

Food item Recipe and Information

After you have taken the DTS test, you will be directed to the following page. On this page you have your Report, Food List, and information on how to start the DTS process. You also have at the bottom of the page **Food Item Recipes and Information** that provides item facts, how to select, what to avoid, and instruction on how to cook the item. Here are the instructions on how to access the food item document. Note: This example is when the test taker has already registered their account.

1. Click on one of the Food Categories.
2. Then select the Food Item within the Food Category.
3. Once you click on view document, you will see a document that provides interesting facts, how to select, what to avoid, and how to cook the item.



Charlie Jenks Nutrition

Welcome Charlie Test Jenks [Change Password](#)

Your Food Report

Test Completion Date & Time	Passcode	Reports	Support Documents	Status
Feb 12, 2018 @ 16:21:39	AFFWARVF	Your Report Your Food List	Understanding Your Food List Creating Whole Food Meals Measuring Food Quantities Your Body Mind Food Log Important Guidelines	Complete

1. Select the Food Category

Food Item Recipes and Information

These documents will provide you with lots of information on the food items you are allowed to have including choosing and selection, preparation, cooking instructions and recipes.

Food Category

Food Item
 Bacon (pork)*
 Beef*
 Bison
 Elk
 Ham (pork)*
 Heart (beef)

2. Then select the food item within the food category

3. Finally, click on view document to see the Food Item document

[View Document](#)