





ESHA Research was established in 1981 offering one of the very first nutrition software solutions. Today, ESHA's suite of nutritional software products, services, and databases are recognized as the industry's top choice for dietary and recipe nutrition analysis, food and supplement formulation, labeling.

ESHA Solutions

- Genesis R&D® Food Formulation & Nutrition Facts Labeling
- Genesis R&D® Supplement Formulation & Supplement Facts Labeling
- REX® Regulations Expert Document Search Portal
- Food Processor® Nutrition & Diet Analysis
 - Menu Planning Module add-on for Food Processor
- Consulting Services

Food Processor Software



ESHA's Food Processor® Nutrition Analysis software combines an extensive and meticulously researched food and ingredient database with an uncluttered, easy-to-use interface for accurate and comprehensive nutrition analysis. Since 1984, dietitians and other healthcare professionals, researchers, restaurants, educational facilities, and many more have used Food Processor to analyze menus, diets, foods, recipes, and nutritional and fitness needs.

- Dietary Intake Analysis
- Fitness Tracking
- Recipe Analysis
- Menu Planning
- Reporting

Upcoming Webinars

Stay tuned for more 2022 webinars

To view archived webinars, visit www.esha.com

ESHA Webinar Notification Signup Page

https://esha.com/news-events/webinarnotice-signup



Please Note!



- √ The webinar is being recorded
- ✓ All webinars available on our website
- ✓ Submit questions in the Chat box, and we'll respond following the webinar
- ✓ We'll email you a copy of the recording and the slides
- ✓ You can also contact: sales@esha.com





What We'll Cover Today

- Food Processor Menu Planning Module
- Creating a Menu Plan
- Creating Cycle Menus
- Reports
- New Menu Calendar Report
- Q&A



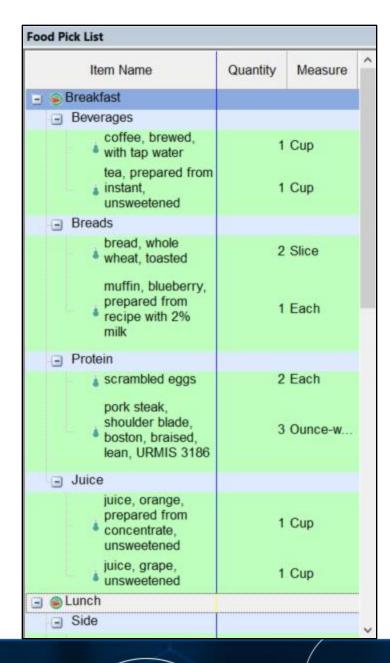
Food Processor Menu Planning Module



- Create menu plans from frequently used foods and recipes
- Quickly analyze menus and meals for nutritional content
- Build menu templates around the nutritional standards that match the dietary needs of the populations that you serve
- Choose from generic DRI or specific client nutrient profiles for comparative analysis
- Modify the menu analysis to view adjusted averages within your collections
- Use the Cycle Menu option to see a week (or other range of days) at a glance

Food Pick List

- As you build menu plans, a Pick List is formed from the foods you include so that they can easily be selected and used again in additional days
- Pick List can consist of individual foods as well as recipes
- Foods can be assigned to Meals and to Collections (categories)

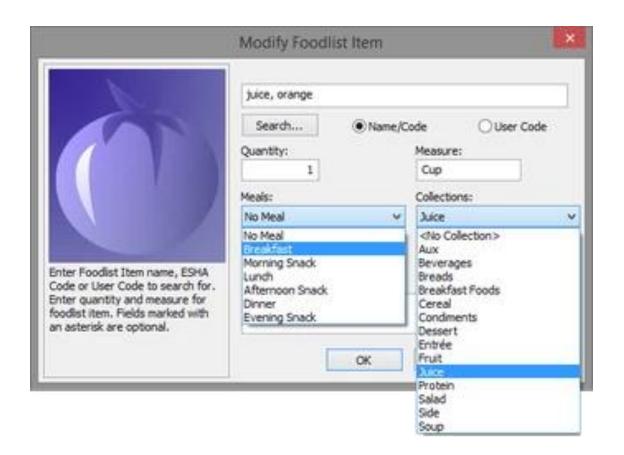




Organizing Foods



- Meals:
 - Breakfast,
 - Morning Snack
 - Lunch
 - Afternoon Snack
 - Dinner
 - Evening Snack
 - No Meal unassigned
- Collections (food type):
 - Beverage
 - Entree
 - Protein
 - Vegetable, etc.
 - No Collection unassigned
 - Create your own



