

The
Family Nutritionist

Interactive software for Windows 95™

Version 1.2

USER MANUAL

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General introduction

To navigate the help feature, simply click on the option button whose label resemble closest to the subject you are looking for (for example: to find out how to lose weight, click on the “Meal-Planner” button).

The Family Nutritionist is an easy-to-use program with all the actions taking place on the kitchen interface. Most of the features and tools can be accessed from the Remote control. With your first use, a sign-in menu appears. Type in your name and click ‘OK’ to continue. Please type in only 8 characters and avoid using anything other than letters and numbers.

Mouse movement

You can easily operate the program by observing the cursor shape. By default, it is an arrow, which indicates the current cursor position. When a click able area is encountered, the cursor changes to a hand. If the cursor becomes a cross, you can move the object beneath it.

LEFT CLICK -	This action denotes a selection of a item or function.
RIGHT CLICK -	Right-click on a food while it is on the table brings up the Food Property screen. Right-click on a food while it is still on the Search or Storage screens sets the Display Bar information for that food. Right-click on a storage brings up its content screen.
RIGHT BUTTON - DRAG & DROP	To input food into a storage area, use the right-mouse button to drag the food in front of the selected storage space; a door ‘open & shut’ action indicates a successful input.
LEFT BUTTON - DRAG & DROP	Use this action for normal moving of food or to drag food from the Search or Storage screen on to the table. Also use this action to drag food into and from the Meal-Planning and Explorer screen.
LEFT BUTTON - DRAG TO SELECT	When grouping or selecting food to copy, hold down the left-mouse button and drag from the top-left corner down to the bottom-right corner. A rectangular box will enclose the selections.

General search

The “Family Nutritionist” provides several food search methods, each one designed for a specific need. To navigate the search screen, start by choosing a method. The Search menu is designed in a hierarchical structure with several progressively narrowing levels. You can switch between different levels by clicking the violet color indicator buttons on the top row (listed from left to right its progression). To get to the original search screen, click on the hand icon at the top-left corner. Once a desired food is found, click or drag to place on the table.

Alphabetical

If know the name of the food you want, you can type it in the violet color input box at the tip-right corner, or use the scroll bar to page down to your selection. To select an item, click on its name at the left-most column to bring it to table, or drag it to a storage space. For food with more than one word, try reversing the word order if you can’t find it (for example: for “Chicken soup,” type either chicken or soup).

Fast-food

With the popularity of the many Fast-food restaurants around, it is inevitable that an user will eat from these restaurants from time to time. This method provides some of the more popular Fast-food chain’s menu.

Nutrition

This searching-method is useful if you want to look for a food high or low in one particular nutrient. Select any of the listed nutrients; a green light will indicate selection. Then choose to view ‘most amount of’ or ‘least amount of’ and the computer will list food according to the selected order. Use the scroll bar to page down for more food. The food are sorted according to its percentage of the selected nutrient per 100 gram weight. Once a food is found, click on its name at the left-most column to bring to table or drag to a storage space.

Pyramid

If you just want to browse for food belonging to a particular type, use the “Food pyramid” method. It lists food under 5 main categories. If you are planning a meal and want a fruit but you are not sure which fruit to get, just go into this screen, click on “Fruit” and you are presented with many different options to choose from. Once a food is found, click on it to bring to table or drag it to a storage space.

Menu

You can also search for food according to its recipe type. Listed under this method are some of the more popular main courses, side dishes, soups, beverages and desserts.

Customized

When you create a new food with either the “Create new food” feature or the “Group” tool, it is added to the listing in this searching-method. Similar to the alphabetical search, you can type in a key word to look for the desired food. Once found, click on the name at the left-most column to bring to table or drag to a storage space. The food is listed as “Single food” or “Grouped food,” which differentiates a new food created from the “Create new food” screen or with the “Group” tool. This is important because “Grouped food” cannot be edited (change its weight or volume).

Nutrition display

If you want to see the nutritional value of a food before bringing it to the table, use the right-click action on a food, and its property will appear on the Display bar. This area shows the selection's full name, measure, one nutrient (click the down arrow for another nutrient) and calorie/fat breakdown.

Minimizing the screen

Since "Food Search" is a frequently used feature, you can minimize this screen by clicking on the "_" icon on the right side of the blue title bar but still retains your current selection. This will reduce the screen to a small size located at the bottom left corner of the screen. To restore the screen, click on the minimized image.

General Meal planner

Meal planning for convenience or weight-control can be easily done with this feature. The top portion gives general information about your plan and simple nutritional display; the bottom portion with the white background and “Windows explorer”-like folder setup is where the actual plans and their content exist.

