Today,

I want to show you a quick feature that I really like about MyDietAnalysis.

I'm in the Diet tab and when you click on Day 2, of whatever day that you want to add food for, I can search.

Suppose you went to a restaurant I really like that you can search exactly like where you went and like how many calories it is.

So if you just search up Taco Bell, you get a ton of different options and I ate a cheese quesadilla at taco bell today.

So I'm going to pick “cheese quesadilla.”

So one of my favorite parts is whenever you're putting in the food that you've eaten throughout the day, you can be super specific with it.

So for example, I'll go to my lunch and the other day I had Chick-Fil-A for lunch and I could put in Chick-Fil-A chicken
nuggets, Chick-Fil-A waffle fries
and even the sauce that I had with it.

Now the Quick Select tool
is extremely helpful
because sometimes, at least for me,
I tend to eat the same thing
for breakfast every day,
so I'll usually have fruit juice
and some scrambled eggs or something
like that, so I can quick select.
And then here I can add it to the day.

One of the most interesting functions
I found in
this application was the Reports section.

Although the reports are fairly
simple in design,
they're really efficient
in highlighting tiny details in my diet.
My favorite report is probably the Energy Balance.
Personally, I'm a visual learner,
so these are the scale
graphic helps me to visualize
deficiencies in my diet.
00:01:26:01 - 00:01:30:01
My favorite is the Actual Intakes vs Recommended Intakes.

00:01:30:02 - 00:01:32:19
So we're going to take a look at that.

00:01:32:19 - 00:01:37:02
Here it shows a variety of nutrients and it demonstrates

00:01:37:02 - 00:01:39:00
your actual versus recommended.

00:01:39:00 - 00:01:42:00
Based upon the information which you put into your profile,

00:01:42:00 - 00:01:44:04
your weight and height and everything like that.

00:01:44:04 - 00:01:47:24
And then based off of that information, it gives you your percentage on

00:01:48:00 - 00:01:49:11
how much you're hitting each day.

00:01:49:11 - 00:01:53:08
It also shows the recommendation of what you really should be intaking based

00:01:53:08 - 00:01:58:20
on your weight and height, which for me is super informative because before doing this

00:01:59:04 - 00:02:02:24
I had no idea what the recommendation was. But I really think that this helps me

00:02:03:00 - 00:02:06:21
with balancing my diet and making sure that I'm keeping myself

00:02:06:21 - 00:02:08:12
healthy and this has improved

00:02:08:12 - 00:02:12:13
part of my personal life
because I play tennis at Rutgers.

00:02:12:13 – 00:02:15:12
So this is definitely helping me maintain

00:02:15:16 – 00:02:19:09
a healthy body
while I'm involved in a sport.

00:02:19:15 – 00:02:23:10
MyDietAnalysis in general is really
helpful, especially for college students

00:02:23:18 – 00:02:27:19
that are living really busy lives,
you know, with classes, exams, finals.

00:02:27:19 – 00:02:28:17
This is a really good way

00:02:28:17 – 00:02:33:02
to keep track of what you're eating and,
you know, maintain good health.

00:02:33:05 – 00:02:36:11
Overall, MyDietAnalysis
has really helped me keep track

00:02:36:11 – 00:02:40:20
of what I'm in taking for every meal
throughout the day, as well as my activity

00:02:40:20 – 00:02:44:02
levels, making it really easy
to use and super helpful

00:02:44:02 – 00:02:45:02
altogether.