Instruction for DINE Healthy 3

Instructions: For this assignment, you are to keep a food record of all meals, beverages, and snacks for one day. This record should represent typical food intake for you. Once you have input and analyzed the data for the day, you are to review the extended messages to learn areas needing change. Next, create two days of food, beverage, and snacks that incorporate some of these food changes. Input and analyze the data for these two days. A DINE score of 9 for each of the two days you changed is required.

Getting Started:
1. Come to the Instructional Technology Center, 2nd Floor, College of Education Building. Inform the person at the front desk that you need to use DINE Healthy 3 for an assignment.
2. To start the program, click Start at the bottom of the screen. Go to instructional programs; go to HPE, then find DINE Healthy 3; click on DINE Healthy 3. The DINE Healthy 3 program should begin.
3. You can save your work to your locker. It is recommended that you complete the full assignment in one seating. Be sure to complete and save your personal file so that your data and analysis includes your name.

Step One: Completing Your Personal Profile

When you start DINE Healthy 3, go to "File" on the tool bar. Click "New". You will get a blank Personal Profile window that you must fill in before the Personal File is created. Your completed Personal Profile (saved) will allow you to continue into the program. Next go to edit, preference, personal, recommendations. Be sure that the recommendation diet is identified as DINE U.S. (period after U and S).

Step Two: Inputting Food Data

After you create your personal file, choose "New Record" from the Foods menu. It displays a dialog box prompting you to type a date for the new food record and verify your weight on that date. After this, you will get a new, empty food record. Set the "Sort Order" to "down", and click the "Show Totals" check box. Where the word "Display" appears, click the down arrow and highlight "Pie Chart". Then reduce the box to the bottom left portion of the screen. Be sure you identify breakfast, lunch, dinner, snacks.

To find a food, type its name in the description field and press Enter. You can double click the food to select it from the list. Adjust the quantity you ate and then click add to add this food item to your menu. After you have entered all the food you consumed and drank on that day, click the reduced "Display" bottom left of screen and review the pie chart for that day's meals. You will need to either draw the pie chart on a separate sheet of paper or cut and paste it into a Word document and print it. The DINE program will not print the pie chart out for you. When you have finished the first day, save your work and then close the first day file.

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Step Three: Getting Food Analysis

Choosing "Analyze" from the Foods menu gives you the Food Record list dialog box. In this box, you should see the date of your food record. Select that file. The General Analysis Options appear. This dialog box allows you to select what options you want to use in the food analysis. Clicking the "All Meals" button will automatically check breakfast, lunch, dinner, and snacks. Click the "Graph", "DINE Analysis", "Score Messages", and "Extended Messages". Before you print these four analyses, check the Graph to be sure all areas are filled in. If there is a break, you did not set the diet properly in the beginning and need to start all over again. You are required to print the four analyses for this food record along with the pie chart.

Step Four: Review your DINE score and read the extended messages.

Identify your DINE score (a number up to 10). Next, highlight the first sentence of each paragraph in the extended messages stating you were above/below for that nutrient. Next highlight the foods recommended for you to add/delete.

Step Five: Create two additional days that include suggested changes.

On a clean sheet of paper, plan two additional days of meals, beverages, and snacks. These two days of food intake are to incorporate changes suggested in the extended messages from your first food record. A DINE score of 9 is required for each of the two additional days.

Your completed Personal Profile (saved) will allow you to continue into the program. Next go to edit, preference, personal, recommendations. Be sure that the recommendation diet is identified as DINE U.S. (period after U and S).

Step Six: Input Food Data for the Two Additional Days

Choose "New Record" from the Foods menu. It displays a dialog box prompting you to type a date for the new food record and verify your weight on that date. After this, you will get a new, empty food record. Set the "Sort Order" to "down", and click the "Show Totals" check box. Where the word "Display" appears, click the down arrow and highlight "Pie Chart". Then reduce the box to the bottom left portion of the screen. Be sure you identify breakfast, lunch, dinner, snacks.

To find a food, type its name in the description field and press Enter. You can double click the food to select it from the list. Adjust the quantity you ate and then click add to add this food item to your menu. After you have entered all the food you consumed and drank on that day, click the reduced "Display" bottom left of screen and review the pie chart for that day's meals. You will need to either draw the pie chart on a separate sheet of paper or cut and paste it into a Word document and print it. The DINE program will not print the pie chart out for you. When you have finished the additional day, save your work and then close the file. Repeat this process for the next additional day. Go to edit, preference, personal, recommendations. Be sure that the recommendation diet is identified as DINE U.S. (period after U and S).
Step Seven: Getting Food Analysis

Choosing "Analyze" from the Foods menu gives you the Food Record list dialog box. In this box, you should see the date of your additional food records. Select one file. The General Analysis Options appear. This dialog box allows you to select what options you want to use in the food analysis. Clicking the "All Meals" button will automatically check breakfast, lunch, dinner, and snacks. Click the "Graph", "DINE Analysis", "Score Messages", and "Extended Messages". Before you print these four analyses, check the Graph to be sure all areas are filled in. If there is a break, you did not set the diet properly in the beginning and need to start all over again. Print out all four analyses for this additional day and put with the pie chart for that record.

Once you have completed analysis of the first additional day, repeat the process for the second additional day.

Remember, both DINE scores are required to be 9. If the scores are not 9, you will have to again modify the meal plans and reenter until a score of 9 is reached for both additional meal plans.