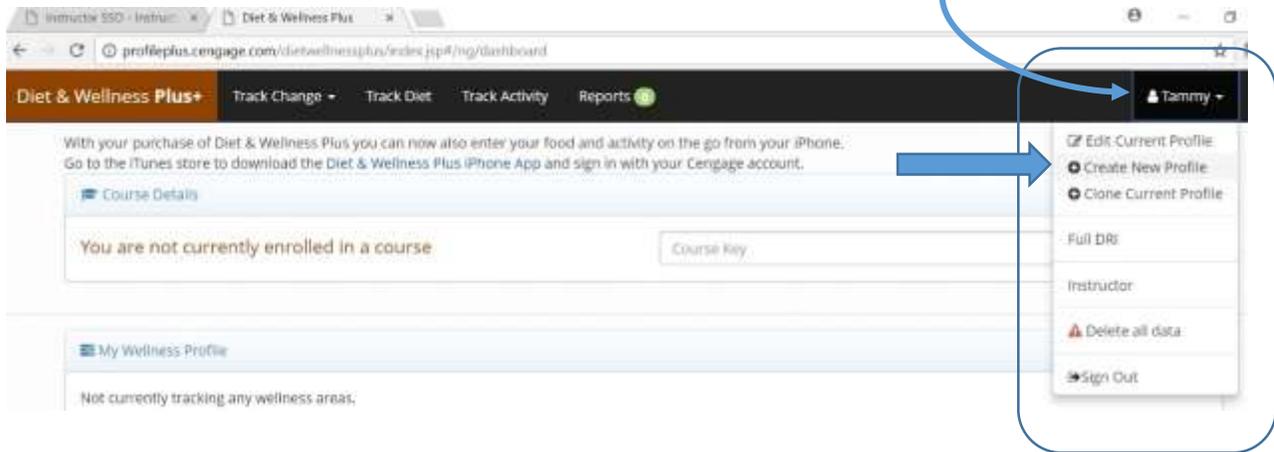
[Note: If you are sharing the Diet and Wellness app with a friend only one of you can set up an account with the access code, others using the program just need to use the email and password of the person who originated the account.]

Once you set up your account select the Diet and Wellness Plus app, this is the home page of Diet & Wellness Plus.

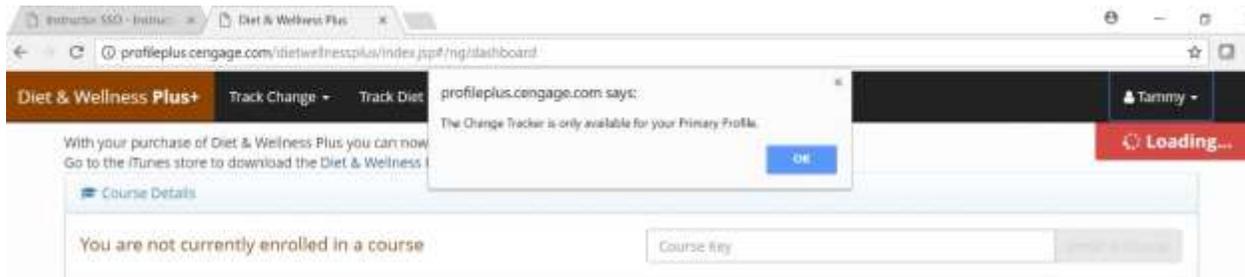


You do not need to be concerned about this.

1. **CREATE YOUR PROFILE:** The first step you need to do is make a “PROFILE”. Select the button in the top right corner of the screen []



If you are sharing the program and you are creating a new profile you will get the following warning, but disregard it and continue to make your profile.



When the profile page opens up, fill in the information. If you want to lose or gain weight enter in the weight that you would like to be. If you are a smoker or a vegan select the appropriate box. **DO NOT SELECT THE LONG ACTIVITY QUESTIONNAIRE.** Select your activity level using the drop down menu.

Diet & Wellness Plus+ Track Change ▾ Track Diet Track Activity Reports 0

Name *

Canadian Profile

Birth Date

Sex ▾

Height Feet ▾ ft.

Height Inches ▾ inches

Weight * lbs.

