



The Food Science and Nutrition team at Liverpool Hope University needed a new and reliable software that could analyse food and nutrient intake easily, and could overcome issues of traditional analysis software. They turned to myfood24® for help.



**LIVERPOOL HOPE
UNIVERSITY**
175 YEARS OF ACADEMIC
EXCELLENCE

Dr Grace Farhat

Dr Farhat is a lecturer in Food Science and Nutrition at Liverpool Hope University and teaches the Nutritional Assessment and Lifecycle Nutrition modules, among others. Her research interests include the prevention and management of disease such as obesity and type 2 diabetes using different approaches.

How have you been using myfood24®?

I've been using myfood24 to support our Nutritional Assessment and Nutrition in the Lifecycle modules. It's helped me to demonstrate key nutrition principles in an interactive way, and the availability of ready-to-eat foods from Tesco was also a great addition.

Why myfood24®?

We decided to use myfood24 in our Nutrition BSc (Hons) degree course because it is very easy to use, and minimal instructions are needed. It contains several extensive databases and most foods consumed in the UK market, including branded items.

It also illustrates the quantity of foods using portion images to help with estimation, overcoming the limitations of other software.

The Problem

In the past myself and my team have found that nutritional analysis software often lacked several foods, particularly 'ready-to-eat' ones that are often purchased from the supermarket, therefore the food items presented weren't always reflective of the choices available.

Portion size estimation can also be challenging using traditional software as they don't tend to include visual representations of portions, so it's not always easy to estimate how much was eaten. We needed a new software to overcome these issues.

What has impressed you the most?

I like the fact that I can monitor diet entry from students using my teacher's log, in and that once they have completed their entries we could look at all the results together as a class and have group discussions.

I'd definitely recommend myfood24. It is a simple and easy to use tool for assessing diet intake - the students loved using it too!

- Dr Grace Farhat

Get in Touch

If you're interested in using myfood24 Education, please get in touch using either of the following:

Website: www.myfood24.org/contact-us

Email: enquiries@myfood24.org