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Introduction

Welcome to DietPower, the world's most effective nutrition and weight-control program.

Before going any further...

...make sure you can see the words "This copy of DietPower is licensed to" at the bottom of your screen now. If not, [click here](#) to do a one-minute fix.

Here's All You Need to Know (in 149 Words)

To lose, gain, or maintain your weight:

1. Set goals by clicking the Diet Designer button. It's on the Home Screen, and looks like this:



2. Record the foods you eat, by clicking the Food Log button:



3. Log your workouts, too, by clicking the Exercise Log button:



4. Stay within your daily calorie budget, shown at the bottom of both logs. If you do this and faithfully record your meals and workouts, you're guaranteed to reach your goal on schedule—because DietPower monitors your true metabolic rate and adjusts your budget accordingly. (No other program does this!)

To balance your nutrient intake:

1. Continue recording your meals.
2. Check your consumption of fat, carbohydrate, protein, and 30 other nutrients by clicking the Nutrient History button:



The Nutrient History will show your intake for the past day, week, month, quarter, and year.

Most Important Thing to Remember:

Clicking the Help button at the bottom of any screen will take you to advice on the very thing you are trying to do.

5-MINUTE PICTURE TOUR

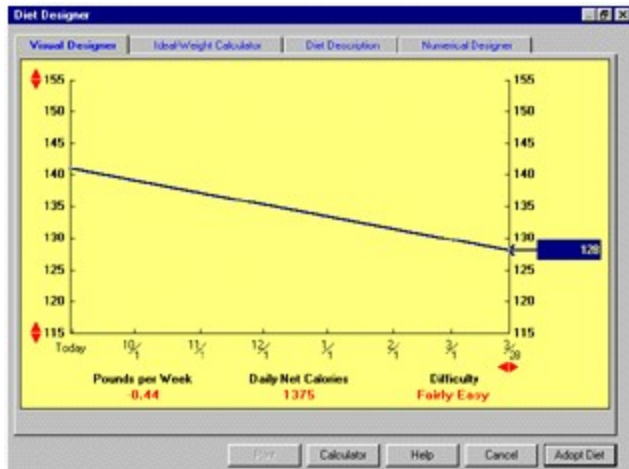
1. The Home Screen



This appears every time you start up DietPower. At the top are buttons leading to most of DietPower's functions. The rest are accessible through the menus (User, View, Exercise, etc.) just above the buttons.

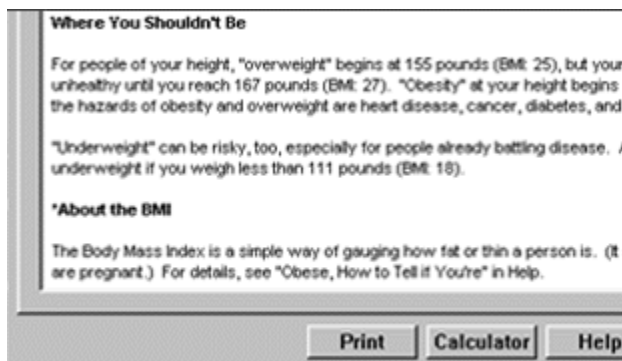
Here are the main functions, with their buttons:

2. The Diet Designer



To design a diet, click the red arrows to adjust the time span; then drag the blue paddle toward your desired weight. Meanwhile, watch the red figures at the bottom—they tell how difficult the diet will be. When you're satisfied with your goals, click the Adopt Diet button.

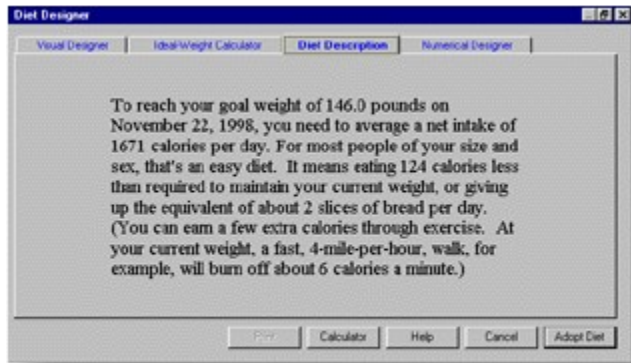
3. The Ideal Weight Calculator (Partial View)



The screenshot shows a window titled 'Where You Shouldn't Be'. The text inside reads: 'For people of your height, "overweight" begins at 155 pounds (BMI: 25), but your unhealthy until you reach 167 pounds (BMI: 27). "Obesity" at your height begins at the hazards of obesity and overweight are heart disease, cancer, diabetes, and... "Underweight" can be risky, too, especially for people already battling disease. An underweight if you weigh less than 111 pounds (BMI: 18). *About the BMI The Body Mass Index is a simple way of gauging how fat or thin a person is. (It is not applicable if you are pregnant.) For details, see "Obese, How to Tell if You're" in Help.' At the bottom of the window are buttons for 'Print', 'Calculator', and 'Help'.

To use the Ideal Weight Calculator, open the Diet Designer and click its Ideal Weight Calculator tab. The Calculator will show your Body Mass Index (BMI) and whether it's a health risk.

4. Diet Description



This, too, is a tab inside the Diet Designer. It tells how difficult your diet will be. If you don't like the description, just click the Designer tab, change your goals, and click the Description tab again.

5. The Food Log



To log a food, point to it in the dictionary (top window), hold down your *right* mouse button, and drag and drop the food into the bottom window. As you drag the food, its nutrients appear. Afterwards, its calories show up in the tally at the bottom.

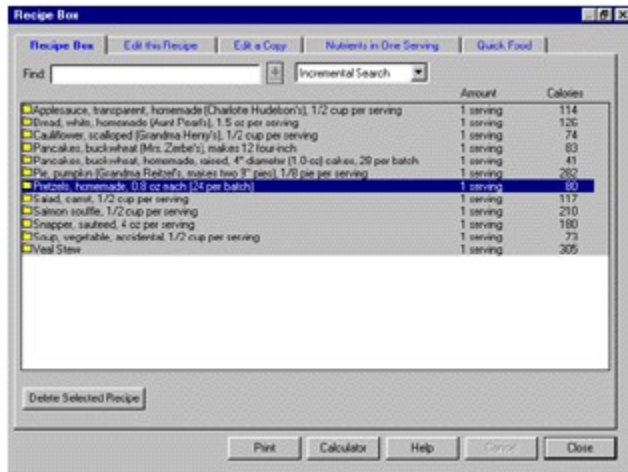
To find any food, type keywords in any order in the Find field ("cake chocolate white icing," for example) and press the Enter key. (We're describing the default method: Smart Search. Try the other three methods, too.)

6. Adding Foods to the Dictionary



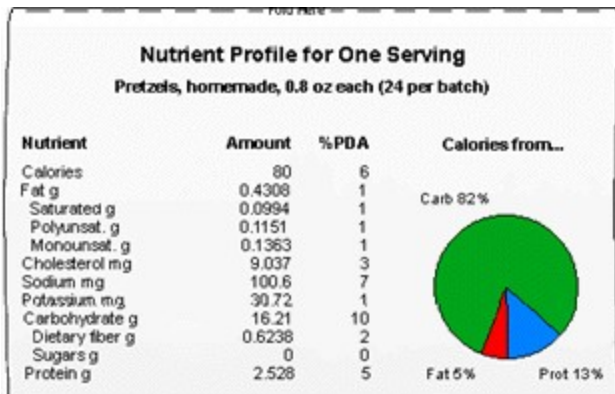
Although it already lists 8500 foods under 16,000 names, the Food Dictionary will let you add your own foods by keying in nutrient information from the labels. Just click the Quick Food tab while you're in the Food Log.

7. Adding Recipes to the Dictionary



Besides creating and analyzing recipes, you can "doctor" any recipe by copying it and revising the ingredients. For instructions, click the Help button at the bottom of this function.

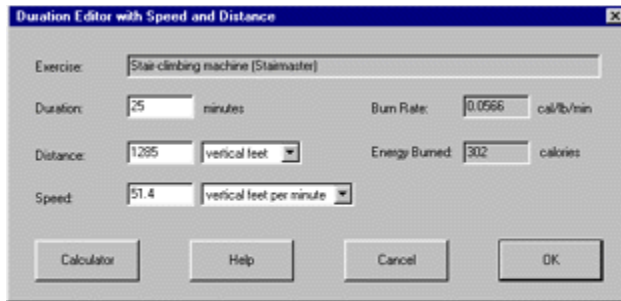
8. Printing Recipes (and Other Stuff)



Like many other functions, the Recipe Box includes a Print button. In this case, the printout folds into a 4 x 6 recipe card.

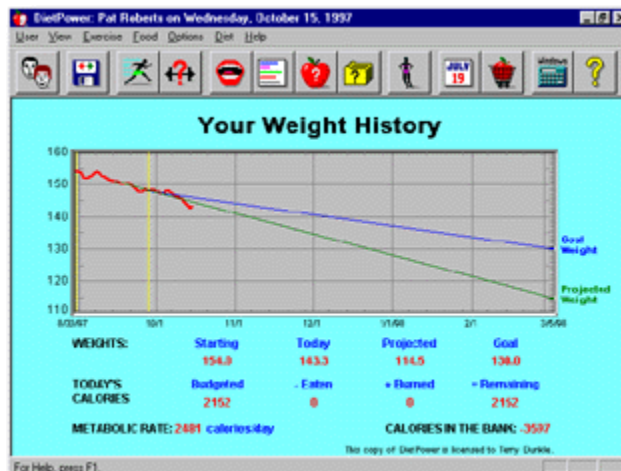
9. The Exercise Log





This works like the Food Log. Shown here: a special calculator that pops up when an activity's "calorie burn rate" depends on speed.

10. Visualize Success!



The Weight History is a different version of the Home Screen, showing a graph of your progress instead of the DietPower logo. To switch your Home Screen to the Weight History, click the word *View* at the top of the screen and choose one of the "Weight History" options.

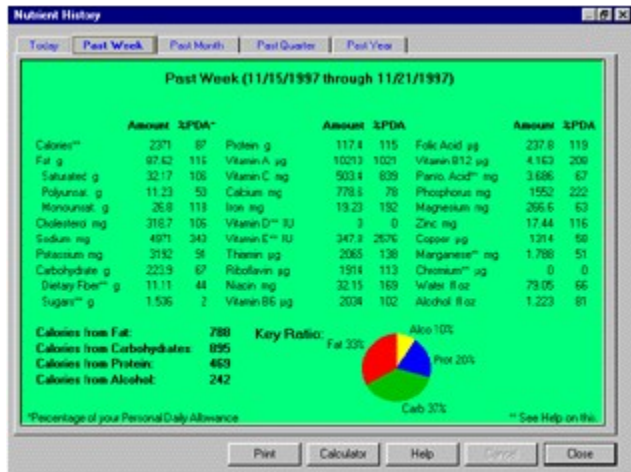
On the graph, the red line plots your daily weights. The blue shows your intended path, and the green is your projected path, based on recent eating and exercise.

To correct your logs for a past date, just click the date; then open the log you want to fix.

For more information, open Help (see No. 14, below) and click "Weight History" in the Table of Contents.

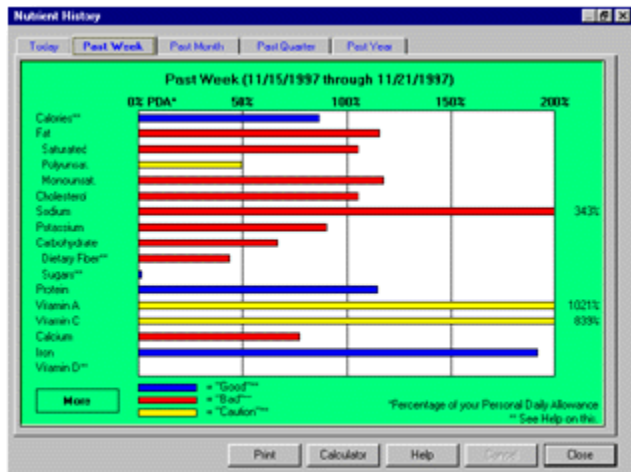
11. Your Nutrient History (Table View)





This shows your balance of 33 nutrients for the past day, week, month, quarter, and year. It's updated every time you log a food, an exercise, or your weight.

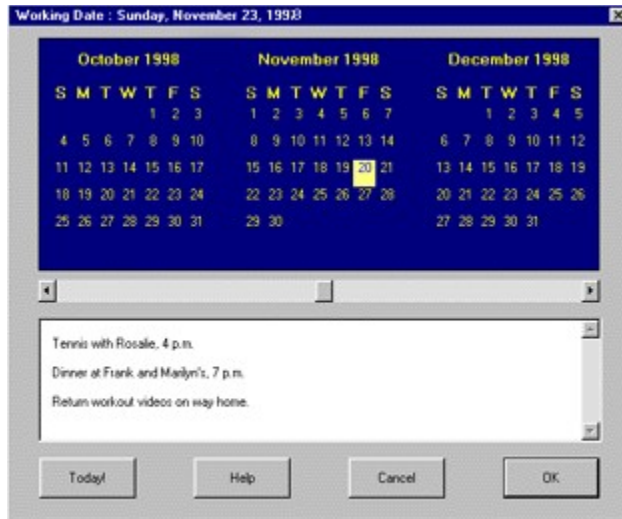
12. Your Nutrient History (Bar Chart View)



Click the nutrient table and it switches to a color-coded bar chart. Red means you're getting too little of a good nutrient or too much of a bad one; blue means the opposite; yellow means "caution."

13. Calendar and Notepad

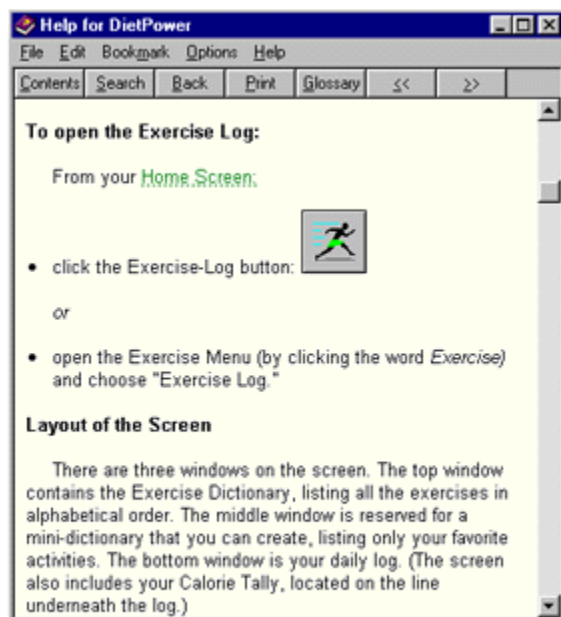




The Calendar lets you correct your food, exercise, or weight log for any day in the past. Just double-click the date and open the log you want to revise. Every change you make will cascade to today's calorie budget and nutrient charts.

You can also keep a diary in the pad underneath the calendar.

14. A Megabyte of Help



DietPower's Help system offers 100,000 words (the length of a novel) on hundreds of topics, from Alcohol to Zinc. It's also one of the world's easiest to read and understand. And you don't have to search it interminably—most topics are linked directly to the function where they're needed. (To see what we mean, click the Help button at the bottom of any function.)

15. Everybody's Favorite Help Chapter



This button opens a chapter of Help containing bargains in nutrition and fitness accessories. (If you can't find what you want there, visit our Web site at www.dietpower.com.)

Want More?

To learn DietPower's deepest secrets, [click here for Part II.](#)

A Word of Caution

Although we've tried to make DietPower accurate and reliable, people differ in their dietary needs, and nutrition is by no means an exact science. For these reasons, DietPower cannot be held liable for the results of any regimen created with it. Your diet should always take into account the advice of a physician.

Introduction to DietPower -- Part II

This chapter covers the same ground as the [Picture Tour](#), but in more detail.

Knowledge Is Health™

DietPower is founded on a simple truth: The more you know about the foods you eat, the greater your power to change yourself. If you could see, at a glance, how any food would affect your weight and nutrient intake, you would naturally make healthier choices. This program gives you just that ability.

The human body, for all its wonderful complexity, acts much like a machine. It burns fuel (food and drink) to do work (moving and thinking). The fuel must be correctly formulated (nutritionally balanced), or the machine will run poorly. The mileage (metabolic rate) depends on the make, model, and year (age, sex, and individual). Unlike ordinary machines, however, your body can accept a huge surplus of fuel by converting it into an on-board energy reserve known as fat.

DietPower, in this analogy, is the machine's instrument panel. It gauges your fuel intake, analyzes the fuel chemistry, and keeps track of your mileage. It also knows your destination (goal weight) and intended speed (rate of loss or gain). All of these readings are continually updated as you record the foods you eat. Because you always know where you are and how any move will affect your progress, you are always in complete control.

You don't have to be a computer whiz.

Like the instruments in a finely engineered car, DietPower's controls are supremely easy to use. Help is never more than a mouse-click away, and instructions are written in plain English. For the most part, however, your intuition will suffice: just look at the menus and buttons on your screen and do what seems right. If you guess wrong, you can easily find your way back and try again. After a couple of days' practice, you'll find navigating the program as easy as eating itself.

How DietPower Works — in 71 Words

Tell DietPower how much you want to weigh and when you want to reach your goal. Each time you record your weight (daily, weekly, or whenever you like), the program calculates a calorie budget. Throughout each day, log your foods and exercise, and DietPower will show their effect on the budget. As long as you stick to your allowance and faithfully record your activities, you cannot fail to reach your goal.

Can't Fail?

If you stay within your budget, this is literally true. DietPower is equipped with a proprietary technology, called Calorie Feedback™, that "learns" your body's metabolic rate (the rate at which your body burns calories) and continually adjusts your calorie budget to match. Here's how it works:

Most weight-control systems assume you have an average metabolic rate. Your true rate, however, could be 20 percent off the average. Even if it's only 10 percent different, a "maintenance" diet designed by one of those programs might lead you to gain or lose *20 pounds a year*.

Unlike other programs, DietPower monitors your *true* metabolic rate by comparing your daily or weekly weight fluctuations with the foods and exercise you've logged. If the metabolic rate changes, the program automatically bumps your calorie budget up or down just enough to cancel the difference. That's Calorie Feedback. And because it's a perfectly self-correcting system, it virtually guarantees success.

17 Key Features

Here's a quick preview of each piece of DietPower that you'll be using:

Friendly Help

No matter where you are in DietPower, you can get instant help by pressing the F1 key or clicking the Help button on your screen. And once you're inside Help (as you are now), you can rely on hundreds of special guide words that appear in green. Whenever you slide the pointer onto a green word and click the left mouse button, one of two things will happen:

- If the word has a dotted underline, a definition will pop up. Try clicking the green word at the end of this sentence, for example, to get the meaning of [popup](#).
- If the underline is solid, you'll jump to a different topic. (You won't get lost, though. To find out why, click the green word at the end of this sentence to jump to a topic about [jumps](#).)

As you read through the rest of this tour, use the jumps and popups to get further information. Remember: Hitting the Back button will bring you back through any series of jumps you've made.

We *strongly* recommend that you read First Time Help before your initial use of each [dialog](#). This will save you guesswork later. (DietPower automatically offers First Time Help when you open a dialog that's new to you.)

User List

The Personal Edition of DietPower can handle up to nine users. (For information on other editions, [click here](#).) Each time you start up the program, the User List pops onto your screen and asks you to identify yourself (with a password, if you've established one) or to enroll as a new user by filling in the Personal Information Form and setting your preliminary goals. Enrollment is DietPower's first step toward getting to know you as an individual.

(DietPower won't let you enroll if you report an age under 15, a height under four feet or over seven feet, or a weight less than 75 or more than 499 pounds. People outside those ranges often have nutritional needs that the program doesn't cover. For information on refunds, jump to [Warranty](#).)

Your Weight Today

The first time you [log on](#) each day, DietPower asks you to record your weight. (You don't have to weigh in every day, however. You can do it weekly, twice a week, once a month—whenever you like.) The program uses this information to check your [metabolic rate](#) and adjust your [calorie budget](#).

