Contents

GETTING STARTED:

Nutri-Base is a nutritional database and analysis program.   Almost all procedures can be carried out by pointing-and-clicking.

Food Items are listed in the listbox in the lower left-hand corner of the screen.
Click on a food item to display its nutritional content. To quickly jump through the list, use the alphabetical buttons. The EDIT button enables one to alter the existing information for the highlighted food item, and the NEW button allows one to add a new food item to the list. Double click on a food item or click on the LOG IT button while an item is highlighted to add it to the daily log.

The listbox on the right side of the screen is one's daily log. It holds items that were consumed on the given date.   Click on VIEW TOTALS to see the total amount of nutrients consumed for the given day.   DELETE ITEM enables one to delete an individual highlighted item from the log. SAVE will write the log to disk for future retrieval and analysis. Click on ANOTHER   DAY to call up an existing log or to create one for a day other than the current date.

The options under the ANALYSIS menu item will allow one to graph and compute average daily intakes over several days. This analysis will be performed only on the dates that have been saved into the daily log file.

MENU COMMANDS

Nutri-Base

Options provide introductory information and a copy of the software license.

Analysis

Options to allow one to compute averages for and graph data stored in the daily log files. Personal goal markers can be used to enhance the graphs.

Reference

Options contain information about basic nutrition (US RDA, definitions, suggestions, etc...,), measuring unit conversion, and calories burned by specific exercises.

Buttons :

Another Day

Enables one to start a daily log for a day other than the current date or to call up an existing log.

Delete Item

Deletes the individual food item presently highlighted in the daily log listbox.

Edit

Enables one to change the data provided for the currently highlighted food item. The changes will be saved to the food item database.

Log-It

Adds the currently highlighted food item to the daily log listbox.

New

Enables one to add a new food item to the food item database.

Save

Saves the current daily log list to the daily log database.

View Totals

Displays the current total nutrient values for the items listed in the daily log listbox.