# Food Book

The Food Book is a database or menu containing the food that you eat. Since it is small and personal, it will be faster than any program that requires you to search through thousands of foods that you do not. You can add food to the Food Book by transcribing a nutrition label, combining existing Food Book items, or adding an existing item from another food database. Serious Nutrition Tracker contains two types of food databases: a common food database, and custom food databases. The common food database is a version of the Canada Nutrient File 2007b with baby-food removed. Custom food databases are those that you have downloaded (see Utilities for more information).

The Food Book is controlled by a toolbar at the top of the screen. This toolbar allows you to set the operation mode, filter viewable items, and add new items. Below the toolbar is a search bar that allows you to search for food within your Food Book. Below the search bar is a list of the food in your Food Book. At the right side of the list is an index so that you can quickly jump through the list by pressing a section title.

The Food Book operates in two modes: Eat and Manage.

In Eat mode, pressing a food item will bring you to a screen where you can record when and how much you ate.

In Manage mode, pressing a food item will bring you to a screen where you can view item properties, edit the item, delete the item, or add the item to a custom food database. Note that you can edit, but cannot delete, items that you have eaten within sixteen weeks. This is to ensure exact diet tracking within that time period.
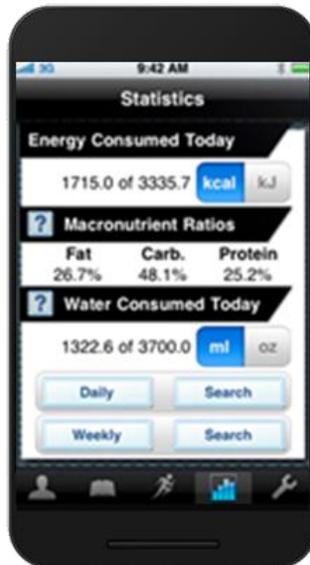
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Siyana provides next-generation data, analytics, and decision support capabilities cateredfor massive, sustained improvements in healthcare and education outcomes. We are the leaders in a new era of advanced predictive analytics for with a suite of machine learning-driven solutions, decades of outcomesimprovement expertise, and an unparalleled ability to integrate data from across the healthcare ecosystem. Our BIG data approach and know-how of next-generation data warehouse and application development methodologies helps improve quality, add efficiency and lower costs for organizations ranging from the largest US health system to forward-thinking physician practices. Our technology and professional services can help you keep patients engaged and healthy in their homes, communities, and workplaces, and we can help you optimize care delivery to those patients when it becomes necessary. We are grateful to be recognized by Modern Healthcare and a host of others as a Best Place to Work in technology and healthcare.

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