

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




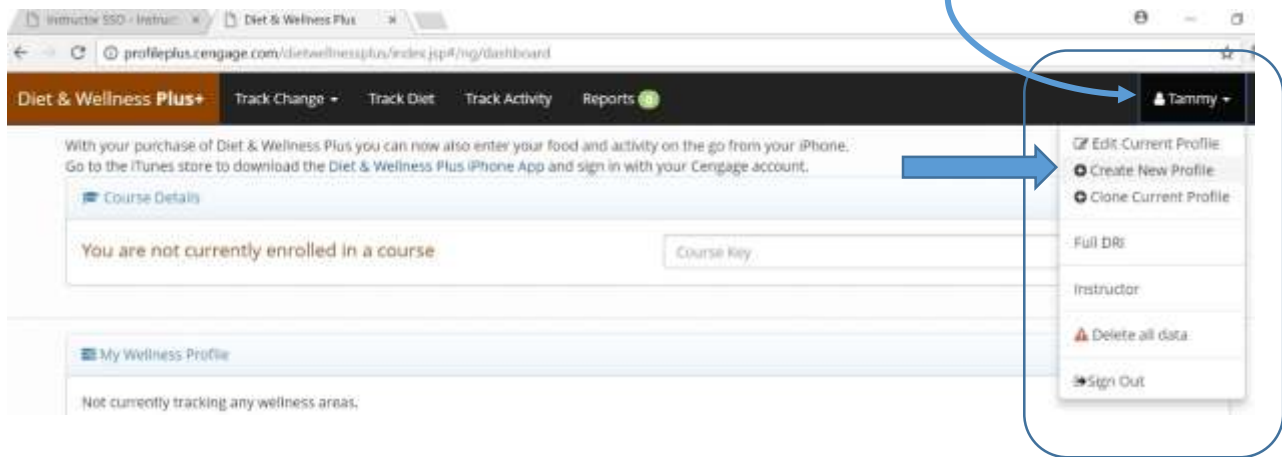
[Note: If you are sharing the Diet and Wellness app with a friend only one of you can set up an account with the access code, others using the program just need to use the email and password of the person who originated the account.]

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

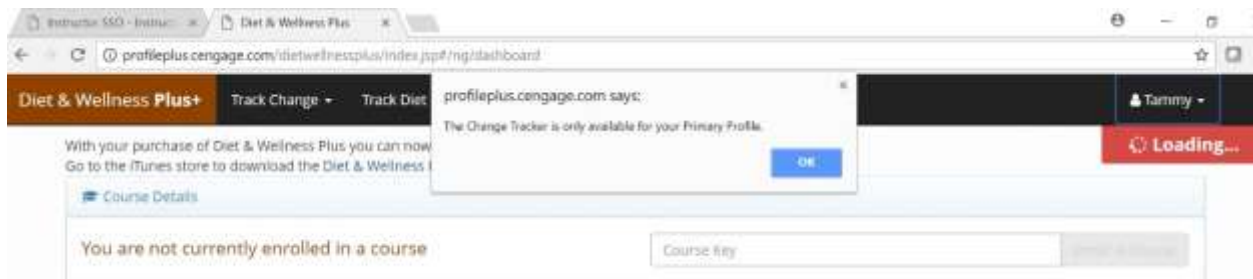


You do not need to be concerned about this.

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
 ▾

Height Inches
 ▾

Weight *

☐ Smoker

☐ Strict Vegetarian/Vegan

☒ Use long activity questionnaire

Activity Level
 ▾

Do not use.

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

Activity Level

Sedentary

Low Active = 30 – 60 minutes of moderate activity each day.

Active = more than 60 minutes of moderate activity each day.

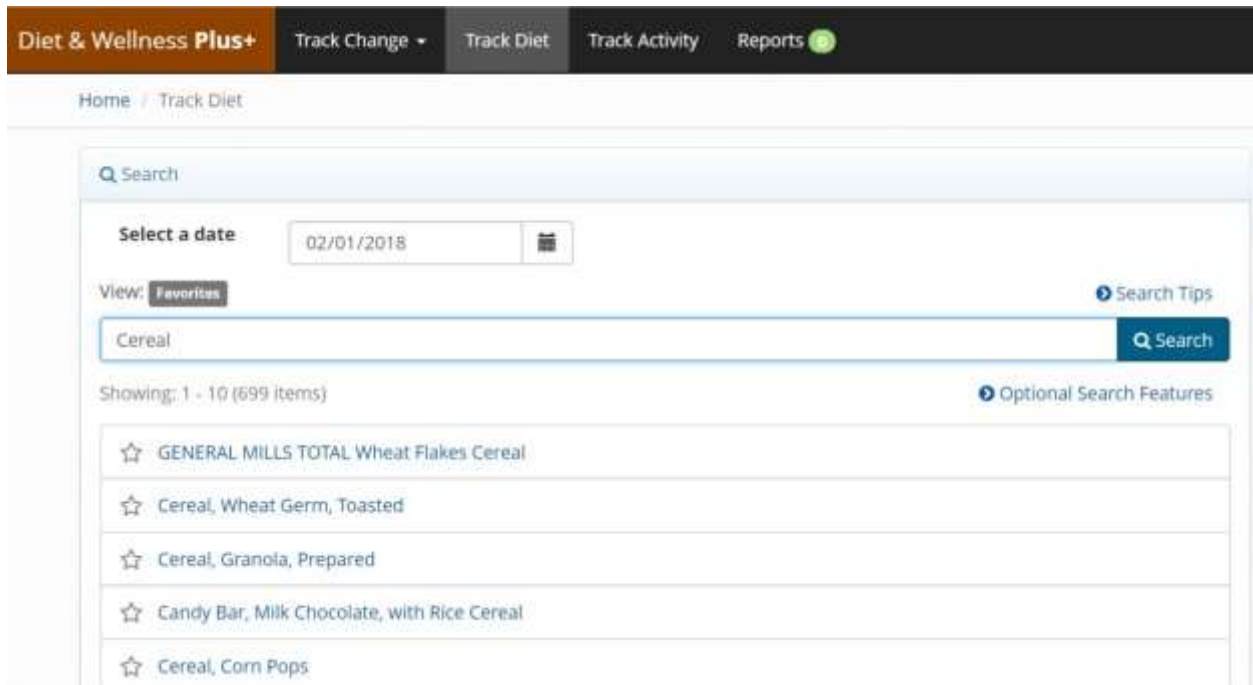
~~Very Active~~ Do not use this option, it is not accurate.