Food for Thought

Every time you log on, DietPower also gives you a bit of advice or inspiration to read. In the early days, it concentrates mostly on showing you how to use the program. As you grow more expert, however, it delivers more tips on nutrition and fitness. It also treats you to a wonderful selection of quotations on the art of living.

Many of these Food for Thought items are tailored to your personal situation. If you've registered as a male smoker, for example, you won't always see the same Thought as a pregnant woman with high blood pressure.

Your Ideal Weight

Type in your height and weight, and DietPower will calculate your [Body Mass Index \(BMI\)](#) and your ideal weight. (You can also do this for friends who aren't yet using DietPower.)

Diet Designer

This [dialog](#) asks you how much you want to weigh and when you want to reach your goal. It then computes a calorie budget and tells how difficult the diet will be and whether the results are likely to be permanent.

Food Log

By far the most important [dialog](#), the Food Log is used to record the items you've eaten or plan to eat each day. It also tallies your calories and shows how many are still available in today's budget. And it's smart enough to fill in data if you occasionally skip a day.

Calorie Bank

If you have calories left over at the end of the day, DietPower adds them to a special account that you can use later when you want to splurge. The bank will also grant you an automatic advance if you want to go temporarily into the red.

Food Dictionary

This option lets you look up the [nutrient profiles](#) of the 16,000 entries in DietPower's food list. You can add your own foods (and vitamin pills) to the list, too, by keying in information from the labels. You can also combine foods into recipes and fold those into the dictionary, complete with their own nutrient profiles. Each food and recipe is available for recording in your Food Log.

Exercise Log

Here's where you record today's running, walking, tennis, or any other special exercise you get. DietPower calculates the number of calories you've burned and adds them back into your budget, so you can use them for extra eating. (If you're the obsessive type, you can also log mundane activities like walking to the bus stop or doing housework. But if you don't bother recording these, DietPower will still monitor them as part of your "background" metabolism.)

Exercise Dictionary

This window displays more than 200 kinds of exercise and their calorie [burn rates](#). It also lets you add your own entries by keying in burn rates from exercise-equipment manuals or other sources. Every dictionary entry is immediately accessible to your Exercise Log.

Weight History

On this graph, DietPower plots your daily weights against a sloping line that you need to stay under (or over, if you're on a weight-gain diet) to reach your goal on schedule. (You can ask DietPower to display the graph as your [Home Screen](#).)

Nutrient History

This option reveals your balance of 33 different [nutrients](#) for the past day, week, month, quarter, and year. It also shows your Key Ratio—the percentage of your calories that have come from fat, carbohydrate, protein, and alcohol.

Calendar

Forgot to log a food last night? Want to see what you had for lunch the day before, or how far you bicycled on Friday? The Calendar lets you take a peek at your records for any date and revise them. You can also write notes on your calendar and recall them at any time.

Travel Disk

This utility lets you copy your records onto a diskette for carrying back and forth between your home and office computers. (A travel disk can also serve as a backup in case of hard-drive failure.)

Calculator

The Windows Calculator is instantly accessible from within DietPower.

Printouts

Many of the features you see on the screen can also be printed on paper: your daily Food and Exercise logs, your Weight and Nutrient histories, and the nutrient profile of any food or recipe, for example. (You can also output any of these reports to a disk file for printing later.)

What to Do First

If you're new to DietPower and feel overwhelmed by the number of choices just described, you might start by using the Diet Designer to estimate your [ideal weight](#). Then look at the [Calendar](#) to pick the date when you'd like to achieve your goal weight. Next, begin a diet by submitting your goal weight and target date to the [Diet Designer](#). And finally, go to the [Food Log](#) to record the foods you've eaten (or intend to eat) today.

From then on, use the Food Log every day to monitor your calorie intake and plan your meals. Record your exercise, too, with the [Exercise Log](#). Meanwhile, keep tabs on your [Nutrient History](#) to be certain your diet is balanced. And once a day, consult your [Weight History](#) to make sure you're on target.

How to Do Almost Anything

Most functions in DietPower are performed in dialogs that open when you click certain buttons or menu items on the Home Screen. For instructions on finding and using the Home Screen, [click here](#).

Equipment You'll Need

- [Bathroom scales](#). Choose the most accurate you can find. The only way to lose or gain weight permanently is *slowly*. And when your weight is changing by only a few ounces per day, the ability to see that change can work wonders on your morale. [Click here for tips on bathroom scales](#).
- [Measuring cups and spoons](#). These should be graduated in fluid ounces, cups, tablespoons, and teaspoons. You don't actually have to eat or drink out of them (although some hard-core dieters do). Just use them to measure the capacity of your favorite teacups, tumblers, bowls, and silverware, and make a mental note of each. Within a few days, you'll get very good at "eyeballing" the amounts you're consuming.
- [A food scale](#). You can manage without a food scale if you don't mind measuring your portions by volume. Weighing is a lot easier, however. [Click here for advice on food scales](#).

Where to Buy

As a DietPower user, you can receive discounts on high-quality accessories like those described above. [Click here to visit the Health Shop](#).

A Word of Caution

Although we've tried to make DietPower accurate and reliable, people differ in their dietary needs, and nutrition is by no means an exact science. For these reasons, DietPower cannot be held liable for the results of any regimen created with it. Your diet should always take into account the advice of a physician.

Fixing the Windows Taskbar

If you can't see the bottom of every DietPower screen, it's probably because the Windows Taskbar is occupying that space. To fix the problem, you need to activate "Auto Hide," which hides the Taskbar until you slide the mouse pointer against the bottom of the screen. You can do this right now:

1. Click the Start button, in your screen's lower-left corner.
2. Point to "Settings" and click "Taskbar." The Taskbar Properties dialog will open.
3. If the "Auto hide" choice is not already checked, check it.
4. Click the OK button.

(If you came here from the Introduction, [click here to go back.](#))

Frequently Asked Questions (FAQs)

(You'll find even more answers on our tech-support page at <http://www.dietpower.com/tech.htm>.)

Help! I don't know what to do first!

Don't panic. DietPower is extraordinarily easy to understand and use. You just need a few minutes to get the hang of it.

We strongly recommend reading the [Introduction to DietPower](#). It will give you a complete overview of the program in less than ten minutes. Then visit each of the main [dialogs](#) (by clicking the buttons at the top of your [Home Screen](#)) and when you're offered First-Time Help, click the Yes button. You'll feel like an expert in no time.

Still stumped? Visit our Web page at <http://www.dietpower.com> or phone our support line at 203-743-0061. It's open 9 a.m. to 9 p.m. Eastern. (U.S.)

What's the easiest way to buy DietPower?

By downloading the free trial version, then purchasing an unlock code that makes it work indefinitely. This ensures that you're getting the very latest version. It isn't the only way to buy, however. For complete instructions, visit our order page at <http://www.dietpower.com/order.htm>.

Can I get DietPower on a disk?

Yes—on either a CD-ROM or diskettes. Disk versions may be slightly older (by a few weeks) than the trial version that you can download from <http://www.dietpower.com/freedown.htm>. (You probably won't notice the difference, however.) They also entail a \$4 shipping-and-handling charge that you won't have to pay if you download and buy an unlock code.

You don't need a disk version to install DietPower on a second computer. You can either download the program to the second computer and get a free unlock code (because you've already paid for the program on your first computer) or make your own installation disks on a Zip drive or diskettes.

Is the free trial version really free? What's the catch?

Yes it's free, and there's no catch. We believe the best way to sell a good product is to provide a free sample and let customers see for themselves.

How do I cancel the free trial before the 30 days are up?

You don't have to. DietPower does not automatically charge you if you fail to cancel. (We're not that kind of company!)

How do I delete DietPower from my computer?

(These instructions assume that you installed the program in the default location: c:\Program Files\DietPower.) Click Start > Settings > Control Panel. Then double-click Add/Remove Programs. In the list of programs on the Install/Uninstall tab, highlight DietPower by clicking it. Then click the Add/Remove button and confirm your choice by clicking Yes. Finally, if Windows tells you it was unable to remove everything, use either My Computer or Windows Explorer to delete your c:\Program Files\DietPower folder.

When I try to download the trial version, I get a message saying I have an Unknown File Type and need a plugin.

Ignore the message and click the "Save File" button. The message is not from DietPower, but from your

browser (which ought to know better).

I can't find the file I just downloaded.

The file name is DPtrial.exe. Your browser probably asked you where to save the file, but perhaps you clicked OK without noticing the default directory it was recommending. In most cases, the default will be the \Windows\Temp folder.

If you don't find the file in \Windows\Temp, you can undertake a system-wide search. Just click Start > Find > Files or Folders, type "DPtrial.exe" in the Named field, make sure the Look In field includes all your drives, and click Find Now. When DPtrial.exe shows up in the Found list, double-click the file to start the installation process.

Can I get a virus by downloading?

No. We've carefully checked the file you're downloading, and even though it's extremely unlikely that anyone could tamper with it, we frequently recheck it to make absolutely sure it's clean.

If you get a message from your browser that seems to indicate there's a virus, read it again. The message is canned. The browser doesn't know there's a virus in the particular download. It's just showing you a legal disclaimer.

Is there a user's manual?

Not a printed one, but you'll find virtually everything you need to know in DietPower's Help system, often praised for its clarity and ease of use. (For armchair reading, you can also print any Help topic on standard 8-1/2-by-11 paper.)

Does the paid version have more foods in its dictionary?

Your trial version already includes all 8500 foods—but some may not be visible. To find out, open the Food menu by clicking the word Food at the top of your home screen; then choose "Dictionary Abridger." If "5500 Rare Foods" is unchecked, check it and click OK. This will nearly triple the number of foods in your dictionary.

Is DietPower guaranteed?

Absolutely. If you are unhappy with DietPower for any reason, just notify us within 30 days of purchase and your money will be cheerfully refunded. (You must also erase each installation you've made and return any disks or printed matter you received.)

The trial version won't download onto a diskette.

That's because it's too big for a 1.44-meg diskette. It will fit only on your hard drive or a Zip drive or equivalent.

(If you're trying to use diskettes to install DietPower on a second computer, there is a way to do that. See [Installation Disks, Making.](#))

The download stops before it's finished.

You may not have enough space on the drive you're downloading to. (The file you're receiving is about 4.7 megabytes.) Or you may have your browser set to accept only smaller files.

When I double-click to install the downloaded trial version, I get a message saying that the zip file is "damaged, truncated, or has changed."

This often happens to AOL users. Your browser may be set to limit downloads to a file size that's smaller than DietPower, or the transmission may have been interrupted by heavy traffic on your Internet service provider. Find the file you downloaded (DPtrial.exe) and check its properties by right-clicking on the file and choosing "Properties." The file should be about 4.7 megabytes. If it's smaller than that, you don't have the whole thing.

To fix the problem, edit your browser preferences to accept downloads as large as 5.0 megabytes. Then erase the useless file and try downloading again.

(We strongly recommend that before downloading DietPower, you install Download Wonder, a free utility that can resume an interrupted download. It virtually guarantees that you'll get the whole file without having to start over. To get Download Wonder, just click the button at the bottom of our free-download page at <http://www.dietpower.com/freedown.htm>.)

When I try to unzip the file I downloaded, I get a message saying, "Error 112: Unable to decompress and copy all program files needed."

This probably means you're trying to unzip the file into a folder that's too full. (For most browsers, the default folder for unzipping is Windows\Temp, which often gets cluttered with downloads from previous sessions.) Either clear some unneeded files out of the folder or unzip to a less crowded folder.

When I try to install the downloaded trial version, I get a message saying, "Files are missing."

Usually, the missing files are _setup.dll and _isres.dll, and they're missing because the folder into which you saved the downloaded file (probably c:\Windows\Temp) is too full or too small—typically because it's crowded with old downloads that are no longer needed because you've already installed the programs contained in them. Try erasing some files from this directory and attempting the installation again.

I can't install because I keep getting the message "Cannot create Windows\Temp\Setup.ini."

Your \Windows\Temp folder is probably too full of old downloads and temporary installation files that you forgot to erase. Delete some of them and try the installation again.

AOL puts gibberish on my screen when I try to download.

This problem occurs mostly in older versions of AOL. To solve it, first try closing AOL and reopening it, then making a second attempt, this time holding down your Ctrl key while clicking the download link. If that doesn't work, either upgrade your version of AOL or use Netscape or Internet Explorer as your browser instead of AOL. (To open Internet Explorer, click Start > Programs > Accessories > Internet Tools > Internet Explorer.)

My "30-day" trial ended early.

You probably changed your computer's Time/Date setting, which makes the trial version think you're "cheating." (Changing the system clock is not the correct way to log foods on a past date. Instead, use DietPower's [calendar button](#) or [Weight History](#) screen.) Or maybe you had a computer glitch that forced you to download the program twice.

Or perhaps you've made a major change in your system—adding a new hard drive, for example. This, too, can confuse the trial version.

To solve the problem, restart DietPower, click "Buy Now" and "New Purchase" (even though you're not buying), and navigate to the screen that bears your Registration Number. Send the Registration Number and your name, address, phone number, and e-mail address to DietPower with a request to restore the trial. You can do this by e-mail (sales@dietpower.com), fax (203-743-1299), or phone (800-852-8446 in

the United States and Canada or 203-743-0061 elsewhere).

I've already bought the Unlock Code, but my 30-day-trial screen came back!

You either reset your computer's clock or made a major alteration in your system. To remedy the problem, click "Buy Now" and "New Purchase" (even though you're not buying) and send your name to DietPower with a request for a replacement Unlock Code. (Your old code won't work.) You can request the code by e-mail (sales@dietpower.com), fax (203-743-1299), or phone (800-852-8446 in the United States or Canada or 203-743-0061 elsewhere).

Every time I try to start up the trial copy that I downloaded, I get the dialog that asks me to unzip the files and install the program. When I do this, I end up having to enter my personal information and enroll as a new user all over again. Am I doing something wrong?

Yes, indeed. You're reinstalling DietPower every time you want to use it, instead of running what you've already installed. Or, to put it another way, you're running DPtrial.exe, the self-extracting file that you downloaded, instead of Diet.exe, the program file that you extracted and installed *from* the downloaded file.

A bit of background information will help you understand.

DietPower's trial version is a 10-megabyte program comprising 17 different files. To make the program work for the first time, you need to "install" it—that is, create a new folder on your hard drive (called c:\Program Files\DietPower unless you choose differently) and copy all 17 files into that folder. A special "setup" program (it's one of those 17 files) helps you do this.

When you download DietPower from our web site, however, we do not send you those 17 files in usable form. We "zip" or compress them into a single file that's only about 5 megabytes, instead of 10. This cuts your download time in half.

The special download file is named DPtrial.exe. Like all files ending in ".exe," it's a program file—when you double-click the file, it *does* something. In DPtrial.exe's case, the file "self-extracts" or "unzips" itself, recreating those 17 files that it was made from. Then it stores the files in your \Windows\Temp folder (unless you tell it otherwise).

And then—automatically (unless you've unchecked the "When Done Unzipping, Run Setup.exe" box)—your computer starts the setup program that installs DietPower on your hard drive. This creates the c:\Program Files\DietPower folder, copies the 17 files into it, and adds a DietPower icon to your Start menu.

Now, here's your mistake: Instead of using the Start menu to fire up DietPower, you're double-clicking DPtrial.exe, the original download file. And it's self-extracting and installing those 17 files all over again.

Solution: After the initial installation, always use the Start button or a desktop [icon](#) that triggers Diet.exe (*not* DPtrial.exe) to start up DietPower. And unless you have a lot of empty disk space and don't mind keeping a useless file on your drive, delete the original download file, DPtrial.exe—you don't need it anymore. (Exception: You might want to use DPtrial.exe to create a set of installation disks for putting DietPower on another computer. For instructions, see [Installation Disks, Making.](#)) You can also erase the 17 DietPower files from your \Windows\Temp folder, since they've already been copied into the new c:\Program Files\DietPower folder.

DietPower changes my calorie budget every day—and I don't want it to.

Sorry, but it's supposed to. DietPower is the only program that keeps you moving steadily toward your goal by altering your budget as your metabolic rate changes.

For people who don't want this feature, however, a future version will offer a constant-budget option. (If

you buy the program now, you'll be able to upgrade at a deep discount.)

My calorie budget keeps dropping. Why?

DietPower recalculates your calorie budget every day by comparing your recent eating and exercise history with your weight change. If the budget is dropping, it means one of four things:

- Your metabolic rate is lower than DietPower thought.
- You're behind schedule in a weight-loss diet, ahead of schedule on a weight-gain diet, or gaining weight on a maintenance diet. DietPower is trimming your budget to get you back on track.
- You're underreporting your eating, so DietPower thinks you're maintaining your weight on less than you're actually consuming.
- You're overreporting your exercise, so DietPower thinks you're maintaining your weight on fewer net calories than is true.

My calorie budget is rising. How come?

Again, one of four reasons:

- Your metabolic rate is higher than DietPower thought.
- You're ahead of schedule in a weight-loss diet, behind schedule on a weight-gain diet, or losing weight on a maintenance diet. DietPower is raising your budget to get you back on track.
- You're overreporting your eating, so DietPower thinks you need more to maintain your weight than you're actually consuming.
- You're underreporting your exercise, so DietPower thinks your resting metabolic rate is higher than actuality.

I accidentally started a new diet. Can I revert to the old one?

Unfortunately, there's no way to undo a diet. But you can design another diet with the same goals as before. It will use the same knowledge of your metabolic rate that DietPower acquired under the old diet. The only difference is that your Calorie Bank balance will now be zero, instead of whatever it was before you overwrote the old diet.

To start a new diet, click the Diet Designer button (the one bearing a picture of someone in a bikini).

The Ideal Weight Calculator says I should weigh more than I know I should.

This was true of Version 2.1's calculator, but Version 2.2 is more reliable. To check your version number, click the word *Help* at the top of your Home Screen and choose "About."

My diet records are messed up. Can I start over from scratch?

If you were sloppy about recording your foods, or maybe skipped so many days that DietPower has only a vague idea of your metabolic rate, instead of starting a new diet you can erase your records and enroll as a completely new user. To do that, use Windows Explorer or My Computer to delete your personal subfolder. Your personal subfolder is located inside the c:\Program Files\DietPower folder (if that's where you installed the program) and is named after you—the first four letters of your first name followed by the first four digits of your birth date. Elvis Presley's personal subfolder, for example, would be named \ELVI0108.

Deleting your personal subfolder won't erase any of the foods, recipes, or exercises you've added to the dictionaries, but it will expunge all your food and exercise logs and calendar notes.

Once you've deleted the folder, start up DietPower and enroll as a new user.

Every time I log a food on a past date, I get an "Illegal Operation" crash.

This is a bug affecting the food and exercise logs in about 1 percent of computers. (You had to be one of the lucky ones!) You can help solve this mystery by e-mailing a description of your computer and its crash behavior to support@dietpower.com.

The Food Dictionary seems to be missing a lot of foods.

It may have more foods that aren't visible. Click the word Food at the top of your Home Screen and choose "Dictionary Abridger." Is the box beside "5500 Rare Foods" checked? If not, you've been missing a lot of exotic items that aren't being loaded into your dictionary.

Is the box beside "3000 Common Foods" unchecked? In that case, you've inadvertently deactivated the basic foods that came with DietPower.

To fix either problem, just check the boxes for the foods you want and click OK.

If the foods you can't find are ethnic or brand-name items, then the problem is in the dictionary itself. The dictionary is derived from a database created by the U.S. Department of Agriculture, which includes mostly generic foods.

We'll be adding thousands of brand-name and ethnic items to the dictionary later. (If you buy the program now, you'll be able to add these foods inexpensively.) In the meantime, you can easily add your own entries by keying in facts from nutrition labels. For details, see [Food Dictionary, Adding Foods to](#).

When I get a "Calorie Miscalculation" message while adding a food to the dictionary, which choice is better?

Usually, it's better to go with the number of calories cited on the food's label. For details, read [Calorie Miscalculation](#).

I'm diabetic. Why doesn't the Food Dictionary have more sugar readings?

Because few are included in the USDA database from which our dictionary derives. We will remedy this in future versions.

