
nutritionvalue.org

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What Nutrition Value Does

What does Nutrition Value do?

- Helps find the nutrition information of a food product
- Can find top foods in categories, such as
 1. **Vitamin foods:** Folate, Vitamin B6, Vitamin C, etc.
 2. **Mineral foods:** Iron, Phosphorus, Calcium, etc.
 3. **Macronutrients:** fiber, protein, fat, etc.
 4. **Amino acids:** Cystine, Alanine, Histidine, etc.
 5. **Categories:** Baked products, Fast foods, Fruits, Poultry products
- All information comes from the USDA National Nutrient Database for Standard Reference.
- The nutritional value of cooked food products are provided for the given weight of the cooked food.

What does Nutrition Value do? (cont.)

Nutrition Value is also a

- Recipe creator
 - Calculates the nutrient value of an inputted recipe
- BMI calculator
 - BMI can be calculated in lbs/in or kg/cm

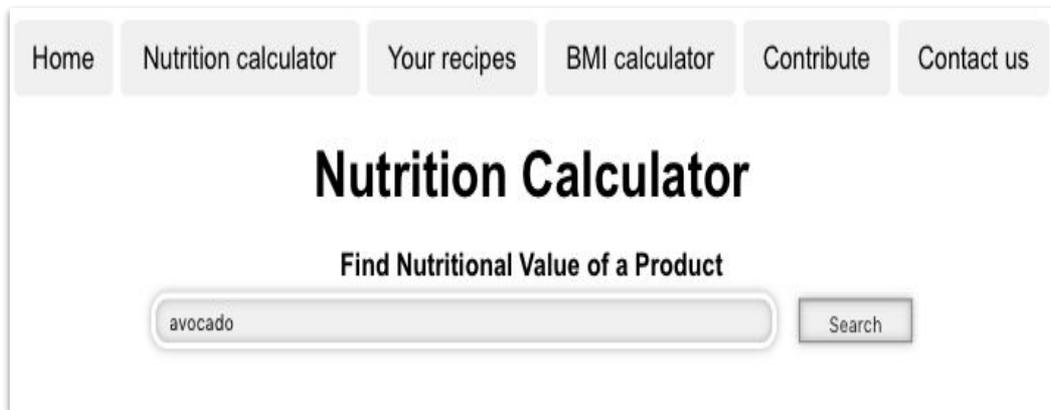
How to Use Nutrition Value

Finding the nutritional value of a product

To find the nutritional value of a product, you click on the nutrition calculator button on the top of the screen.

Next, type in the product you want to look up.

It then gives you the option to add it to a meal or to get the nutrition information of the product.



The screenshot shows the top navigation bar with buttons for Home, Nutrition calculator, Your recipes, BMI calculator, Contribute, and Contact us. Below the navigation is the main heading "Nutrition Calculator" and a sub-heading "Find Nutritional Value of a Product". A search input field contains the text "avocado" and a "Search" button is to its right.

Food Name ▲▼	Action
Avocados, Florida, raw	Add to meal
Avocados, California, raw	Add to meal
Avocados, all commercial varieties, raw	Add to meal
Oil, avocado	Add to meal

1 10 20 40

Viewing the nutrition facts of a product

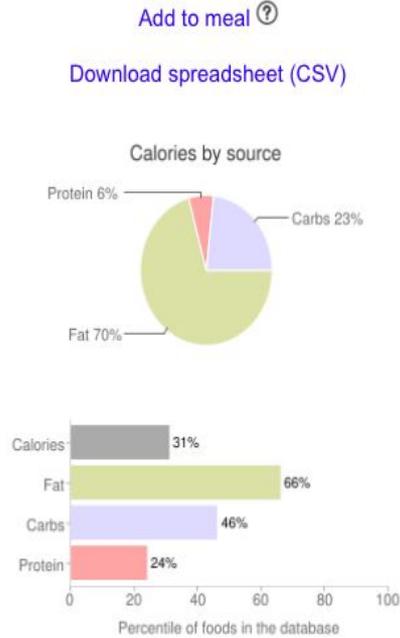
Nutrition Value gives you many options on how to view the nutrition facts of a product.

It gives you the standard nutrition facts label, a pie chart and a bar graph breaking down the calories by source.

If you scroll further down, it breaks down the vitamins, minerals, carbohydrates, fats and fatty acids, proteins and amino acids, sterols, and other nutrient information.

Viewing the nutrition facts of a product

Nutrition Facts	
Serving Size	100 g
Amount Per Serving	
Calories	120
% Daily Value	
Total Fat 10g	15 %
Saturated Fat 2g	10 %
Sodium 2mg	0 %
Total Carbohydrate 7.8g	3 %
Dietary Fiber 5.6g	22 %
Sugar 2.4g	
Protein 2.2g	4 %
Vitamin A 3 % • Vitamin C 29 %	
Calcium 1 % • Iron 1 %	
Daily values are based on 2000 calorie diet.	



