

SC115 Principles of Nutrition

iProfile Instructions

Entering food information into iProfile:

1. To access iProfile, select Course Resources>>WileyPlus Resources>>WileyPLUS Read, Study & Practice.
2. Select the iProfile Mobile icon.
3. Follow the directions for “How to Use iProfile” to begin creating your individual profile.
4. There are resources in the upper right corner of the screen to help you estimate portion sizes as well as guided tour of iProfile.
5. Setup your individual profile.
6. Click on “Food Journal” tab at the top of the page.
7. Select the date for which you are entering your first day by clicking on the appropriate date on the calendar.
8. Search for the food you consumed; next, enter the serving size and last choose the meal in which you consumed it.
9. Select the date for which you are entering your foods by clicking on the appropriate date on the calendar and enter all foods consumed for that day.
10. Continue the same steps for each of the 3 days you kept a record of your food intake.
11. Click on reports and see instructions below.

Creating the Food Journal Summary report in iProfile:

1. To access iProfile, select Course Resources>>WileyPlus Resources>>WileyPLUS Read, Study & Practice.
2. Select the iProfile Mobile icon.
3. Click on the Reports tab.
4. Choose the Food Journal Summary report.
5. Select the start and end dates on the calendar on the screen.
6. Click on PDF; the report will appear in a new window as a PDF.
7. Save the report as “YourName_FoodJournalSummary.PDF” to a location on your computer you will remember.

Creating the Intake Compare to DRI report in iProfile:

1. To access iProfile, select Course Resources>>WileyPlus Resources>>WileyPLUS Read, Study & Practice.
2. Select the iProfile Mobile icon.
3. Click on the Reports tab.
4. Choose the Intake Compared to DRI report.
5. Select the start and end dates on the calendar on the screen.
6. Click on PDF; the report will appear in a new window as a PDF.
7. Save the report as “YourName_DRIRreport. PDF” to a location on your computer you will remember.