

EATracker

Eatracker is an excellent tool owned and operated by Dietitians Canada. It is quick and easy to use and available free to the public to analyze your daily food intake and favourite recipes.

How does it work?

1. Its database contains an enormous range of whole and processed foods to choose from when analyzing a current recipe or creating or modifying one.
2. Eatracker provides an analysis of the vitamins and mineral content of recipes per serve as well as the number of servings for each Canada Food Guide food group.
3. This can then be compared to the dietary reference intakes to determine the percentage of the daily recommended nutrient value your meal is providing.

The advantages

Eatracker is really beneficial when creating or modifying recipes. If you want to change one or several ingredients, you can determine how these changes have affected the nutrient composition of your recipe at the click of a button. All your recipes can be saved online and any number of MOWs employee or volunteers can have access to your saved recipes. All you need to do is set up a free account and choose a username and password and away you go to improving the nutritional value of meals and the health of your clients.