00:00:02:24 — 00:00:03:07
Today,

00:00:03:07 — 00:00:08:02
I want to show you a quick feature
that I really like about MyDietAnalysis.

00:00:08:06 — 00:00:14:05
I'm in the Diet tab
and when you click on Day 2,

00:00:14:05 — 00:00:17:22
of whatever day that you want to add
food for, I can search.

00:00:18:07 — 00:00:20:01
Suppose you went to a restaurant
I really like that

00:00:20:01 — 00:00:24:12
you can search exactly like where you went
and like how many calories it is.

00:00:24:24 — 00:00:29:00
So if you just search up Taco Bell,
you get a ton of different options

00:00:29:00 — 00:00:32:17
and I ate a cheese
quesadilla at taco bell today.

00:00:32:17 — 00:00:34:20
So I'm going to pick "cheese quesadilla."

00:00:34:20 — 00:00:38:05
So one of my favorite parts
is whenever you're putting in the food

00:00:38:05 — 00:00:41:16
that you've eaten throughout the day,
you can be super specific with it.

00:00:41:16 — 00:00:44:14
So for example,
I'll go to my lunch and the other day

00:00:44:14 — 00:00:48:03
I had Chick-Fil-A for lunch
and I could put in Chick-Fil-A chicken

00:00:48:03 — 00:00:51:22
nuggets, Chick-Fil-A waffle fries
and even the sauce that I had with it.

00:00:51:23 — 00:00:54:20
Now the Quick Select tool
is extremely helpful

00:00:55:02 — 00:00:58:20
because sometimes, at least for me,
I tend to eat the same thing

00:00:58:20 — 00:01:02:10
for breakfast every day,
so I'll usually have fruit juice

00:01:02:10 — 00:01:07:07
and some scrambled eggs or something
like that, so I can quick select.

00:01:07:17 — 00:01:10:02
And then here I can add it to the day.

00:01:10:03 — 00:01:12:03
One of the most interesting functions
I found in

00:01:12:03 — 00:01:14:00
this application was the Reports section.

00:01:14:00 — 00:01:16:00
Although the reports are fairly
simple in design,

00:01:16:00 — 00:01:18:15
they're really efficient
in highlighting tiny details in my diet.

00:01:18:18 — 00:01:21:00
My favorite report is probably the Energy
Balance.

00:01:21:00 — 00:01:23:15
Personally, I'm a visual learner,
so these are the scale

00:01:23:15 — 00:01:25:23
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.