You can perform a detailed analysis of each plan, copy, cut & paste within the plan, have the program automatically add food to your plans and edit each food’s weight or volume.

To add a new plan or to edit an existing plan, click the “New plan” or the “Edit plan” button at the top of the screen, a separate planner will appear.

New Plan (edit plan)

With this screen, please enter a plan name, the length of the plan in days, the starting date, the calorie percentage from carbohydrate, protein and fat desired, and (optional) weight loss/gain number. Once the appropriate information is entered, click “Apply.” If the calculation perform results in a daily calorie intake of less than 1200, you will be asked to lengthen the plan or to reduce the number of weight-loss for the plan. (As a rule, you should not lose more than 2 pounds per week.)

The “Current” display of weight and calories is derived from the personal “Profile” you updated. Below it are the numbers ideal or “optimal” for your height and the maintenance calories required. If the optional weight-control feature is activated, the “desired” section will show the weight you want to be at and the daily calorie intake necessary per your plan length to bring about that weight loss/gain.

Comparison of Calories and Fat

This section of the Meal-plan shows in graphical form the percentage breakdown of the calorie and fat content in a selected plan, day, meal or food. The two color bars represent the goal (from your plan) and the current (actual) percentages of a selected plan. Choose either to see Calories or fat with the oval buttons.

For calories, blue represents carbohydrate calories, yellow represents protein calories and magenta represents fat calories; the goal setting may be changed in the Planner screen.

For fats, blue represents monounsaturated fat, yellow represents polyunsaturated fat, and magenta represents saturated fat. The goal setting cannot be changed; it is at a default of 33%, 33%, 33%. As long as the saturated fat percentage does not exceed 33%, you are within acceptable health range.

By looking at the current percentages and comparing that to the goal percentages, you can easily tell if a total plan, a day’s, a meal’s or a single food (depending on the selection) contains unhealthy level of fat calories or saturated fat.

Nutrition percentage to daily value

This color bar indicates the percentage of a selected nutrient (default is calorie) as compared to your daily value need (DV). This DV is based on your plan’s calorie value, not on your personal profile. With this feature, you can quickly tell if the food in your plan comes close to your daily need in using a selected plan.

Tip: When the Meal-plan or Explorer is active, the Display bar information shows the active screen’s content information. When closed, it defaults back to displaying the table content information.

The plan outline screen

The bottom section of the Meal-plan screen lists your plan(s) and features an expandable/collapsible presentation similar to the “Windows explorer” screen in Windows 95. By default, when a plan is created,

one entry with the plan name is added to this section and has a “+” symbol preceding. To expand a plan to browse its content, click on the “+” symbol; it will expand to list the number of days the plan houses. Click on the “+” symbol preceding each day to expand into the meal listings. Once you have expanded a plan to its fullest, food can be dragged into any entry (except the plan name itself or a food listing). Use the up and down keys on the keyboard or the scroll bar to browse through an expanded plan.

Adding food

There are three ways you can add food into a meal plan.

- 1) Drag food from the table and place it in a day or a meal in that day (depending on where it’s dropped). Make sure that an entry listing is open by using the “+” function.
- 2) Click the “Add food” or the “Search” button to bring up the Search screen. Navigate through it as usual to access a food. Once found, click on it to automatically drop into a selected listing (a day or meal), or you can drag the food into another listing.
- 3) Click the “Auto add” button to let the computer randomly select food from the database. It adds up the food until a close match to your predetermined calorie value is reached. You can then use the cut & paste buttons to move food into a particular meal.

As usual, when you right-click on a food on the Search screen, you can preview its nutritional content to see if this is a food you want to include in your plan. Of course, once in the plan, you can also edit it to arrive at a more precise portion.

Edit food

Click on the “Edit food” button to bring up the edit screen. On it a picture of the selected food is displayed for easy identification. Click on the measure display to change its weight/volume and click “update.” The new value is registered and can be viewed on the Display bar. View the nutritional display on the Meal-plan to see if this change is acceptable. If not, click the “Undo” button on the “Edit food” screen to revert back to its original value. (Note: If another food is selected after an update, the undo feature is no longer available).

You can change the measurement unit from metric to standard by clicking on the white arrow to the right of a food’s weight/volume.

Tip: When the “Edit food” screen is active, use the up and down keys on the keyboard to scroll through food to see its image and weight/volume. Alternatively, the Display bar will show current information on any selected day, meal or food.