Can I put vitamin pills in the Food Dictionary?

Yes. Just add them like any other "food," keying in the nutrient data from the label. (Be careful with vitamins A, D, and E, which are sometimes reported in micrograms or milligrams and sometimes in International Units. To convert from one unit to the other, see [International Units](#).)

For some nutrients, the Food Dictionary asks for different units than those on my food package or vitamin-pill bottle. How do I convert?

Jump to the Table of Contents in Help; then scroll to the name of the nutrient you're recording and click it. A Help topic will open, telling what units the nutrient is usually measured in and how to convert from one unit to another.

The Food Dictionary says iceberg lettuce contains 12% fat. It also says cantaloupe, tomatoes, and

lots of other fruits and vegetables contain fat. How can this be?

Sorry, but DietPower's dictionary *doesn't* say lettuce "contains 12% fat." It says lettuce "gets 12% of its calories from fat."

These are very different statements, but unfortunately, a great many people—including people in the press and on Madison Avenue—confuse them.

If you check iceberg lettuce in the Food Dictionary, you'll see that a whole head has 65 calories. It also contains one gram of fat. This shouldn't be surprising, since most fruits and vegetables contain a small amount of oil, and nuts and grains contain a lot of oil. (Oil is a type of fat, of course.)

One gram of fat is not very much—about one-fifth of a teaspoon. But fat is a very concentrated source of energy, providing 8 to 9 calories per gram. If you do the math, you'll see that fat indeed accounts for about 12% of the 65 calories in a head of lettuce.

This is not the same thing as saying a head of lettuce "is 12% fat." If lettuce were 12% fat (by weight), then a 19-oz head would contain $0.12 \times 19 = 2.28$ oz or 65 grams of fat. That's more than 500 calories—the amount in a big piece of chocolate cake!

Moral: Read carefully. At DietPower we choose our words very judiciously. We want them to mean exactly what they say.

I got the nutrients wrong when I added a food to the dictionary. How can I correct them?

Open the Food Dictionary, find the item you want to edit, click it once to highlight it; then press the Edit This Food button.

After I've found and logged a food, it doesn't disappear from the Find field—I have to backspace over it before I can start another search.

No you don't. To clear the Find field, just hit your Esc key.

In my Food Log, how do I erase a food?

Highlight the food (by clicking it) and hit your Delete key. You can do this in either the log or the Favorites window. (You can do it in the dictionary window, too, but only to foods or recipes that you've added yourself—DietPower's original set is protected.)

How do I change the serving size of a food I've logged?

Either double-click the food or single-click it and hit your Enter key. The Portion Editor will open, ready for you to change the serving size.

When I try to use the Delete key to erase characters in the Find field, it deletes foods from the log instead.

Sore subject. This is an annoying dilemma that we created when trying to make both finding and logging as efficient as possible. We're working on a fix. Watch for an upgrade to be posted on our Web site. Meanwhile, use the Backspace key to delete characters and the Esc key to clear the Find field entirely.

How can peanuts be only one calorie apiece?

They're not. As far as we know, this is one of two mistakes we missed while proofreading the Food Dictionary. (The other is reported below.) It affects only piece measures of these five items:

- Peanuts, dry-roasted, salted, average-size
- Peanuts, dry-roasted, unsalted, average-size
- Peanuts, oil-roasted, salted, average-size
- Peanuts, oil-roasted, unsalted, average-size
- Peanuts, raw, average-size

In each case, you'll log the correct number of calories and other nutrients if you simply report eating five times as many pieces as you actually consumed.

We'll fix this error in a future version, of course.

Why are some coffee cakes listed at 2000 or so calories per piece?

This is the second typo we've found in the Food Dictionary. (The other involves certain peanuts—see above.) It affects these three items:

- Cake, coffee, cinnamon with crumb topping, commercial, enr, 1/9 of 20-oz cake, 2.2 oz
- Cake, coffee, cinnamon with crumb topping, commercial, unenr, 1/9 of 20-oz cake, 2.2 oz
- Cake, coffee, creme-filled, with chocolate icing, 1/6 of 19-oz cake

Here, our mistake was listing for a single piece what is actually true of an entire cake. Hence, when logging either of the first two items you should report 1/9 as much as you actually ate, and for the last item, 1/6 as much.

Again, we'll correct this mistake in a future upgrade.

I eat the same breakfast a lot. Why do I always have to log all the foods individually?

You don't. Use the Recipe Box to create a "recipe" named My Usual Breakfast, and log that instead of its constituent foods.

I forgot to log a food last night. How do I go back and add it?

Click the Calendar button (the one with "July 19" on it); then double-click the date whose records you want to change. Open the Food Log, and you'll find it shows all the work you did on that date. Make your revisions; then close the log and click the Calendar button, the Today! button and the OK button to return to the present date.

I've been away from my computer and didn't log foods for several days. What should I do?

If the gap in your records lasted only a day or two (or even a week if your goals are long-term), then you can safely skip those days. When DietPower sees a blank day in your Food Log, it assumes that your intake of most nutrients was the same as your average for the previous 30 days—plus or minus a percentage based on your weight change during the blank period. (If you began using the program less than 30 days ago, then it fills in "phantom data" for a typical person of your sex, age, and weight.) This may not be true, of course—you may have sat on the couch eating Slim Jims the whole time—but eventually the error you've introduced will shrink to an insignificant fraction of your history.

Caveat: if you log even one food on a particular day, DietPower won't fill the gap, but will assume you're reporting all you ate that day. So if you've decided not to log your lunch or dinner today, go back and

erase your breakfast.

If the gap is longer than a couple of days, the program will probably track your metabolic rate more accurately if you simply start all over again as a new user. See [Starting Over](#).

Why can't I log meals on future dates? I want to plan ahead!

You can log today's foods before eating them, but logging for tomorrow is not possible with Version 2.2. We expect to offer meal-planning in a later version.

While you're waiting, here's a clever work-around invented by one of our customers: Enroll a second, "phantom" user just like yourself; then log meals last week that you actually plan to eat this week.

Why doesn't DietPower offer metric measures?

A later version will. In the meantime, you'll find conversion factors in [Units of Measure, Converting](#), and there's a handy Calculator button on every dialog where you might need one.

How do I copy foods into the Favorites window?

Point to the item you want to copy and hold down the right mouse button. Then drag the item into the Favorites window and release the mouse button. (You can drag items from either the dictionary window at the top of the screen or from the log window at the bottom.)

You can also edit the serving size of a Favorite food. Just double-click the Favorite (using the left mouse button) and enter the serving you want.

What's that funny-shaped "u" in the nutrient tables?

The symbol μ is the Greek letter mu, which stands for "micro" or "one millionth." Don't confuse it with "m," the abbreviation for "milli" or "one thousandth," which is 1000 times larger.

Every time I log an exercise on a past date, I get an "Illegal Operation" crash.

You're the victim of a bug affecting the food and exercise logs in about 1 percent of computers. To help us find and kill it, please e-mail a description of your system and its crash behavior to support@dietpower.com.

The Duration Editor with Speed and Distance keeps changing my entries on me.

It's supposed to. The Duration Editor with Speed and Distance is a "three-way calculator" – you fill in any two fields and DietPower calculates the third. Changing any of the fields automatically changes one of the others. For details, see [Duration Editor with Speed and Distance](#).

Treadmill walking seems to burn an awful lot of calories.

You're right. The burn rate for treadmilling without arm exercise is more than twice as high as for ordinary walking. This seems to be a mistake. Until we fix it, we advise logging such workouts as just plain walking.

Stair climbing seems to burn the same number of calories no matter how long the workout.

This is a bug in our calorie-burn readings for two machines: the Stairmaster and the Climbmax. We'll correct the error in a future version. In the meantime, just assume that the 20-minute default figure for stair climbing is correct, pro-rate your calorie burn accordingly, and log the calories as having been burned in some other form of exercise. (A calorie is a calorie, no matter how you burn it off.)

Example: If DietPower says you burn 300 calories in 20 minutes of Climbmaster stair climbing, but your workout was only 10 minutes, then you actually burned 150 calories. To log the calories, specify some other exercise—say, running or swimming—and simply adjust the number of minutes you report until it shows 150 calories burned.

How do I copy exercises into the Favorites window?

Point to the item you want to copy and hold down the right mouse button. Then drag the item into the Favorites window and release the mouse button. (You can drag items from either the dictionary window at the top of the screen or from the log window at the bottom.)

You can also edit the speed and duration of a Favorite exercise. Just double-click the Favorite (using the left mouse button) and enter the speed and duration you want.

Some of my printouts are hard to read.

If the fonts are too small and condensed, try using different printer settings or drivers. If that doesn't work, please accept our apologies. We hope to have a fix soon.

The Windows taskbar is obscuring the bottom of my DietPower screen.

You need to activate Auto Hide, which hides the Taskbar until you slide the mouse pointer against the bottom of the screen:

1. Click the Start button, in your screen's lower-left corner.
2. Point to "Settings" and click "Taskbar." The Taskbar Properties dialog will open.
3. If "Auto Hide" is not already checked, check it.
4. Click OK.

I've heard you can change your Home Screen to show your Weight History graph instead of the DietPower logo. How do I do this?

It's a choice on your View menu, but there's also a shortcut key: Ctrl-H. Pressing it once will reveal your Weight History since your current diet began. Pressing it again will show your history since you enrolled in DietPower.

What does "projected weight" mean? And why is it different from my goal weight?

Both weights are shown on your [Weight History](#) screen. Your goal weight is the weight you picked when designing your current diet. Your projected weight is what you'll weigh on your target date if you continue eating and exercising as you have for the past 30 days (or for the period since your enrollment, if it's less than 30 days). To make the projection, DietPower draws a "best fit" line through your weight records for this period, then extends it forward to your target date. The program doesn't really "know" what you'll weigh, of course—it's just showing you the trend you've established.

In the early days of a weight-change diet, your projected weight may fall far short of your goal weight. Don't be discouraged. If you stick to your budget and record all your foods and exercises, you should see the projected weight swing closer to your goal as the days pass.

Why does the Home Screen occasionally turn bright yellow?

To indicate that you've changed your working date and are no longer working on today's records. When

you switch back to Today (using the Calendar function), the Home Screen will assume its normal hue.

What are those vertical yellow lines on my Weight History graph?

They indicate days when you started new diets.

Why does the Calendar button always say it's July 19?

Interesting story. We needed an image for the button that would instantly suggest "calendar." We chose "July 19" because 1) it fit better than "September 30" and 2) the characters looked pretty good, considering how few pixels we had to work with. What we didn't anticipate was that lots of people would expect the button to change every day to show the current date. We'll fix the confusion in a future version.

The right side of certain screens is cut off, and others have pieces of words missing.

Most people first notice this in Quick Foods or the Recipe Box. Problem: You have Windows set to display all the words on the screen in large fonts, which overcrowd the screen and make many sections of the program illegible. Solution: Switch to small fonts. To do this:

1. If you have any dialogs open, close them to avoid losing your work.
2. Click Start > Settings > Control Panel.
3. Double-click "Display."
4. Click the tab labeled "Settings."
5. Under "Font Size," open the list and click "Small Fonts."
6. Click OK to close the Display dialog. Windows will prompt you to restart your computer.
7. Click Yes to restart the computer.
8. Start up DietPower again. The display will now be using the small fonts.

Can I install DietPower on another computer by copying it to a Zip drive?

Yes, but we *don't* recommend doing this by simply copying your \DietPower subfolder from one machine's \Program Files folder into the other's. Reason: Windows has strict rules for making changes in the \Program Files folder, and assumes that such changes will always be managed by a professional installation program. DietPower comes equipped with one of the best known installation programs: InstallShield. But InstallShield will never get to do its thing if you install with a simple Copy command.

One way around the problem is to copy the \DietPower subfolder somewhere *outside* the second machine's \Program Files folder. In most cases, this will work fine—but DietPower, Inc., does not support the practice.

If you downloaded DietPower from the Web, a better course would be to make an installation disk from the file you downloaded, and use this for the installation. (It will contain InstallShield.) For instructions, see [Installation Disks, Making.](#)

Can I copy the program to diskettes for installation on another computer?

Yes—if you haven't erased DPtrial.exe, the self-extracting file that you downloaded. (If you *have* erased the file, you can always download it again.) For instructions, see [Installation Disks, Making.](#)

My Unlock Code won't unlock the copy of DietPower I put on my second computer.

That's because every installation of DietPower requires a different Unlock Code. If you've already bought a code for your first computer, you can get a free code for your second computers. Just click the Buy Now button on the second installation; then click "New Purchase" (even though it isn't) and navigate through the license agreement to the screen bearing the Registration Number. Send this number and your name to DietPower and we'll respond with the Unlock Code. You can do this either by phone—800-852-8446*—or by e-mail.

*This number works only in the United States and Canada. Elsewhere, phone 203-743-0061.

When I first tried to run DietPower, I got a message saying, "\DietPower\Diet.exe could be infected with an unknown virus"—and the program refused to open.

This message sometimes appears when people try to run DietPower's free 30-day-trial version. DietPower does *not* contain a virus. We check it frequently to make sure.

You probably got the message because your system is protected by an outdated version of Command Antivirus, which mistakenly identifies part of DietPower's program file as "suspicious." We have contacted Command about this; they have "educated" their software, and their current versions (4.57 and later) do not deliver this false alarm.

To correct the problem, either disable or update your version of Command Antivirus. Instructions are at <http://www.commandcom.com>.

I made a travel disk on my desktop computer at home, but when I put the disk into my laptop, it won't make the program start up.

Making a travel disk does not create a copy of DietPower for your second computer. It only copies your personal records onto a diskette for transferral to another computer where DietPower has already been installed.

You can install DietPower on the second computer with the same CD-ROM used for your first installation. Or if you downloaded the program, you can put it on another machine with either a Zip drive or diskettes. See [Installation Disks, Making](#).

Abbreviations, Food

When you need to shorten the description of an item you're adding to the [Food Dictionary](#) or the [Recipe Box](#), we recommend using the same abbreviations DietPower uses. These will enable DietPower to find your item even when you search by the full word.

| | |
|-------------------------|----------|
| aluminum | alum |
| and | & |
| artificial | artf |
| average. | avg |
| batter-dipped. | battered |
| before. | bfr |
| boning | bning |
| bouillon | bouill |
| butter | btr |
| calcium | calc |
| canned | cnd |
| carbonate | carb |
| centimeter | cm |
| cheese | chs |
| chipped. | chip |
| chocolate. | choc |
| coconut. | cocnt |
| concentrate | conc |
| condiments | cond |
| cook. | ck |
| cooking | cking |
| corned | corn |
| cottonseed | cottnsd |
| creamed | cream |
| cubic cm | cc |
| cubic inch | cu in |
| cup (8 fl oz) | c |
| dark | drk |
| dehydrated. | dehydr |
| diameter | diam |
| dietetic | diet |
| diluted | dil |
| disodium | dis |
| double | dbl |
| drumstick | drmstk |
| each. | ea |
| enriched | enr |
| envelope | env |
| except | exc |
| extra | x |
| flavor | flvr |
| flour | flr |
| fluid ounce | fl oz |
| fortified | fort |
| from | fr |
| frozen. | frz |
| gallon | gal |
| giblet | gblt |
| gram | g |
| heated | htd |

heavy hvy
hydrogenated hydr
icing icg
inches "
large lrg
liter l
made md
melted mlt
milligram mg
milliliter ml
millimeter mm
mixer mix
monohydrate monohydr
mushroom mushr
nonfat nonf
number no
ounce (weight) oz
package pkg
packet pkt
peanut pnut
percent %
phosphate phos
piece pc
pineapple pnappl
pint pt
potassium ptas
pound lb
preparation prep
processed proc
propionate prop
quart qt
regular reg
restaurant restr
roasted roast
rounded rnded
safflower safflr
serving svg
shortening short
single sgl
slice sl
sodium sodm
soybean soy
square sq
square cm sq cm
square inch sq in
square mm sq mm
strawberry strwbr
sulfate sulf
sunflower sunflr
sweetener swtnr
syrup syr
tablespoon T or tbsp
teaspoon t or tsp
uncooked uncked
undiluted undil
vegetable veg

vitamin vit
volume vol
water wtr
weight. wt
well done. welldone
whipped. whip
white wht
whole whl
with w
without w/o
yellow. yello
yield. yld

Alcohol

Of the four [energy nutrients](#), alcohol is the second most fattening. Whereas a [gram](#) of carbohydrate or protein provides four [calories](#), a gram of alcohol provides seven—not far from the nine calories provided by a gram of fat.

As most people know, heavy use of alcohol can trigger serious health problems. These include liver diseases, hypertension, stroke, heart degeneration, pancreatitis, and hyperlipidemia (excess fat in the blood), as well as birth defects.

"Moderate" Drinking—Two Definitions

Most people can avoid these maladies, however, by drinking in moderation. As a personal gauge, you might watch the alcohol figure in your [Key Ratio](#). If you're an average, fairly sedentary person eating just enough to maintain your weight, you can generally consider yourself a moderate drinker if 15 percent or fewer of your calories come from alcohol.

This rule *won't* be reliable, however, if you're on a higher-calorie diet because of exercise. A better gauge is the one DietPower has derived from studies by the National Research Council (NRC): "Moderate" drinking means averaging no more than 0.007 fluid ounces of alcohol per pound of body weight per day. If you weigh 150 pounds, that's roughly the amount in two drinks—a drink being defined as 12 ounces of beer, six ounces of wine, or one 1½-ounce shot of liquor. (If you weigh only 100 pounds, the limit would be about one and one-half drinks; if you weigh 200 pounds, about three drinks.)

Is "a drink a day" good for you?

In recent years, popular books and magazines have trumpeted the results of studies showing that having a drink a day promotes longevity. Light drinking seems to lower the risk of heart disease and stroke. Although it's not definitively proven, most experts agree it is probably true. Nevertheless, they don't urge teetotalers to take up drinking "for medicinal purposes," because ten percent of drinkers eventually have problems controlling their consumption.

Your Daily Allowance

For these reasons, if you indicate on your [Personal Information Form](#) that you're not a drinker, DietPower sets your [Personal Daily Allowance \(PDA\)](#) of alcohol at zero. If you register as a drinker, however, the program sets your PDA at the "moderate" ceiling defined above. For most people, it will mean fewer than 10 percent of their calories come from alcohol.

Revising Your Allowance




Although your PDA of alcohol is calculated from your body weight, it is not automatically updated as you gain or lose pounds—it stays where it was on the day you enroll in DietPower. If your weight has changed a lot, however, you can revise the PDA yourself. Here's how:

1. Multiply your new weight (in pounds) by 0.007. The result is your new PDA of alcohol (in fluid ounces), according to DietPower's definition of "moderate" drinking.
2. From your [Home Screen](#), open the Personal Daily Allowance Editor by clicking the word *Options* and choosing "Edit PDAs." The Energy Nutrients page will be on top.
3. Find the field labeled "Alcohol," in the upper-right corner.
4. Type your new PDA over the old.
5. Click OK or press the Enter key. DietPower will record the new PDA and take you back to the Home



Screen.

Color Coding of This Nutrient


In your personal [Nutrient History](#), the alcohol bar is:


-  blue for "good" if you've logged 100 percent or less of your PDA
-  red for "bad" if you've logged more than 100 percent of your PDA
-  missing if you've logged no alcohol.

In a food or recipe's [nutrient profile](#), the alcohol bar is:

-  green—meaning the item is "good" where this nutrient is concerned—if the item contains *any* alcohol. (The word "good" is being used loosely here; it means only that the food is a source of alcohol.)
-  magenta—meaning the item is "bad" where this nutrient is concerned—if the item contains *no* alcohol



-  missing if the amount of alcohol is either zero or unknown.

On pie charts, the alcohol wedge is always yellow: 

How Complete Are DietPower's Alcohol Readings?

Very. Of the 16,000 entries in the Food Dictionary, none list their alcohol content as "unknown." (There *will* be unknowns if you've added foods to the dictionary with missing alcohol figures. But these won't be *marked* as unknowns. Because alcohol is one of the four [energy nutrients](#), DietPower needs a figure in the Alcohol column in order to calculate a food's calorie content. If you leave a blank or a question mark there, the program automatically changes it to a zero.)

