

The Value of the Nutrient Selection List

When you create recipes, meals, or meal plans, you are often trying to monitor a particular nutrient or a particular set of nutrients.

For instance, you may be interested in tracking Calories, Fat, and Sodium. If your software tracks over 160 nutrients, it could take you a while to wade through the nutrient data to locate the values for these three key nutrients. If you could control which nutrient is displayed to the screen, you could speed up your workflow by focusing only on the data you are trying to control.

If you have a Nutrient Select List (NSL), you can select the nutrients that show up in your results. You could, for instance create an NSL (Nutrient Selection List) that just lists Calories, Fat, and Sodium. This way, whenever you are viewing the nutritional information, the only nutrients displayed are the Calories, Fat and Sodium.

This approach allows you to build your recipes or meals while monitoring the most important nutrients for your particular application. This saves you time by helping you focus on the nutrients you are interested in at the time.

Whenever you record a food item as an ingredient in a recipe or meal, *NutriBase will record all the nutrients for you*. Even if you choose to display only a few nutrients to the screen, NutriBase keeps track of all nutrients. The NSL affects the display of data only.

In a nutshell, the Nutrient Selection List allows you to limit the display of nutrients in your search results to the ones you want to display. Despite this, *all nutrients are recorded for you* when you use the food items located.