To table

If a plan’s preset date matches the current calendar date upon starting the “Family Nutritionist,” the program will ask if you want to bring that day’s food to the table. Clicking “Yes” will copy food from the plan to the table. You can then edit the food selection or value and save it as that day’s record if it matches your actual food intake.

You can also select any day, meal or food from any plan, click “To table” and it will be distributed on the kitchen table for processing. With this feature, you can preset many meals and just bring them to the current date instead of having to reconstruct it each time.

Delete

You can select any plan or food, click “Delete” and it will purge the selection from the Meal-plan screen. However, when a day or a meal is selected, by using the Delete feature it will only purge the food content from these listings. This way, you can refill your plan without having to create a new one.

If you want to reduce or increase the number of days in a plan, click “Edit plan” and change the plan length to a new value. The program will subtract or add the number of days according to the new data from the last day of the original plan length.

Analysis

To perform a more detailed analysis of nutritional content, click on the “Analyze” button. This screen will display in a graphical format the entire plan’s, one day’s, one meal or one food’s complete nutritional value and its Daily Value (DV) in comparison with a preset planning goal.

On this screen, each available nutrient is displayed in the form of a horizontal bar. The displayed nutrient value represents the average of the plan selected, a day, a meal, or a food. The bar chart indicates the percentage of the averaged nutrient value as compared with the preset goal. A quick glance can tell you which nutrient exceeds your need and which falls short. Use the down arrow to page down to the remaining list of nutrients.

General profile

The Personal Profile screen should be completed before going further so the computer can calculate what your nutritional needs are and present nutritional requirements that is based on your very physical need. For example, the default profile is a middle-aged woman who requires approximately 2000 calories/day. As such, if a food selected contains 200 calories, it will represent 10% of her daily calorie requirement. Once you change the profile, the percentage will reflect your own need and be shown on the Display Bar and Food Property screen. The Meal-planner will also use this information as a default value.

Heights

Heights- Type in your height in foot & inches (standard) or centimeters (metric), or use the up & down arrows to arrive at a desired value. If entering in inches, be sure to define foot and inches with the right quote and double right-quote symbols (for example: enter 5foot, 4 inches as 5'4")

Weight

Weight- Type in your weight in pounds (standard) or kilograms (metric), or use the up & down arrows to arrive at a desired value. Simply type in a whole number, there is no need to type the unit label (lb/kg).

Activity level

Activity level- There are four options for this entry:

- | | |
|-----------------------|--|
| 1) Sedentary: | If you sit or lay about for most of the day with very little physical activity. |
| 2) Lightly active: | Light office or domestic work with some walking, lifting or stretching. Most people probably fall into this category. |
| 3) Moderately active: | For people who exercise moderately or who frequently perform daily chores, which require physical movements such as walking, lifting or biking. |
| 4) Very active: | Permanent membership and daily visit to the local gym probably means you belong to this category. If you perform strenuous exercises or work related chores. |

Birth date

Birth date- Please enter the month, date, and year as follows: 06-25-62 for June 25th, 1962. The age of a user is important to determine suitable amounts of various nutrients for him or her. A child's need is much different from an older adult.

Gender

Gender- Males and females require very different nutritional intake, so be sure to select the correct gender description.

Calories from carbohydrate, protein and fat

You have the option of determining how many of your calorie-intake comes from carbohydrate, protein or fat. By default, the percentage of calorie from carbohydrate, protein and fat is the standard 60%, 15%,

25%. If you want to change this to another setting, simply edit each field to a new value, but make sure that they add up to 100%, otherwise, an error message will show.

Once you complete the editing process, click “Apply” to perform nutritional calculation. On this screen, the calculated values for calories, carbohydrate, protein and fat are shown. For complete nutritional listing, click “Detail.”

Detail

The Detail screen lists the important nutrients and the daily quantity a user needs according to the profile information entered in the main profile screen. This information can be edited to fit your own preference. Certain nutrients such as calorie, carbohydrate, protein and fat are inter-related so that changes in one may cause another to change also. To go back to the main Profile screen, click the “Back” button.

If you want to print out the profile information, click “Print” in either the main Profile screen or the Detail screen.

General create new food

Food comes in infinite varieties. It is not possible for one program to cover every combination there are. But with the 'Create New Food' screen, you can literally add on as many new food as you want. If you have access to nutritional information, or if the food comes with a Nutrition Fact label attached, assigning nutrition value is very easy.

Select an image

First, an image needs to be associated with the new food. You can drag a similar food from the table to the blue picture area; a copy of the image will appear as well as its nutritional values (this way you may only need to alter a few nutritional values). Another method is to click on the "Get Image" button to select the image from a preset list. However, with this method, your nutritional data is blank and will need to be filled in manually.