Alcohol on Food Labels

Wines always report their alcohol content, usually as a percentage by volume. The percentage is typically 10 to 13, but can range a few points higher or lower.

Beers don't report alcohol content, but for them it is typically three to four percent by volume. (In DietPower's Food Dictionary, regular beer is 3.6 percent alcohol by volume; light beer 3.2 percent by volume. This is an average based on U.S. Department of Agriculture analysis of major brands.)

Liquors usually measure alcohol in "proof" rather than percentage. To convert proof to percentage, just divide the proof number by two. Eighty-six-proof whiskey, for example, is 43-percent alcohol by volume. Most liquors fall into the 80-to-100-proof range.

Since there is no official [Daily Value](#) for alcohol, labels never report alcohol content as a percentage of a requirement or a ceiling. (The [DietPower Daily Value](#) is one-half fluid ounce, roughly the amount in one drink.)

For more on label regulations, see [Labels, Food](#).

Anemia

See:

- [Copper](#)
- [Folic Acid](#)
- [Iron](#)
- [Vitamin B6](#)
- [Zinc](#)

Antioxidants

Antioxidants are nutrients that prevent oxygen from combining with other substances and damaging cells. Since oxidation is thought to play a role in aging, antioxidants are widely believed to promote longevity. The three best known antioxidants are vitamins C and E and the [mineral](#) selenium.

Because people who eat foods rich in antioxidants have lower rates of cancer, cardiovascular disease, and other health problems, some experts advise taking daily supplements of these nutrients. Others argue that something else in the foods may be responsible, and that in fact supplements may be harmful.

In April 2000, the [National Research Council \(NRC\)](#) issued new recommendations for antioxidants. While the Council urged people to get more antioxidants in their diet, it said there was no proof that taking supplements is a good way to accomplish this. It also, for the first time, set safe upper limits on the three most important antioxidants.

Here's a brief summary on each:

- [Vitamin C](#). Although for most people the [Recommended Dietary Allowance \(RDA\)](#) of vitamin C is less than 100 [milligrams](#) a day, many experts advise getting 250 to 500 milligrams, in part because high intake has been linked to a lower incidence of stomach and intestinal cancers. This is still far below the NRC's safe upper limit. For details, see [Vitamin C](#).
- [Vitamin E](#). People who get more of this vitamin have fewer heart attacks and strokes. It appears to prevent buildup of [plaque](#) in arteries. In supplements, the usual dosage is 100 to 400 [International Units \(IU\)](#) per day—about five to 18 times most people's RDA. Again, this is nowhere near the NRC's safe upper limit. See [Vitamin E](#).
- [Selenium](#). This mineral appears to help prevent stroke and cancer of the ovaries, prostate, colon, rectum, skin, and lung. Antioxidant supplements often include 50 [micrograms](#) of selenium—not far from most people's RDA. The NRC's safe upper limit is eight times that level. See [Selenium](#).

(Daily supplements of a fourth antioxidant, a [precursor](#) of [vitamin A](#) called beta-carotene, were popular until 1996, when long-term studies showed that the pills *didn't* prevent heart attack and stroke, as formerly believed. Some experts now think long-term use of beta-carotene may be harmful. In its April 2000 report, the NRC urged people to exercise caution when taking beta-carotene supplements, and recommended using them only to prevent or treat a vitamin A deficiency.)

Appetite, Loss of

See:

- [Phosphorus](#)
- [Zinc.](#)

Beriberi

See [Thiamin](#).

Birth Defects

See:

- [Alcohol](#)
- [Folic Acid](#)
- [Zinc](#)
- the "Health Claims" section at the end of [Labels, Food](#).

Bleeding Under the Skin

See [Vitamin C](#).

Blindness, Night

See [Vitamin A.](#)

Blood, Clotting of

See [Vitamin E](#).

Blood Pressure, High

See:

- the "I have high blood pressure" section of [Personal Information Form](#)
- [Potassium](#)
- [Selenium](#)
- [Sodium](#).

Body Mass Index (BMI), Finding Your

Use the [Ideal Weight Calculator](#). Or if you want to learn how to calculate BMIs by hand, read [Obese, How to Tell if You're](#).

Bone Disease

See:

- [Calcium](#)
- [Copper](#)
- [Magnesium](#)
- [Manganese](#)
- [Phosphorus](#)
- [Protein](#)
- [Vitamin A](#)
- [Vitamin D](#)
- the "Health Claims" section at the end of [Labels, Food](#).

Breast-Feeding

See [Lactation](#).

Buttons, Toolbar

The Toolbar is a row of 13 picture buttons across the top of your [Home Screen](#). Each button is a shortcut to an option you would normally have to choose from a [menu](#). Instead of opening the Food Menu and selecting "Recipe Box," for example, you can go *directly* to the Recipe Box by clicking the button depicting a stack of recipe cards (shown below).

It's easy to tell what each button does. Just move the mouse pointer onto it. A little tag will appear under the button, naming its function. (If you have the [Status Bar](#) displayed at the bottom of your screen, a slightly longer explanation will show up there, as well.)

From left to right, here are the buttons and what they do:



opens the [User List](#), so you can switch to a different user's records or enroll a new user.



lets you copy your personal records to or from a [travel disk](#), so you can keep them identical on your home and office computers. (A travel disk can also be used as a backup in case your records are lost in a hard-drive crash.)



opens your [Exercise Log](#), so you can record your workouts or check your [Calorie Tally](#).



opens the [Exercise Dictionary](#), so you can look up the [burn rates](#) of various activities.



opens your [Food Log](#), so you can record your meals or consult your [Calorie Tally](#).



opens your [Nutrient History](#), so you can see your [nutrient balance](#) for today or the past week, month, quarter, or year.



opens the [Food Dictionary](#), so you can 1) examine the [nutrient profiles](#) of the 16,000 entries in DietPower's original food list, or 2) add new foods or vitamin or mineral supplements to the dictionary by entering nutrition facts from labels.



opens the [Recipe Box](#), so you can create, read, or print a [recipe](#).



opens the [Diet Designer](#), so you can calculate a [calorie budget](#) by setting a [goal weight](#) and a [target date](#).



opens the [Calendar](#), so you can write calendar notes or change the [working date](#) to edit records from days past.



opens the [Health Shop](#), where you can buy top-quality health and fitness products at special DietPower discounts.



starts up the Windows Calculator. (Note: This button shouldn't be used when you've already got the calculator running in the background—you'll end up having two calculators running simultaneously. Instead, [restore](#) the calculator that's already running. If you don't know how to do that, see [Windows Calculator](#).)



opens the Help system, so you can look up topics (like this one) that answer questions about DietPower.

Buttons, Toolbar, Switching on and off

To turn the Toolbar on or off:

1. From your [Home Screen](#), open the View Menu by clicking the word *View*.
2. Click the word *Toolbar*, to check or uncheck it. DietPower will switch the bar on or off and close the View Menu.

Buying DietPower

If you're using DietPower's free 30-day trial, you'll find instructions for purchasing a permanent license at [Free Trial Copy, Converting to Permanent Version.](#) Otherwise, see our order information page at <http://www.dietpower.com/order.htm>.

Calcium

Calcium is the most abundant [mineral](#) in the body, comprising 2 percent of the average adult's weight. It is found chiefly in the bones and teeth.

Getting too little calcium leads to osteoporosis, which depletes bone mass and invites fractures, especially of the hips, arms, and vertebrae. Symptoms late in life ("dowager's hump," for example) can often be traced to poor calcium intake in earlier years. Women, especially, should make sure they get enough calcium when they are young.

Good sources of calcium include milk and other dairy products, sardines, canned salmon that includes the bones, dried beans and peas, citrus fruits, and dark green, leafy vegetables.

An excess of calcium will cause your body to absorb less of other minerals you need, and may eventually lead to kidney damage.

Your Daily Allowance

DietPower sets your Personal Daily Allowance (PDA) of calcium at the National Research Council's [Dietary Reference Intake \(DRI\)](#), measured in [milligrams](#): 1300 for people aged 14* to 18, 1000 for people 19 to 50, and 1200 for those 51 and older. For women 50 and younger, the same figures apply during [pregnancy](#) and [lactation](#). (In the rare event that you're over 50 and pregnant or lactating, DietPower will assign you the 50-and-younger PDAs.)

You can revise your PDA if your doctor recommends a different allowance. See [Personal Daily Allowances, Editing Your](#).





*But remember that DietPower is not designed for people under 15.

Upper Limits





The [Tolerable Upper Intake Level \(UL\)](#) of calcium is 2500 milligrams per day for teenagers and adults. Getting more than the UL may harm your health.

Color Coding of This Nutrient

The calcium bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 150 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 150 percent of your PDA
-  missing if you've recorded no calcium.

In a food or recipe's [nutrient profile](#), the calcium bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of calcium
-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of calcium
-  blue for "neutral" otherwise
-  missing if the amount of calcium is either zero or (when the word *Calcium* is [grayed out](#)) unknown.

How Complete Are DietPower's Calcium Readings?

Very. Of the 16,000 entries in the Food Dictionary, only 0.5 percent list their calcium content as "unknown." (The number of unknowns will be higher, of course, if you've added foods to the dictionary with missing calcium figures.) To see whether a particular food has a calcium reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Calcium," it means the amount is unknown. (To see *all* foods with unknown calcium readings, click the dictionary's [PowerFoods](#) tab and sort the foods by calcium power; then scroll to the bottom of the list.)

Calcium on Food Labels

Almost all food labels are required to report calcium content, as a percentage of the [Daily Value \(DV\)](#) of 1000 milligrams. (The Daily Value is not necessarily right for you – it's a rough estimate meant to cover most of the U.S. population.)

For more on label regulations, see [Labels, Food](#).

Calcium Deposits

See [Vitamin D](#).

Calculator, Windows

You can open the Windows Calculator from almost anywhere in DietPower. You can also leave it running on your [Taskbar](#) so it will *always* be available.

(Note: When you're recording items you've eaten in your [Food Log](#), you can do simple math *without* opening the Windows Calculator. See "A Timesaver" in [Portion Editor](#).)

To open the calculator:


If you used it earlier in this session and minimized it, the calculator will still be running on your Taskbar. Instead of starting up a second calculator, [restore](#) the one that's already running.

If the Calculator is *not* already running, start it up by:

- clicking the Calculator button that appears at the bottom of many [dialogs](#)

or



- clicking the  button at the top of your [Home Screen](#)

or

- opening the User Menu (by clicking the word *User* at the top of the Home Screen) and choosing "Windows Calculator."

For instructions on using the calculator:

1. Open the calculator's Help Menu (by clicking the word *Help* at the top of the calculator).
2. Click "Help Topics."
3. Use the Contents, Index, or Find tab to locate the topic you need.

To write the results of a calculation into a field in DietPower:

There are two methods:

By hand (usually quicker):

1. With the calculator still on your screen, look at the results and remember them.
2. [Double-click](#) the field where you want to copy the results. (This assumes that you want to [overwrite](#) whatever is already in the field. If you'd rather *append* the results, *single-click* at the correct spot instead.) The calculator will vanish, automatically [minimizing](#) itself.
3. Type the results into the entry field.
4. Don't forget: The calculator is now running on your Taskbar. If you need it again, [restore](#) it from the Taskbar instead of clicking the Calculator button again.

By copying and pasting with the Windows Clipboard:

1. With the results still showing, open the calculator's Edit Menu by clicking the word *Edit*.

2. Click "Copy." Windows will copy the results to the [Clipboard](#).

(*Shortcut:* Press [Ctrl+C](#) in place of steps 1 and 2.)

3. Double-click the field where you want to copy the results. (This assumes that you want to overwrite what is already in the field. If you'd rather *append* the results, single-click at the right spot instead.) The calculator will vanish, automatically minimizing itself.

4. Press Ctrl+V to paste the Clipboard's contents into the field.

5. Don't forget: The calculator is now running on your Taskbar. If you need it again, restore it from the Taskbar instead of clicking the Calculator button again.

To paste a figure from a DietPower field into the Windows Calculator:

1. [Select](#) the figure, by double-clicking it or [dragging](#) the mouse pointer from one end to the other.

2. Press Ctrl+C to copy the figure to the Clipboard.


3. Start up or (if it's already on your Taskbar) restore the Windows Calculator (see "To open the calculator," above).


4. Open the calculator's Edit Menu, by clicking the word *Edit*.

5. Click "Paste." Windows will copy the figure from the Clipboard into the calculator.

(*Shortcut:* Press Ctrl+V in place of steps 4 and 5.)

To close the Windows Calculator:

If you want to leave it running on your Taskbar (recommended), click its Minimize button: .

If you *don't* want to leave it running, click its X button: .

Calendar

Besides viewing any month from January 1946 through December 2046, you can do two things with the Calendar:

1. Change your [working date](#), so you can review and correct the foods, exercise, or weight you logged on a previous day.
2. Write personal notes on any date, or edit notes you've already written. (Your notes will not be visible to other users unless they log on with your name and password. If you haven't established a password, you can do so on the [Personal Information Form](#).)

One Thing the Calendar *Won't* Do

If you leave DietPower running all night, in the morning it will think "today's" date is the same as yesterday's. To log your new weight, you may be tempted to use the Calendar to advance the working date by one day. This won't succeed—DietPower will protest that you "can't log your weight for a future date." Instead, exit from DietPower and start it up again. This will reset "today" to today's actual date.

To open the Calendar:

From your [Home Screen](#):



- click the Calendar button:

or

- open the Options Menu (by clicking the word *Options*) and choose "Calendar."

To view notes for any date...

...find the date (you can flip through the months by sliding the [scrollbar](#) underneath them) and click it.

To write notes...

...select the date you want (by clicking it); then type your notes on the pad at the bottom of the screen. The pad will accept up to about 5000 words or 24,000 characters. DietPower automatically [saves](#) the notes each time you select another date or leave the Calendar.

To edit notes:

The notepad has a built-in word processor that works much like [Windows Notepad](#). There's one major difference: the Edit Menu (used for cutting, copying, pasting, and deleting blocks of text) is not listed on the screen. You can still open the menu, however, by [right-clicking](#) the notepad. For details, see [Word Processor, DietPower's](#).

To export or import notes:

You can snip or copy any calendar-note passage onto the [Windows Clipboard](#), then jump to any other Windows program and paste the passage there. You can also use the Clipboard to *import* blocks of text from another program into the Calendar. For instructions, see [Word Processor, DietPower's](#).

To change your working date...

...click the date whose diet, weight, and exercise entries you want to review; then click OK.

(*Shortcut:* Just [double-click](#) the date.) The Calendar will disappear and you'll find yourself at the [Home Screen](#), ready to open and change any log for the selected date. (So that you won't forget you're working in the past, the [title bar](#) will display the new working date, and your Home Screen's background color will flip to yellow.)

(*Shorter-cut:* From your [Weight History](#) screen, you can change to any working date by simply clicking the date on the graph.)

(Note: There's no need to change the working date if the clock passes midnight while you're still eating and logging foods. To understand why, read [Midnight, What Happens After.](#))

(Another Note: If you change a Food or Exercise log older than 90 days, the change will not be fully transferrable to other computers via a [travel disk](#). For details, see [Travel Disk, Copying Records to or from a.](#))

To resume working on today's records...

...reopen the Calendar and click the button labeled "Today!"; then click OK. Or if you're looking at your [Weight History](#), just click anywhere outside the graph.

To close the Calendar:

If you want to change the working date to the day you've highlighted, click OK. DietPower will [save](#) any calendar notes you've written and take you back to the Home Screen for the date you've chosen.

If you want the working date to revert to what it was before you opened the Calendar, click Cancel or press the Escape key. DietPower will save any calendar notes you've written and take you back to the Home Screen for the date you came from.

Calorie Bank

At the end of each day, if you've eaten fewer [calories](#) than your budget called for, DietPower deposits the surplus in your Calorie Bank. Conversely, if you've overeaten, the program *withdraws* calories from the bank. You can use the Calorie Bank to save up for days when you want to splurge. Monitoring your account will also help you understand your long-term eating and exercise trends.

To check your Calorie Bank balance...



...look at your [Weight History](#) screen. Your balance appears beside "Calories Banked" in the lower-right corner. Or check the same corner in your [Food Log](#) or your [Exercise Log](#).

(You can also see a list of your bank balances for every day since you began using DietPower. Just open your [Diet History](#).)

To view your *complete* Calorie Bank statement:

From your [Home Screen](#):

1. Open the Food Log or the Exercise Log, by

- clicking one of these buttons:  or 

or

- opening the Food or Exercise menu (by clicking the word *Food* or *Exercise*) and choosing "Food Log" or "Exercise Log."

2. Click the [tab](#) labeled "Calorie Bank."

Interpreting the Bank Statement

The left column shows calories for either today or the [working date](#) you've chosen. From the day's budget (listed first), DietPower subtracts the calories eaten (second line); then it adds those earned through exercise (third line) to yield the number still available (bottom line). (If the bottom line is negative, you've eaten more than your budget and exercise prescribed.)

In the middle and right columns, headed "Previous Days," DietPower displays a similar calculation for all the calories accumulated since your current diet began. (These figures won't include today's, since calories are banked only at the close of each day.) The middle column reports the totals; the right shows the average per day.

Your Calorie Bank balance is the number in the middle of the bottom line, marked with an asterisk. If the balance is zero, your net calorie consumption is on target. If the balance is positive, you've been eating too little or exercising too much. If it's negative, you've been overeating or exercising too little.

On days when you don't log any foods...

...DietPower will estimate your food intake by looking at your weight change. It will also factor in an assumption that you burned the same number of calories in exercise as your average for the preceding 30 days. Then it will withdraw or deposit calories accordingly. For details, see [Skipped Days](#).

Your Calorie Bank and Weight History are related.

In order to lose a pound, the average adult needs to forgo 3500 calories of food. This means you should be about a pound under today's [target weight](#) whenever your Calorie Bank shows a balance of 3500. The same relation holds when your bank balance is in the red. If it's -7000 calories, for example, you should be about two pounds *heavier* than planned.

Most people find that their Calorie Bank and [Weight History](#) track closely. That's because, instead of assuming you have an average [metabolic rate](#), DietPower monitors your *personal* rate by comparing your weight change with the foods and exercise you've logged, and bumps your calorie budget up or down a few points every day to counter any fluctuations.

If your bank balance and weight have drifted out of kilter, it's probably because you've been logging your meals and activities inconsistently. You can erase the disparity by starting a new diet. (See [Diet, Designing a New.](#)) This always resets your bank balance to zero.

To print your Calorie Bank statement:

1. Click the Print button at the bottom of the Calorie Bank window. (If the button is not visible, see [Taskbar, Hiding to Make Screens Deeper.](#)) The Windows Print dialog will appear.
2. Change your print settings, if necessary.
3. Click OK or press the Enter key.

To leave the Calorie Bank:

If you'd like to stay in the log, click another of its [tabs](#). The other page will come to the top.

If you want to return to the Home Screen, press Enter or click OK or Cancel. (If these buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

Calorie Budget

Your calorie budget is the number of [calories](#) required each day to bring you exactly one day closer to your goal weight. The budget depends on two things: 1) how fast you're trying to gain or lose weight and 2) your [metabolic rate](#), which in turn depends on your age, sex, size, physical activities, genetic and other factors. Your metabolic rate may also fluctuate over time.

To keep account of fluctuations, DietPower recalculates your calorie budget every time you log your weight. It does this by comparing your recent weight changes with the foods and exercise you've logged. Then it adjusts your day's budget to keep you moving smoothly toward your target. The adjustment is usually only a few calories.

The Rewards of Truth

Because these adjustments depend directly on the calories you eat and weights you log, as long as you faithfully record your activities and stay within your budget, you should reach your goal weight within a very few days of your target date.

This will happen even if there's a systematic error in your logging habits. If, for example, you habitually underestimate your food portions by 10 percent, DietPower will automatically cancel the error by cutting 10 percent from your calorie budget.

It doesn't pay to lie to DietPower, then. In fact, the more eating you report, the more calories DietPower will prescribe.

