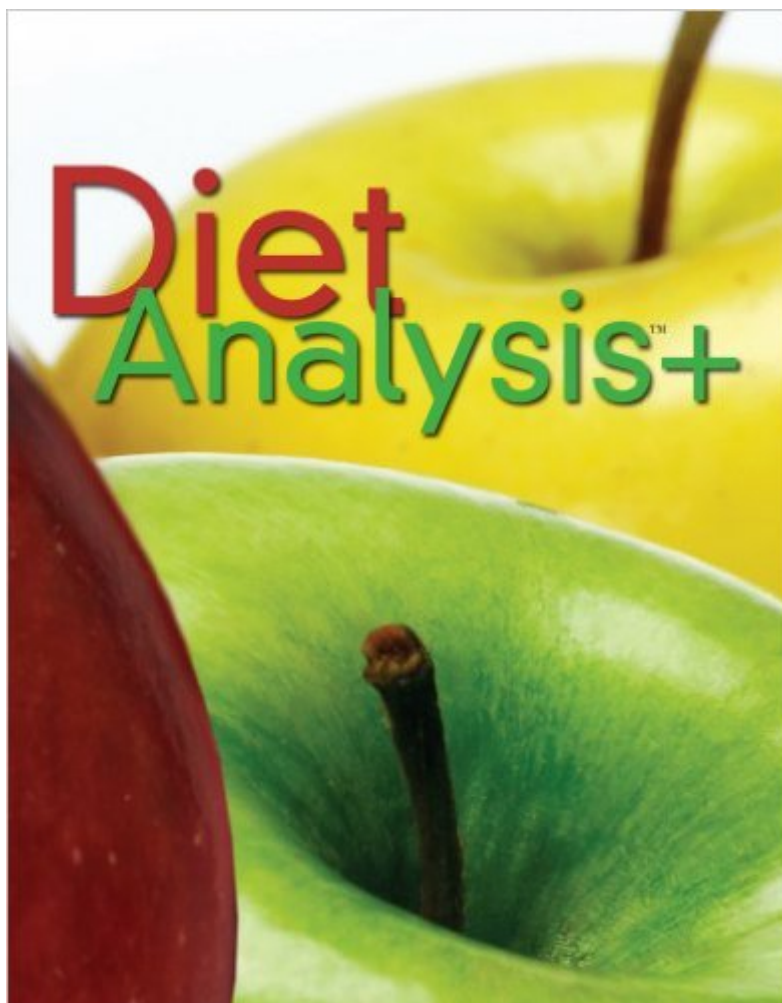


The book was found

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

Printed Access Code

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Product Dimensions: 0.1 x 5 x 7.5 inches

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Average Customer Review: 3.8 out of 5 stars Â See all reviews Â (131 customer reviews)

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Customer Reviews

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 +.

This was a required item for a nutrition class. Seems to me that the publishers are more concerned about brand name product placement than a good program for diet analysis. For an example, I had to put in a serving of a brand name baby food because having a fresh banana on the list seemed to escape them. For a baked potato it had to be a national fast food chain baked potato. It also came up with some erroneous figures when I put a recipe in to calculate nutritional composition. But like most required texts and/or programs, I was stuck buying what the professor wanted. It did work for my diet logs and planning, although I have no idea how accurate it was.

If you are going to take a class in a college, you better buy the online version, it has more updated information and also let you convert the college labs and reports in a pdf format with no problems, the cd doesn't let you do that. If you wanted for personal use... go for it.

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. A lot of foods/recipes that people add to the program are saved into a database, so it's nice to not 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 a lot of foods and had to type a lot of my own recipes in but price was what drew me to buy the disk.

I bought this program for a Nutrition class. We needed it for one assignment, and a major part of that assignment was analyzing the percentages of carbs/fats/protein in our diet. Apparently earlier versions of this program had this report, but this one doesn't. However, I could get that same report by entering all my food into Fitday.com or SparkPeople.com, which are, by the way, FREE. I was also annoyed that I had to scroll through 16 pages of search results to find the freaking banana. They have every banana-containing baby food under the sun listed before a plain old banana.

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.

It's a shame that I had a class that required this program that can ONLY be used for 2 semesters before it expires forever. There is a free online version similar to this diet tracking program, but sadly I was forced to shell out 40 + on this shameless program that extorts money from college students. The program itself isn't as comprehensive as it claims to be as it lacks many recipes for exotic foods. Creating your own recipes is in itself a hassle. I don't recommend this at all. Lord help you if you are a nutrition student unfortunate enough to have to purchase this access code.

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.

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