Bdamam

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.

Ċ	5 Nutri	tion Wizar	d Plus	=				
	Nutrition Claims: Paleo, Dairy Free, Gluten Free, Wheat Free, Egg Free, Milk Free, Peanut Free, Tree Nut Free, Soy Free, Fish Free, Shellfish Free							
	Nutrition Facts:		Generate Label					
	256	8%	4					
	Calories / Serving	Daily Value	Servings	5				
	113	72	72					
		Calories / Serving						
	Fat		12 g	12%				
	Saturated		3 g	8%				
	Trans		0 g	0				
	Carbs		17 g	4%				
	Fiber		2 g	6%				
	Sugars		13 g	-				
	Protein		18 g	23%				
	Cholesterol		40 mg	9%				
	Sodium		1542 mg	42%				
	Calcium		83 mg	5%				
	Magnesium		45 mg	7%				
	Potassium		643 mg	12%				

V	Nutrition Wizard Plus				
New Recipe	My Recipes	Eaten	Save	Print	Ехро
256 Calories / S	erving Fat 113 cal Car	bs 72 cal Protein 72 ca	al	Detailed Nutritic	on 🔽
Prosciutto Arugula	Salad with Warm Plums				
1/2 teaspoon sal 1/2 teaspoon free 1 pound (about 8 1/2 cup dry white 2 tablespoons ba 1/2 pound thinly	shly picked thyme leaves t shly ground pepper s) small red plums wine alsamic vinegar				
Number of servings	4	Analyze			Tip

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
- <u>Food tracking</u> for the 50%+ meals eaten at home is a click away
- The data is actionable and can <u>inform</u> <u>food choices</u> as to serving size, ingredient use and recipes prepared
- Over time, it leads to behavior change and <u>healthier eating habits</u> and lifestyle

"The ease of data entry is a big advantage"

Jane Freeman, RD and Sports Nutritionist