

## What is a NutriBase Meal?

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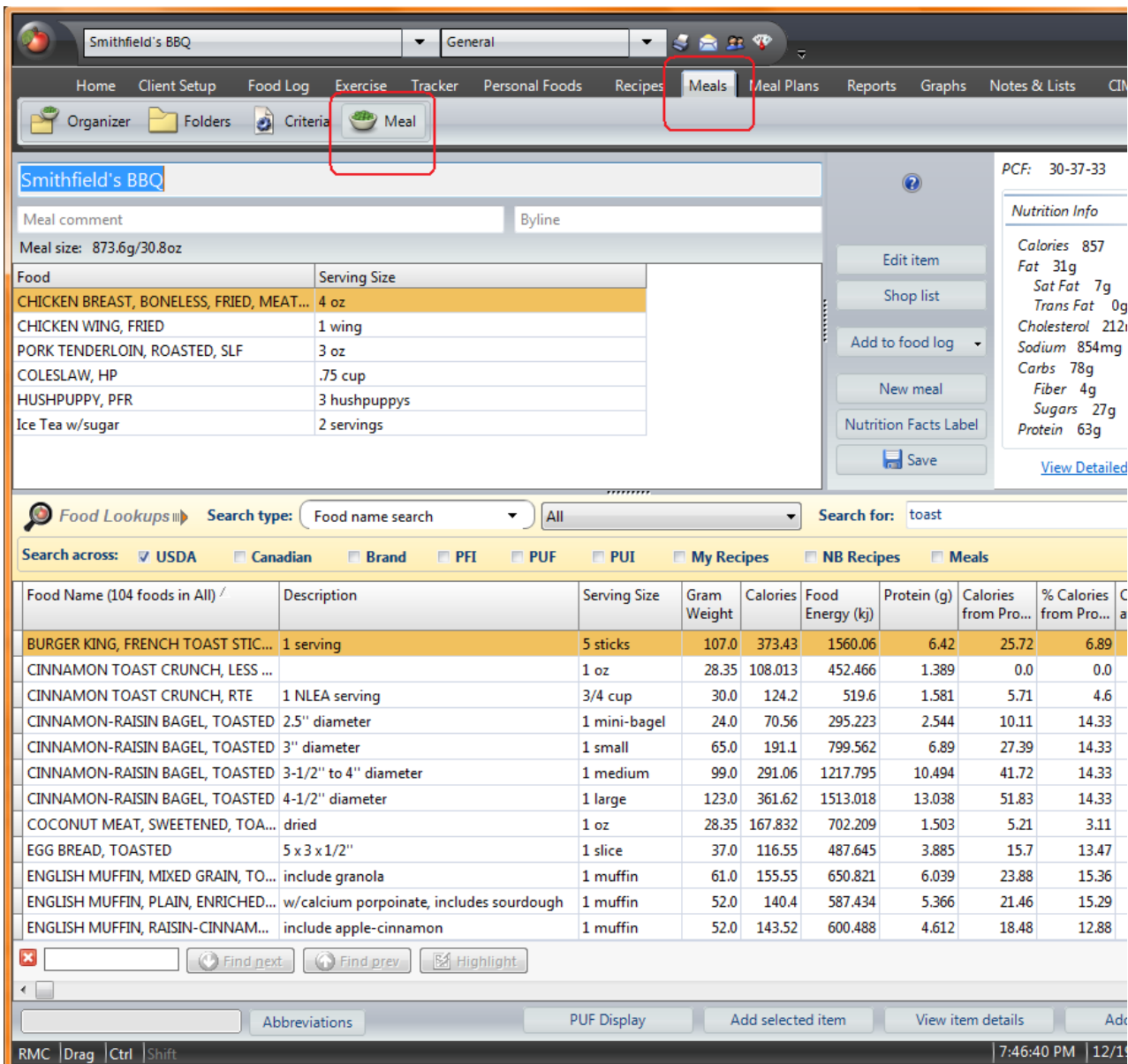
A NutriBase Meal is a combination of food items from the nutrient database, Personal Food Items (PFI's) and Recipes.

Meals are saved into one of three Meal and three snacks a day.

Suppose you wanted to create a Meal Plan for some special need. A NutriBase Meal Plan is a collection of up to three Meals and three snacks for up to four weeks.