Smoker

Strict Vegetarian/Vegan

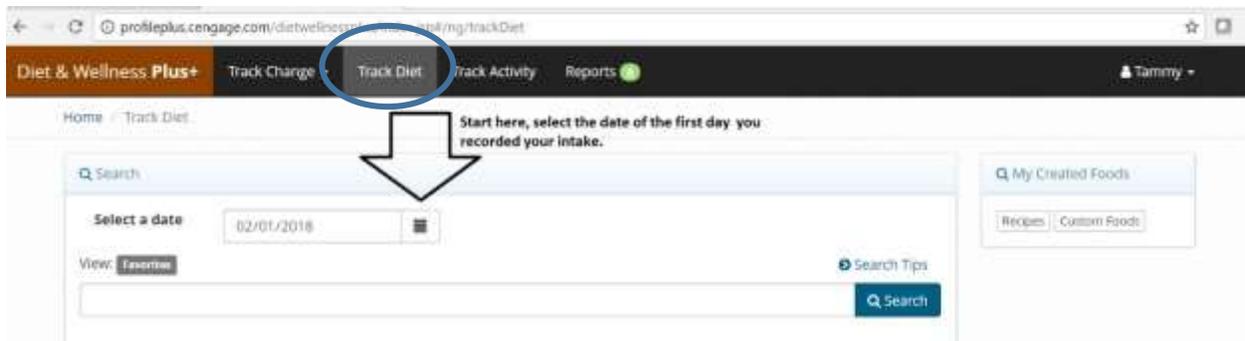
Use long activity questionnaire Do not use.

Activity Level ▾

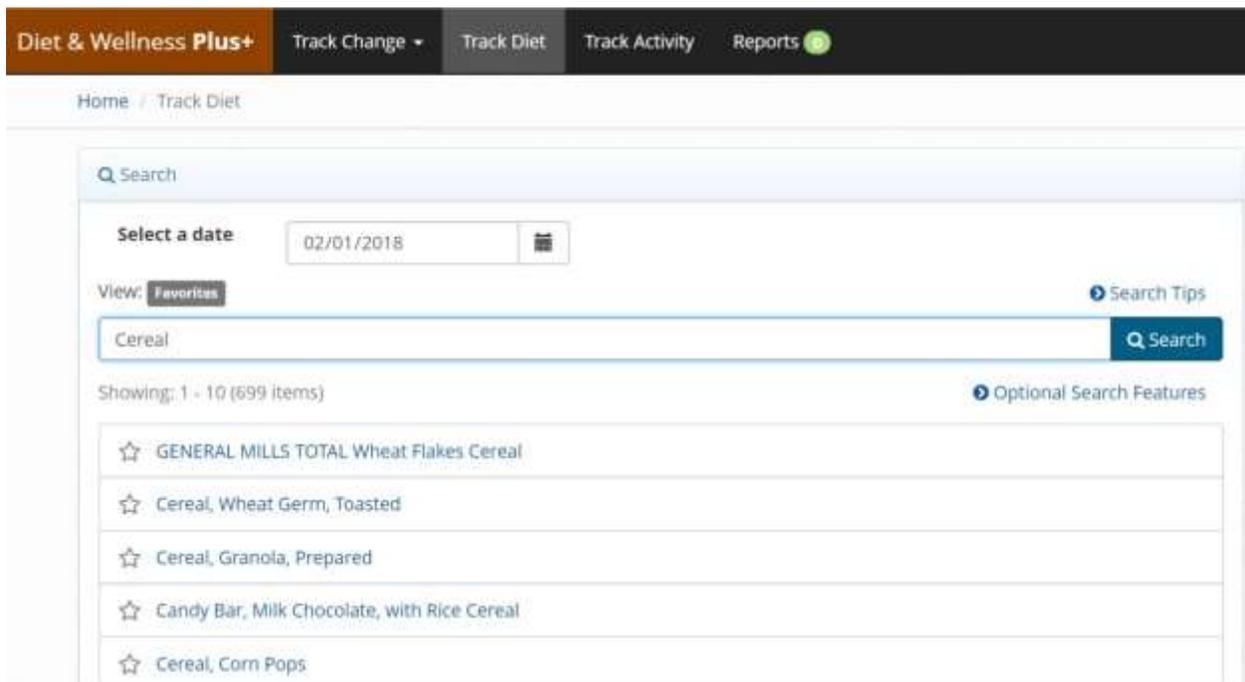
These are your choices for the activity level that you usually follow.

Sedentary	
Low Active = 30 – 60 minutes of moderate activity each day.	
Active = more than 60 minutes of moderate activity each day.	
Very Active — Do not use this option, it is not accurate.	
Activity Level Sedentary = less than 30 minutes of moderate activity each day.	

