Getting Started

Using Chrome Browser

Signing In

* Before you can begin to use this program you must have a gmail account. Once that is created go to <https://nephcount.firebaseapp.com>
* Click the Menu button (≡)
* With the Menu open go to far right hand side of screen and click the Settings Menu( )
* Go to History
* Go to the bottom of the screen. Click on “Clear Browsing Data”.
* Click on Check Boxes for “Cookies and Site Data” and “Cashed Images and Files”.
* Click “Clear Data”.
* Go to “Sign In” on “Nephcount” page.
* Enter gmail user name and password.

Selecting Nutrentents to Track

* Go to Menu (≡)
* Click on Nutrentients to Track
* Scroll through list to find nutrentents specific for your needs. Calories= Energy
* When you have found the nutrient you wish to add to your tracking list click on that nutrient.
* The star should be filled in ()
* When the Star is filled in click the heart button ()on the right side of the screen.
* Continue this for every nutrient you wish to track.

Setting Daily Limits on Your Selected Nutrients

* Go to Menu (≡)
* Go to Settings
* A box will display “Edit Nutrients of Interest”
* This will show your selected nutrients in alphabetical order.
* Fill in the “Maximum Daily Allowance Value” (230 mg is default for the field)
* If you are unsure of what the maximum daily allowance is for a particular nutrient, consult your physician…or if all else fails, ask Google.
* Click the drop down box for “Maximum Daily Allowance Unit of Measure”
* Choose appropriate unit of measure. g=grams, mg=miligrams, Kcal=calories, IU=international units. If unsure, check a food lable.
* Use the arrows()to move through the list.
* If the list won’t advance refresh screen and try again.

Entering the Foods and Drinks You Have Consummed

* Go to Menu (≡)
* Select “Enter Food/Fluid”
* You will notice a slide button “Use Standard Reference”, and it is on the right of the slide. When this button is on, the database will look for standard items listed in the USDA database. For most things you will leave the standard reference button on.
* Type in the Food/fluid in the field “Search Food/Fluid”. Yes it is necessary to include anything you drink that may contain your nutrients of interest. For example if you are tracking calories, then you will need to include everything you drink that has calories in it. The Water Glass button on the right side of the screen is **only** for non-caloric drinks (ie: water, tea with no sugar or flavorings, coffee with no cream, sugar or flavorings).
* When you have entered your food/fluid, Click the small down arrow on the “Food/Fluid” line. This will give you a list of items that fit the description of what you typed in the Search field. Scroll through the list to find your food/fluid item. You may not always find an exact match. If you can’t find the specific thing you are looking for you may find something that is close to your food, or you can turn off the Standard Reference button.
* When you have found your item, click on it. This should populate the “Food/Fluid” field, the “Serving Size” (this will be the serving size listed on the nutrition lable), “Weight in Grams”.
* The “Multiplier” field is where you enter how much of the item you consumed. For example if you choose Strawberry PopTarts, the serving size is one pastry. If you eat both pastries in the package then you would put “2” in the multiplier. If you have self control and can eat just one PopTart, then you would put “1” in the multiplier field. Once you have put in the “Multiplier”, the “Consumed Grams will fill itself in.
* Under the Consumed Grams there are two buttons. The left button is a knife and spoon(). The button on the right is a “X”. Below that are a list of your nutrients of interest and their totals based on the multiplier you entered. This shows you the results of what you have consumed. If it looks correct then click on the (knife) button. If you would like to search for a different item click the “X” and start over.
* If you have found an item that is close but not quite what you consumed, you can edit the nutrients of interest. Click on the Pencil button(). A pop-up box will appear named “Alter Nurtient Amounts”.
* Use the arrows to scroll through the nutrients. When you come to the one you want to alter, change the value, and click update. Remember the program will calculate the nutrients based on the multiplier. So only edit the food nutrients if the multiplier is set at “1”. This is a one time change. If you choose this item again, you will need to edit the nutrient again(You can make it a custom defined food, discussed in another chapter.)
* Once you have clicked on the knife button all the fields should clear and you are ready to enter the next item. If the fields do not clear, then click the “X” to clear the foods and enter the next item.
* When the screen is cleared the item you entered has been moved to the reports page. When you have entered everything you have consumed, you may see your results on the reports page.