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Individual and Family Nutrition Consultant

## **FOR NUTRITION AND INTAKE PATTERN ANALYSIS:**

We are going to use Nutrihand<sup>®</sup> to record the foods you typically consume. The emphasis needs to be a documentation of “typical” intake in order to assess what is being consumed on a routine basis. This will allow us to take a better look at your current habits and identify what changes need to be made. Please do not eat more, less or differently during this time, as it will not give us a good baseline on intake prior to intervention.

Use the Nutrihand<sup>®</sup> program to enter your diet information for at least 3 days and a maximum of 7 days. [If you do enter the minimum of 3 days, try and choose 2 weekdays and one weekend day if time prior to your appointment allows.]

To get started:

1. Log on by going to <https://www.nutrihand.com/Nutrihand/login.do>.
2. Enter **your email address as the username** and **“nutrihand” in lower case as your password**.
3. Right under the “Welcome” notice, you will see 2 things listed. The first one says, “Track your meals or follow a plan.” Click that link. This is where you will log food and drinks.
4. I highly recommend watching this 5-minute tutorial on how to log so you are clear on how to accomplish this report: <http://www.nutrihand-inc.com/tutorial/mealtracking.swf>. Then you'll be ready to go!

Please e-mail Angela at [angela@angelalemond.com](mailto:angela@angelalemond.com) once you have completed this log so she can analyze the report. Angela will have your results at the appointment.

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