

Instructions on eDietary Intake Portal for Researchers

I. Launching Main Page

1. eDietary Intake Portal is a web-based dietary recording and reporting system. That means researchers can open the main page and login the system (Fig. 1) by any Internet browser with this web address:

[<http://jc-sports.fhss.polyu.edu.hk/EDietPortal/JSP/login.jsp>]



Fig. 1 Main page of eDietary Intake Portal

2. Each subject or each researcher will be assigned a user ID and password. With a subject level user ID and password, the subject could upload food photos, number of serving and activity level. The subject could review dietary intake reports online.

II. Inputting activity level and dietary intake records

3. Researcher could request subject ID and password from the eDietary Intake Portal administrator. With individual subject ID and password, researcher could login and enter the daily activity level in the questionnaire page (Fig. 2).

eDietary Intake Portal
| Eval Nutrients | Questionnaire

USER ID: 654321 Search: all from Aug 8 2008 17 to Aug 8 2008 17 **SEARCH**

Questionnaire Date: 26/06/2008

1) Amount of exercise (self-estimated)
middle

2) Time spend on exercise (hours)
asd

3) Time spend on sleeping (hours)

4) Emotion (self-estimated)
poor

5) How many times of meal you take?
1

6) Amount of food intake (self-estimated)
moderate

7) Amount of water intake (self-estimated)
moderate

8) Amount of bowel elimination (self-estimated)
small

Fig. 2. Questionnaire Page

4. By using the “Add Food” function on the food dietary page, researcher could upload the food photo by browsing the photo location. Supplementary details about the food could be typed in the “Food Name” field (Fig. 3).

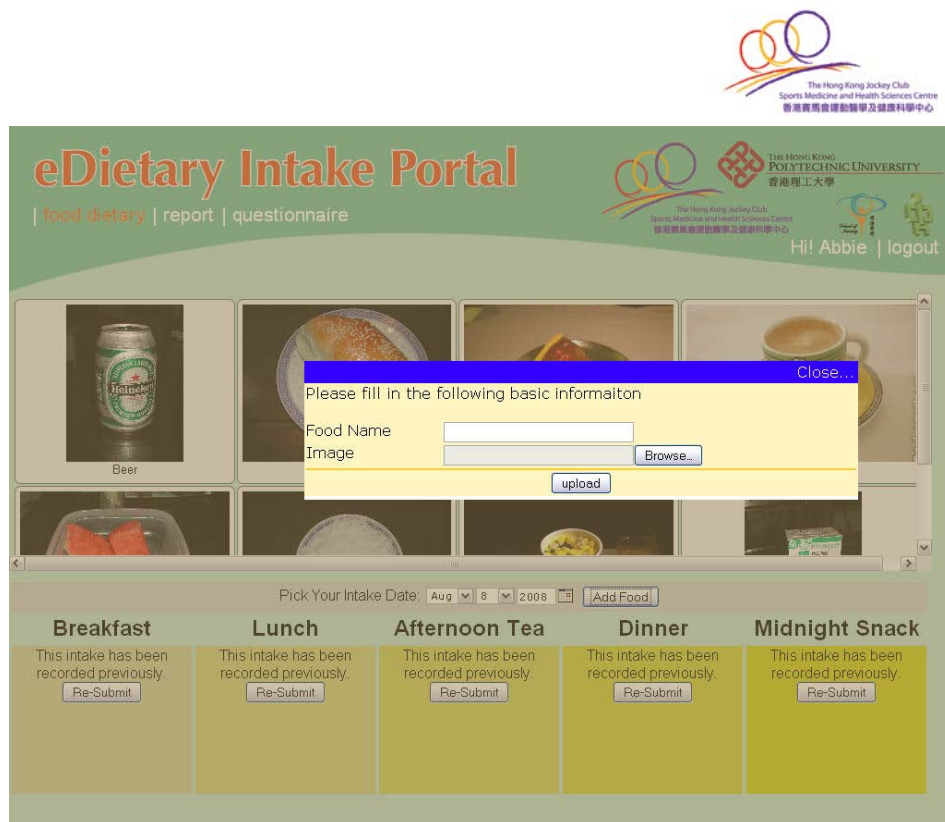


Fig. 3. Interface of food photo upload

5. After uploading all food photos, the stored food photos will be appeared on the upper part of the window (Fig. 4). Researcher could record the subject's dietary intake to each "Breakfast", "Lunch", "Afternoon Tea", "Dinner" and "Midnight Snack" by "dragging" the food photo and "dropping" to the corresponding column with the operation of the mouse. Each "drag & drop" action represents half portion of the food photo. Multiple portions could be done by multiple "drag & drop" actions.
6. After inputting all consumed food and number of portion, click "Submit" button or "Re-Submit" button for confirmation of input (Fig. 4).

eDietary Intake Portal

| food dietary | report | questionnaire

THE HONG KONG POLYTECHNIC UNIVERSITY
香港理工大學

Hi! Abbie | logout |

Pick Your Intake Date: Aug 7 2008 Add Food

Breakfast	Lunch	Afternoon Tea	Dinner	Midnight Snack
This intake has been recorded previously. <input type="button" value="Re-Submit"/>	This intake has been recorded previously. <input type="button" value="Re-Submit"/>	This intake has been recorded previously. <input type="button" value="Re-Submit"/>	Cheese Cake(1) Cappuccino(1)	Cup Noodle(1) Melon(1) Milk(1)
			<input type="button" value="Submit"/>	<input type="button" value="Submit"/>

Fig. 4. Food dietary recording page

- With a researcher level user ID and password, the researcher could input the calories and nutrient values of each food item after nutrient analysis. Only those new uploaded food photos will be appeared and required for researcher's nutrient input. By clicking on "Upload", the input of nutrient values of that food photo will be stored into database and next time when the same food photo is used as dietary record, no further nutrient value input is required (Fig. 5).




eDietary Intake Portal

| Eval Nutrients | Questionnaire

The HONG KONG POLYTECHNIC UNIVERSITY
香港理工大學

The Hong Kong Jockey Club
Sports Medicine and Health Sciences Centre
香港賽馬會運動醫學及健康科學中心

Hi! Louisa | logout

				
Name	Beer	Bread	Cheese Cake	Cappucino
Calories (kcal)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Carbohydrate (gram)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Protein (gram)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Saturated Fat (gram)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Non-saturated Fat (gram)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Fiber (gram)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Calcium (mg)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Potassium (mg)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Sodium (mg)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Cholesterol (mg)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<input type="button" value="Upload"/>	<input type="button" value="Upload"/>	<input type="button" value="Upload"/>	<input type="button" value="Upload"/>




				
Name	Melon	Rice	Cup Noodle	Milk
Calories (kcal)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Carbohydrate (gram)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Protein (gram)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Saturated Fat (gram)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Non-saturated Fat (gram)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Fiber (gram)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Calcium (mg)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Potassium (mg)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Sodium (mg)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Cholesterol (mg)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<input type="button" value="Upload"/>	<input type="button" value="Upload"/>	<input type="button" value="Upload"/>	<input type="button" value="Upload"/>

Fig. 5. Page of inputting nutrient values of new upload food photo