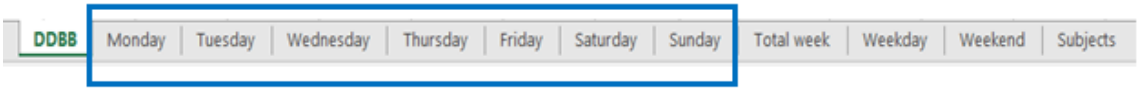
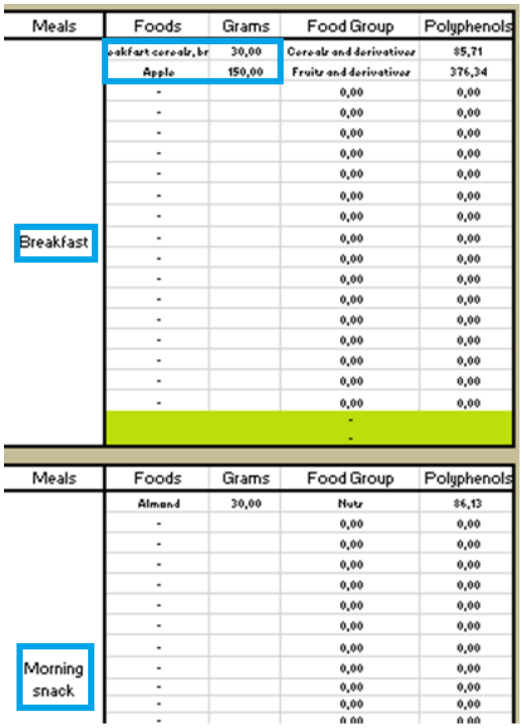
Instruction manual for the use of the tool

This instruction manual is designed to facilitate the use of the Excel tool. Either way, the authors of the manuscript will be available to resolve any doubts or problems that may be derived from the use of the tool.

The tool consists of twelve different spreadsheets and is password protected. The first sheet contains a description of the tool and the bibliography used. Next seven spreadsheets represent each day of the week, with the possibility to choose among all the available 302 foods.



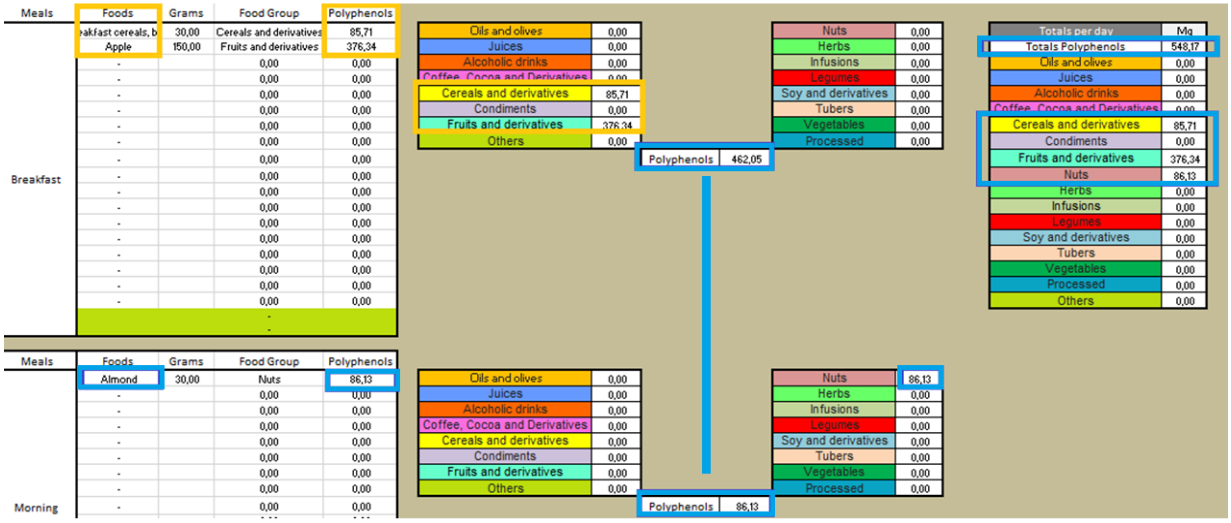
The daily intake is divided into six different meals: breakfast, mid-morning snack, lunch, mid-afternoon snack, dinner, and a wild card for “in between hours” intakes. Within each meal, up to 18 different food items can be added.