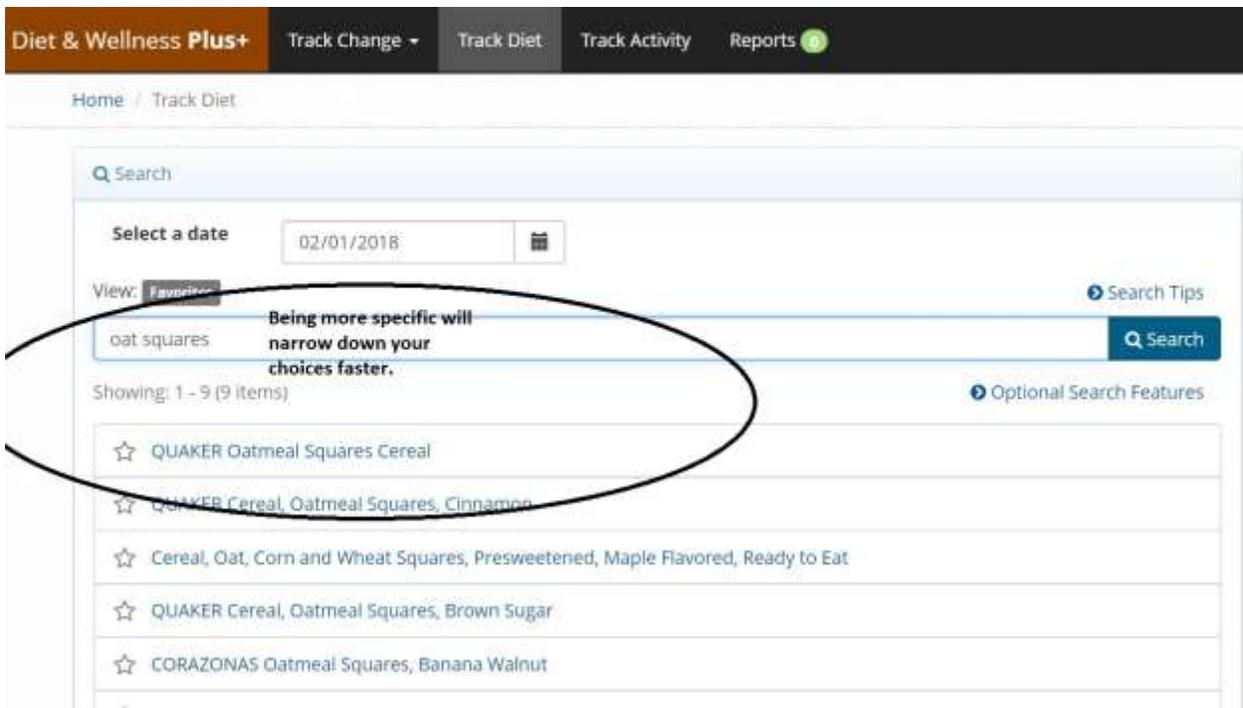
2. **TRACK DIET:** The next step is to start entering the food/drinks you consumed. Click on Track Diet and the following page will be displayed. Start by selecting the date of the first day you recorded your food intake using the calendar.



