Tracking Your Nutrient Intake

Double-click on the Nutri/Fit Folder on the hard disk drive.

Double-click on the 'Viewer' stack—you should always enter the application through this stack.

If you find yourself at a point where you don't want to be just click the 'Take Me Back' button which should appear on most of the cards you'll be looking at. If 'worse come to worse' you can always quit the whole application by holding down the command key (the one with the clover like figure on it) and, while holding that key down also pressing down the letter 'q'.

Click on the 'Help' button which appears in the center of the screen. After you've read the information in the box which will appear, click anywhere in that same text box and it will turn back into the 'Help' button.

If your intention is to analyze the nutrient value of a meal you will want to click on the 'Viewer' button located just beneath the 'Help' button. When you click the button you will be presented with some explanatory text and a choice of cancelling or going on, click the 'Yes' option.

You will now be viewing a card with three buttons on the bottom. The first thing you should do is click on the '?' button to better understand how to find the desired food item. Remember, the more specific you are the fewer choices will appear. In many cases nothing will be found even though there are over 4200 food items in the data-base. If your search finds no matches, use fewer descriptive words (e.g., 'chicken noodle' instead of 'Campbell chicken noodle') — try to avoid non-text characters like punctuation marks.

To begin the process of finding a food click on the 'Find-a-Food' button. Enter one or more words which describe the item you are trying to find. If you use too few words you will be presented with a long list of found items; if you use too many words you may be notified that the item could not be located.

If the search does generate a list, simply click on the appropriate food item in the list and you will be transported to a card with complete nutrient information on the food item.

If the item is the one you want to add to your meal tally then click the button in the center at the bottom of the screen titled 'Add Food to Tally'. A dialog box will appear asking you if you actually want to add this food, if so click 'Yes'. Another dialog box will appear asking you to specify the meal period; morning, afternoon, or evening. Make the most appropriate choice. Next you will be asked to specify a portion. Please notice the portion size as listed just above the 'Add food...' button. It is important that you put a number (integer) which represents the number of portions which comes closest to what you consumed (e.g., if the Portion size is 3 ounces and you ate 6 ounces then you would put the number 2 into the dialog box).

After a period of time (several seconds) the nutrient data will be posted into the 'Tally' card. A new card will be created for each food item you select from the 'Food Values' module. Please notice that the 'Tally' module allows you, at the click of a button, to total up the items in a meal or all the foods consumed in a day. You also have other options, among them; changing the caloric reference value—always shown on the first line in the third column (i.e. the default value is the government standard), generating a bar chart of nutrients or a pie chart of fats/proteins/carbohydrates.

There is a 'Save or Get Meal' button which will allow you to save all the items in a particular meal so that if you have the same meal on another day you don't have to add all the separate items individually again.

Clicking the 'Bar' button will cause the information on the screen you are viewing (or 'card') to translated into a bar graph. If you want to print out the graph just click the 'Print' button in the upper left of the screen.

After you have completed entering all the items for the day you may keep track of your daily caloric intake by clicking the 'Post Today's Calorie Count' button.

After you've completed all the input for the day be sure to click the button 'Clear Whole Stack' so that you don't inadvertently add new

items for a new day together with old items from a previous day. If that does happen you may use the 'Delete This Card' button for the food items you want to delete.