Similarly, if you skip a day and record no foods, DietPower will estimate your calorie intake from your weight change. It will also assume that you burned the same number of calories in exercise as your average for the preceding 30 days. (If you haven't been using DietPower that long, the program will use "phantom data" for the days before you enrolled, based on a typical person of your age, sex, and size.)

If these assumptions are wrong, the error they have introduced will show up in the body weights you record over the next few days, and this will automatically bump your calorie budgets up or down—eventually canceling the error.

This "can't fail" system, called "Calorie Feedback™," is what makes DietPower the most effective nutrition program on the market today.

A Safeguard

If your calorie budget falls below half of your metabolic rate, DietPower will warn that you may be eating too little for good nutrition. You can ignore the warning (by clicking OK and going about your business), but DietPower urges you to design a safer diet instead.

To view your calorie budget:

For today (or whatever working date you're in): look at the [Calorie Tally](#) in your Food Log or Exercise Log. The budget also appears at the bottom of your [Weight History](#) and at the top of your [Calorie Bank](#).

For any other day: open your [Diet History](#) and scroll to the date you want. Your calorie budget is in the fourth column.

Caution:

Don't confuse your calorie *budget* with the Personal Daily Allowance (PDA) of calories showing in your [Nutrient History](#). Your PDA will normally be higher than your budget, because DietPower assumes that you want to burn off some of your PDA in exercise and end up with a *net* intake equal to your budget. For

particulars, see [Calories](#).

Calorie Miscalculation

Occasionally, when you try to add a food to the dictionary or edit one already there, DietPower responds by showing you the Calorie Miscalculation dialog, advising that the nutrients you've entered don't jibe with the number of [calories](#) you report. Before writing the food into the dictionary, DietPower needs to know what you want to do about this disparity. To help you decide, here's a bit of background:

Almost all of the calories in any food come from the four "energy nutrients":

- [Fat](#) usually provides nine calories per [gram](#).
- [Carbohydrate](#) supplies only about four calories per gram (which explains why fruit and pasta aren't as fattening as meat and french fries).
- [Protein](#) generally contributes four calories per gram—the same as carbohydrate.
- [Alcohol](#) supplies about seven calories per gram, or 199 calories per [fluid ounce](#).

Keep in mind, however, that these calories-per-gram formulae are only approximate. Depending on its exact chemical makeup, a food's caloric value may be as much as 20 or 30 percent off the standard.

When you submit a new or revised food to the dictionary, DietPower totes up the calories from the four energy-nutrient amounts that you entered and compares this with the number you entered in the Calories column. If the two figures differ by more than 5 percent, the program asks whether you want to keep your own calorie total or use DietPower's. Which should you trust?

First, if the disparity is small and the food seldom eaten, don't take the problem too seriously. It won't matter much in the grand scheme of things. But if the food is one of your staples and the difference is large, try the following:

1. Compare the figures on the food's label with those you typed on the screen. You might have copied incorrectly. Or perhaps you cut the serving size in half, but forgot to halve the calories or one of the energy nutrients. If so, click the "Go Back" button and fix the error.
2. If the figures still don't agree, it's possible—though not likely—that the food company made a mistake. You might be able to obtain corrected figures by phoning the toll-free number listed on many labels.
3. If these steps don't answer the question, you may gain some insight by checking the [nutrient profiles](#) of similar foods already in the dictionary. (To reopen the Dictionary page without discarding your work, you must first get rid of the Calorie Miscalculation by answering it. Just reply either way; you can re-edit the food later if you guess wrong.)

When you've decided which calculation you prefer, click the "DietPower's Calculation" or the "Your Entry" button. The Calorie Miscalculation dialog will vanish and the food will be written into the dictionary.

Calorie Tally

Your Calorie Tally is a one-line report showing how many calories remain in your budget today (or remained at the close of the [working date](#), if you're looking at the past). The tally appears in four places—in your [Weight History](#), your [Food Log](#), your [Exercise Log](#), and your [Diet History](#).

Five figures are reported in the tally. From left to right, here's what they mean:

"Budgeted"

This is the number allotted for your diet—or for maintaining your weight, if you aren't (or weren't) on a weight-change diet.

"Burned"

The extra calories you've earned through exercise. These are added to the "budgeted" figure to yield the total you should eat today.

"Eaten"

The number of calories in the meals you've logged. These are subtracted from the calories budgeted and earned through exercise.

"Remaining"

The number you can still eat today before going over budget.

"In the Bank"

The number of leftover calories from *earlier days'* budgets. (It doesn't include the calories remaining in today's budget, because calories are banked only at the close of each day.) A running balance is kept as long as your diet lasts. When you start a new diet, the balance is reset to zero.

What Negative Numbers Mean

In the "Budgeted" column, a negative number means:

- you're near the end of a weight-loss diet and haven't done very well—only a few days remain and you still have a lot of weight to lose

or

- you're on a weight-gain diet and have either overshot your goal weight or been gaining too fast.

The biggest negative number DietPower will allow in this column is -5000. If you've reached that limit, you really ought to start a new diet.

In the "Remaining" column, a negative number means you've overeaten by that many calories today, and the excess will be withdrawn from your Calorie Bank at the end of the day unless you earn it back through additional exercise. (If the number seems suspicious, check for mistakes in the day's Food Log.)

In the "In the Bank" column, a negative number means you've overeaten or underexercised by that many calories since your current diet began. To work off the debt, try to bank extra calories each day by eating less or exercising more.

What Large Positive Numbers Mean

In the "Budgeted" column, a big number means:

- you have an unusually high [metabolic rate](#)
or
- you're near the end of a weight-gain diet with too many pounds to go
or
- you're on a [maintenance diet](#) but have been losing weight rapidly
or
- you're on a weight-loss diet and have been losing too fast.

A typical [maintenance budget](#) is 1500 to 3500 calories per day. *Tour de France* bicycle racers, famous for prodigious eating, pack away 6000 to 8000 calories daily. If your calorie budget has climbed into that range, either you're a world-class athlete or you've fallen so far behind in your eating that it's time to begin a new diet.

In the "Eaten" column, a big number obviously means you've consumed a lot of food—or that you made a huge mistake in your Food Log.

In the "Burned" column, it means you've gotten a lot of exercise or perhaps logged your activities incorrectly.

If your Calorie Tally and your [Nutrient History](#) don't agree...

...the difference probably stems from rounding errors. In most cases, the disparity will not be significant. A 100-calorie error represents less than half an ounce of body fat.

To view your Calorie Tally:

In the Food Log or the Exercise Log: look at the line underneath the bottom window.

In the Weight History: look under the weight graph.

In the Diet History: look at the line for the date you're interested in.

Calories

Technically, these are "kilocalories," not calories. A calorie is the amount of energy required to raise the temperature of one [gram](#) of water by one degree Celsius (or 1.8 degrees Fahrenheit). Nutritionists measure food energy in units 1000 times larger—hence the prefix *kilo*. But since most people and all food labels call this a "calorie," DietPower does, too.

Your Daily Allowance

DietPower defines your [Personal Daily Allowance \(PDA\)](#) of calories as your current [calorie budget](#) plus the daily average you earned through exercise over the past 30 days. (If you haven't been using the program that long, the program assumes "phantom exercise" for the period before you enrolled: 250 calories a day if you're a man, 150 a day if you're a woman.)

Don't confuse the PDA with your budget. The budget is the number of calories you should *net* today after subtracting the exercise you actually got, and the number you should heed if you want to reach your goal weight on schedule. (On a weight-loss diet, your budget will usually be lower than your PDA; on a weight-*gain* regimen, it will usually be higher than the PDA—depending on the amount of exercise you're getting.) You can always find your budget on the [Calorie Tally](#).

("If the *calorie budget* is the number I should monitor for weight control, why does DietPower bother assigning me a PDA?" you might ask. Answer: because DietPower is also designed for watching your [nutrient balance](#)—and some of your nutrient requirements vary with your PDA of calories.)

To view your Personal Daily Allowance (PDA) of calories:

Look at the top line on the Energy Nutrients page in the [Personal Daily Allowance Editor](#).




To edit the PDA:

You can't—at least not directly. Your PDA of calories is automatically determined by your [metabolic rate](#), [goal weight](#), and [target date](#). The only way to change it is by starting a new diet, using the [Diet Designer](#).

Color Coding of This Nutrient

(Note: The following definitions assume that you are on a weight-loss diet. If you're on a weight-maintenance or weight-gain diet, the colors may not apply to you. Always trust the length of the bars more than their colors.)

The calorie bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 50 to 100 percent of your PDA
-  red for "bad" if you've logged more than 100 percent of your PDA
-  yellow for "caution" if you've logged less than 50 percent of your PDA



- missing if you've logged no calories.



In a food or recipe's [nutrient profile](#), the calorie bar is nearly always blue for "neutral," because getting your entire PDA of calories from this item would, by definition, give you exactly 100 percent of your PDA of calories. The only exception is when the calorie bar is missing because the item has no calories.

How Complete Are DietPower's Calorie Readings?

Very. Of the 16,000 entries in the Food Dictionary, none list their calorie content as "unknown." And since you *must* fill in the "Calories" block when you add a food to the dictionary yourself, all of the user-added foods have calorie readings, too.

Calories on Food Labels

Virtually all foods are required to report the calorie content of a typical serving (defined as "the amount customarily eaten at one time"). They must also reveal the number of calories per serving that come from fat.

The [Daily Value](#) for calories is, by definition, 2000, since that's the daily intake assumed for calculating all *other* nutrients' Daily Values. Two thousand calories is not necessarily right for you, however—it's a rough estimate meant to cover most of the U.S. population.

For more information on label regulations, see [Labels, Food](#).

Calories, Earning Extra

See [Exercise Log](#) and [Calorie Bank](#).

Cancer

See:

- [Antioxidants](#)
- [Fat, Total](#)
- [Fat, Saturated](#)
- [Fiber, Dietary](#)
- [Selenium](#)
- [Sugars](#)
- [Vitamin A](#)
- the "Health Claims" section at the end of [Labels, Food](#).

Carbohydrate, Complex

Carbohydrates are a large family of compounds including [sugars](#), [starches](#), [dextrins](#), and [fiber](#). "Complex carbohydrate" is a term meaning all of these *except* sugars, which are often called "simple carbohydrates." Unlike sugars, complex carbohydrates are large molecules that supply no energy until they are broken down by the digestive system. (In the case of fiber, the molecules *can't* be digested, but they do play another important role in health. See [Fiber, Dietary](#).)

Your Daily Allowance

Partly because complex carbohydrates include fiber, most nutrition authorities consider them the mainstay of a good diet. Nevertheless, the National Research Council has not established a [Recommended Dietary Allowance \(RDA\)](#) for complex carbohydrates. Since there is no official guideline, DietPower arbitrarily sets your [Personal Daily Allowance \(PDA\)](#) by dividing your PDA of [total carbohydrate](#) into 80-percent complex carbohydrate and 20-percent sugars. If your doctor suggests a different allowance, you can reset the division with the [Personal Daily Allowance Editor](#).

Color Coding of This Nutrient

There is no color coding for complex carbohydrates, because DietPower does not display them as a separate item in any charts.

Complex Carbohydrates on Food Labels

Nutrition labels are not required to list complex carbohydrates as a separate nutrient. If a food lists sugars, however, you can infer its content of complex carbohydrates by subtracting the sugars from the total carbohydrate. (Total carbohydrate is usually listed as just "carbohydrate" or "carbohydrates.")

There is no [Daily Value](#) for complex carbohydrates.

For more on label regulations, see [Labels, Food](#).

Carbohydrate, Simple

See [Sugars](#).

Carbohydrate, Total

Carbohydrates are a large family of compounds including [sugars](#), [starches](#), [dextrins](#), and [fiber](#). Your "total carbohydrate" is all of these types added together.

The chief sources of carbohydrate are fruits, vegetables, grains, and dairy products. Fiber is important to the health of the digestive tract and may help to lower blood-cholesterol levels and avert heart disease. The other carbohydrates are (or should be, according to most authorities) the body's chief source of energy.





Your Daily Allowance

DietPower sets your [Personal Daily Allowance \(PDA\)](#) of carbohydrates by a process of elimination. There are only four major sources of food energy in the human diet: [proteins](#), [fats](#), [alcohol](#), and carbohydrates. (DietPower calls these the "energy nutrients.") To figure the PDA for carbohydrates, the program first calculates the number of calories in your protein, fat, and alcohol PDAs, then assumes that the remainder of your calories must come from carbohydrates. Since there are four calories in a gram of carbohydrate, the number of grams in your PDA is simply that remainder divided by four.


Generally speaking, if you haven't registered as a [drinker](#), the resulting PDA will have 55 to 60 percent of your calories coming from carbohydrates—close to the [National Research Council's](#) recommendation of 60 percent. But if you *do* register as a drinker, your PDA of alcohol could account for 10 percent or more of your calories, driving the percentage from carbohydrate as low as 45 or so. If this troubles you, the best solution may be to revise your PDA of fat, which, at 25 percent of your calories, might stand further trimming. (Ask your doctor; then see [Fat, Total](#).) To revise PDAs, use the [Personal Daily Allowance Editor](#).




Color Coding of This Nutrient


The carbohydrate bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 150 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 150 percent of your PDA
-  missing if you've logged no carbohydrates.

In a food or recipe's [nutrient profile](#), the carbohydrate bar is:

-  green for "good" if getting your entire PDA of calories from this food would give you more than 150 percent of your PDA of carbohydrates

-  magenta for "bad" if getting all your calories from the food would give you less than 50 percent of your PDA of carbohydrates
-  blue for "neutral" otherwise
-  missing if the amount of carbohydrate is either zero or unknown.

On pie charts, the carbohydrate wedge is green: 

How Complete Are DietPower's Total-Carbohydrate Readings?

Very. Of the 16,000 entries in the Food Dictionary, none list their total-carbohydrate content as "unknown." (There *will* be unknowns if you've added foods to the dictionary with missing total-carbohydrate figures. But these won't be *marked* as unknowns. Since carbohydrate is one of the four [energy nutrients](#), DietPower needs a figure in the Carbohydrate column in order to calculate a food's calorie content. If you leave a blank or a question mark there, the program automatically changes it to a zero.)

Total Carbohydrate on Food Labels

Most food labels are required to list total carbohydrate (they usually call it just "carbohydrate" or "carbohydrates"), in both grams and percent of [Daily Value \(DV\)](#).

The Daily Value for total carbohydrate is 300 grams. This amount is not necessarily right for you, however—it's a rough estimate meant to accommodate most of the U.S. population.

For more on label regulations, see [Labels, Food](#).

Cardiovascular Disease

See [Heart Disease](#) and [Stroke](#).

Cholesterol

Cholesterol is a fatty substance that your body uses in building cell membranes, nerve coverings, certain hormones, and vitamin D.

Although cholesterol has a bad reputation, it is *necessary* for good health. It's so important, in fact, that if you don't get any in your diet, your liver will manufacture it from other fats. (Most people manufacture many times more cholesterol each day than they eat. That's why high-fat foods that advertise "no cholesterol!" are misleading: it's the *fat* in your diet, not just the cholesterol, that raises your blood-cholesterol readings.)

Cholesterol is found only in foods of animal origin, notably egg yolks and organ meats such as liver.




Vital as it is to good health, cholesterol can be a killer. Eating too much over a period of years can deposit plaque on the inner walls of arteries and veins, shutting off blood flow and causing heart attacks or strokes. For this reason, the [National Research Council \(NRC\)](#) recommends keeping your intake under 300 [milligrams](#) per day. That's the amount in one and a half egg yolks, three [ounces](#) of beef liver, or eight tablespoons of butter.

Your Daily Allowance



DietPower sets your [Personal Daily Allowance \(PDA\)](#) of cholesterol at the NRC's upper limit of 300 milligrams. Since most people don't really need that much, however, you might want to reset the PDA to a lower figure with the [Personal Daily Allowance Editor](#). Ask your doctor.


Color Coding of This Nutrient


The cholesterol bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 percent or less of your PDA
-  red for "bad" if you've logged more than 100 percent of your PDA
-  missing if you've logged no cholesterol.

In the [nutrient profile](#) of a food or recipe, the cholesterol bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you less than 50 percent of your PDA of cholesterol
-  magenta for "bad" if getting all your calories from the item would give you more than 150 percent of your PDA of cholesterol

-  blue for "neutral" otherwise

-  missing if the amount of cholesterol is either zero or (when the word *Cholesterol* is [grayed out](#)) unknown.

How Complete Are DietPower's Cholesterol Readings?

Very. Of the 16,000 entries in the Food Dictionary, only 0.3 percent list their cholesterol content as "unknown." (The number of unknowns will be higher, of course, if you've added foods to the dictionary with missing cholesterol figures.) To see whether a particular food has a cholesterol reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Cholesterol," it means the amount is unknown. (To see *all* foods with unknown cholesterol readings, click the dictionary's [PowerFoods](#) tab and sort the foods by cholesterol power; then scroll to the bottom of the list.)

Cholesterol on Food Labels

Most food labels are required to cite cholesterol content, in both grams and percent of [Daily Value](#). The Daily Value is 300 milligrams—the same as your Personal Daily Allowance (unless you've revised yours).

For more on label regulations, see [Labels, Food](#).

Cholesterol, Levels in Blood

See:

- [Alcohol](#)
- [Carbohydrate, Total](#)
- [Fat, Monounsaturated](#)
- [Fat, Polyunsaturated](#)
- [Fat, Saturated](#)
- [Fiber, Dietary](#)

Cold, Adaptation to

See [Magnesium](#).

Confusion, Mental

See:

- [Niacin](#)
- [Vitamin B6](#)

Copper

This metal is an important constituent of [enzymes](#), and figures prominently in the building of red blood cells. A copper deficiency may lead to [anemia](#) and serious changes in bone and [neural](#) structures.

Good sources of copper are seafoods (especially oysters), nuts, cocoa powder, legumes, pork and beef liver, kidneys, and dried beans.

An oversupply of copper can produce violent vomiting and liver damage. (One practice that can lead to oversupply is cooking acidic foods in copper pots.)





Your Daily Allowance

The National Research Council's [Estimated Safe and Adequate Amounts \(ESAA\)](#) of copper, measured in [micrograms](#), are 1500 to 3000 for adults and 1500 to 2500 for children and adolescents.* DietPower sets your [Personal Daily Allowance \(PDA\)](#) in the middle of your range—at 2000 micrograms if you're 15 to 18, at 2250 if you're 19 or older. (If your doctor suggests some other level, you can reset your PDA. See [Personal Daily Allowances, Editing Your.](#))



*Please remember that DietPower is not designed for children under 15.


Color Coding of This Nutrient


The copper bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 130 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 130 percent of your PDA
-  missing if you've logged no copper.

In the [nutrient profile](#) of a food or recipe, the copper bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of copper
-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of copper

-  blue for "neutral" otherwise

-  missing if the amount of copper is either zero or (when the word *Copper* is [grayed out](#)) unknown.

How Complete Are DietPower's Copper Readings?

Fairly. Of the 16,000 entries in the Food Dictionary, only 12 percent list their copper content as "unknown." (The percentage of unknowns may be different, of course, if you've added a lot of foods to the dictionary yourself.) To see whether a particular food has a copper reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Copper," it means the amount is unknown. (To see *all* foods with unknown copper readings, click the dictionary's [PowerFoods](#) tab and sort the foods by copper power; then scroll to the bottom of the list.)

Copper on Food Labels

Nutrition labels are not required to report copper content, but some do voluntarily. They usually cite it as a percentage of the [Daily Value \(DV\)](#).

The Daily Value for copper is 2 milligrams, or 2000 micrograms. This amount isn't necessarily right for you, however—it's a rough estimate meant to cover most of the U.S. population.

For more on label regulations, see [Labels, Food](#).

Copying DietPower

The rules for copying DietPower depend on which version you have.

The free trial copy of the Personal Edition...

...can be duplicated and distributed to any number of people without charge. (For information, see [Free Trial Copy, Converting to Permanent Version](#).)

But if the trial copy has been converted to a permanent version...