Nutrition facts and calories by source

Avocados, Florida, raw nutrition facts and analysis per serving

Vitamins		
Nutrient	Amount	DV
Folate	35.00 mcg	
Folic acid	0.00 mcg	
Niacin	0.672 mg	4 %
Pantothenic acid	0.931 mg	9 %
Riboflavin	0.053 mg	3 %
Thiamin	0.021 mg	1 %
Vitamin A	140.00 IU	3 %
Vitamin A, RAE	7.00 mcg	
Carotene, alpha	27.00 mcg	
Carotene, beta	53.00 mcg	
Cryptoxanthin, beta	36.00 mcg	
Vitamin B12	0.00 mcg	0 %
Vitamin B6	0.078 mg	4 %
Vitamin C	17.4 mg	29 %
Vitamin D	0.00 IU	0 %
Vitamin E	2.66 mg	9 %
Tocopherol, alpha	2.66 mg	
Tocopherol, beta	0.08 mg	
Tocopherol, delta	0.00 mg	
Tocopherol, gamma	0.39 mg	

Carbohydrates		
Nutrient	Amount	DV
Carbohydrate	7.82 g	3 %
Fiber	5.6 g	22 %
Sugars	2.42 g	
Fructose	0.25 g	
Glucose (dextrose)	2.17 g	
Lactose	0.00 g	
Maltose	0.00 g	
Sucrose	0.00 g	

Fats and Fatty Acids		
Fatty acids by type		
Monounsaturated		
Polyunsaturated		
Saturated		

Nutrient	Amount	DV
Fat	10.06 g	15 %
Saturated fatty acids	1.960 g	10 %

Raw nutrition facts and analysis

Creating a Recipe

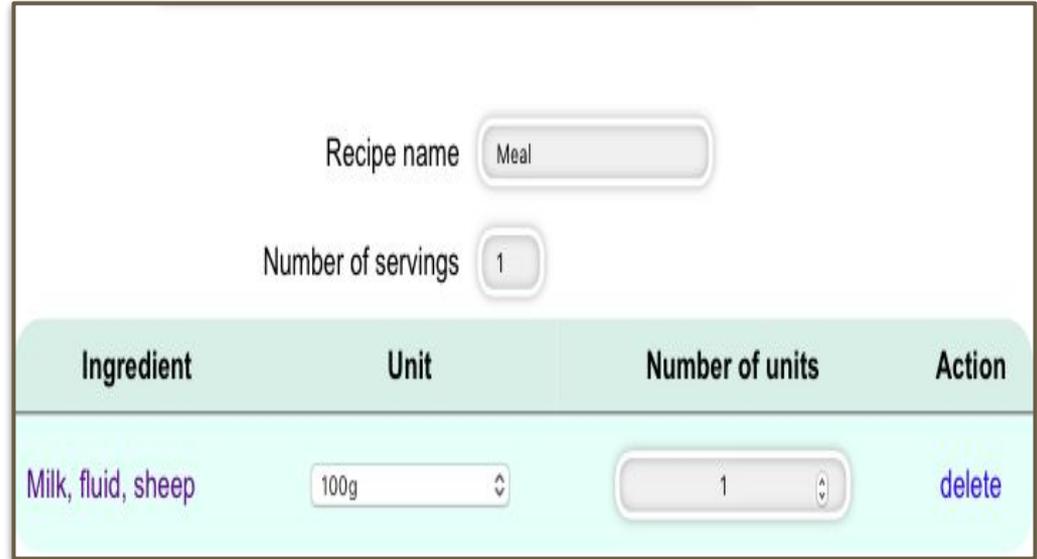
You can also use the nutrition calculator to build and save recipes.

To do so, search for a product and then click on the one you want.

Then click on “add to meal” which allows you to create a new recipe.

You can change the units of the product and the number of servings in your recipe.

It will then give you the nutrition facts label and calories by source for your recipe.



The screenshot shows a user interface for creating a recipe. At the top, there is a form with two fields: "Recipe name" with the value "Meal" and "Number of servings" with the value "1". Below this is a table with a light green header and a light blue body. The table has four columns: "Ingredient", "Unit", "Number of units", and "Action". The first row contains the text "Milk, fluid, sheep" in the "Ingredient" column, "100g" in the "Unit" column, "1" in the "Number of units" column, and "delete" in the "Action" column.

Ingredient	Unit	Number of units	Action
Milk, fluid, sheep	100g	1	delete

BMI Calculator

Another feature of nutritionvalue.org is the BMI calculator.

You can enter your body weight in either pounds or kilograms, and your height in feet/inches or centimeters.

Then click compute and it will tell you your BMI and its classification.