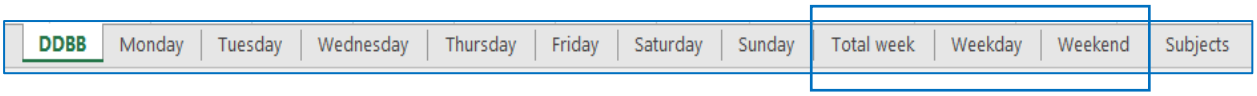
As an example we have given a breakfast of milk and cereals and an apple. The milk has no polyphenol content and is therefore not added, but the cereals and the apple are added in each box with the amount in grams. The other values appear automatically.

This process will be repeated for each of the individual's meals throughout the day.

The tool will show total polyphenol intake provided by the specific food, by the complete meal, per day, and per group of food.



Spreadsheets 9 to 11 collect all the values automatically from the other spreadsheets, calculating the means and the standard deviations of the total polyphenol intake by week, and by weekdays or weekends.



	Totals Polyphenols	Oils and olives	Juices	Alcoholic drinks	Coffee, Cocoa and Derivatives	Cereals and derivatives	Condiments	Fruits and derivatives	Nuts	Herbs	Infusions	Legumes	Soy and derivatives	Tubers	Vegetables	Processed
Total week average	1713,01	0,82	0,00	184,70	25,04	124,90	82,31	567,27	65,51	8,40	0,00	369,73	0,00	17,66	214,36	52,32
Standard deviation	1217,38	2,18	0,00	339,08	42,96	74,03	217,76	266,52	45,90	22,23	0,00	978,21	0,00	46,72	230,29	138,43
Average breakfast	396,04	0,00	0,00	0,00	0,00	73,47	0,00	322,57	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00
Average morning snack	49,22	0,00	0,00	0,00	0,00	0,00	0,00	0,00	49,22	0,00	0,00	0,00	0,00	0,00	0,00	0,00
Average lunch	949,82	0,82	0,00	184,70	0,00	10,29	82,31	57,57	3,99	8,40	0,00	369,73	0,00	17,66	214,36	0,00
Average snack	71,68	0,00	0,00	0,00	0,00	0,00	0,00	71,68	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00
Average dinner	213,29	0,00	0,00	0,00	0,00	41,14	0,00	107,52	12,30	0,00	0,00	0,00	0,00	0,00	0,00	52,32
Average between times	32,97	0,00	0,00	0,00	25,04	0,00	0,00	7,93	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00
Deviation breakfast	174,64	0,00	0,00	0,00	0,00	32,40	0,00	142,24	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00
Deviation morning snack	46,04	0,00	0,00	0,00	0,00	0,00	0,00	0,00	46,04	0,00	0,00	0,00	0,00	0,00	0,00	0,00
Deviation lunch	1005,91	2,18	0,00	339,08	0,00	27,21	217,76	110,21	10,56	22,23	0,00	978,21	0,00	46,72	230,29	0,00
Deviation snack	189,66	0,00	0,00	0,00	0,00	0,00	0,00	189,66	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00
Deviation dinner	261,52	0,00	0,00	0,00	0,00	38,49	0,00	284,48	32,55	0,00	0,00	0,00	0,00	0,00	0,00	138,43
Deviation between times	42,69	0,00	0,00	0,00	42,96	0,00	0,00	20,97	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00

Finally, the last spreadsheet is an open table so that up to 32 participants can be entered allowing to calculate the weekly average intake of a population.

N°	Sex	Subject	Totals Polyphenols	Standard deviation	Oils and olives	Juices	Alcoholic drinks	Coffee, Cocoa and Derivatives	Cereals and derivatives	Condiments
1	Men	P24	1713,014947	1217,379721	0,824552	0	184,6968514	25,03821471	124,8950109	82,307143
2	Women	N1	1787,378625	1818,868762	7,695818667	0	0	562,423077	81,61138333	0
3	Women	N2	1535,147242	358,4224346	23,65474817	153,0861	0	791,1280765	17,68338333	0,8427327
4	Women	N3	1359,868511	554,9320203	3,847909333	63,24667	0	593,8364103	114,90049	0
28	Women	E7	2412,238831	1570,393843	23,087456	0	0	26,818501	221,5164903	16,999583
29	Women	E8	2032,131683	2085,050791	13,46768267	0	0	99,61666667	113,6113833	68,365811
30	Women	E9	2405,442911	1779,818863	10,64841557	0	21,40318189	935,6793311	55,71700054	33,7547
31	Women	E10	1409,066195	239,8566126	119,8306929	116,3217	0	340,1586647	72,59520026	28,092777
32	Men	P28	2000,194941	1217,379721	0,824552	100	184,6968514	25,03821471	124,8950109	82,307143
Total average			1794,923267	960,5186031	15,132729	74,11588	23,51567895	435,3905104	170,2174137	32,416935
Total average		Men	1856,604944	1217,379721	0,824552	50	184,6968514	25,03821471	124,8950109	82,307143
Total average		Women	1790,811155	943,3945286	16,08660746	75,72361	12,77026745	462,7473301	173,2389072	29,090921

Recommendations and special cases

In many research studies, participants may be given an extract or some supplement rich in polyphenols. Other times it is necessary to use the value of a food whose polyphenol content has been determined in the research study. Therefore, we have also added two empty slots (marked in green), to provide a solution for these cases.