...no more than nine people may use the copies you make, *and all of those users must reside in the same household*. For details, see [Legal Agreement with DietPower, Your](#).)

(For groups larger than nine people, DietPower also offers special licenses. See [DietPower, Other Editions of](#).)

Decimals

Decimals are numbers expressed in tenths, hundredths, and thousandths, instead of in fractions like $\frac{1}{2}$ or $\frac{1}{4}$. (Example: 4.25 is the decimal form of $4\frac{1}{4}$.) In most of its [dialogs](#), DietPower doesn't care whether you enter a number in decimal or fractional form. If you need to convert, however, you can either use the [Windows Calculator](#) or consult the following table:

| | | | |
|-----------------|---|------|------|
| $\frac{1}{16}$ | = | .063 | ~.1* |
| $\frac{1}{8}$ | = | .125 | ~.1 |
| $\frac{3}{16}$ | = | .188 | ~.2 |
| $\frac{1}{4}$ | = | .250 | ~.3 |
| $\frac{5}{16}$ | = | .313 | ~.3 |
| $\frac{1}{3}$ | = | .333 | ~.3 |
| $\frac{3}{8}$ | = | .375 | ~.4 |
| $\frac{7}{16}$ | = | .438 | ~.4 |
| $\frac{1}{2}$ | = | .500 | ~.5 |
| $\frac{9}{16}$ | = | .563 | ~.6 |
| $\frac{5}{8}$ | = | .625 | ~.6 |
| $\frac{2}{3}$ | = | .667 | ~.7 |
| $\frac{11}{16}$ | = | .688 | ~.7 |
| $\frac{3}{4}$ | = | .750 | ~.8 |
| $\frac{13}{16}$ | = | .813 | ~.8 |
| $\frac{7}{8}$ | = | .875 | ~.9 |
| $\frac{15}{16}$ | = | .938 | ~.9 |

*You can generally round decimals to the nearest tenth (the figure in the right column) without significantly harming DietPower's calculations.

Dehydration

See:

- [Protein](#)
- [Water](#)

Depression

See [Vitamin B6](#).

Diarrhea

See:

- [Folic Acid](#)
- [Niacin](#)
- [Vitamin A](#)
- [Zinc](#)

Dictionaries, Searching the

DietPower has three dictionaries: the [Food Dictionary](#), the [Exercise Dictionary](#), and the [Recipe Box](#). Each appears in several places: the Food Dictionary, for example, also shows up in the [Food Log](#).

Instead of scrolling through a dictionary, you can search for any item by typing words in the "Find" field at the top of the screen.

Beside the Find field is a list box showing which search method you are using. To choose a different method, click the button to open the list; then click the method you prefer. DietPower will assume that you always want this method until you change it again. (Your choice is not imposed on others in your household—DietPower remembers each user's favorite.)

The Four Search Methods

(Note: None of the methods is case-sensitive. That is, you can find Beef Wellington by entering "beef wellington," "BEEF WELLINGTON," or even "bEeF wEILiNgToN." Also, you needn't worry about diacritical marks. Entering "crepes" will find crêpes suzettes, for example; "munster" will find Münster cheese, and "pina" will find piña colada.)

Incremental Search. To find an item with Incremental Search, simply begin typing the item's name. If the name is a two- or three-word combination, the order generally doesn't matter—water skiing, for example, is listed as both "Water skiing" and "Skiing, water." (In the Food Dictionary, this is true only if you've loaded the name variants described in [Food Dictionary, Abridging and Unabridging.](#)) Typing the letter W scrolls you to the first entry beginning with W, and when you add A and T, the list jumps to the first item beginning with WA and then the first one starting with WAT—and so forth. A few keystrokes should bring you within easy scrolling distance of any entry you want. To clear the box for a new search, press the Escape key. (Incremental Search is not available on the Food Dictionary's [PowerFoods](#) page, because the foods there usually aren't in alphabetical order.)

Keyword Search. Unlike an incremental search, the keyword method can find modifiers like "baked" or "uphill" that aren't near the beginning of an item's description. (This is the [default](#) method in PowerFoods.) How to use it depends on whether you're searching for foods and recipes or for exercises:

- In the Food Dictionary or the Recipe Box: type as many as ten complete words (not fragments) that are likely to appear anywhere in the item's description. (Use "or" between words to find entries that contain either. Otherwise, DietPower will assume that every space between words means "and." Hence, "ice vanilla" will find vanilla ice cream, but "ice or vanilla or cream" will also find vanilla cookies and ice cubes.) Press Enter, and DietPower will scroll to the next dictionary entry that meets your criteria. (It will also find items you've misspelled or called by a synonym. "Braunschweiger" will find liverwurst, for example—and so will the incorrect spelling "braunswiger.") Keep hitting Enter to find additional items. To clear the box for a new search, press the Escape key.
- In the Exercise Dictionary: type only one keyword (or word fragment) at a time. Press Enter, and DietPower will scroll to the next dictionary entry containing the word or fragment. (Unlike a food search, an exercise search won't find items you've misspelled or called by a synonym.) Continue pressing Enter to find more items. To empty the field for a fresh search, click the Escape key.

Category Search. (This method is not available in the Exercise Dictionary.) A category search instantly narrows the Food Dictionary or the Recipe Box to just one of DietPower's 72 [food categories](#). After selecting this method, open the category list by clicking the [drop-down button](#) beside the "Find" field. Click the category you want; then press the Enter key. DietPower will immediately list all items in the category. (You can further narrow the list by performing a second category search, since many foods and recipes reside in two or more categories.) You will always know when you're looking at a narrowed list: the left margin will light up blue. To restore the full dictionary for a completely new search, press the Escape key. (Note: Although a cursor appears in the Find field after a Category search has narrowed the list, you can't

type a search word into the field. The cursor is a mistake introduced by the Windows operating system.)


Smart Search. In the Food Dictionary, this is the [default](#) method, automatically in place the first time you use DietPower. (Smart Search is not available in the Exercise Dictionary.) Smart Search affords you exactly the same features as the food-and-recipe version of Keyword Search (including multiple search words and the misspell, synonym, and "or" functions)—but instead of scrolling from item to item, it assembles *all* of the found items into an alphabetical list. (You can further narrow the list by performing another Smart Search on it. As in Category Search, narrowed lists have blue left margins.) To restore the full dictionary for a completely new search, hit Escape. (You may first have to highlight one of the foods in the Found list, by clicking it.)

Ignored Words

Smart Search and Keyword Search do not recognize minor words like *the, a, an, with, oz, and cup*, because including them would only slow your searches. Hence, if you're looking for corn on the cob, entering "corn on the cob" won't find it—but entering "corn cob" will. (This limitation does not apply to Incremental Search, which recognizes all words.)

To repeat a previous search:

DietPower keeps a list of all the keyword, category, and Smart Searches that you perform, in case you want to repeat them. (Incremental searches are not saved.) To repeat a search:

1. Choose a search method, by clicking the  button, then the method you want.
2. Click the drop-down button beside the Find field. A list of previous searches will open, with the most recent at the top.
3. Scroll to the search you want, and click it. DietPower will copy the search into the Find field and close the list.
4. Press Enter to perform the search.

When a search fails:

In an incremental search, if DietPower can't find the item you've specified, it simply scrolls to the one that's closest alphabetically. This doesn't always mean the item is not in the dictionary—it may be under a different name or spelling. Before giving up:

- Try alternative names and spellings. Maybe you're using an obscure regionalism (if so, DietPower would like to hear about it), or perhaps your spelling is wrong. (An incremental search can't use the misspell and synonym functions.)
- If you're looking in the Food Dictionary or the Exercise Dictionary and have been entering a two-, three-, or four-word name, try the most essential *one*-word name—"beans" instead of "baby lima beans," for example. Reason: Every item in the these two dictionaries (except those you've added yourself) has a duplicate "military-style" listing that begins with the food's essential noun. (This is not true in the Recipe Box.)
- Search by keyword instead. (For instructions, see "Keyword Search" in the list of methods, above.) Unlike an incremental search, this method doesn't require you to guess which words come first in an item's description—it finds keywords no matter where they fall in a name. In the Food Dictionary and the Recipe Box, it also corrects spelling and knows synonyms.

In a keyword or Smart Search, if DietPower can't locate an item containing the words you've specified, you'll get a message saying, "No matches were found." Get rid of the message by clicking OK or pressing

the Escape key. Then try different keywords or spellings—maybe your spelling was so far off that DietPower couldn't fix it. (Remember that the misspell function does not work in the Exercise Dictionary.) It also helps to enter fewer keywords in a search—you'll be less likely to exclude an item whose description is slightly different than you expect.

If the item is not in the dictionary...

...you can do one of two things:

1. Log a similar item. An hour of car washing, for example, burns about the same energy as an hour of window washing. Likewise, most frozen foods are fairly close, nutritionally, to their fresh counterparts, and foods that differ only in flavoring—strawberry versus raspberry yogurt, for instance—are more or less interchangeable.
2. If you have nutrition-label or [calorie-burn-rate](#) information on the item, or if you know its recipe, you can add it to the dictionary yourself. See [Food Dictionary, Adding Foods to: Recipe Box, Creating Recipes in:](#) or [Exercise Dictionary, Adding Items to.](#)

Is your copy of DietPower more than a year old?

An upgrade with larger dictionaries may be available. In addition, you will soon be able to buy sets of specialty foods, recipes, and exercises that can be plugged into your current dictionaries. To see if any of these sets have been released, visit DietPower's online order form at <https://www.dietpower.com/orderem.htm>.

Diet, Confirming a New

When you click the Adopt Diet button after designing a new diet, DietPower always asks you to confirm your decision. Reason: Adopting a new diet will automatically [overwrite](#) any diet already in effect, and you won't be able to restore the old diet.

Not everything is lost when you overwrite a diet, however. Here's a brief rundown:

Records you *won't* lose when you overwrite an old diet:

- The number of calories and amount of each nutrient you've consumed each day
- Daily weights you've logged (the squiggly red line on your [Weight History](#))
- Your calorie budget for each date
- The balance in your [Calorie Bank](#) for each date
- Your old starting date (it will be permanently marked on your Weight History with a yellow, vertical line, and colored blue in your [Diet History](#))
- Your projected weight (the straight green line showing how much you'll weigh on your target date if you continue eating and exercising as you have for the past 30 days).

Records you *will* lose:

- Your old [goal weight](#)
- Your old [target date](#)
- The straight blue line on your Weight History showing how your weight was supposed to change during the old diet.

When the "Adopt this diet?" dialog appears:

If you're *sure* you want to start a new diet, click the Adopt button. DietPower will substitute the new goal weight, target date, and calorie budget, and take you back to the [Home Screen](#).

If you're *not sure*, click the "Go Back" button. The "Adopt this diet?" dialog will vanish, returning you to the Diet Designer with your old diet still intact. You can then either revise your goals or simply close the Diet Designer without changing your current diet (by clicking the Cancel button).

Diet, Confirming Your First

When you click OK after typing in your goals, DietPower calculates a calorie budget and asks you to confirm it. To calculate the budget, the program:

1. estimates your metabolic rate—the daily calories needed to maintain your current weight. Your metabolic rate depends on your age, sex, and current body weight, and can range from under 1000 calories for a very small, elderly woman to more than 4000 for a severely overweight young man.
2. multiplies the number of pounds you want to gain or lose by 3500—because a pound of body fat is equivalent to 3500 calories. This yields the calorie excess you must accumulate over the course of a weight-gain diet or the calorie *deficit* you must accumulate during a weight-loss diet.
3. divides this total excess or deficit by the number of days in the diet. This reveals how many calories per day you must add or give up in order to reach your goal on schedule.
4. adds or subtracts the daily excess from your metabolic rate. The result is your daily calorie budget.

After you've started the diet, your calorie budget will probably change. Reason: Each time you log your weight, DietPower calculates your *true* metabolic rate by comparing your weight history with your eating and exercise history. Then it bumps your budget up or down a few points to keep you tracking smoothly toward your goal. Your true metabolic rate may range as much as 20 percent above or below the norm.

To confirm your budget...

...click the OK button. DietPower will save the particulars and take you to the next step.

To revise the budget...

...click the Go Back button. DietPower will return you to the Goals page, where you can revise your target date or goal weight.

If you're not sure...

...go ahead and click OK—you can always revise your goals later.

Diet Description

This is a special page in the [Diet Designer](#) that helps you decide whether you want to adopt the diet you've just designed. It describes the regimen you must follow in order to reach your [goal weight](#) on your [target date](#). It reports the net daily intake of calories you'll need to average, and translates that figure into an example of how your eating and exercise habits will have to change. It also predicts how easy or difficult those changes will be.

Caution

Adopting a new diet will automatically [overwrite](#) any diet already in effect. Once the old diet is gone, it can't be restored. You won't lose any records of calories and nutrients you consumed. Nor will you lose any of your daily weights, your projected weight, your calorie budgets, or your [Calorie Bank](#) balances. But DietPower *won't* remember your old [goal weight](#) or [target date](#), because the blue line describing your old diet on the [Weight History](#) will have vanished. (The only vestige will be your old starting date, permanently marked with a vertical yellow line. The starting date will also continue to be displayed in blue in your [Diet History](#).)

To open the Diet Description:

From the [Diet Designer](#), click the tab labeled "Diet Description."

To adopt the diet as described...

...click the button labeled "Adopt Diet." After asking you to confirm your decision, DietPower will replace your current diet with the one in the Diet Description. It will also reset the balance in your [Calorie Bank](#) to zero, adjust your daily [calorie budget](#) to the new goal, and draw a fresh blue line on your [Weight History](#) that you need to stay under (or over, if you're on a weight-*gain* diet) in order to reach your goal on schedule.

To revise the diet:

1. Click either the Visual Designer tab or the Numerical Designer tab.
2. Enter a new goal weight, target date, or both.
3. Click the Diet Description tab again, to see the results.
4. Repeat the process, if necessary, until you get results you like.

To keep your old diet instead...

...click Cancel or press the Escape key. You'll return to the [Home Screen](#) with your old diet still in effect.

To leave the Diet Description:

If you want to stay in the Diet Designer, click one of the other [tabs](#). The other page will come to the top. (This action won't cause the new diet to be adopted.)

If you want to close the Diet Designer and adopt the diet as described, click the Adopt Diet button. After asking you to confirm your decision, DietPower will replace your current diet with the one in the Diet Description and take you back to the Home Screen.

If you want to close the Diet Designer and keep your old diet, click Cancel or press the Escape key. After asking you to confirm your decision, DietPower will ignore the new diet and return you to the Home Screen.

(Note: If the Adopt Diet and Cancel buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

Diet, Designing a New

If you weigh 140 today and want to reach 129 by July 15, how many [calories](#) per day should you eat? With the Diet Designer, you can get answers to questions like this in seconds. You'll also learn whether your goal is realistic. Then, if you decide to adopt the diet, your new [calorie budget](#) will be transferred to the daily [Calorie Tally](#) in the [Food Log](#), where you'll record your meals and keep an eye on your calorie spending.

Caution

Adopting a new diet will automatically [overwrite](#) any diet already in effect. Once the old diet is gone, it can't be restored. You won't lose any records of calories and nutrients you consumed. Nor will you lose any of your daily weights, your projected weight, your calorie budgets, or your [Calorie Bank](#) balances. But DietPower *won't* remember your old [goal weight](#) or [target date](#), because the straight blue line describing your old diet on the [Weight History](#) will have vanished. (The only vestige will be your old starting date, permanently marked with a vertical yellow line. The starting date will also continue to be displayed in blue in your [Diet History](#).)

You can design a new diet and receive a detailed description without actually adopting the diet, however. Just *don't* click the Adopt Diet button until you're sure you want to abandon your old regimen. (If you click the button accidentally, you can still recover: DietPower always asks you to confirm your choice before it institutes the new diet.)

Special Note

The Diet Designer can be opened only if you have the [working date](#) set to today.

If you're designing a [maintenance diet](#)...

...follow the instructions below, entering your current weight as your goal and choosing a target date at least a week from today.

To open the Diet Designer:

From your [Home Screen](#):



- click the Diet Designer button:

or

- open the Diet Menu (by clicking the word *Diet*) and choose "Diet Designer."

A stack of tabbed pages will appear. You can create a diet on either the Visual Designer page or the Numerical Designer page. Both methods are easy, but the Numerical Designer offers one advantage for the dieter who's truly obsessive: you can specify your goal weight to the nearest tenth of a pound.

(You may want to compute your ideal weight before entering a goal. To do so, click the tab labeled "[Ideal Weight](#).")

To create a diet on the Visual Designer page:

1. If you aren't already on this page, click the tab labeled "Visual Designer." A yellow graph will appear, listing dates across the bottom and weights up the left and right margins. On the left side, a line will be anchored on today's date and weight. The line will stretch across the graph to a paddle that you can

slide up or down to set your goal weight.

2. If the time span or weight range is too wide or narrow for your goals, shrink or stretch it by either clicking the red arrows on the screen or using the up, down, left, or right arrows on your keyboard. (Unlike the screen arrows, those on the keyboard will let you adjust your target date to the exact day.)
3. [Pointing](#) to the paddle, hold down the left mouse button and drag the paddle up or down toward your goal weight. (Or use the up- or down-arrow keys to do the same.) As you move the paddle, phrases describing the degree of difficulty for each goal will appear under the graph. (These are specific to your own weight and [metabolic rate](#).)
4. When the paddle displays the goal weight you want, release the mouse button.
5. To read a more detailed description of the diet before adopting it, click the tab labeled "Diet Description." If the diet sounds too difficult, click the Visual Designer tab to come back and revise your goals.
6. To adopt the diet, click the Adopt Diet button on either the Visual Designer or the Diet Description page. (If the button is not visible, see [Taskbar, Hiding to Make Screens Deeper](#).) When DietPower asks you to confirm your decision, click Adopt.

To design a diet on the Numerical Designer page:

1. Click the tab labeled "Numerical Designer."
2. In the Goal Weight box, type the weight you want to achieve. You can specify it to the nearest tenth of a pound.
3. In the Target Date box, type the date on which you'd like to reach your goal, in M/D/Y form. (Your target date must be less than two years from today.)
4. To read a more detailed description of the diet before adopting it, click the tab labeled "Diet Description." If the diet sounds too difficult, click the Numerical Designer tab to come back and revise your goals.
5. To adopt the diet, press the Enter key or click the Adopt Diet button on either the Numerical Designer or the Diet Description page. (If the button is not visible, see [Taskbar, Hiding to Make Screens Deeper](#).) You'll be asked to confirm your choice before it's carried out.

A Safeguard

If you try to start a diet that gives you a calorie budget lower than half your current metabolic rate, DietPower will warn that the diet may have you eating too little for adequate nutrition. You can ignore the alert (by clicking OK and going about your business), but DietPower urges you to design a safer diet instead.

To print a description of any diet:

(You can do this whether you intend to adopt the diet or not.)

1. Design the diet, using either method described above.
2. Click the tab labeled "Diet Description," to reveal the description.
3. Click the Print button. (If the button is not visible, see [Taskbar, Hiding to Make Screens Deeper](#).) The Windows Print dialog will open.

4. Change your print settings, if necessary.

5. Click OK.

To close the Diet Designer:

If you want to adopt the diet you've designed, press the Enter key or click the Adopt Diet button. After asking you to confirm your decision, DietPower will institute the new diet and take you back to the Home Screen.

If you *don't* want to adopt the new diet, press the Escape key or click the Cancel button. After asking you to confirm your choice, DietPower will return you to the Home Screen with your old diet intact.

(Note: If the Adopt Diet and Cancel buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

Diet, Designing Your First

To finish calculating your nutrient requirements, DietPower needs to know how much weight you want to gain or lose, and how fast. The goals you set here are preliminary—you can revise them at any time.

The only permanent weight change is *slow* change. DietPower recommends losing or gaining no more than a pound or two per week. (A few medical situations may demand more rapid change. Ask your doctor.)

To specify your goals:

In the blocks provided, type your goal weight (to the nearest pound or tenth of a pound, whichever you prefer) and your target date (in M/D/Y form).

If you want to maintain your current weight...

...it doesn't matter what's in the blocks—see "To close the Goals page," below.