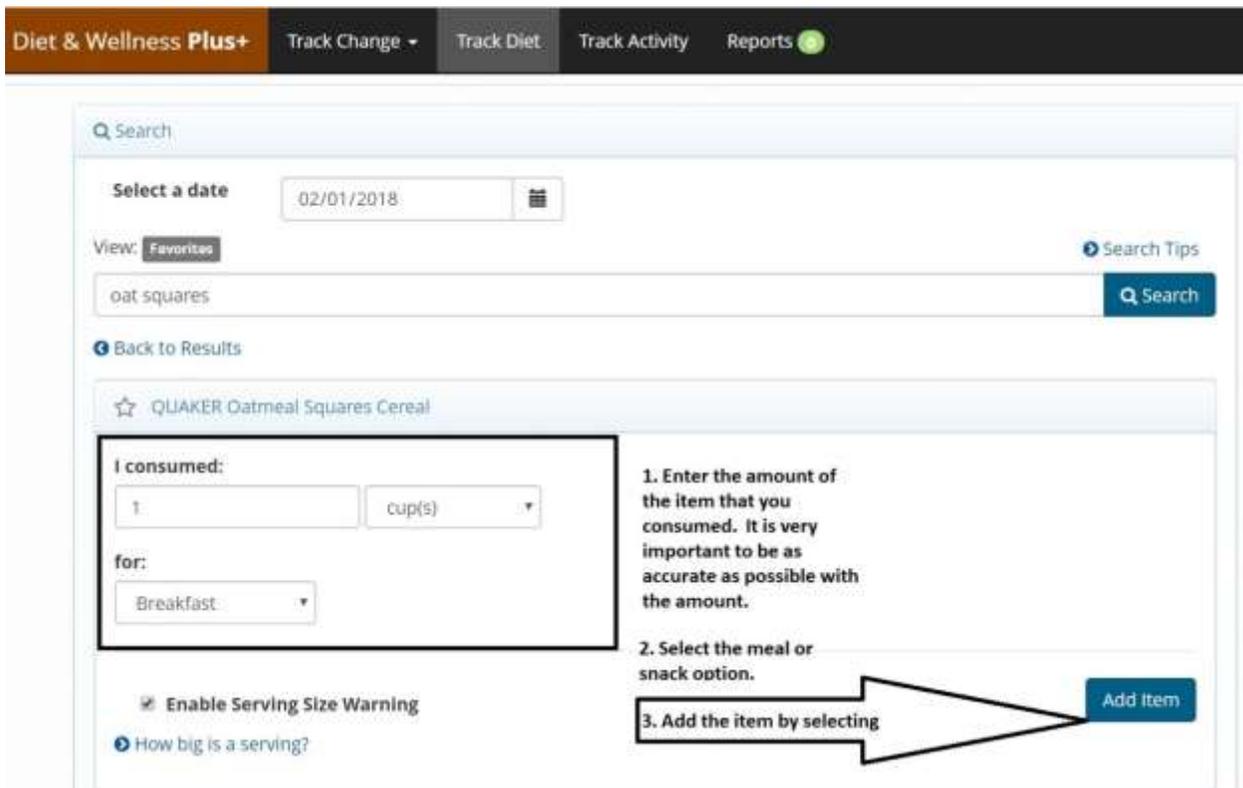
Now you need to enter each item that you consumed on that day. Use the Search bar to find the food/drink you consumed.



Searching for a food item is like searching on GOGGLE, the more general you are the more foods you'll have to search through to find one similar to what you ate. If you get more specific you can narrow down your choices quicker. But of course if you're too specific the data bank may not have the information. You most likely will have to choose a food/beverage that is as close to what you actually consumed although it may not be the exact brand or style (e.g. organic, non-GMO etc.).



Once you select the appropriate item you will then be prompted to enter in the quantity that you consumed and for what meal/snack it was consumed.



When the item is added it will appear in your “My Meal” list. If you would like to make sure the item you just added is similar to what you consumed you can select the “i” button next to the food for more information on the item. You can also edit your entry at any time by using the “edit” button.

Diet & Wellness Plus+ Track Change Track Diet Track Activity Reports Tammy

Home / Track Diet

Search

Select a date: 02/01/2018

View: Favorites Search Tips

1. Once an item is entered you can check to see if the nutrition facts for the item match what you ate by selecting this button.

My Meals

Breakfast (212.2 kcal)

QUAKER Oatmeal Squares Cereal

2. You can edit your entry if you want to change the amount.

Morning Snack

Lunch

Continue to enter in all the items you consumed on day 1 of your diary. Make sure that each item is listed on your My Meal list and the quantity matches what you consumed.

Next, you need to change the date of the diet page to the date of day 2 of your diary and enter in all the items you consumed. Then again for the date of day 3, to enter the items you consumed on day 3.

Diet & Wellness Plus+ Track Change Track Diet Track Activity Reports Tammy

Home / Track Diet

Search

Select a date: 02/02/2018

View: Favorites Search Tips

To record what you ate on day 2 or day 3 you need to change the date on the calendar.