Body Mass Index Calculator

Body weight:

Body height:

BMI is 21.6: normal

Classification	Lower Bound	Upper Bound
Underweight	0	18.5
Normal	18.5	25
Overweight	25	30
Obese	30	∞

Body Mass Index Calculator computes BMI index for adults using following equation:

$$BMI = \frac{weight[kg]}{height[m]^2}$$

Pros and Cons

Pros

One can search for foods found on the home page based on the following:

- Vitamin
- Mineral
- Macronutrient
- Amino Acid
- First letter of food name
- Browse by specific category
- All of the food comes from the USDA National Nutrient Database for Standard Reference, so you know it's reliable

Browse Database of Foods by Category

American Indian/Alaska Native Foods	Baby Foods	Baked Products
Beef Products	Beverages	Breakfast Cereals
Cereal Grains and Pasta	Dairy and Egg Products	Fast Foods
Fats and Oils	Finfish and Shellfish Products	Fruits and Fruit Juices
Lamb, Veal, and Game Products	Legumes and Legume Products	Meals, Entrees, and Side Dishes
Nut and Seed Products	Pork Products	Poultry Products
Restaurant Foods	Sausages and Luncheon Meats	Snacks
Soups, Sauces, and Gravies	Spices and Herbs	Sweets
Vegetables and Vegetable Products		

Browse Database of Foods by First Letter of its Name

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

Pros continued

When searching for a specific food, the following are provided for the specific serving size

- Nutrition label
- Daily values
- Amount of Vitamins
- Amount of minerals
- Amino acids and proteins
- Amount of carbohydrates and specific types
- Amount of fats and specific types

Nutrition Facts	
Serving Size	100 g
Amount Per Serving	
Calories 376	
% Daily Value	
Total Fat 6.7g	10 %
Saturated Fat 1.5g	8 %
Sodium 497mg	22 %
Total Carbohydrate 73g	24 %
Dietary Fiber 9.4g	38 %
Sugar 4.4g	
Protein 12g	24 %
Vitamin A 66 % • Vitamin C 36 %	
Calcium 40 % • Iron 184 %	
Daily values are based on 2000 calorie diet.	

Carbohydrates		
Nutrient	Amount	DV
Carbohydrate	73.23 g	24 %
Fiber	9.4 g	38 %
Sugars	4.36 g	
Fructose	0.09 g	
Galactose	0.00 g	
Glucose (dextrose)	0.00 g	
Lactose	0.00 g	
Maltose	0.00 g	
Starch	57.37 g	
Sucrose	4.27 g	

Pros continued

Calculates ones' BMI and also creates recipes

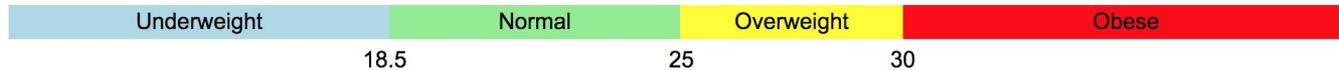


Body Mass Index Calculator

Body weight: Pounds ⌵

Body height: Feet, Inches ⌵

Compute



Body Mass Index Calculator computes BMI index for adults using following equation:

$$BMI = \frac{weight[kg]}{height[m]^2}$$

Cons

- Some food choices when searched don't have a lot of options
 - Ex: salads are mostly plain with dressing
 - No options for specific salads such as greek
 - Coffee didn't have many options either
- The website is outdated and not modern
- There is no app for this resource

Food Name ▲▼	Action
Salad dressing, coleslaw	Add to meal
Salad dressing, sweet and sour	Add to meal
Salad dressing, lite, buttermilk	Add to meal
Salad dressing, fat-free, caesar	Add to meal
Salad dressing, russian dressing	Add to meal
Salad dressing, bacon and tomato	Add to meal
Salad dressing, creamy, poppyseed	Add to meal
Salad dressing, light, mayonnaise	Add to meal
Salad dressing, low calorie, caesar	Add to meal
Salad dressing, regular, mayonnaise	Add to meal
Salad dressing, home recipe, french	Add to meal
Salad dressing, regular, honey mustard	Add to meal
Salad dressing, light, mayonnaise-type	Add to meal
Salad dressing, regular, green goddess	Add to meal
Salad dressing, regular, ranch dressing	Add to meal
Salad dressing, fat-free, ranch dressing	Add to meal

Critique

Would I Recommend This Resource?

- The information on nutritionvalue.org is based on USDA information. For this reason, it is a good website to use.
- However, the website is not very user friendly. It is very easy for a person to input the wrong information on type or amount of food when searching for nutrition facts, especially when they are not confident in what they are searching for. In addition, the website does not have an incredible range of foods to choose from.
- Overall, while the information on the website is good, I would not recommend it, as it is very easy to make mistakes without realizing.