A Safeguard

If you set goals that are too stringent for adequate nutrition, DietPower will alert you. You can ignore the warning (by clicking OK and going about your business), but DietPower urges you to design a more conservative diet instead.

To close the Goals page:

If you'd like to maintain your current weight, click the Cancel button. DietPower will ignore whatever is typed in the goal blocks and set up a maintenance diet instead.

If you want to lose or gain weight, make sure you've entered your goals correctly; then click the OK button or press the Enter key. DietPower will set up the diet you've described.

If you've decided not to enroll after all, you'll have to finish the enrollment, then either delete your files or ask another user of this installation of DietPower to delete them for you. To finish enrolling, click OK or Cancel (it doesn't matter which) and follow the remaining steps until you arrive at the Home Screen (the one with the big apple on it). From there, open Help and read the topic titled "User, Deleting a." (If you don't want to bother deleting your files, that's okay as long as some other user doesn't need the space. The personal edition of DietPower can handle up to nine users.)

Diet History, Your

Your Diet History is a chronology showing your weight, [metabolic rate](#), and calorie consumption for each day since you enrolled in DietPower.

To open your Diet History:

1. From your [Home Screen](#), open the Diet Menu by clicking the word *Diet*.
2. Choose "Diet History."

Interpreting the History

The summary for each day is a single line, and the days are listed in chronological order, from your enrollment date at the top to today's date at the bottom. From left to right, the figures in each line are:

- Date: the day that the line summarizes
- Weight: the body weight you logged that day
- Metabolic Rate: the net calorie consumption (calories eaten minus those worked off in exercise) required to maintain that day's weight
- Budgeted: the net calories allotted for the diet you had in effect that day. (If you were on a [maintenance diet](#), this will be the same as your metabolic rate.)
- Burned: the number of calories you recorded in that day's [Exercise Log](#)
- Eaten: the number of calories you recorded in the day's Food Log
- Remaining: the number that were still available in your budget. These are deposited in the Calorie Bank at the end of each day. (If the number is negative, calories are *withdrawn* from the bank because you overate.)
- In the Bank: the number of uneaten calories accumulated during the diet you were on. (If the number is negative, you were a net overeater.)

Color Coding

Red figures are phantom data, filled in by DietPower because you logged no foods that day. In each case, the program assumes your net intake was the same as your average for the preceding 30 days. (If you haven't been using DietPower that long, for your pre-enrollment dates it uses data for an average person of your weight and sex.)

Blue lines show when you began a new diet. (In the rare event that you began a diet but logged no foods that day, this color will supersede the red described above.)

Black lines indicate normal days, when you neither started a new diet nor left your Food Log blank.

To revisit any day in the history...

...[double-click](#) the date you're interested in. DietPower will automatically change the [working date](#) to the day in question and take you back to the [Home Screen](#). From there, you can open any option and review or revise the day's work.

When you're finished, change the working date back to today by doing any of the following:

- Returning to the Diet History and double-clicking today's date
- Opening the [Calendar](#) and clicking the Today! button.
- Clicking anywhere outside the graph on your [Weight History](#) screen.

To close your Diet History...

...click the Close button or press Enter or Escape.

Diet Pills, Using DietPower With

DietPower is specially designed to work with any drug you may be taking. If your medication alters your metabolic rate, the program's Calorie Feedback™ mechanism will automatically adjust your calorie budget to compensate.

DietPower, Inc., Contacting

For technical support and miscellaneous inquiries...

...your most efficient course is to follow these steps, in the order shown:

1. Consult the technical-support and frequently-asked-questions (FAQ) pages on our Web site. Its address is <http://www.dietpower.com>.
2. Send an e-mail to support@dietpower.com. Your question should be answered within 24 hours.
3. Phone our help line (203-743-0061) between 9 a.m. and 5 p.m. Eastern time (U.S.).

For sales inquiries:

DietPower, Inc.
7 Kilian Drive
Danbury, CT 06811
USA
Voice: 800-852-8446
Fax: 203-743-1299
E-mail: sales@dietpower.com
Internet: <http://www.dietpower.com>

DietPower, Other Editions of

DietPower is available in three editions:

- The Personal Edition is licensed for as many as nine users in the same household. (You can download a free trial copy of this edition from DietPower's Web site at <http://www.dietpower.com>. The trial copy works exactly like the Personal Edition, but only for 30 days. It can be converted to a permanent version with a phone call or a visit to our secure order form at <https://www.dietpower.com/orderem.htm>.)
- The Large-Group Edition can handle dozens, hundreds, or even thousands of users. It is ideal for health clubs, corporate wellness programs, and similar applications.
- The Consultant's Edition allows a doctor, nutritionist, personal trainer, or other practitioner to distribute single-user copies to patients or clients he or she is monitoring, and review their records with them during office visits.

For further information:

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Drinking

See [Alcohol](#).

Duration Editor

The Duration Editor is a [dialog](#) that automatically appears each time you begin recording (or revising) an activity in the [Exercise Log](#). The dialog shows the activity's [burn rate](#) and asks you to enter the number of minutes it lasted, so DietPower can calculate the calories you expended. (For some kinds of exercise—running and bicycling, for example—the Duration Editor also asks you to fill in a speed or distance. See [Duration Editor with Speed and Distance.](#))

To use the Duration Editor:

1. In the box provided, type the duration of the exercise you performed, to the nearest minute.
2. Click OK or press the Enter key. The Duration Editor will vanish, and the number of minutes you entered and calories you burned will appear in the log.

To close the Duration Editor *without* logging or revising a duration...

...click Cancel. The editor will disappear and the log will remain unchanged.

Duration Editor with Speed and Distance

This is a special Duration Editor for exercises that vary widely in speed. It pops up in the [Exercise Log](#) each time you begin recording (or revising) a session of running, jogging, bicycling, cross-country skiing, swimming, walking, or any other speed-sensitive activity from the Exercise Dictionary. The dialog shows the activity's [burn rate](#) and asks you to enter the number of minutes and the speed or distance you covered, so that DietPower can calculate how many calories you burned. (Tip: You can enter these numbers with either the [numeric keypad](#) or the traditional number keys.)

To use the Duration Editor with Speed and Distance:

1. Fill in any *two* of the following:
 - Duration of the exercise, in minutes.
 - Distance you traveled—in miles, kilometers, yards, meters, feet, flights (of stairs), counts (of repetitive exercises), etc. (Use the [drop-down button](#) to choose.)
 - Speed you averaged—in miles or kilometers per hour; or in yards, meters, feet, flights, or counts per minute. (Choose with the drop-down button.)
2. Click the field you didn't fill in. DietPower will calculate the correct entry for that field and enter it for you. (If this changes the speed that was already in the block, DietPower will also recalculate the figure in the Burn Rate field.)
3. Click OK or press the Enter key. The Duration Editor will vanish, and the workout you've described will appear in the Exercise Log.

To close the Duration Editor *without* logging or revising a duration...

...click Cancel. The editor will disappear and the log will remain unchanged.

Emaciation

See [Protein](#).

Exercise, Aerobic

"Aerobic" exercise—the kind that improves your cardiovascular conditioning and is thought to promote longevity—is any steady, *moderately* taxing activity that boosts your heart rate to between 60 percent and 85 percent of its maximum for at least 20 minutes at a stretch. Besides speeding your pulse, an aerobic workout will raise a sweat and increase your breathing rate.

Your maximum heart rate is generally 220 minus your age. The following chart will help you find your "aerobic zone."

| Age | Maximum Heart Rate | Aerobic Zone |
|-----|--------------------|--------------|
| 15 | 205 | 123 to 174 |
| 20 | 200 | 120 to 170 |
| 25 | 195 | 117 to 166 |
| 30 | 190 | 114 to 162 |
| 35 | 185 | 111 to 157 |
| 40 | 180 | 108 to 153 |
| 45 | 175 | 105 to 149 |
| 50 | 170 | 102 to 145 |
| 55 | 165 | 99 to 140 |
| 60 | 160 | 96 to 136 |
| 65 | 155 | 93 to 132 |
| 70 | 150 | 90 to 128 |
| 75 | 145 | 87 to 123 |
| 80 | 140 | 84 to 119 |
| 85 | 135 | 81 to 115 |
| 90 | 130 | 78 to 111 |
| 95 | 125 | 75 to 106 |

Which Exercises Are Aerobic?

There's only one *sure* way to tell if an activity is aerobic: perform the activity long enough to reach a steady heart rate, and take your pulse. You can get an idea beforehand, however, by looking up the activity in the Exercise Dictionary. Read "To See if an Exercise Is Aerobic," in [Exercise Dictionary](#).

Exercise Dictionary

The Exercise Dictionary is a list of more than 200 physical activities, each with a calorie [burn rate](#) attached. Besides looking up activities already in the dictionary, you can add your own by entering information from exercise-machine readouts, physiology manuals, and the like.

(Note: The Exercise Dictionary is not used for logging exercise you've performed. You do that in the [Exercise Log](#).)

Sources

Most of the burn rates are based on publications of the [American College of Sports Medicine](#), reports in major medical journals, or research by exercise-equipment manufacturers. In some cases, the data have been extrapolated or interpolated to cover body weights, speeds, and other factors not included in the original sources.

Errors in the Exercise Dictionary

Two errors were identified too late for correction in this version of DietPower:

- The burn rate for treadmilling without arm exercise is more than twice as high as ordinary walking. Until we fix this error, we advise logging such workouts as just plain walking.
- Stair-climbing machines seem to burn the same number of calories no matter how long the workout. We suggest 1) assuming that the 20-minute default figure is correct, 2) pro-rating your calorie burn accordingly, and 3) logging the calories as having been burned in some other form of exercise. (A calorie is a calorie, no matter how you burn it off.) *Example:* If DietPower says you burn 300 calories in 20 minutes of Climbmaster stair climbing, but your workout was only 10 minutes, then you actually burned 150 calories. To log the calories, specify some other exercise—say, running or swimming—and adjust the number of minutes you report until it shows 150 calories burned.

To open the Exercise Dictionary:

From your [Home Screen](#):



- click the Exercise Dictionary button:


or

- open the Exercise Menu (by clicking the word *Exercise*) and choose "Exercise Dictionary."

To find an exercise:

When you open the Exercise Dictionary, you will be looking at the Dictionary page, which lists all of the exercises in alphabetical order. You can either scroll the list until the activity you want comes into view, or search the dictionary by entering words or phrases in the "Find" field at the top of the page. Beside the Find field is a list box showing which of two different search methods you are using. To switch to the other



method, click the  button; then click the method you want. (To learn how each method works, read [Dictionaries, Searching the.](#))

To see how many **calories** an exercise will burn...

...[double-click](#) the exercise. DietPower will switch you to the Edit-a-Copy page, showing a four-line description of the exercise. One line indicates how many calories per pound of body weight are burned by the exercise. Others reveal the number *you'll* burn (at your current body weight) in a certain number of minutes. To return to the dictionary page, click the tab labeled "Exercise Dictionary."

To see if an exercise is aerobic:

There's only one way to tell for sure: perform the exercise long enough to reach a steady heart rate, take your pulse, and consult the chart in [Exercise, Aerobic](#). You can get a rough idea from the Exercise Dictionary, however, by:

- checking the activity's burn rate (see above). If it's higher than 0.04 calories per pound per minute, the exercise is likely to be aerobic.

or

- pointing to the exercise and holding down the *right* mouse button. This will open a color-coded window, either green with a message saying "likely aerobic" or yellow with "likely not aerobic." To close the window, just release the mouse button.

To add an exercise to the dictionary...

...see [Exercise Dictionary, Adding Items to](#).


To edit an exercise...

...see [Exercise Dictionary, Editing Items in](#).

To edit a *copy* of an exercise...

...see [Exercise Dictionary, Editing Copies of Items in](#).

To delete an exercise:

(Note: You can delete only *user-added* exercises—those marked with the  symbol. The ones that came with DietPower must remain in the dictionary. Be careful: once you delete an exercise, it can't be [undeleted](#).)

1. Highlight the exercise you want to delete, by clicking it.
2. Click the button labeled "Delete Selected Exercise."
3. When DietPower asks you to confirm the deletion, click Yes. The exercise will disappear from the dictionary.

To close the Exercise Dictionary:

[From the Dictionary page](#), click OK or press Escape. (If the OK button is not visible, see [Taskbar, Hiding to Make Screens Deeper](#).)

[From the Exercise Editor or the Edit-a-Copy page](#), see the instructions at the end of [Exercise Dictionary, Editing Items in](#), or [Exercise Dictionary, Editing Copies of Items in](#).

Exercise Dictionary, Adding Items to

You can add as many new activities to the dictionary as you like.

(Note: The Exercise Dictionary is not used for logging exercise you've performed. You do that in the [Exercise Log.](#))

To add a new entry to the Exercise Dictionary:

1. If you're at the [Home Screen](#), open the dictionary by:



- clicking the Exercise Dictionary button:

or

- opening the Exercise Menu (by clicking the word *Exercise*) and choosing "Exercise Dictionary."

2. Make sure no exercise is highlighted. If one is, click it to remove the highlighting. This will activate a [tab](#) labeled "Create an Exercise."

3. Click the Create-an-Exercise tab. DietPower will open a blank page.

4. Fill in a description of the exercise, the duration of a typical session (in minutes), and a calorie [burn rate](#). (Using the [numeric keypad](#) may save time.) If you don't know the burn rate, consult a textbook or an expert in exercise physiology (a local health club may be able to help) or copy the burn rate of an activity already in the dictionary that seems equally strenuous. DietPower will automatically fill in the Calories Burned block.

5. If the activity involves locomotion through a measurable distance (walking, running, swimming, cycling, cross-country skiing, etc.):

a) check the box labeled "Speed and distance are factors"

b) fill in your typical speed and distance for the activity. (If you've already completed the Duration block, just fill in one of these two blocks and click the other—DietPower will do the calculation for you.)

6. Click the button labeled "Add to Dictionary." DietPower will add the exercise to the dictionary, mark it with the user-added symbol , and take you back to the Exercise Dictionary page.

To leave the Exercise Editor:


If you want to save your work, click the button labeled "Add to Dictionary." DietPower will write the new exercise into the dictionary and take you back to the Dictionary page.

If you'd rather discard the work, click the button labeled "Discard." After asking you to confirm your decision, DietPower will ignore the work and return you to the Dictionary page.

If you haven't done any work, click the tab labeled "Dictionary" to return to the Dictionary page; or click OK or Cancel or press Enter or Escape to close the dictionary and go back to the Home Screen. (If the OK and Cancel buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

Exercise Dictionary, Deleting Exercises from

Any user can delete any exercise that a user has added to the Exercise Dictionary. (Items original to DietPower *cannot* be deleted.) User-added items are easy to spot. They are always preceded by a

special symbol: 


Before deleting...

...make sure you understand the following points:

- The deleted item will no longer be available to any users in your household, because all share the same dictionary.
- Once the item has been deleted, it can't be [undeleted](#).
- If you've ever recorded the deleted item in your Exercise Log, and if the log for that date hasn't been [purged](#), then the item's name and the number of calories it burned will still be present and editable in the log, even though they're gone from the dictionary. But if you delete the item from the log, you will no longer be able to re-log it.

To delete an item from the dictionary:

1. If you're at the [Home Screen](#), open the dictionary by:

- clicking the Exercise Dictionary button: 

or

- opening the Exercise Menu (by clicking the word *Exercise*) and choosing "Exercise Dictionary."

2. Find the item you want to delete, by either scrolling or searching (see [Dictionaries, Searching the](#)).

3. Highlight the item, by clicking its name.


4. Click the button labeled "Delete Selected Exercise." You'll be asked to confirm the order before it is carried out.

To close the dictionary after deleting an item...

...click Close or press Escape. (If the Close button is not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

Exercise Dictionary, Editing Items in



(Note: You can edit only *user-added* exercises—those marked with the  symbol. The exercises that came with DietPower cannot be altered, but you can make *copies* and edit those. See [Exercise Dictionary, Editing Copies of Items in.](#))

To edit an exercise:

1. If you're at the [Home Screen](#), open the dictionary by:

- clicking the Exercise Dictionary button:



or

- opening the Exercise Menu (by clicking the word *Exercise*) and choosing "Exercise Dictionary."

2. Find the exercise you want to edit. (For help, see [Dictionaries, Searching the.](#))

3. Highlight the exercise, by clicking it.

4. Click the tab labeled "Edit This Exercise." The Edit-This-Exercise page will come to the top, showing the exercise you chose.

5. Edit the exercise by typing new particulars over the old. (Tip: Using the [numeric keypad](#) may save time.)

6. Click the button labeled "Revise as Shown." DietPower will put the exercise back into the dictionary as edited, then return you to the Dictionary page.

To leave the Exercise Editor:

If you want to save your work, click the Revise-as-Shown button. DietPower will write the edited exercise back into the dictionary and return you to the Dictionary page.

If you'd rather discard the work, click the Leave-as-it-Was button. After asking you to confirm your decision, DietPower will ignore the changes and take you back to the Dictionary page.

If you haven't done any work, click the [tab](#) labeled "Exercise Dictionary" to return to the Dictionary page; or click Close or press Enter or Escape to close the dictionary and go back to the Home Screen. (If the Close button is not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

Exercise Dictionary, Editing Copies of Items in

Editing a copy of an exercise is a quick way to add an activity that's similar to one already in the dictionary. (It's also the *only* way you can "edit" the original exercises that came with DietPower, since those are protected.) Follow these steps:

1. If you're at the [Home Screen](#), open the dictionary by:



- clicking the Exercise Dictionary button:

or

- opening the Exercise Menu (by clicking the word *Exercise*) and choosing "Exercise Dictionary."

2. Find the exercise you want to copy. (For help, see [Dictionaries, Searching the.](#))
3. Highlight the exercise, by clicking it.
4. Click the tab labeled "Edit a Copy." The Edit-a-Copy page will come to the top, showing a copy of the exercise you chose.
5. Edit the copy by typing new particulars over the old. (Tip: Using the [numeric keypad](#) may save time.) Make sure you change the name by at least one character (spaces and capitalization don't count), since DietPower doesn't allow duplicate descriptions in the dictionary.
6. Click the button labeled "Add to Dictionary." DietPower will add the exercise to the dictionary and mark



it with the user-added symbol, then take you back to the Dictionary page.

To close the Exercise Dictionary:

If you want to save your work, click the Add-to-Dictionary button. DietPower will write the edited copy into the dictionary and take you back to the Dictionary page.

If you'd rather discard the work, click the Discard button. After asking you to confirm your choice, DietPower will throw away the edited copy and return you to the Dictionary page.

If you haven't done any work, click the [tab](#) labeled "Exercise Dictionary" to return to the Dictionary page; or click Close or Cancel or press Enter or Escape to close the dictionary and go back to the Home Screen. (If the Close and Cancel buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

Exercise Log

Each time you engage in physical activity, you burn off [calories](#) which are then available for extra eating. The Exercise Log is where you record the activity. When you do so, DietPower automatically adds the earnings to your [Calorie Tally](#).

What activities should you log? The Exercise Dictionary contains more than 200 forms of exercise, from strenuous (boxing, cross-country skiing) to incidental (typing, housework). You needn't bother recording everything you do, however. Calories burned in your normal routine—walking to the bus stop or doing the laundry, for example—will automatically show up in your [calorie budget](#) as DietPower recalculates your [metabolic rate](#) every morning. In fact, if your workouts are fairly uniform (you jog three miles at roughly same speed every Monday, Wednesday, and Friday), you can let those be part of your "background" metabolism as well.

To open the Exercise Log:

From your [Home Screen](#):



- click the Exercise Log button:

or

- open the Exercise Menu (by clicking the word *Exercise*) and choose "Exercise Log."

Layout of the Screen

There are three windows on the screen. The top window contains the Exercise Dictionary, listing all the exercises in alphabetical order. The middle window is reserved for a mini-dictionary that you can create, listing only your favorite activities. The bottom window is your daily log. (The screen also includes your Calorie Tally, located on the line underneath the log.)

How Exercises Are Logged

You record each activity by first finding it in either the top or the middle window, then copying it into the log in the bottom window.