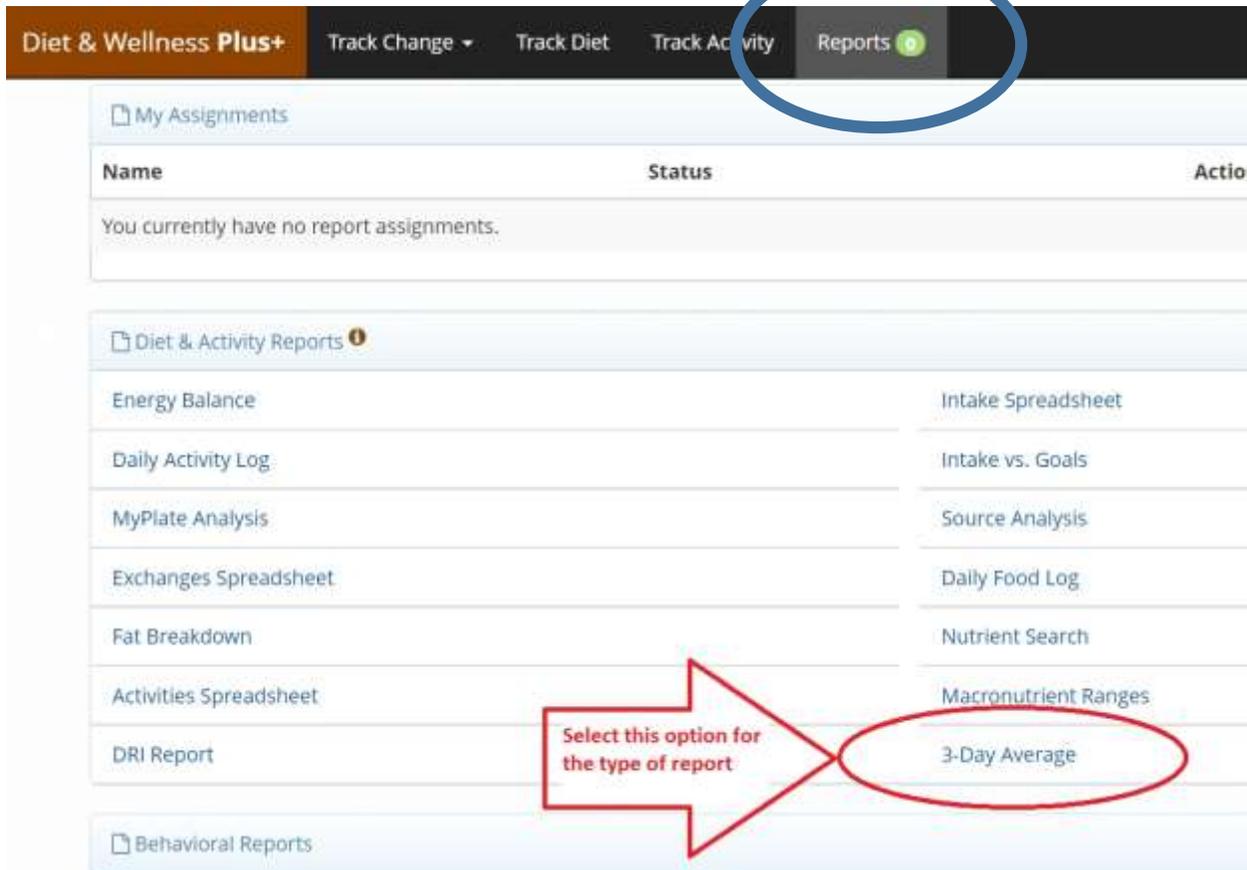
My Meals

You have not recorded

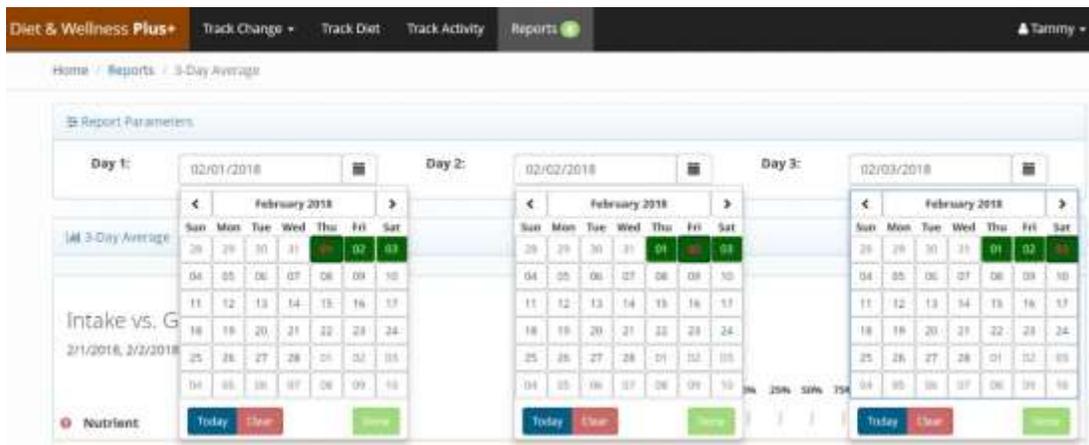
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	01	02	03
04	05	06	07	08	09	10