You could create a set of Recipes that address this special need. You could combine these Recipes with database food items and PFI's to create Meals. Then you could use these Meals as the building blocks for your Meal Plans.

This is the Meal window of the Meals Tab:



Smithfield's BBQ

Meal comment: \_\_\_\_\_ Byline: \_\_\_\_\_

Meal size: 873.6g/30.8oz

Food	Serving Size
CHICKEN BREAST, BONELESS, FRIED, MEAT...	4 oz
CHICKEN WING, FRIED	1 wing
PORK TENDERLOIN, ROASTED, SLF	3 oz
COLESLAW, HP	.75 cup
HUSHPUPPY, PFR	3 hushpuppys
Ice Tea w/sugar	2 servings

PCF: 30-37-33

**Nutrition Info**

Calories 857  
 Fat 31g  
 Sat Fat 7g  
 Trans Fat 0g  
 Cholesterol 212mg  
 Sodium 854mg  
 Carbs 78g  
 Fiber 4g  
 Sugars 27g  
 Protein 63g

[View Detailed](#)

Food Lookups Search type: Food name search Search for: toast

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

Food Name (104 foods in All) /	Description	Serving Size	Gram Weight	Calories	Food Energy (kj)	Protein (g)	Calories from Pro...	% Calories from Pro...	C a
BURGER KING, FRENCH TOAST STIC...	1 serving	5 sticks	107.0	373.43	1560.06	6.42	25.72	6.89	
CINNAMON TOAST CRUNCH, LESS ...		1 oz	28.35	108.013	452.466	1.389	0.0	0.0	
CINNAMON TOAST CRUNCH, RTE	1 NLEA serving	3/4 cup	30.0	124.2	519.6	1.581	5.71	4.6	
CINNAMON-RAISIN BAGEL, TOASTED	2.5" diameter	1 mini-bagel	24.0	70.56	295.223	2.544	10.11	14.33	
CINNAMON-RAISIN BAGEL, TOASTED	3" diameter	1 small	65.0	191.1	799.562	6.89	27.39	14.33	
CINNAMON-RAISIN BAGEL, TOASTED	3-1/2" to 4" diameter	1 medium	99.0	291.06	1217.795	10.494	41.72	14.33	
CINNAMON-RAISIN BAGEL, TOASTED	4-1/2" diameter	1 large	123.0	361.62	1513.018	13.038	51.83	14.33	
COCONUT MEAT, SWEETENED, TOA...	dried	1 oz	28.35	167.832	702.209	1.503	5.21	3.11	
EGG BREAD, TOASTED	5 x 3 x 1/2"	1 slice	37.0	116.55	487.645	3.885	15.7	13.47	
ENGLISH MUFFIN, MIXED GRAIN, TO...	include granola	1 muffin	61.0	155.55	650.821	6.039	23.88	15.36	
ENGLISH MUFFIN, PLAIN, ENRICHED...	w/calcium porpoinate, includes sourdough	1 muffin	52.0	140.4	587.434	5.366	21.46	15.29	
ENGLISH MUFFIN, RAISIN-CINNAM...	include apple-cinnamon	1 muffin	52.0	143.52	600.488	4.612	18.48	12.88	


Find next Find prev Highlight

Abbreviations PUF Display Add selected item View item details

RMC Drag Ctrl Shift 7:46:40 PM 12/11

As explained, a NutriBase Meal is a combination of food items that represent a single Meal or snack. Here are the things you can do from this window:

- 1) Create a Meal by combining Recipes, database items, and/or personal foods you have added to NutriBase.
- 2) Edit the Meal, add its ingredients to your shopping list, calculate its cost, or print it out.
- 3) Generate a Nutrition Facts Label for your Meal.
- 4) Copy your Meal to your Food Log (or anyone else's).
- 5) Copy your Meal into a NutriBase Meal Plan (which is a collection of three Meals and three snacks a day for four weeks).

 In NutriBase, you access nearly all software functions via the right click. This approach saves screen space and unclutters the interface... it also makes it easy to quickly view, understand, and implement your options. Take a moment to point at the various

sections of the window shown above and right click to list your options... this is a very good way to learn what you can do where. Try this in all the NutriBase windows that you visit.

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