



**Diet & Wellness Plus  
Standalone**

# **Student Guide**

**June 2022**

# Contents

<b>System Setup</b>	<b>3</b>
<b>Diet and Wellness Plus</b>	<b>4</b>
<b>Purchase Your Course Materials</b>	<b>4</b>
<b>Apply purchased code or use Cengage Unlimited</b>	<b>5</b>
<b>Create Profile</b>	<b>5</b>
<b>Enroll in Course</b>	<b>5</b>
<b>Dashboard</b>	<b>5</b>
<b>Track Diet</b>	<b>6</b>
<b>Track Activity</b>	<b>6</b>
<b>Complete Labs</b>	<b>7</b>
<b>Generate Reports</b>	<b>7</b>
<b>Assignments</b>	<b>7</b>
<b>Edit DRI</b>	<b>8</b>
<b>Contact Support</b>	<b>8</b>

# System Setup

## Introduction

To ensure the best experience with Diet & Wellness Plus Standalone and to enjoy all of its features, please use the information in this section to optimize your computer system and browser settings. System requirements, browser configuration, and software conflicts are important issues when troubleshooting. Due to the constantly shifting nature of Web browsers, it is important to follow these recommendations, to take advantage of the most compatible configuration.

This section lists the basic software, and system settings you need to run Diet & Wellness Plus Standalone. If your system meets the basic hardware needs, you can download any of the free software you need from the links in the sections that follow.

## Windows Browser Requirements

### Supported browsers

- Chrome version 99 or later
- Firefox version 99 or later
- Microsoft Edge 100 or later

Other browsers and versions than those listed might also work, but are not supported. If you have problems when using an unsupported browser, try using a supported browser before contacting Customer Support.

## MacOS/ OS X Browser Requirements

### Supported Browsers

- Chrome version 99 or later
- Firefox version 99 or later
- Safari version 14 or later

Other browsers and versions than those listed might also work, but are not supported. If you have problems when using an unsupported browser, try using a supported browser before contacting Customer Support.

## Recommended Bandwidth and Hardware

Internet: 5+ Mbps

## Browser Settings

Allow Javascript (default setting for supported browsers).

## Browser Plugins

PDF Reader: Some content requires a PDF reader such as Adobe Reader or Apple Preview. Current versions of Chrome and Safari can display and print PDF files. [Get.adobe.com/reader](https://get.adobe.com/reader)

## Diet and Wellness Plus

Featuring a database with over 85,000 foods that can be personalized with recipes, Diet & Wellness Plus enables you to track your diet and activities, generate reports, and gain a better understanding of how nutrition and lifestyle choices relate to your personal health goals.

### Purchase Your Course Materials

If you have not yet purchased your course materials, **you must do so prior to registering for the course**. If you have already purchased your code from the bookstore, or if you have Cengage Unlimited, move on to the next section.

You can purchase by going to [www.cengage.com/student](http://www.cengage.com/student) and searching for Diet and Wellness Plus or by ISBN (9781285856216 for 6-month access or 9781285856209 for 12 month access).

Click on this option:



### Diet and Wellness Plus | 1st Edition

Cengage /Michelle "Shelley" McGuire ...

Copyright 2014 | Published

**Available in:** Digital, Media Options

Select either the 6 Month or the 12 Month code based on what your instructor is requiring and click **Add to Cart**.

If you do not need to make any additional purchases, click **Click Here to View Cart**.

Click **Start Secure Checkout**.

You will then be asked to log-in or create an account if you are a new user. Follow the provided steps to log in and apply your purchase to the account.

## Apply purchased code or use Cengage Unlimited

If you have already made your purchase at the bookstore or if you have Cengage Unlimited, go to [login.cengage.com](https://login.cengage.com) to log in or create an account.

Once logged in, you will see your dashboard.

If you purchased a code from your bookstore, click **Add a course or register a product** and enter the access code from your bookstore here.

If you have Cengage Unlimited, follow these steps to add Diet & Wellness Plus to your account:

1. Search for your course materials by entering “Diet & Wellness Plus”.
2. Scroll down until you see the two options for the Diet & Wellness Plus app.
3. Select ISBN 9781285856216 for 6-month Or ISBN 9781285856209 for 12-month access.
4. Click “Add to My Home”.
5. Navigate to “My Home” and click on the tile for “Diet and Wellness Plus” to open Diet & Wellness Plus.