Menu Plan

This example shows:

- 1 week of meals
- 3 meals each day
- Multiple
 offerings for
 each meal listed
 by Collections

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
reakfast	Whole Wheat Toast	Whole Wheat Toast	Pancake	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Pancake	
	Blueberry Muffin	Blueberry Muffin	Beverages	Blueberry Muffin	Blueberry Muffin	Blueberry Muffin	Beverages	
	Beverages	Beverages	coffee	Beverages	Beverages	Beverages	coffee	
	Coffee	Coffee	Protein	Coffee	Coffee	Coffee	Protein	
	Tea	Tea	sausage	Tea	Tea	Tea	sausage	
	Protein	Protein		Protein	Protein	Protein		
	Scrambled Eggs	Scrambled Eggs		Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Î	
	Pork Steak	Pork Steak		Pork Steak	Pork Steak	Pork Steak		
	Juice	Juice		Juice	Juice	Juice		
	Orange Juice	Orange Juice		Orange Juice	Orange Juice	Orange Juice	Î	
	Grape Juice	Grape Juice	i e	Grape Juice	Grape Juice	Grape Juice		
unch	Salad	Salad	Salad	Salad	Salad	Salad	Salad	
	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	
	Fruit Salad	Fruit Salad	Beverages	Fruit Salad	Fruit Salad	Fruit Salad	Beverages	
	Beverages	Beverages	Coffee	Beverages	Beverages	Beverages	Coffee	
	Coffee	Coffee	Tea	Coffee	Coffee	Coffee	Tea	
	Tea	Tea	Sandwiches	Tea	Tea	Tea	Sandwiches	
	Sandwiches	Sandwiches	Turkey Sub	Sandwiches	Sandwiches	Sandwiches	Turkey Sub	
	Turkey Sub	Turkey Sub	Beef Pocket	Turkey Sub	Turkey Sub	Turkey Sub	Beef Pocket	
	Beef Pocket	Beef Pocket	Side	Beef Pocket	Beef Pocket	Beef Pocket	Side	
	Side	Side	French Fries	Side	Side	Side	French Fries	
	French Fries	French Fries	Sweet Potato Fries	French Fries	French Fries	French Fries	Sweet Potato Fries	
	Sweet Potato Fries	Sweet Potato Fries		Sweet Potato Fries	Sweet Potato Fries	Sweet Potato Fries		
Dinner	Beverages	Beverages	Beverages	Beverages	Beverages	Beverages	Beverages	
	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	
	Tea	Tea	Tea	Tea	Tea	Tea	Tea	
	Side	Side	Cola	Side	Side	Side	Cola	
	Mashed Potatoes	Mashed Potatoes	Side	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Side	
	Brown Rice	Brown Rice	Mashed Potatoes	Brown Rice	Brown Rice	Brown Rice	Mashed Potatoes	
	Entrée	Entrée	Brown Rice	Entrée	Entrée	Entrée	Brown Rice	
	Baked Salmon	Baked Salmon	Entrée	Baked Salmon	Baked Salmon	Baked Salmon	Entrée	
	Roasted Chicken Breast	Roasted Chicken Breast	Baked Salmon	Roasted Chicken Breast	Roasted Chicken Breast	Roasted Chicken Breast	Baked Salmon	
	Vegetable	Vegetable	Tofu Steak	Vegetable	Vegetable	Vegetable	Tofu Steak	
	Cooked Carrots	Cooked Carrots	Vegetable	Cooked Carrots	Cooked Carrots	Cooked Carrots	Vegetable	
		Cooked Green Beans		Cooked Green Beans	Cooked Green Beans	Cooked Green Beans	\$2 0.000 Ob	



Cycle Menu

- Enter meals and food selections to be offered
- Organize by numbers of days in cycle
- Can repeat days, e.g. enter 7 days of meals and repeat (in same order or mix them up) to create a 10day cycle

