Are you striving to eat healthier & stay informed about your meals?
Use the Nutrition Calculator.

This short presentation will walk you through the steps of how to use the online nutrition calculator to develop a food planner.
Step 1:

- Visit http://ou.nutritionaddition.com/foodplanner/

- Sign up to create a food planner account by clicking the log in icon
Step 2:

- Once you’ve logged in, click on the day of which you need to log a meal.
Step 3:

- If you want to enter a new food item, click on “Add a New Meal”

- Follow the 3 steps on the Nutrition Calculator to find the foods you have eaten

- Click “Calculate Nutritional Values”
Step 4:

- Click “Add to Food Planner”
- Add the info of your meal/menu to the “last day viewed”, or to the day you consumed that meal.
What if you want to enter a food item that is not listed in the Nutrition Calculator?

1. Logon to the Food Planner, [http://ou.nutritionaddition.com/foodplanner/](http://ou.nutritionaddition.com/foodplanner/)
2. Choose the day you need to enter your meal/menu
3. Click on the “+” symbol to the right of “custom, other foods”
4. Enter all the nutrition information you know and click “save”
For more information about the Food Planner, visit the Food Planner Help/FAQs Page online or contact Dorothy Flowers at dflowers@ou.edu.