Today Clear Done

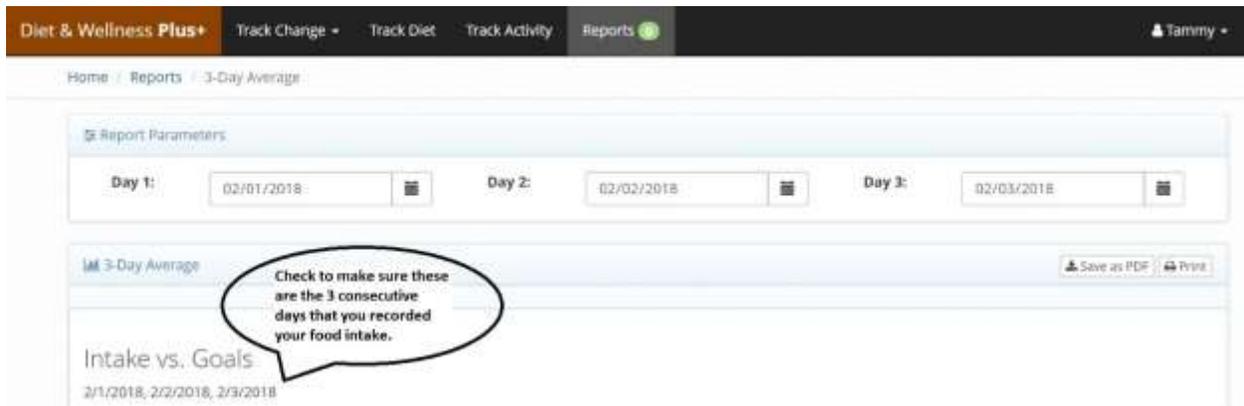
- REPORTS:** Once all 3 days have been entered you will generate your 3 day average report. Select the “Reports” button from the list. Then select the “3-Day Average” report.



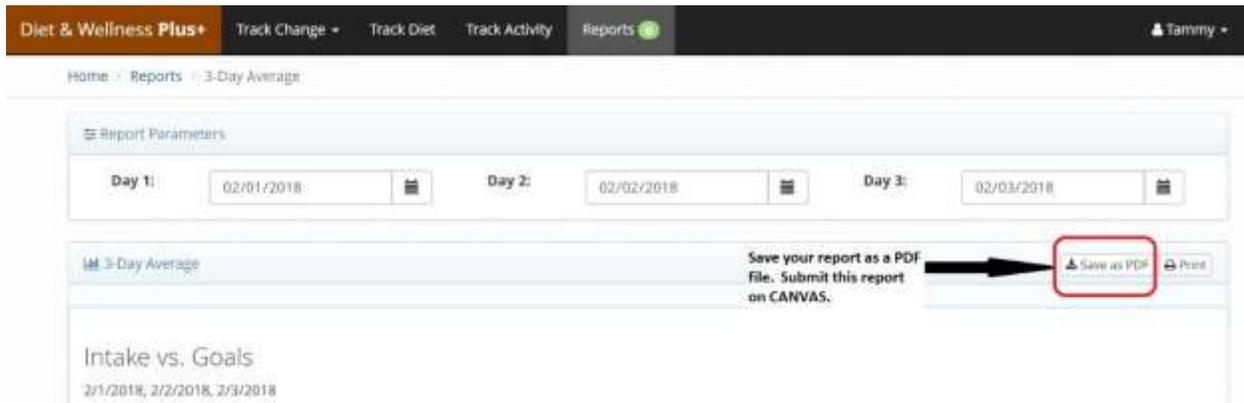
On the 3-Day Average page you will need to enter in the dates for each of the 3 days you entered your intake. After selecting the 3 consecutive dates, hit “Done” on each day. Your 3-Day Average report will be generated.



This is the report you will turn in for this part of the assignment. Check the dates that are listed on the report to verify that these are the dates you recorded your intake. Scroll through the report and you will find: (a.) your 3 day average intake compared to your DRI needs, (b.) your DRI recommendations, (c.) your macronutrient intake comparison, and (d.) nutrient spreadsheets for all the foods you consumed. You will be submitting the report for grading through CANVAS and do not need to print out the report. If you choose to print the report know that the printout will be between 15-25 pages.



To submit the assignment in CANVAS, save the report as a PDF file as shown here.



Upload the PDF file into CANVAS as your assignment. Once graded you may have to make some adjustments to your report but for now you are DONE!