Enter name and measurement

Type in a new food name, assign whether this is a liquid or solid food and enter its weight or volume measurement for 1 serving. If you are using a Nutrition Fact label from the packaging, just copy the 1 serving size and the unit measure over.

Assign nutritional values

The standard for Nutrition Fact labels is based on a 2,000 daily calorie intake for a middle-aged female. There are two ways to enter nutritional values:

- 1) Simply type in the value in the yellow boxes if you are using references other than a Nutrition Fact label. Make sure that the food weight/volume matches the same reference value.
- 2) If you are using the Nutrition Fact label as reference, you will notice that on some of the nutrients, there are no values given, only percentages. Since we already know that the label is based on the profile of a middle-aged female, we can reverse calculate the percentages back to a nutritional value. Thus, if you encounter a nutrient listing with only a percentage, simply input this number in the pink "% DV" box, the program will then automatically calculate its proper value for you.

Tip: use the down arrow to page down for more nutrients.

Once a new food is created, you can search it with the "Customized" method in the Search screen. You can also store it in any of the storage spaces in the kitchen interface.

General Analysis

The “Analysis” screen is designed to graphically present the nutritional information for easy comprehension and comparison. With this analysis screen (as opposed to the ones from the Meal-plan or the Explorer), you can view the nutritional contents of a free range of days in your recorded food-intake history.

Select a range of day(s)

To select the day(s) to include in the analysis, click on the calendar button in the “From” label to access the monthly calendar, find the desired starting day and click on it. Next, click on the calendar button in the “To” label and click on the end day. If there are records in this range, the display area will show appropriate charting information. (Note: if there are days in your range with no food-intake record or incomplete recording, the information displayed may not reflect an accurate diagram).

There are two ways you can view this information: 1) “Single nutrient,” which displays in a graphical format the entire range in days (or period of days for lengthier ranges) for one nutrient, and 2) “All Nutrients,” which displays all the nutrient’s percentage of Daily value (DV).

Single nutrient

- 1) **Single nutrient-** this display comprises of vertical bars representing a day or a period of several days (averaged) placed from left to right in a chronological order. The height of each bar indicates its value. The horizontal green line indicates your daily value need (DV) for this nutrient as defined for your range, and the horizontal red line tells you the average value of the displayed periods. By comparing the green and red lines, you can tell how well your intake is adhering to the preset goals.

All Nutrients

- 2) **All nutrients-** on this screen, each available nutrient is displayed in the form of a horizontal bar. The displayed nutrient value represents the average of the range selected. The bar chart indicates the percentage of the averaged nutrient value as compared with the profile data. A quick glance can tell you which nutrient exceeds your need and which falls short. Use the down arrow to page down to the remaining list of nutrients.

Tip: The analysis feature can also analyze a selected meal or a food, which will be represented by one vertical bar (in the “Single” display mode).

Comparison of Calories and Fat

This section of the Analysis shows in graphical form the percentage breakdown of the calorie and fat content in a selected range. The two color bars represent the goal (from your profile) and the current (actual) percentages of a selected range. Choose either to see Calories or fat with the oval buttons.

For calories, blue represents carbohydrate calories, yellow represents protein calories and magenta represents fat calories; the goal setting may be changed in the Profile screen.

For fats, blue represents monounsaturated fat, yellow represents polyunsaturated fat, and magenta represents saturated fat. The goal setting cannot be changed; it is at a default of 33%, 33%, 33%. As long as the saturated fat percentage does not exceed 33%, you are within acceptable health range.

By looking at the current percentages and comparing that to the goal percentages, you can easily tell if a selected range contains unhealthy level of fat calories or saturated fat.

Nutrition percentage to daily value

This color bar indicates the percentage of a selected nutrient (default is calorie) as compared to your daily value need (DV). This DV is based on your Profile's calorie value. With this feature, you can quickly tell if the food in your plan comes close to your daily need.

Compact analysis

On this screen, each available nutrient is displayed in the form of a horizontal bar. The displayed nutrient value represents the average of the plan selected, a day, a meal, or a food. The bar chart indicates the percentage of the averaged nutrient value as compared with the preset goal. A quick glance can tell you which nutrient exceeds your need and which falls short. Use the down arrow to page down to the remaining list of nutrients.

General Nutrition property

This screen is similar to the Food Property screen, but it describes the definition, food source, risk with excess and risk with deficiency of a selected nutrient. Select a nutrient from the left-panel listing, the right-panel will display its property content. Use the scroll bar to access more information.

