

New Changes Coming to Abington Hospital's Pavilion Grille Cafeteria

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Summer Co-Op

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Part 1: Nutritional Analysis

- Nutrition Information (Calories, CHO, Total Fat, Saturated Fat, Sodium, and Protein) provided for all food items in the cafeteria using the software system: Diet Analysis Plus.
- Example-Slice of Regular Cheese Pizza
 - 225 calories, 31g CHO, 8g Total Fat, 4g Saturated Fat, 512mg Sodium, 12g Protein



The screenshot displays the Diet Analysis Plus web application. At the top, there is a navigation bar with links for Home, Track Diet, Track Activity, Reports, Labs, Resources, and Instructor. Below this is a yellow banner with a message about tracking diet and activities via a smartphone. The main content area is divided into two columns. The left column, titled 'My Profile', shows user information: Active Profile (AliTest), Height (5 ft. 7 inches), Weight (130.0 lbs.), Age (29 years), BMI (20.4), Gender (Female), Pregnancy (Not Pregnant), Activity Level (Low Active), Smoker (Yes), and Strict Vegetarian/Vegan (No). The right column, titled 'Dietary Reference Intakes', lists various nutrients and their values: Kilocalories (2055 kilocalorie(s)), Protein (47.17 gram(s)), Carbohydrate (225.0 - 325.0 gram(s)), Fat, Total (44.0 - 77.0 gram(s)), Cholesterol (< 300 milligram(s)), Omega-6 Linoleic (12 gram(s)), Omega-3 Linolenic (1.1 gram(s)), Dietary Fiber, Total (25 gram(s)), Water (2.7 liter(s)), and Alcohol (* gram(s)). A 'View Full DRI' button is located next to the Dietary Reference Intakes section.

Diet Analysis PLUS+

Profile: AliTest | Tutorial | Help | Logout

Home | Track Diet | Track Activity | Reports | Labs | Resources | Instructor

Now you can easily track your Diet and Activities while on the go via your smartphone by going to <http://daplus10.cengage.com/DAPlus10>

Welcome to Diet Analysis Plus

My Profile

Active Profile: AliTest

Height: 5 ft. 7 inches

Weight: 130.0 lbs.

Age: 29 years

BMI: 20.4

Gender: Female

Pregnancy: Not Pregnant

Activity Level: Low Active

Smoker: Yes

Strict Vegetarian/Vegan: No

Dietary Reference Intakes

[View Full DRI](#)

Kilocalories: 2055 kilocalorie(s)

Protein: 47.17 gram(s)

Carbohydrate: 225.0 - 325.0 gram(s)

Fat, Total: 44.0 - 77.0 gram(s)

Cholesterol: < 300 milligram(s)

Omega-6 Linoleic: 12 gram(s)

Omega-3 Linolenic: 1.1 gram(s)

Dietary Fiber, Total: 25 gram(s)

Water: 2.7 liter(s)

Alcohol: * gram(s)

Part 2: Nutrition Fun Facts

- Fun and informative facts will be flashed across each board.
- 500+ gathered; FDA, CDC, Academy of Nutrition and Dietetics
- Categories include: Fruits, Vegetables, Dairy Products, Oils and Fats, Fiber, Added Sugar and Calories, Portion Sizes, Healthy Tips etc.

Examples:

“An avocado has twice as much potassium as a banana.”

“Consuming one 8 oz. can of soda everyday can translate into about eight pounds of weight gain a year.”

Questions?