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.).

Diet & Wellness Plus+ Track Change ▾ Track Diet Track Activity Reports 6

Home / Track Diet

Q Search

Select a date 02/01/2018 

View: **Favorites** Search Tips

oat squares Being more specific will narrow down your choices faster. Q Search


Showing: 1 - 9 (9 items) Optional Search Features

- ☆ QUAKER Oatmeal Squares Cereal
- ☆ QUAKER Cereal, Oatmeal Squares, Cinnamon
- ☆ Cereal, Oat, Corn and Wheat Squares, Presweetened, Maple Flavored, Ready to Eat
- ☆ QUAKER Cereal, Oatmeal Squares, Brown Sugar
- ☆ CORAZONAS Oatmeal Squares, Banana Walnut

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.

Diet & Wellness Plus+ Track Change ▾ Track Diet Track Activity Reports 6

Q Search


Select a date 02/01/2018 


View: **Favorites** Search Tips

oat squares Q Search

[Back to Results](#)

☆ QUAKER Oatmeal Squares Cereal

I consumed:
1 cup(s) 

for:
Breakfast 

☒ Enable Serving Size Warning How big is a serving?

1. Enter the amount of the item that you consumed. It is very important to be as accurate as possible with the amount.

2. Select the meal or snack option.

3. Add the item by selecting Add Item

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.

The screenshot shows the 'Track Diet' page for a user named Tammy. The page has a navigation bar with 'Diet & Wellness Plus+', 'Track Change', 'Track Diet', 'Track Activity', and 'Reports'. Below the navigation bar, there's a search bar and a date selector set to 02/01/2018. A 'View: Favorites' button is visible. A callout box points to an information icon (i) next to the entry 'QUAKER Oatmeal Squares Cereal' under the 'Breakfast (212.2 kcal)' section. Another callout box points to an 'edit' button (pencil icon) next to the same entry. A third callout box points to a 'Search' button in the search bar.

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.

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

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.

The screenshot shows the 'Track Diet' page with a calendar overlay. The calendar is for February 2018, and the date 02/02/2018 is selected. A callout box points to the date selector, stating: 'To record what you ate on day 2 or day 3 you need to change the date on the calendar.' The page also shows a 'My Meals' section with the message 'You have not recorded'.

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

3. **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.

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

My Assignments

Name	Status	Action
You currently have no report assignments.		

Diet & Activity Reports ⓘ

Energy Balance	Intake Spreadsheet
Daily Activity Log	Intake vs. Goals
MyPlate Analysis	Source Analysis
Exchanges Spreadsheet	Daily Food Log
Fat Breakdown	Nutrient Search
Activities Spreadsheet	Macronutrient Ranges
DRI Report	3-Day Average

Behavioral Reports

Select this option for the type of 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.

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

Home / Reports / 3-Day Average

Report Parameters

Day 1: 02/01/2018 Day 2: 02/02/2018 Day 3: 02/03/2018

Intake vs. G
2/1/2018, 2/2/2018

Nutrient

Today Clear Done

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.

The screenshot shows the 'Diet & Wellness Plus+' interface. The top navigation bar includes 'Track Change', 'Track Diet', 'Track Activity', and 'Reports' (highlighted). The user is logged in as 'Tammy'. The breadcrumb trail is 'Home > Reports > 3-Day Average'. The 'Report Parameters' section shows 'Day 1: 02/01/2018', 'Day 2: 02/02/2018', and 'Day 3: 02/03/2018'. Below this, the '3-Day Average' section is titled 'Intake vs. Goals' for the dates '2/1/2018, 2/2/2018, 2/3/2018'. A callout box with a speech bubble points to the dates, containing the text: 'Check to make sure these are the 3 consecutive days that you recorded your food intake.' On the right side of the '3-Day Average' section, there are buttons for 'Save as PDF' and 'Print'.

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

This screenshot is similar to the one above, but with an additional instruction. A text box on the right side of the '3-Day Average' section reads: 'Save your report as a PDF file. Submit this report on CANVAS.' A black arrow points from this text box to the 'Save as PDF' button, which is highlighted with a red rectangular box. The 'Print' button is also visible next to it.

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!