General food processing

Once a food is found and brought to the table, you can easily change its weight/volume, cut it into a half and then a quarter (most food), duplicate it, group several food and delete it – all with interactive ease without having to type in a single number.

To access these processing tools, go to the Remote control and locate the blue buttons at the bottom section. When clicking on a tool, the cursor will change to reflect its function. To deselect a tool, simply click on an empty space on the table.

Tip: Food weight/volume can also be changed in the Food property screen (Right-click on a food).

Cut tool

Use this tool to cut most solid food into halves & quarters. Use it in conjunction with ‘Resize’ tool for precise adjustments. Once a food is cut, its new measure & nutrition value is reflected in the Display bar. Continuous cutting cycles the food back to whole. This tool remains active to process other food until an empty table space is clicked on (clicking on its own button also deselects it).

For liquids in a container, the food portion will be reduced in volume as you click on it.

Duplicate tool

To make copies of a food, select this tool and click on the food, a duplicate appears next to the original. To deselect, click on an empty table space or click its own button.

Tip: Try using the copy/paste action to duplicate food. With this action, you can drag to select multiple food, click “Copy,” and click “Paste” to copy same food on the table. The copy/paste commands are located on the Remote control.

Resize tool

This is a powerful processing tool that will save you unnecessary typing time. For certain natural food such as apples and oranges, the individual food size can vary significantly; by activating the “Resize” tool, you can make the food larger or smaller (for most food). To do this, simply click on the food and hold the left-mouse button down, now drag the mouse to the upper-left hand corner to enlarge the food, or drag it towards the bottom-right to make it smaller. A temporary display box will show interactively the changes in its weight.

For liquids in a glass, cup or can, a vertical meter appears with a red arrow pointing at it. This arrow corresponds to the level of its content. By dragging the red arrow down or up, the display will reflect its current volume; let go of the mouse button will set the value and the image will be changed to simulate proper reduction or augmentation.

Group & Ungroup tool

Another useful tool that can help you manage your food intake are the “Group” and “Ungroup” tools. Its most basic function is to bring several food together and make them into one food combining the total nutrient values of its components. Use the cursor to arrange the food together into an arrangement of your preference. Next click on the “Group” tool and drag a bounding box around the food group, a input box will appear for you to typing a new group name. The “Group” tool will cancel itself once a grouping action is done.

An innovative way to use this tool is to actually simulate many of the combined food we eat such as burgers or sandwiches. Using the same procedure to arrange the ingredient together and group them.

Grouped food can be found along with newly created food (from the “Create new food” screen) in the “Customized” search screen. However, a grouped food cannot be edited (cut or resized).

To ungroup, simply select the “Ungroup” tool and click on a grouped food.

Delete tool

To purge a food from the table, click on this tool and click on the food, it will be permanently deleted. Click on an empty table space to deselect this tool.

If you want to be able to retrieve the food after deletion, you can use the right-mouse to drag a food to the trashcan (located to the right of the refrigerator), it will open up to accept the food. Right-clicking on the trashcan reveals the food that had been deleted, which can be dragged out to the table. To empty the trashcan, just click “Empty.”

To clear the table of all the food with just one action, click on the “Clear” tool from the Remote control (the broom icon); a warning will appear to confirm your request. If confirmed, all food will be cleared from the table; click again to purge any plates, once again to clear a Meal-tray.

General Explorer

Your daily input of food intake is stored chronologically in the Explorer screen. With this feature, you can view your historical record in a clear and organized way. Similar to a Meal-plan screen, this screen features an expandable/collapsible presentation similar to the “Windows explorer” in Windows 95. Each time a record is saved, it is added to this section sorted first into weekly sections, and has a “+” symbol preceding. To expand a week to browse the days, click on the “+” symbol; it will expand to list the number of days you have saved record. Click on the “+” symbol preceding each day to expand into the meal listings. Once you have expanded a weekly list to its fullest, food can be dragged into any entry (except a week or food listing). Use the up and down keys on the keyboard or the scroll bar to browse through an expanded list.

Comparison of Calories and Fat

This section of the Explorer shows in graphical form the percentage breakdown of the calorie and fat content in a selected plan, day, meal or food. The two color bars represent the goal (from your Profile) and the current (actual) percentages of a selected listing (day, meal or food). Choose either to see Calories or fat with the oval buttons.

For calories, blue represents carbohydrate calories, yellow represents protein calories and magenta represents fat calories; the goal setting may be changed in the Profile screen.

For fats, blue represents monounsaturated fat, yellow represents polyunsaturated fat, and magenta represents saturated fat. The goal setting cannot be changed; it is at a default of 33%, 33%, 33%. As long as the saturated fat percentage does not exceed 33%, you are within acceptable health range.

