NutriSoft Control Hypertension

for Windows version 2.2

[To reduce the download time from the online services, only an abbreviated User's Guide is provided in the shareware version.

Registered users will receive a complete 15-page User's Guide in .wri format.]

USER'S GUIDE

What you don't know may be deleterious to your health! These are a few things NutriSoft Control Hypertension can do for you:

1. NutriSoft Control Hypertension can help you determine your ideal weight and set up an optimal weight control plan.

2. NutriSoft Control Hypertension can help you identify excessive sodium consumption in your diet.

3. NutriSoft Control Hypertension can help you determine and achieve an adequate energy intake.

4. NutriSoft Control Hypertension can help you achieve ideal levels of fat and carbohydrate intake in your diet.

5. NutriSoft Control Hypertension can help you identify and prevent calcium and potassium deficiency in your diet.

NutriSoft Control Hypertension is an indispensable program to those with high blood pressure to
monitor their diet and to control their weight. The program is based on the report of the Joint
National Committee on Detection, Evaluation, and Treatment of High Blood Pressure and on the
U.S. Surgeon General's dietary guidance for hypertensive patients. It is an excellent tool for any nondrug approach to treatment for and prevention of high blood pressure.

The program calculates the amount of fat, carbohydrate, protein, sodium, calories, and other essential nutrients in your food consumption using a standard database of common foods or your own data. It analyzes the caloric contribution from fat, protein and carbohydrate from the food you eat and helps you obtain a more healthful diet.

It also provides utilities to calculate your ideal weight, suggested daily caloric, maximum fat and essential nutrient intake.

You can save the daily plan for later retrieval and print out reports of the program's nutritional analyses.

Some of the more important enhancements in version 2.2 include:
- convenient food search capability

- user's food database support
- printer font selection
- graphic analysis of nutrients
- RDA analysis.

How to use NutriSoft Control Hypertension

NutriSoft Control Hypertension can do many useful things for you:

At the simplest level, it can determine your ideal weight and recommend the most healthful levels of nutrient and caloric intake to you. You can browse through the food database and select the foods that provide the nutrients you need and avoid those that have too much sodium or fat, for example. Or you can view and print graphic analysis of your diet.

However, the two most important uses of NutriSoft Control Hypertension are to **analyze your current diet** and to establish a weight control plan.

A typical scenario for the former case: you record the foods you eat at each meal during the day, then print out the analysis to see if your current diet is too high in fat, deficient in calcium, etc. You can also determine if your caloric intake is spread out rather evenly throughout the day or heavily concentrated at dinner time. [Some weight control plans recommend that the caloric intake is spread out evenly throughout the day.] Using the caloric analysis dialog box, you can also determine if too many calories in your diet come from protein or fat and modify your diet accordingly. Make sure you print out a hard copy of the analysis for a comprehensive view of your day diet. Each day's food data can be saved for later use. You can save the files as Mon, Tue, Wed or 0925 (for September 25th) or day1, day2, etc., the program will automatically add in the file extension. Use whatever file names that you can easily remember, some examples are 'meat' for the day you eat meat; 'pasta', 'chicken', 'ham' are all good names.

To **establish a diet plan to gain or lose weight**, you prepare the *menu* for each day recording the foods you are going to eat for each meal. For simplicity, let's assume you are going to repeat the menus every week. In this case, you will prepare 7 files (naming them Sun, Mon, Tue, Wed, Thu, Fri and Sat) and record the foods you plan to eat for each meal in these files. Once these files are saved, you bring up the Weight Control Plan dialog box. The files should show up in the right list box. You then add all 7 files to your plan. After adjusting your weight and activity level, you will have an accurate picture of how much weight you will gain or lose when you follow this plan of diet. You can go back and adjust the food data in the files if you find that you are eating more or less than what is required to achieve your weight goal.

About NutriSoft

NutriSoft was established by a group of Stanford University researchers to provide consumers with quality software to help them achieve better health. Your suggestions and comments on our products are much appreciated. Please write to us at the following addresses:

US Mail: P.O. Box 8226, Stanford, CA 94309
America Online: NutriSoft
Internet: NutriSoft@aol.com

We welcome inquiry from authors, institutions, and publishers who would like to distribute our products or license our software to use with their own nutritional data.

List of software products released by NutriSoft as of November, 1993:

Fat and Cholesterol Counter *for Windows*, v. 1.1 ($19)
This program is a perfect companion to American Heart Association's Fat and Cholesterol Counter, a guide for everyone who wants a more healthful diet.

Control Diabetes *for Windows*, v. 1.2 ($29)
Essential tool for accurate monitoring of diabetic diet.

NutriSoft Weight Perfect *for Windows*, v. 2.0 ($35)
Indispensable to anyone who wants to achieve a more desirable weight.

NutriSoft Pregnancy Nutrition *for Windows*, v. 2.1 ($39)
The program, developed from the latest findings of the American Academy of Pediatrics and the National Academy of Sciences, is the best nutrition software for a mother's health and that of her child.

NutriSoft Control Hypertension *for Windows*, v. 2.2 ($39)
The program is based on the report of the Joint National Committee on Detection, Evaluation, and Treatment of High Blood Pressure and on the U.S. Surgeon General's dietary guidance for hypertensive patients. It is an excellent complement to any nondrug approach to treatment for and prevention of high blood pressure.

REGISTRATION FORM

Name:

Address:

City:

State: Zip:

Please indicate which software product(s):

1. **Fat and Cholesterol Counter *for Windows***, v. 1.1   ($19)

2. **Control Diabetes *for Windows***, v. 1.2   ($29)

3. **NutriSoft Weight Perfect *for Windows***, v. 2.0   ($35)

4. **NutriSoft Pregnancy Nutrition *for Windows***, v. 2.1   ($39)

5. **NutriSoft Control Hypertension *for Windows***, v. 2.2   ($39)

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