



About CSN Health & Nutrition

CSN Health & Nutrition offer advice and support on healthy eating for children, adolescents, adults and older individuals as well as working on public health projects. CSN have started using the myfood24[®] healthcare solution with their clients to gain deeper insights into their dietary habits and save time. We spoke with Barbara Goldberg from CSN Health & Nutrition to find out more...

What was the problem you wanted to solve?

Barbara works predominately with weight management clients and typically would ask them to complete an initial 3 day food diary. However, extracting the nutritional information from a written food diary was taking a lot of time and effort for Barbara.

“I was working with clients who were providing me with a written food diary which makes it very difficult to look at the nutritional analysis of their eating behaviours. I was using another system and entering the food diary information myself which was a pain, but it gave me the insight I needed, but I was having to work really hard in order to get that insight.”

“It probably took me about 2 hours to enter a 3 day food dairy, it was really painful, and made me think twice about whether it was worth my time.”



Has myfood24[®] solved the problem?

“100% myfood24 has been able to save that 2 hours. The time [in consultations] is best spent with the client talking one-to-one, not analysing the paper food diary, so it’s definitely saved time and money.”

“myfood24 has allowed me to send my clients a simple link and it gives me a real-time view of what they’re eating. I can have informed conversions with them about their nutrition during our consultations.”

Using myfood24, Barbara is able to register clients to use the self-completed food diary app, which instantly analyses nutritional intake, sharing this detailed information with both the client and Barbara herself – meaning no coding of diaries is required or screenshots of other apps!

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What has been the biggest benefit of using myfood24®?

“It gives me a real oversight of the nutritional composition and typical food intake of my clients. It’s easy to get an overview and provide them with information on the different quantities of the nutrients they’re consuming, it’s a very good visual.”

The instant nutritional information provided by myfood24 includes a series of visuals, including graphs and charts that allow both the client and nutritional professional to get a detailed overview of dietary trends and nutritional intake.

How has myfood24® helped you work with your clients?

“I like the fact that my clients and I can look at it together - it’s all automatic the sharing - it makes sense, you don’t have to be a nutrition professional to understand it, it gives them a visual.”

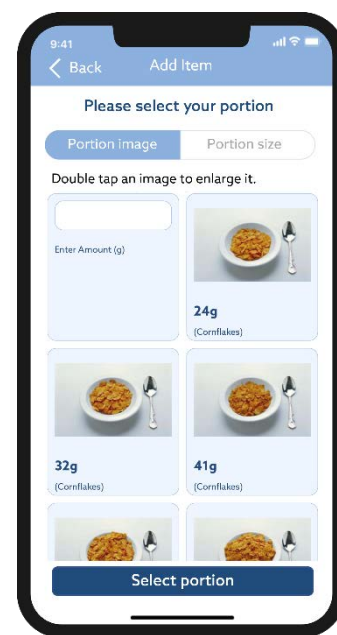
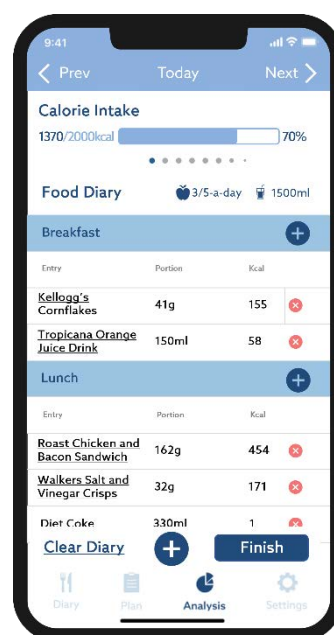
“I also like that I can change their targets easily and when I’m registering a new client it shows value for money, it’s great for me to say “this is the app I use, you’re free to use it as my client” so they get a bit of added value too.”

About myfood24®

myfood24 was developed by leading academics at The University of Leeds in 2017. The dietary assessment platform is the only scientific and scalable nutritional analysis tool that is validated against a suite of nutrient biomarkers. The food diary enables users to accurately record their dietary intake by selecting foods and portion sizes and adding them to their food diary.

myfood24 offers a digital and automated approach to the diet tracking and analysis process, connecting patients and healthcare professionals together.

Designed using evidence-based methodologies, myfood24 offers unique nutritional insights into patient dietary habits.



Improving Health Literacy

“If they were using paper diaries - which I found horrendous - to get an overview of the diet I would absolutely recommend it. It’s definitely saved my time and has given me the insight I need.”

About Barbara Goldberg

Barbara is Public Health Nutritionist and freelance Consultant with a Bachelors in Human Nutrition and a Masters in Global Public Nutrition.

Barbara also has a passion for research, specialising in the prevention of childhood obesity and food insecurity, and was the Diet & Nutrition Workstream Lead for the Big Lottery Fund programme, A Better Start Southend.