By looking at the current percentages and comparing that to the goal percentages, you can easily tell if a week, a day’s, a meal’s or a single food (depending on the selection) contains unhealthy level of fat calories or saturated fat.

Nutrition percentage to daily value

This color bar indicates the percentage of a selected nutrient (default is calorie) as compared to your daily value need (DV). This DV is based on your Profile’s calorie value. With this feature, you can quickly tell if the food in your plan comes close to your daily need.

Refresh

If the Explorer screen is open while you update your daily food-intake record with the “Save” feature, the latest data is not present in on the screen. To ensure of the most recent display, click the “Refresh” button.

To table

You can also select any day, meal or food from any week, click “To table” and it will be distributed on the kitchen table for processing. With this feature, you can quickly copy frequently consumed meal types onto the kitchen table without having to rebuild the record. (Note: with “Explorer,” the record is permanent, therefore, food cannot be dragged into this screen.)

Tip: print your input record one week at a time or for just one day.

Analysis

To perform a more detailed analysis of nutritional content, click on the “Analyze” button. This screen will display in a graphical format the entire week’s, one day’s, one meal or one food’s complete nutritional value and its Daily Value (DV) in comparison with a preset Profile goal.

On this screen, each available nutrient is displayed in the form of a horizontal bar. The displayed nutrient value represents the average of the week selected, a day, a meal, or a food. The bar chart indicates the percentage of the averaged nutrient value as compared with the preset goal. A quick glance can tell you which nutrient exceeds your need and which falls short. Use the down arrow to page down to the remaining list of nutrients.

General help

Click the “?” button on the Remote control to open the Main Help Screen. On the right are a number of subject groups you can choose from. By default, the “General” help group is shown at the left display panel. Unlike the Main Tip Screen, there are neither “Next” nor “Previous” buttons; instead, a scroll bar is used to browse through the entire help content for a subject group. To change to another subject group, just click on its button at the right.

General tip

The tip screen is made up of several parts. The apple animation at the bottom-right corner activates a small tip-screen when clicked. As you call up different functions and features of the program, the tip-screen provides timely advice on that particular subject. To access more tips, just click on the “Next” button. At times, if a tip requires more detailed explanation or answer, an extra button is available which activates another screen with the appropriate tip elaboration or help content (“Detail”, “Answer” or “How”), activates a program feature (“Open”), or plays a slide show (“Play”).

At the top of this small tip-screen, you can click on the “?” or “Light bulb” icons to access the Main Help Screen & the Main Tip Screen. The selected screen will open to the current subject on the small tip-screen.

Tip content screen

When a “Detail,” or “Answer,” or “How” button is clicked on the small tip-screen, a larger Tip Content Screen with detailed elaboration may appear (it may be a Help Content Screen). There is also a “Next” and a “Previous” button that allows you to cycle through its list of explanation from one at a time.

Tip: if you want to be able to select tips on a specific subject in a menu format, click the “Light bulb” on the Remote control to activate the main Tip-screen.

Help content screen

When a “Detail,” or “Answer,” or “How” button is clicked on the small tip-screen, a larger Help Content Screen with detailed elaboration may appear (it may be a Tip Content Screen). There is also a “Next” and a “Previous” button that allows you to cycle through its list of explanation from one at a time.

Tip: if you want to be able to select help on a specific subject in a menu format, click the “?” button on the Remote control to activate the main Help-screen.

Main tip screen

Click the “Light bulb” on the Remote control to activate the Main Tip Screen. On the right are a number of subject groups you can choose from. By default, the “General” tip group is featured with the first tip shown at the left display panel. You can click the “Next” and “Previous” buttons to cycle through its list of tips.

General Food property

Right-click on any food brings up the Food Property screen, which contains pertinent information about it. The first page displays nutritional data in the “Nutrition Fact” format, which is popular with packaged food. However, if you had entered your data in the Profile screen, the percentages indicated will be according to your own daily value need (DV) instead of the default 2000 calorie diet.

Tip: to see the property of another food, simply right-click on the new food, the screen remains but all information is of the selected food.

Edit food

If you want to edit the food measure (weight/volume), click on the “Measure” display, type in your new value and click “Apply.” The nutrition display will reflect your latest change. If you click “OK,” the change will become permanent, and clicking “Cancel” reverts it back to the original value.

Note: the food-size on the table will change as well if a significant difference was made.

Detail

Click ‘Detail’ to view more nutritional information for this particular food. This information, however, is not editable. (If you want to have a different value for a food, please use the “Create New Food” screen.)

