

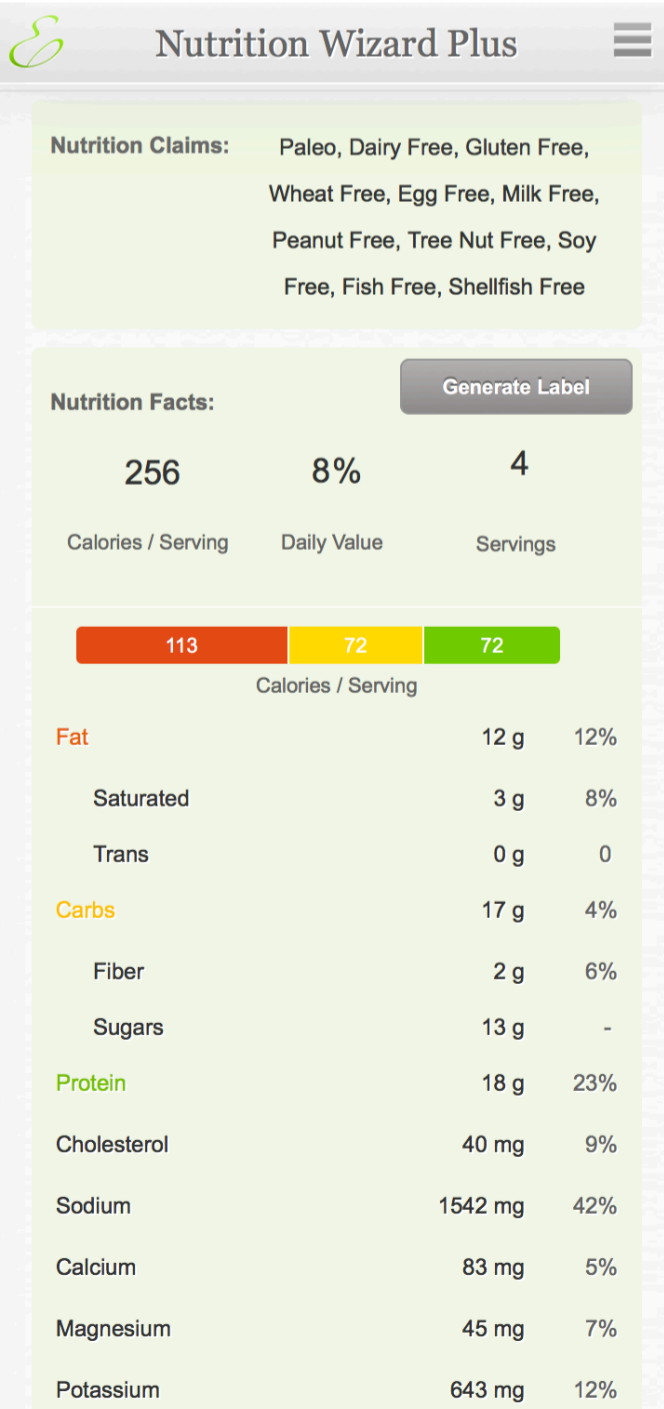
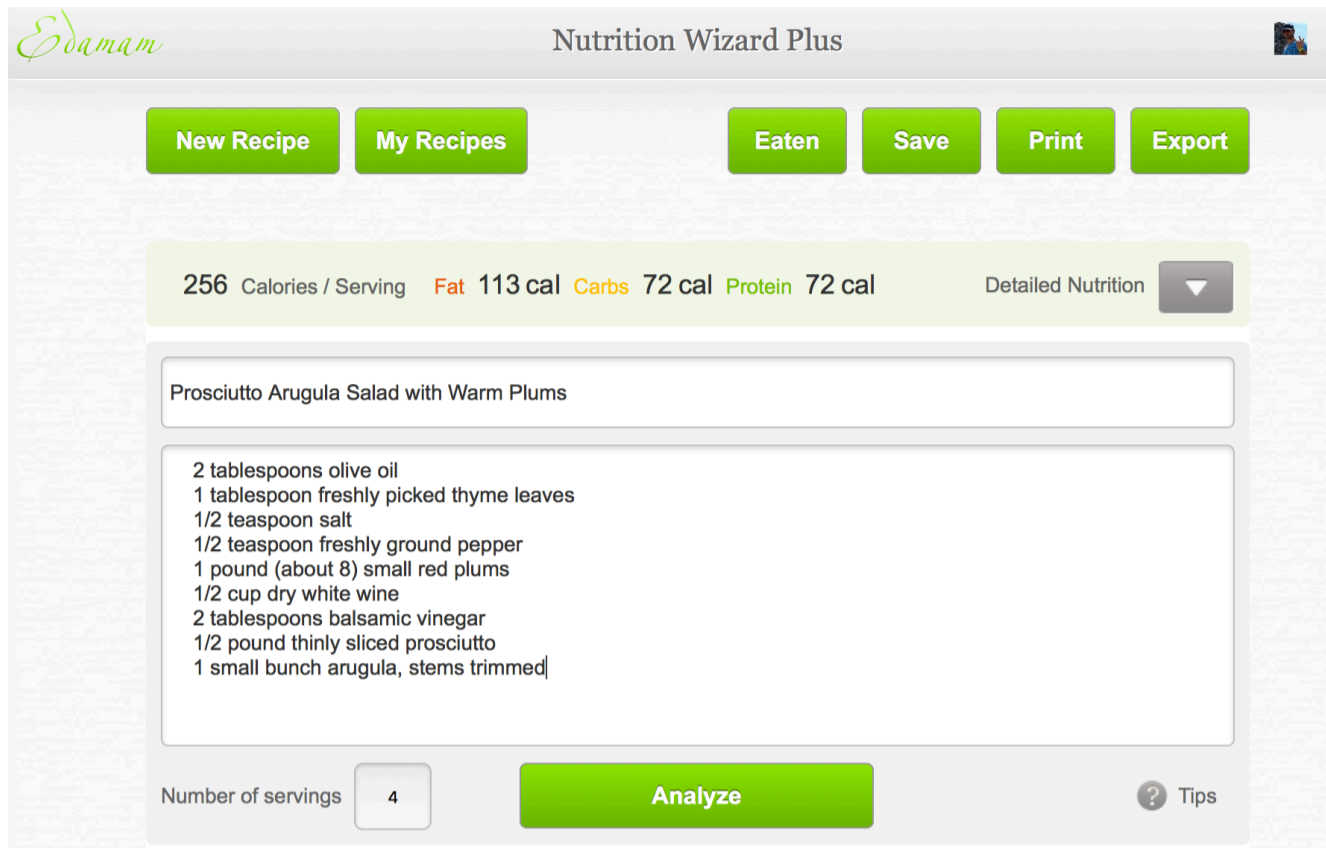


Nutrition Analysis Wizard

What Is It

Edamam's Nutrition Analysis Wizard provides real-time, highly accurate nutrition analysis of any recipe or ingredient list.

It is a tool to track calorie and nutrient intake for home cooked meals to assist an actively managed diet for either health or wellness reasons.



How Does It Work

- Type or copy/paste the ingredients of a meals and select number of servings
- Analyze with one click to display nutrient content and diet appropriateness
- Record the meal as Eaten with specific date/time and servings

The Data

- The Nutrition Wizard provides nutrient content for calories, macronutrients (protein, fat, carbs) and 20+ micronutrients (minerals and vitamins)
- In addition meals are tagged for all major diets and allergen (low sugar, gluten-free, vegan, etc.)
- Daily nutrient intake percentages are also calculated and can be personalized based on a user's height, weight, age, gender and activity level

Benefits

- Users get **instant nutrient content data** for meals they cook and eat
- **Food tracking** for the 50%+ meals eaten at home is a click away
- The data is actionable and can **inform food choices** as to serving size, ingredient use and recipes prepared
- Over time, it leads to behavior change and **healthier eating habits** and lifestyle

“The ease of data entry is a big advantage

Jane Freeman, RD and Sports Nutritionist