



How to Conduct NutriBase Food Lookups (Searches)

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Help Search

When you create a Recipe, add items to a Food Log, create a Meal, or build a Meal Plan, you will need to look up foods. When you are in the Recipes, Food Log, Meals, or Meal Plan Tabs, the bottom portion of the window will look something like this:

NutriBase Search Screen

This up arrow indicates that your Food Item Search options are visible.

Click here to select your Search Type.

Click here to enter the name of the food item you are looking for.

Click this SearchButton to start your search.

Drag this section up and down to resize your Search Screen.

Click one of the buttons on this row (use down arrows when appropriate) to determine which types of data you will confine your searches to.

Search type: Advanced food item search

Search for: tomato

Search across: USDA Canadian Brand PFI PUF PUI My Recipes NB Recipes Meals

Food Name /	Description	Brand	Serving Size	Gram Weight	Calories	Food Energy (kj)	Protein (g)	Calories from Pro.
MAYONNAISE, MADE W/TOFU			1 tbsp	15.0	48.3	202.087	0.876	3
MAYONNAISE, MADE W/TOFU			100 grams	100.0	322.0	1347.248	5.84	23.3
MAYONNAISE, MADE W/TOFU			1 cup	240.0	772.8	3233.395	14.016	56.0
TOFU YOGURT			100 grams	100.0	94.0	393.296	3.5	13.9
TOFU YOGURT			1 cup	262.0	246.28	1030.436	9.17	36.6
TOFU, EXTRA FIRM W/NIGARI	prep w/nigari		0.2 block	91.0	82.81	346.477	9.0	31.2
TOFU, EXTRA FIRM W/NIGARI	prep w/nigari		100 grams	100.0	91.0	380.744	9.89	34.3
TOFU, FIRM, NIGAN	prep w/CA sulfate & MG chloride		1/4 block	81.0	56.7	237.233	6.634	23.0
TOFU, FIRM, NIGAN	prep w/CA sulfate & MG chloride		100 grams	100.0	70.0	292.88	8.19	28.4
TOFU, FIRM, NIGAN	prep w/CA sulfate & MG chloride		1/2 cup	126.0	88.2	369.029	10.319	35.8
TOFU, FIRM, RAW	prep w/CA sulfate		1/4 block	81.0	117.45	491.411	12.782	44.3
TOFU, FIRM, RAW	prep w/CA sulfate		100 grams	100.0	145.0	606.68	15.78	51.7

Click here to see all abbreviations used in the nutrient data.

When you have mouse options such as RMC (Right Mouse Click), Drag and Drop, Ctrl (for multi-select), or Shift (to select a range), they are indicated here.

Click the "Add selected item" Button to add the selected food item.

Click here to view all the nutrient data for the selected item.

Click here to add the selected item to your Personal Food Items.

This section allows you to conduct a search within your original search results. Type the name of the word you wish to find and click the appropriate Find button. Click the Highlight button to highlight all occurrences of the word you typed in.

AND search (all words found)

Database fields to search

- Food Name
- Brand
- Comment
- Serving Unit (cups, tsp etc.)

Food categories (All)

Click this button to select which Food Categories across which you want to conduct your search.

Abbreviations

RMC Drag Ctrl Shift

Add selected item View item details Add to my PFI

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Take a look at the Food Lookups "panel." This panel allows you to do all the things you need to do to conduct NutriBase searches. Clicking the down arrow on the Search Types reveals the many types of NutriBase searches you can perform.

Search type: Food name search

Search for: apple raw

Search across: USDA Canadian Brand PFI PUF PUI My Recipes NB Recipes Meals

Food Name (38 foods) /	Description	Brand	Serving Size	Gram Weight	Calories	Food Energy (kj)	Protein (g)
APPLE W/O SKIN, RAW	4 1/2" diameter		1 small	132.0	63.36	264.0	0.356
APPLE W/O SKIN, RAW	4 1/4" diameter		1 large	216.0	103.68	432.0	0.583

Food name search

Brand name search

Advanced food item search

View

Query

Nutrient density view

Food ID search

Global ranking

Click the down arrow of the Search Type Edit box to display the drop down menu of NutriBase search types. The following text gives you a quick rundown of the various search types you have at your disposal:

Search type: Food name search

- Food name search
- Brand name search
- Advanced food item search
- View
- Query
- Nutrient density view
- Food ID search
- Global ranking

- [Food Name Search](#) - You can type in a "search string" (a string of characters you are looking for in a food name) and search across one or more nutrient databases for foods that contain your search string.
- [Brand Name Search](#) - Type in a brand name (or partial brand name) and locate all foods in the databases you have selected that contain your search string. This will let you find all foods that have a brand name of say, "Taco Bell."
- [View Search](#) - This type of search will allow you to select a food category and view them in your search results screen. This allows you to view all foods in, say, your Beverages category. You can also restrict your View to subcategories

(alcoholic, carbonated, juices, etc.) if you like. By default, the foods are displayed alphabetically.

4. [Nutrient Density View](#) - This lets you view nutrient information for a category of foods based on a specific gram weight of each food item or upon a specific calorie level of each food item. This gives you an apples-to-apples comparison of the nutrients in a large number of foods.
5. [Food ID Search](#) - Every food item in NutriBase has a unique identifying number. This type of search allows you to locate any food item by its unique identifier. NutriBase uses a similar identifying number system that the USDA uses.
6. [Global Ranking Search](#) - This search allows you to rank (sort) all foods in all the databases and food categories from high-to-low or low-to-high based on the food's values for any particular nutrient.
7. [Advanced Food Item Search](#) - This type of search allows you to specify which databases you want to search across. It also lets you choose the food categories you want to limit your searches to (Fruits, Vegetables, Beverages, etc.). It also lets you select which columns of information NutriBase will search across - you can include the Food Name Column, the Brand Name Column, and/or the Description Column (which provides additional information about the Food name). You can also select whether you will demand an AND type search or an OR type search. For example, if your search string contains "American cheese nonfat" and you select an AND type search, all "hits" must contain all three words. If you selected and OR type search, you will find the foods that contain any of these three words.
8. [Query Search](#) - This is a Boolean AND search. It lets you perform "data mining" in the NutriBase Nutrient databases.

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