Meals	Foods	Grams	Food Group	Polyphenols
	Tea [Green], infusior	50,00	Infusions	30,93
	-		0,00	0,00
	-		0,00	0,00
	-		0,00	0,00
	-		0,00	0,00
	-		0,00	0,00
	-		0,00	0,00
	-		0,00	0,00
Snack	-		0,00	0,00
	-		0,00	0,00
	Cereal bar + Extr	100,00	Others	500,00
	Cold green tea	50,00	Infusions	124,35

Oils and olives	0,00
Juices	0,00
Alcoholic drinks	0,00
Coffee, Cocoa and Derivatives	0,00
Cereals and derivatives	0,00
Condiments	0,00
Fruits and derivatives	0,00
Others	500,00

Polyphenols	655,28

Nuts	0,00
Herbs	0,00
Infusions	155,28
Legumes	0,00
Soy and derivatives	0,00
Tubers	0,00
Vegetables	0,00
Processed	0,00

These cells are also useful if we want to add recipes or if we have more than 18 products with polyphenols. As an example we give a fruit salad. In this case, instead of listing the fruits individually, we put them together and add them as a recipe. This way we free up space and add the recipe even as another group.

Meals	Foods	Grams	Food Group	Polyphenols
	Asparagus	100,00	Vegetables	75,13
	Cumin	3,00	Condiments	61,15
	Bread	60,00	Cereals and derivatives	72,00
	Lettuce [Green]	100,00	Vegetables	65,92
	Chilli pepper [Green	70,00	Vegetables	170,40
	Cinnamon	5,00	Condiments	485,00
	Pepper spice [Black]	3,00	Condiments	30,00
	Wine [Red]	200,00	Alcoholic drinks	430,96
	Carrot	50,00	Vegetables	28,91
Lunch	Kiwi	30,00	Fruits and derivatives	53,91
	Orange	50,00	Fruits and derivatives	139,30
	Olive, oil, virgin	10,00	Oils and olives	5,77
	Tomato	50,00	Vegetables	22,53
	Apple	20,00	Fruits and derivatives	50,18
	ommon thyme, drie	3,00	Herbs	54,45
	Sesame seed	3,00	Nuts	27,93
	Garlic, fresh	5,00	Herbs	4,35
	Pineapple	30,00	Fruits and derivatives	44,37
			-	
			-	

Oils and olives	5,77
Juices	0,00
Alcoholic drinks	430,96
Coffee, Cocoa and Derivatives	0,00
Cereals and derivatives	72,00
Condiments	576,15
Fruits and derivatives	287,76
Others	0,00

Meals	Foods	Grams	Food Group	Polyphenols
	Asparagus	100,00	Vegetables	75,13
	Cumin	3,00	Condiments	61,15
	Bread	60,00	Cereals and derivatives	72,00
	Lettuce [Green]	100,00	Vegetables	65,92
	Chilli pepper [Gree	70,00	Vegetables	170,40
	Cinnamon	5,00	Condiments	485,00
	epper spice [Blac	3,00	Condiments	30,00
	Wine [Red]	200,00	Alcoholic drinks	430,96
Lunch	Carrot	50,00	Vegetables	28,91
	-		0,00	0,00
	-		0,00	0,00
	Olive, oil, virgin	10,00	Oils and olives	5,77
	Tomato	50,00	Vegetables	22,53
	-		0,00	0,00
	ommon thyme, dri	3,00	Herbs	54,45
	Sesame seed	3,00	Nuts	27,93
	Garlic, fresh	5,00	Herbs	4,35
	-		0,00	0,00
	Fruit salad	130,00	Others	287,76
			-	

Oils and olives	5,77
Juices	0,00
Alcoholic drinks	430,96
Coffee, Cocoa and Derivatives	0,00
Cereals and derivatives	72,00
Condiments	576,15
Fruits and derivatives	0,00
Others	287,76

The tool is built to automatically calculate average intake for a week. It is therefore recommended that if the calculation is for less than a week, a specific meal or a recipe, the values of each sheet are taken individually and the rest of the estimates are made independently.

Probably in the future, some values will be modified by Phenol-Explorer. Therefore, it is recommended that if you have any doubt, check the references and use the green cells to add the new values.

We hope you will find this manual useful and thank you very much for using our tool.