How to Use MyNutrition to manage your food allergy

- Find food allergies and intolerances listed on the right side of full screen or by clicking on the filter icon (Filters).
- Click the icon of the food allergen/intolerance you want to avoid.
- Items containing these allergens will be filtered out of your menu choices. For example, if you click the allergen/intolerance icon for milk, only items that do NOT contain milk will appear on the list of food choices.

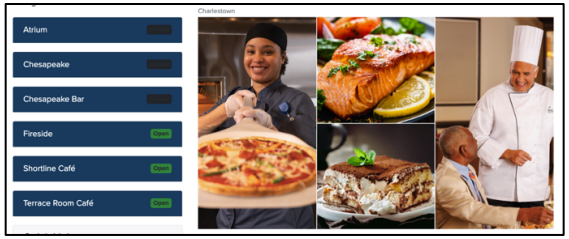
How to Use MyNutrition for Preferences

- Select your desired preference in the Filter Menu (Filters). (Healthier Choice, No Sugar Added, Prepared without Gluten, Spicy, or Vegetarian).
- Only foods that meet your selected preference will appear in the menu.

How to Use MyNutrition in Meal Planning

- View the menu, by selecting a meal under the date of your choice.
- Click on the box next to the food items you wish to eat.
- Use the drop down box on the right to select the number of portions you wish to consume.
- Once you have made your selections, select “Add Items”.
- As you add items to your meal, they will appear in the upper left-hand shaded portion of the page under “My Meal”.
- You may review nutritional information by the meal (select “Meal Nutrition”) or by individual item (select “Item Nutrition”).
- To delete an item from your meal, select the red circle with a minus sign.

MyNutrition at Charlestown



MyNutrition can help you make healthy choices to meet your nutritional goals and assist with any dietary needs eating at the restaurants at Charlestown. Use it for your food allergies, health conditions, religious restrictions, or simply for guidance with your food selections.

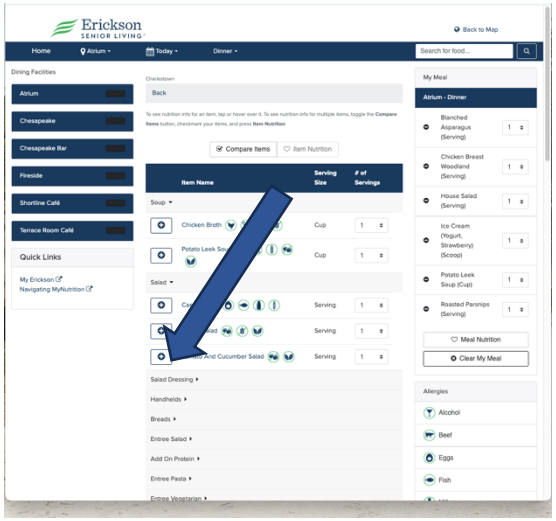
- View menu offerings.
- Identify and select well-balanced meals.
- View the nutritional content and ingredients of your food choices.
- Filter out foods containing allergens/intolerances.
- Select preferences for specific types of diets such as no sugar added or vegetarian.

- **It is very handy to use MyNutrition in the restaurant while you are making your meal selections.**

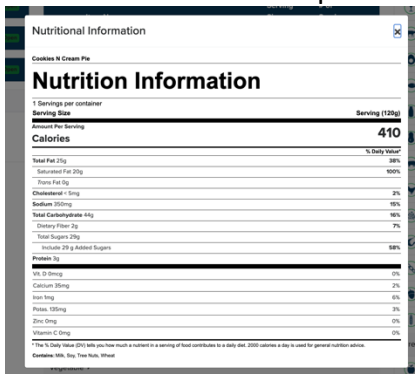
How to Use MyNutrition

- Go to MyErickson or CCICharlestown.org and click on My Nutrition or enter the website address: https://netnutrition.cbord.com/nn-prod/CCI
- Select which Restaurant's menu you wish to view and pick desired day.
- On computer you can also search all dates or all meals
- Select the desired menu (brunch, dinner)
- On computer click on allergen to filter it out or select preferences to pick type of meal preferred. On smart phone select the funnel icon (0 Filters) to filter out desired food allergies or to select preferences.
- Until you clear that filter, only the foods meeting your criteria will appear on the menu.
- Select the food item to view nutritional information – ingredients, list of allergens. Below the Nutrition Information are the ingredients used
- Select the '+' icon (⊕)to the left of the items to add to your meal.
- Once you have selected all the items you wish to eat, select "My Meal" at the top of the page to see the meal's nutritional information, which will also display printer friendly.