Tip: to perform analysis on a food, meal, or day, click on the “Analyze” button on the Display bar located below the “Name” section. This will bring up a simplified Analysis screen as used with the Meal-planner and Explorer. Whichever selection is currently displayed is analyzed.

General display bar

The display bar gives you the most important information for selected food. Click on a food (single or grouped), multiple food (drag to enclose), a meal (if a Meal-tray is present), or a day (clicking on an empty table space) to display its vital information. When you are in the “Food Searching” or storage screen, right-click on a food to view.

The Display bar is divided into 7 sections (from left to right): 1) Food-name (identification), 2) Quantity or volume unit (cup, teaspoon, etc.), 3) Weight/volume, 4) Selected nutrient value, 5) Percentage of “Daily Value” according to Profile (or Meal-Plan if used), 6) Percentage of calories from Carbohydrate, Protein and Fat, and 7) Percentage of Monounsaturated, Polyunsaturated and Saturated Fat.

Food name

In this section, the selected food is identified. Simply left-click a food on the table (or right-click a food in the Search or Storage screen), its name appears in this section. To select multiple food, drag a box to enclose the ones desired, the display shows the number of food selected. If a Meal-tray is present, clicking on the tray shows its current meal name (breakfast, lunch, etc.). To view the total of everything on the table, click on an empty table space, this section displays “Day.”

Tip: use the arrows on either side of this section to scroll for longer names.

Quantity or volume unit

This section tells how a food is measured in popular terms such as “Slice,” “Piece,” “Tablespoon”...etc. When anything other than a single food is selected, this section displays an appropriate description for it or is left blank.

Weight/volume

For solid food, the default weight unit is “Gram;” for liquids, the default volume unit is “Milliliter.” If you prefer your measuring units to be in “Ounces” or “Fluid ounces,” click on the down arrow to select.

Note: if more than one food is selected, this information probably is not useful.

Selected nutrient value

One nutrient (default is Calorie) is displayed in this area. The value and DV displayed reflects specifically to this particular nutrient (the DV is based on your Personal Profile or a selected Meal-Plan if a selection is from the screen). To pick another nutrient, click on the down arrow to access a complete available list.

Percentage of calories from Carbohydrate Protein and Fat

It is important to know where our daily calorie intake is from. There are only three major sources: Carbohydrate, Protein and Fat. How many calories come from each group is important in determining whether we are eating healthy or not. Theory varies and this program does not attempt to champion one theory over another. However, the more accepted academic formula is 60% from Carbohydrate, 25% from Protein and 15% from Fat, and is the default values used in the program. By looking at this section, you can tell the calorie breakdown for any selected food (or group of food).

Percentage of fat from Monounsaturated, Polyunsaturated and saturated Fat

Similar to calorie sources, the type of fat you eat is also important to your health. Ideally, we want to stay away from Saturated fat. From academic and government sources, if your Saturated fat intake is less than

1/3 or 33% of your “Total Fat” consumption, you are doing OK. By looking at this section, you can tell the fat breakdown for any selected food (or group of food).

Analysis

To perform analysis on a food, meal, or day, click on the “Analyze” button on the Display bar located below the “Name” section. This will bring up a simplified Analysis screen as used with the Meal-planner and Explorer. Whichever selection is currently displayed is analyzed.

General User menu

The small display bar at the bottom-left corner of screen is where the current date and user is shown. To select or create a user, click on the “name” area to access the “User menu” screen, or the “Date” area to access the calendar.

Use this screen to create a new user, rename an existing user, or delete a selected user. When you first use the program, this screen must be filled-in in order to proceed with the program. The maximum number of users allowed at any one time is 7.

Please type in an easy-to-identify name of no more than 8 characters. Also, try not to use any character other than alphabet letters and numbers. Once entered, click “OK” to accept.

Rename

To rename a user, click on the name, then click “Rename,” the selected name appears in the editing box. Type in the new name and click “OK.”

Delete

To delete a user, click on the name, then click “Delete,” the name is purged from the list. The next name is then automatically selected. Click “OK” to accept or select/create another user name.

General Storage

Customize your food search by storing favorite items in any of the cabinets, drawers and appliances available on the kitchen interface. To store food, right-drag with mouse to the desired storage space, the food will automatically be placed inside with some animation (door opening and closing).

Note: as you right-drag a food to storage, once it leaves the boundary of the table, it automatically become smaller to simulate going into a distant background.

To open a storage

To review or retrieve food from storage, right-click on a storage space, the Storage screen will appear with the food content visible. You can name each storage to your preference. Retrieve food by clicking or dragging to table. If a down arrow is present, more food is/are available in the next screen; you can access them by clicking on the arrow.