	2022 May Lund	:h - Cycle 2 - Ma	ay 2022 - Lunch	
	Tuesday	Wednesday	Thursday	Friday
2	Chicken Strips Potato Bar Milk Banana	Orange Chicken Turkey Sandwich Green Salad Bar Milk Pineapple	Meatballs Spaghetti with Marinara Sauce Green Salad Bar Milk French Bread	Cheese Pizza Pepperoni Pizza Milik Apple Silices

12

19

26

Pepperoni Pizza

Cheese Pizza Pepperoni Pizza

Apple Slices

Cheese Pizza

Apple Slices

Pepperoni Pizza

Apple Slices

Orange Chicken

Turkey Sandwich

Green Salad Bar

Meathalls

Manthalle

Spaghetti with Marinara Sauce

Spaghetti with Marinara Sauce

Ham and Cheese Pocket

Green Salad Bar

Apple Slices

Chicken Strips

Orange Chicken

Turkey Sandwich

31



30

Monday

SW Chicken Failta Bowl with Brown Rice

Grilled Cheese Sandwich

Roasted Chicken Breast

Mashed Potatoes Gravy

Baby Carrots

Chicken Strips

Potato Bar

Coleslaw

French Fries Baby Carrots

Mini Corn Dogs Chicken and Bean Enchilada

Fruit Salad Green Salad Bar

Vegetable Stir Fry Green Salad Bar Milk

Mini Corn Dogs

Green Salad Bar Milk

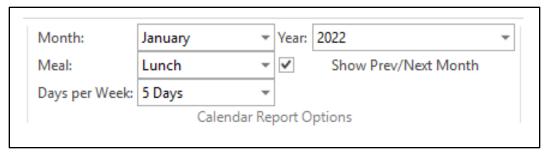
Chicken and Bean Enchilada

Menu Plan Calendar Report



Calendar Report Display Options

- Month and Year
 - Select the month and year, and the calendar formats to the correct days of the week
- Days Per Week
 - Toggles between a 5-day and 7day week option
- Show Prev/Next Month
 - Shows end of previous month and beginning of next when selected



Menu Plan Calendar Report 5-Day Example



School Lunch Menu - Cycle 1 - April 2022 - Lunch								
Monday	Tuesday	Wednesday	Thursday					

Monday Tuesday		Wednesday	Thursday	Friday	
Turkey Sub Sweet Potato Fries Fruit Salad Lowfat Milk	Chili with Beans Combread Apple Slices Lowfat Milk	Chicken Nuggets Tater Tots Garden Salad Lowfat Milk	Bean and Rice Burrito Creamed Corn Fruit Salad Lowfat Milk	1 Cheese Pizza Garden Salad Lowfat Milk	
Turkey Sub Sweet Potato Fries Fruit Salad Lowfat Milk	Chill with Beans Combread Apple Slices Lowfat Milk	Chicken Nuggets Tater Tots Garden Salad Lowfat Milk	Bean and Rice Burrito Creamed Corn Fruit Salad Lowfat Milk	8 Cheese Pizza Garden Salad Lowfat Milk	

- Menu Calendar report begins the cycle in the left corner
- Note "Pizza Friday" this menu cycle lists "Day 5" with the pizza menu
- "Show Prev/Next Month" option will show all days in the cycle; uncheck to only display days only in the current calendar month
- This example shows one meal only, the lunch menu

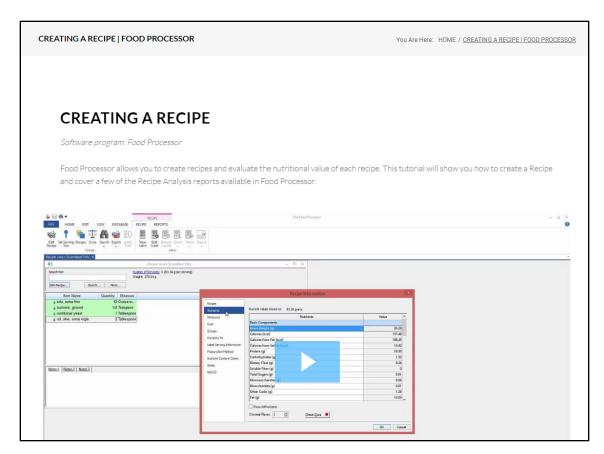
Resources for Using Food Processor





eLearning Center

- Tutorials
- Blogs
- Webinars



https://esha.com/resources/esha-elearning-center/

QUESTIONS?



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