## Create Profile

1. Open Diet & Wellness Plus by clicking on it in your dashboard if you have not yet done so.
2. Complete the profile information and the Long Activity Questionnaire, and then click **Submit**.

## Enroll in Course

At this point, you can enter the Course Key your instructor provided to you in the Course Key field at the top of the Dashboard. This will enroll you in the course that your instructor has set up.

## Dashboard

The Dashboard is the main page of the Diet & Wellness Plus, from which you can see a variety of statistics regarding your diet and activity data. The Dashboard also displays all Assignments that have not yet been completed.

## Track Diet

You can keep a record of what, when, and how much you eat every day.

- 1 In the dashboard, click **Track Diet**.
- 2 Select the date to enter your food record.

**NOTE:** Days that are “highlighted” in green are days for which food has been entered. Days that are highlighted in blue are days for which activity data has been entered. Days that are highlighted in gold are days that have both food and activity data have been entered.

- 3 In the search field, enter the food items you consumed.
- 4 Specify the amount you’ve consumed and click **Add Item**.
- 5 **Optional:** To add foods that are not in the database, click **Custom Foods**. Use the food label to accurately add it.
- 6 **Optional:** To create recipes for foods you frequently eat, click **Recipes**.

## Track Activity

You can keep a record of all activities you perform throughout the day.

- 1 In the dashboard, click **Track Activity**.
- 2 Select the date to enter your activity record.
- 3 In the search field, enter any activities performed.
- 4 Select the correct activity from the results.
- 5 Specify how long you performed that activity.
- 6 Click Save.
- 7 To print your activity list click Print located in the My Activity bar underneath the search bar
- 8 The activity will appear under “My Activity.” Click on the trash icon to the left of the activity to delete this activity. Click on the edit button to the right of the activity to edit this entry.

**NOTE:** Click on the “i” icon to the left of the activity to see the MET (Metabolic Equivalent) value for this activity.

- 9 **Optional:** You can add activities you regularly engage in to your Favorites by clicking the star next to the activity. Once the star is highlighted green it will appear in your Favorites. In the future you can click Favorites and select it from that menu rather than entering it into the search bar.

## Complete Labs

The labs in Diet & Wellness Plus Standalone take advantage of the extensive database by providing critical thinking opportunities and demonstrating ways to use this information to learn more about the health implications of your eating habits and the effects of even small dietary and activity changes.

- 1 In the dashboard, click **Labs**.
- 2 To begin the lab, click **Start**.  
**NOTE:** A lab must be assigned by your instructor before you will have access to it.
- 3 Answer the questions and click **Next** to continue.
- 4 **Optional:** Write any notes in the Your Comment area.
- 5 To complete the lab, click **Submit & Review Quiz**.  
Your Assessment Result and breakdown of your score will display.
- 6 To restart the assignment, click **Restart** on the Lab dashboard.

## Generate Reports

Now that you've tracked your food intake and your daily activity, you can generate Reports. Access this section by clicking on assigned Reports on your Diet & Wellness Plus Standalone Dashboard page or by clicking on the Reports tab on the top navigation bar. You have a widerange of nutrient reports and spreadsheets to choose from.

## Assignments

Your instructor may assign one or more reports to you, at which point they become assignments. They have the option of adding a due date to the assignment and of specifying which calendar dates will be used to pull food and/or activity data from to generate the assignment. If your instructor doesn't specify a due date for your assignment, you may complete it whenever you would like. If your instructor doesn't specify dates to use for the assignment, you may select dates for which you've already entered food and activity data.

Assignments appear in two places: the bottom of the Dashboard and the top of the Reports page.

## Edit DRI

Diet and Wellness recommends a daily intake of nutrients for you in the Dietary Reference Intake (DRI). You can modify the DRI to suit your preferences.

- 1 In the Profile menu, click **Full DRI**.  
Note: Your initial DRI is based on the data you provide in your profile.
- 2 Click **Edit**.
- 3 **Optional:** To restore initial values in the DRI, click **Reset to Default** for each value to reset.
- 4 Click **Save**.  
Custom value displays next to any value you change.

## Contact Support

If you have trouble using or accessing Diet & Wellness Plus, you can contact Cengage Technical Support to get further assistance.

- 1 Go to <http://support.cengage.com>.
- 2 Either create an account or sign in using an existing account with your email address and password.
- 3 Click **New Case**.
- 4 Complete the fields that pertain to your issue and click **Submit**.
- 5 **Optional:** In the email field, enter other participants' emails to add them to the case.

To contact Technical Support, call 800-354-9706.