Copy/Move modes

You can select “Copy” to duplicate food as you bring food to the table, or “Move” to actually reduce inventory, which can be used to simulate real-life situation in food consumption/replenishment. You can print out a list of food content when the inventory is full. Once near depletion, print out another list or simply compare with the on-screen inventory, cross out names of the remaining inventory on your originally list and you have a shopping list to go to the market with.

Tip: If you want to make your inventory control more accurate, remaining portion(s) of a food called out from the storage should be put back for future consumption. (For example: if you dragged an apple out to the table, but only ate half of it, be sure to put one half back into the storage.)

Storage name

Each storage space (appliances excepted) can be named to make identification easier. Simply click on the top editing box and enter a name of preference. By default, most of the storage have a preset type food already. These can readily be purged and renamed to your liking.

Clear food

If you want to delete a food from the storage, make sure that the inventory mode is in “Move.” Then drag food to the trash can (left or right mouse-button). To clear the whole storage, use the round “Clear” button on the bottom-right section of the screen, a warning will ask you to confirm deletion of all food from this storage.

Remember that appliances such as refrigerator, freezer, microwave and oven also open up and can store food. Cooking functions will be added in later versions.

Condiment storage is located right above the microwave. Right-click on it to open up and retrieve the desired seasoning.

General Animation

This program is developed with much animation to create interest for the user. Mainly, the cabinet and appliance doors open to simulate a real kitchen. The window opens and closes also as well as changing scenery according to which meal is currently selected (from the Meal-tray).

To activate animation, use the left-mouse to click on a door or window, a short sequence will be played. Animation is also triggered when food is dragged to a storage or appliance with the right-mouse button.

General Meal-tray

Right-clicking the glass cabinet in the middle of the kitchen right below the fan accesses meal-trays and plates. Similar to a food storage space, clicking on a selection brings it to the table.

Meal-tray

Meal-Trays are used to organize a day's meal into one easy-to-manage container. The green light indicators in the front panel represents (from left to right) breakfast, lunch and dinner. The next two are snacks 1 and 2 with yellow lights. These lights come on when food is present in that particular meal. Once a food is within the boundary of the "Meal-Tray," it becomes attached to it and will move in synch with the tray.

Use the arrows on either side of the meal display to select other meals. Food belonging to the selected meal is shown on the tray. Click on the tray to display selected meal's nutritional information on the display bar.

Tip: to change the scenery view behind the window, try changing the meals on the Meal-tray with the left-right arrows.

Plates

Plates are useful measuring tools as well as an organizing container for food on the table. Two sizes are available. By putting a food on the plate, you can visually estimate the size of the food and adjusting it accordingly with a processing tool (cut or resize). This way, you don't necessarily have to know the weight or volume measurement of a food to get an accurate value.

Tip: to delete a Meal-tray or plate, use the "Delete" tool on the Remote control

General Remote-control

The Remote control is where most of the features and functions can be accessed. It houses activation buttons for: 1) Explorer, 2) Save, 3) Save As, 4) Copy, 5) Paste, 6) Search, 7) Meal-plan, 8) Create New Food, 9) Personal Profile, 10) Analysis, 11) Nutrition Property, 12) Cut Tool, 13) Duplicate Tool, 14) Resize Tool, 15) Group Tool, 16) Ungroup Tool, 17) Delete Tool, 18) Main Tip, 19) Clear Tool, and 20) Main Help.

General clipboard

To copy food from the current day to another day, use the “Copy” and “Paste” command on the Remote control (below the “Save” and “Save as” buttons). First select a food or several food with the drag-to-enclose method. Once a selection has been made, the “Copy” command becomes available (brightens) and can be clicked to copy selection. Now use the calendar to bring up another day, click the “Paste” button to place food on the table.

The same procedure can also be used to copy or move selection within a meal-plan, or to copy a plan’s selection to the table or from the table to the plan. Note that if you are accessing the commands on the Remote control, they refer to food on the table, whereas accessing the same commands on the Meal-plan screen, they apply only to the plan.

General calendar

Each time you start the program, today's date is the session opened (as displayed at the small bar at the bottom-left corner of the screen). To change this date, you can click on the arrows on either side of the date, or click on the date itself to open up the Calendar.

With the calendar, you can select any one day to be opened. To change the month, use the arrows on either side of the "Month" display (top-left), to change the year, use the arrows on either side of the "Year" display (top-right). To change a day, just click on it, the calendar will close and bring you back to the kitchen with the selected date displayed.