See filter at top to eliminate allergens, plus to select an item and list of foods created.

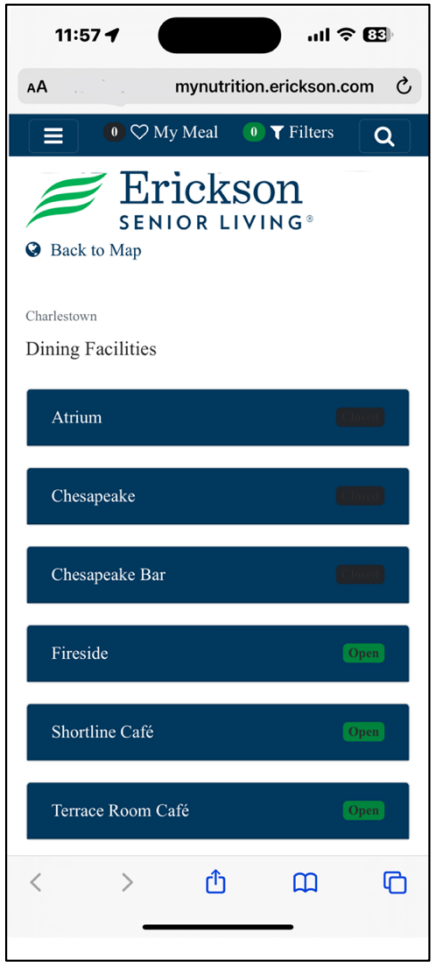


Nutrition information for a specific food



Nutrition chart from selected list of foods

	Calories Cal	Fat Cal Cal	Fat g	Fat %	Sat Fat g	Sat Fat %	Trans Fat g	Chol mg	Chol %	Sodium mg	Sodium %	Potassium mg	Potassium %	Carbs g	Carbs %	Dietary Fiber g	Dietary Fiber %	Sugars g	Protein g	Vit A %	Vit C %	Calcium %	Iron %	Zinc %	Vitamin D IU units %
Atrium - 3/18/2024 - Dinner																									
Blanched Asparagus - Serving (113g)	25	0	0	0%	0	0%	0	0	0%	15	1%	250	5%	5	2%	2	7%	1	3	25%	10%	2%	6%	6%	0%
Chicken Breast Woodland - Serving (250g)	287	81	9	14%	3	15%	0	115	38%	290	13%	620	13%	8	3%	< 1	4%	< 1	30	2%	2%	4%	6%	10%	0%
House Salad - Serving (124g)	29	0	0	0%	0	0%	0	0	0%	95	4%	705	2%	5	2%	2	11%	1	2	110%	10%	4%	6%	0%	0%
Ice Cream (Yogurt, Strawberry) - Scoop (85g)	132	22	2.5	3%	1	5%	0	25	8%	60	3%	200	4%	24	9%	2	7%	20	4	0%	4%	10%	0%	0%	0%
Potato Leek Soup - Cup (171g)	145	63	7	11%	4.5	20%	0	20	7%	140	6%	370	8%	18	7%	2	7%	3	2	2%	10%	4%	6%	2%	0%
Roasted Parsnips - Serving (111g)	174	108	12	18%	7.5	10%	0	0	0%	110	5%	370	8%	18	7%	5	18%	5	1	0%	20%	2%	6%	6%	0%
Meal Summary																									
	792	274	30.5	46%	10.0	50%	0	160	53%	710	32%	1915	40%	78	30%	14	54%	31	47	139%	56%	26%	30%	2.90%	0%



03-27-2024