



## MyDietAnalysis

[Profile](#)[Diet](#)[Activity](#)[Reports](#)[My Class](#)

Steven Street

Maintain weight

Active

2,200 Cal

### 1. Find or create food, then add to diet

[Search](#)[Quick select](#)[Create food](#)[Create recipe](#)

Select meal to add food

Breakfast

[Add to diet](#)

Search by name, brand or description

Last search to

Search results: 10 items

Food

Serving

Cal

Info

 English muffin, whole wheat, toasted (1/2)

1 slice

88



### 2. Add days and refine diet – Day 1



Day 1



Add food to other days

[Delete](#)[Select days](#)[Add to days](#)

▼ Breakfast

Food

Add

Use

 Bread, whole, toasted, with butter

10

slice

88

# Mydietanalysis Login

**ANONIMO**

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Mydietanalysis 4.0 Student Access Code Card Benjamin Cummings,Esha,2009-11-19 **Sicence Nutrition&**

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**Mydietanalysis 3.0** Joan Salge Blake,2011-07-29 This package contains the following components 0321667697

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