To find the exercise you want to log:

If you're looking for it in the Favorite Exercises (middle) window, just scroll the list until you see what you want. Or if you're looking in the Dictionary (top) window, you can search the list by entering words or phrases in the "Find" field above the window. Beside the Find field is a list box showing which of two



different search methods you are using. To switch to the other method, click the button; then click the method you want. (To learn how each method works, see [Dictionaries, Searching the.](#))

To log the exercise:


First, make sure the exercise is highlighted. If it isn't, click it. Now you're ready to copy it to the log.

There are two ways to log. Logging with the left mouse button or the Enter key is faster for most people. But logging with the *right* mouse button provides one advantage if you're "shopping" for an exercise before performing it: you can learn whether it's likely to be aerobic or not.

To log with the left mouse button or the Enter key:

1. Once the activity you want to log is highlighted, either [double-click](#) it or press the Enter key. The Duration Editor will appear, showing the activity's description and the number of calories it burns in 20 minutes—or in whatever duration you specified, if it's an activity you added to the list yourself. (Note: The "Calories Burned" figure is specific to your current body weight—it will change as you gain or lose pounds.)
2. In the Duration block, enter the number of minutes you performed the exercise this time. If speed and distance are factors, enter those, too. (For help in calculating speed and distance, see [Duration Editor with Speed and Distance.](#))
3. Click OK or press the Enter key. The Duration Editor will vanish and the activity will be added to the log. (You will also see the activity reflected in the "Burned" column in the day's Calorie Tally.)

To log with the right mouse button:

1. Point to the exercise you're thinking of logging, and hold down the right mouse button. The copy symbol——will appear, along with a temporary window showing how many calories the exercise burns in a certain number of minutes. The window will also be color-coded: green if the exercise is likely to be [aerobic](#) or yellow if it's not.
2. If you aren't satisfied with the activity and want to log another instead, release the mouse button, point to a different exercise, and hold down the right button again.
3. When you've found the exercise you want, [drag](#) it down into the log and release the button. The Duration Editor will appear.
4. In the Duration block, enter the number of minutes you want to perform the exercise. If speed and distance are factors, enter those, too. (Time-saving tip: Use the [numeric keypad.](#))
5. Click OK or press the Enter key. The Duration Editor will disappear and the exercise will be added to the log, as well as to the Calorie Tally.

Errors in the Exercise Dictionary

Two errors were identified too late for correction in this version of DietPower:

- The burn rate for treadmilling without arm exercise is more than twice as high as ordinary walking. Until we fix this error, we advise logging such workouts as just plain walking.
- Stair-climbing machines seem to burn the same number of calories no matter how long the workout. We suggest 1) assuming that the 20-minute default figure is correct, 2) pro-rating your calorie burn accordingly, and 3) logging the calories as having been burned in some other form of exercise. (A calorie is a calorie, no matter how you burn it off.) *Example:* If DietPower says you burn 300 calories in 20 minutes of Climbmaster stair climbing, but your workout was only 10 minutes, then you actually burned 150 calories. To log the calories, specify some other exercise—say, running or swimming—and adjust the number of minutes you report until it shows 150 calories burned.

To change the duration, speed, or distance of an exercise you've already logged:

1. Either [double-click](#) your earlier entry or highlight it (by single-clicking) and press the Enter key. The Duration Editor will open.


2. Type new particulars over the old.
3. Click OK or press the Enter key. The Duration Editor will disappear and the number of calories burned by the exercise will be updated in both the log and the Calorie Tally.

To delete an entry from the log:

1. Click the entry, to highlight it.
2. Press the Delete key. When DietPower asks you to confirm the deletion, click Yes. The exercise will disappear from the log and the Calorie Tally.

To copy items into the Favorite Exercises window...

...in the middle of the screen:

1. In either the Dictionary (top) window or the log itself (bottom window), point to the exercise you want to copy and press the *right* mouse button. The copy symbol——will appear, along with a temporary window containing information about the activity.
2. [Drag](#) the copy symbol into the Favorite Exercises (middle) window.
3. Release the mouse button. The Duration Editor will appear.
4. Fill in your usual duration, speed, and distance for the exercise. (You will always have the opportunity to change these when actually logging the activity.)
5. Click OK or press the Enter key. DietPower will add the activity to the Favorite Exercises list.

To change the duration, speed, or distance listed for a Favorite Exercise...

...re-list the same activity in the Favorite Exercises window, following steps 1 through 5 above. Then delete the old listing (see below). Or, if you sometimes perform one version of the exercise and sometimes the other, keep both on the list.

To delete an item from the Favorite Exercises list:

1. Highlight the item, by clicking it.
2. Press the Delete key. When DietPower asks you to confirm the deletion, click Yes. The exercise will disappear from the list.

To log an activity from the Favorite Exercises window...

...follow the same procedure used in logging exercises from the Dictionary window. (See "To log the exercise," above.)

Saving Your Work

DietPower automatically saves all work each time you exit from the log via the OK button or the Enter key. Hence, if you've been working a long time and want to protect what you've done before continuing, simply click OK or press Enter; then reopen the log and begin working again. (If the OK button is not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

To print any day's Exercise Log...

...open the log and click its Print button. (If the Print button is not visible, see [Taskbar, Hiding to Make Screens Deeper.](#)) The printout will also include the day's Food Log.

To leave the Exercise Log:

If you want to save your work, click OK. DietPower will take you back to the Home Screen.

If you'd rather discard the work, click Cancel or press the Escape key. After asking you to confirm your decision, DietPower will return you to the Home Screen.

(Note: If the OK and Cancel buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

Fat, Monounsaturated

Like all fats, those of the monounsaturated variety are chains of carbon atoms that have hydrogen atoms attached along their sides, like legs on a centipede. What makes them different is that exactly one of the carbon atoms *doesn't* have a hydrogen atom attached—hence the prefix *mono*. Olive oil is an excellent example.

Although most people think all fat is bad, monounsaturates can actually protect you against heart disease and stroke by lowering your blood-cholesterol levels. Therefore, as long as your total fat is still under your [Personal Daily Allowance](#) (see [Fat, Total](#)), the more of your fat that's monounsaturated, the better. (DietPower doesn't advise carrying this to an extreme, however. For all anyone knows, limiting your fats to the monounsaturated variety may pose a risk of its own.)





Your Daily Allowance

The [National Research Council](#) has not yet issued a [Recommended Dietary Allowance \(RDA\)](#) for monounsaturated fats. For simplicity's sake, however, DietPower makes your Personal Daily Allowance (PDA) the same as that for *poly*unsaturated fat: the number of grams required to make up 7½ percent of your PDA of calories. When added to the 10 percent of calories allowed for *saturated* fat, these two figures complete the 25 percent allowed for *total* fat.



(You can change your PDAs to whatever your doctor advises. See [Personal Daily Allowances, Editing Your.](#))


Color Coding of This Nutrient


The monounsaturated-fat bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 50 to 100 percent of your PDA
-  red for "bad" if you've logged more than 100 percent of your PDA
-  yellow for "caution" if you've logged less than 50 percent of your PDA
-  missing if you've logged no monounsaturated fat.

In the [nutrient profile](#) of a food or recipe, the monounsaturated-fat bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you less than 50 percent of your PDA of monounsaturated fat
-  magenta for "bad" if getting all your calories from the item would give you more than 150 percent of your PDA of monounsaturated fat

-  blue for "neutral" otherwise

-  missing if the amount of monounsaturated fat is either zero or (when the abbreviation *Monounsat.* is grayed out) unknown.

How Complete Are DietPower's Monounsaturated-Fat Readings?

Fairly. Of the 16,000 entries in the Food Dictionary, only 12 percent list their monounsaturated-fat content as "unknown." (The percentage of unknowns may be different, of course, if you've added a lot of foods to the dictionary yourself.) To see whether a particular food has a monounsaturated-fat reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Monounsat.," it means the amount is unknown. (To see *all* foods with unknown monounsaturated-fat readings, click the dictionary's [PowerFoods](#) tab and sort the foods by monounsaturated-fat power; then scroll to the bottom of the list.)

Monounsaturated Fat on Food Labels

Nutrition labels are not required to report how much of a food's fat is monounsaturated, but many do. Since there is no official [Daily Value](#) for this nutrient, the amount is always listed in grams. (The [DietPower Daily Value](#) is 22.5 grams.)

For more on label regulations, see [Labels, Food](#).

Fat, Polyunsaturated

Like all fats, those of the polyunsaturated variety are chains of carbon atoms that have hydrogen atoms attached along their sides, like legs on a centipede. Unlike [saturated fats](#), which have *all* their legs, and [monounsaturated fats](#), which are missing *one* leg, a polyunsaturated fat lacks *two* or more legs. Most polyunsaturates are liquid at room temperature. Most also come from vegetables. You know them as corn oil, safflower oil, and the like.

Because polyunsaturates have a relatively neutral effect on blood-cholesterol levels, they are much preferred over saturated fats.





Your Daily Allowance

The [National Research Council](#) has not yet issued a [Recommended Dietary Allowance \(RDA\)](#) for polyunsaturated fats. For simplicity's sake, however, DietPower makes your [Personal Daily Allowance \(PDA\)](#) of polyunsaturated fat the same as your PDA of monounsaturated fat: the number of grams required to make up 7½ percent of your PDA of calories. When added to the 10 percent of calories allowed for *saturated* fat, these two figures complete the 25 percent allowed for *total* fat.



(You can change your PDAs to whatever your doctor advises. See [Personal Daily Allowances, Editing Your.](#))


Color Coding of This Nutrient


The polyunsaturated-fat bar in your [Nutrient History](#) is:

-  blue for "good" if you've logged 50 to 100 percent of your PDA
-  red for "bad" if you've logged more than 100 percent of your PDA
-  yellow for "caution" if you've logged less than 50 percent of your PDA
-  missing if you've logged no polyunsaturated fat.

In the [nutrient profile](#) of a food or recipe, the polyunsaturated-fat bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you less than 50 percent of your PDA of polyunsaturated fat
-  magenta for "bad" if getting all your calories from the item would give you more than 150 percent of your PDA of polyunsaturated fat

-  blue for "neutral" otherwise

-  missing if the amount of polyunsaturated fat is either zero or (when the abbreviation *Polyunsat.* is grayed out) unknown.

How Complete Are DietPower's Polyunsaturated-Fat Readings?

Fairly. Of the 16,000 entries in the Food Dictionary, only 12 percent list their polyunsaturated-fat content as "unknown." (The percentage of unknowns may be different, of course, if you've added a lot of foods to the dictionary yourself.) To see whether a particular food has a polyunsaturated-fat reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Polyunsat.," it means the amount is unknown. (To see *all* foods with unknown polyunsaturated-fat readings, click the dictionary's [PowerFoods](#) tab and sort the foods by polyunsaturated-fat power; then scroll to the bottom of the list.)

Polyunsaturated Fats on Food Labels

Nutrition labels are not required to report how much of a food's fat is polyunsaturated, but many do. Since there is no official [Daily Value \(DV\)](#) for this nutrient, the amount is always listed in grams. (The [DietPower Daily Value](#) is 22.5 grams.)

For more on label regulations, see [Labels, Food](#).

Fat, Saturated

Fat molecules are chains of carbon atoms with hydrogen atoms attached along their sides, like legs on a centipede. Whenever a fat molecule has all the hydrogen atoms it can accept, it is said to be "saturated." Most saturated fats—such as butter, lard, and other animal fats—are solid at room temperature.




Your Daily Allowance

Because saturated fats raise cholesterol levels in the blood and contribute to heart disease and stroke, the [National Research Council \(NRC\)](#) recommends that people get no more than 10 percent of their calories from such fats. DietPower sets your [Personal Daily Allowance \(PDA\)](#) of saturated fat at this level. Naturally, you should consider the PDA a maximum, not a minimum. For most people, limiting your intake to half that much might be an excellent goal.





(You can change your PDAs to whatever your doctor advises. See [Personal Daily Allowances, Editing Your.](#))

Color Coding of This Nutrient

The saturated-fat bar in your personal Nutrient History is:

-  blue for "good" if you've logged 100 percent or less than your PDA
-  red for "bad" if you've logged more than 100 percent of your PDA
-  missing if you've logged no saturated fat.

In the [nutrient profile](#) of a food or recipe, the saturated-fat bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you less than 50 percent of your PDA of saturated fat
-  magenta for "bad" if getting all your calories from the item would give you more than 150 percent of your PDA of saturated fat
-  blue for "neutral" otherwise
-  missing if the amount of saturated fat is either zero or (when the word *Saturated* is [grayed out](#)) unknown.

How Complete Are DietPower's Saturated-Fat Readings?

Very. Of the 16,000 entries in the Food Dictionary, only 1 percent list their saturated-fat content as "unknown." (The percentage of unknowns may be higher, of course, if you've added a lot of foods to the dictionary with missing saturated-fat figures.) To see whether a particular food has a saturated-fat reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Saturated," it means the amount is unknown. (To see *all* foods with unknown saturated-fat readings, click the dictionary's [PowerFoods](#) tab and sort the foods by saturated-fat power; then scroll to the bottom of the list.)

Saturated Fats on Food Labels

Most food labels are required to list saturated fat, in both [grams](#) and percent of [Daily Value \(DV\)](#).

The Daily Value for saturated fat is 20 grams. At nine calories per gram, this works out to 9 percent of total calories for a person on a 2000-calorie diet—not far from the NRC's recommended ceiling of 10 percent.

For more on label regulations, see [Labels, Food](#).

Fat, Total

Technically speaking, fat is a whole family of compounds called "lipids." They are often categorized as [saturated](#), [monounsaturated](#), and [polyunsaturated](#). Your "total fat" is all three types added together. On food labels, total fat is usually called just "fat."

Fats are the body's most concentrated source of energy. An [ounce](#) of pure fat provides 255 calories; an ounce of pure [protein](#) or [carbohydrate](#), only 113.

Besides energy, fat helps to deliver certain nutrients to your body. Among them are linoleic acid, which contributes to healthy skin, blood clotting, good kidney function, and fertility; and vitamins A, D, E, and K, which enter your system more readily when dissolved in fat.

Fats also figure in the manufacture of hormones, cell membranes, nerve coverings, and prostaglandins (substances that control blood pressure and muscle action in internal organs).

The best sources of fat are meats, vegetable oils, dairy products, eggs, nuts, and grains.

Eating too much fat is the industrialized world's most common nutrition problem. Excess fat in the diet not only causes [obesity](#), but also figures heavily in heart disease, stroke, cancer, and other ailments. That's why most nutrition experts recommend getting no more than 30 percent of your calories from fat. (The average American gets about 35 percent from fat.)





Although rare, it is also possible to eat too *little* fat. As a minimum calories-from-fat figure, many authorities suggest about 10 percent.

Your Daily Allowance





The [National Research Council \(NRC\)](#) is one of many institutions that recommend getting no more than 30 percent of your calories from fat. Most experts are quick to point out, however, that this is a ceiling—not an ideal. Hence, DietPower sets your [Personal Daily Allowance \(PDA\)](#) at the number of [grams](#) required to make up 25 percent of your PDA of calories. (If your doctor recommends a different intake, you can revise your PDA. See [Personal Daily Allowances, Editing Your.](#))


Color Coding of This Nutrient

The fat bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 50 to 100 percent of your PDA
-  red for "bad" if you've logged more than 100 percent of your PDA
-  yellow for "caution" if you've logged less than 50 percent of your PDA
-  missing if you've logged no fat.

In the [nutrient profile](#) of a food or recipe, the fat bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you less than 50 percent of your PDA of fat
-  magenta for "bad" if getting all your calories from the item would give you more than 150 percent of your PDA of fat
-  blue for "neutral" otherwise
-  missing if the amount of fat is either zero or unknown.

On pie charts, the fat wedge is always red: 

How Complete Are DietPower's Total-Fat Readings?

Very. Of the 16,000 entries in the Food Dictionary, none list their total-fat content as "unknown." (There *will* be unknowns if you've added foods to the dictionary with missing total-fat figures. But these won't be *marked* as unknowns. Since fat is one of the four [energy nutrients](#), DietPower needs a figure in the Fat column in order to calculate a food's calorie content. If you leave a blank or a question mark there, the program automatically changes it to a zero.)

Total Fat on Food Labels

Almost all food labels are required to report total fat content, in both grams and percent of [Daily Value \(DV\)](#).

The Daily Value for total fat is 65 grams for a person eating 2000 calories a day. At nine calories per gram, this means such a person would be getting a little over 29 percent of his calories from fat—very near the NRC-recommended ceiling.

Labels must also state how much of the fat is [saturated](#), but they do not have to include breakouts for [polyunsaturated](#) and [monounsaturated](#) fats.

For more on label regulations, see [Labels, Food](#).

Fatigue

See:

- [Pantothenic Acid](#)
- [Sodium.](#)

(See also [Weakness.](#))

Fever

See [Zinc](#).

Fiber, Dietary

"Fiber" is any food matter that your digestive system can't break into units small enough to be absorbed into the bloodstream. Some fiber is tough, stringy material that won't dissolve in water; the rest is [pectins](#), [gums](#), and [mucilages](#), which do dissolve. Together, the two varieties are termed "dietary fiber." This is what DietPower means when it uses the word *fiber*. (Dietary fiber should not be confused with *crude fiber*, a term for what remains after a food is subjected to certain laboratory solvents. A food may contain a lot more dietary fiber than its crude-fiber reading indicates.)

Although fiber is never digested by the body itself, some kinds are broken down by friendly bacteria living in the intestinal tract, and the *byproducts* eventually enter the bloodstream.

Fiber is valuable for at least two reasons:

1. It absorbs water and adds bulk to the stools, stimulating prompt elimination of harmful wastes that may be a culprit in colon cancer.
2. It is thought to lower blood cholesterol, thereby protecting against heart disease and stroke.

Good sources of fiber include broccoli, bran cereals, baked beans, peas, whole-wheat breads and cereals, potatoes, carrots, and pears.

It is possible, though difficult, to get too much fiber. The most obvious effect is increased intestinal gas. This diminishes over time, however, and may not happen if you increase your intake gradually.





A high-fiber diet can also lead the body to absorb less of other nutrients, because food remains in the digestive tract a shorter time. Hence, if your intake of another nutrient is borderline, you should increase that before augmenting your fiber intake.

Your Daily Allowance





DietPower sets your [Personal Daily Allowance \(PDA\)](#) of dietary fiber at the official [Daily Value](#) of 25 grams. Many experts believe, however, that eating twice that amount would be more healthful. (If your doctor advises a different allowance, you can revise your PDA. See [Personal Daily Allowances, Editing Your.](#))

Color Coding of This Nutrient

The dietary-fiber bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 300 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 300 percent of your PDA
-  missing if you've logged no dietary fiber.

In the [nutrient profile](#) of a food or recipe, the dietary-fiber bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of dietary fiber
-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of dietary fiber
-  blue for "neutral" otherwise
-  missing if the amount of dietary fiber is either zero or (when the term *Dietary Fiber* is [grayed out](#)) unknown.

How Complete Are DietPower's Fiber Readings?

Fairly. Of the 16,000 entries in the Food Dictionary, 17 percent list their dietary-fiber content as "unknown." (The percentage of unknowns may be different, of course, if you've added a lot of foods to the dictionary yourself.) To see whether a particular food has a dietary-fiber reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Dietary Fiber," it means the amount is unknown. (To see *all* foods with unknown fiber readings, click the dictionary's [PowerFoods](#) tab and sort the foods by dietary-fiber power; then scroll to the bottom of the list.)

Dietary Fiber on Food Labels

Nearly all food labels are required to report fiber content, in both grams and percent of Daily Value.

The Daily Value for the standard 2000-calorie diet is 25 grams. As noted above, however, a considerably higher amount is believed more beneficial.

For more on label regulations, see [Labels, Food](#).

Folic Acid

Sometimes called folate or folacin, folic acid is a family of compounds that act in concert with [vitamin B12](#) to make the genetic material that directs cell division. Folic acid is therefore especially important during periods of growth. A shortage during [pregnancy](#) may lead to birth defects. (One large study showed that women taking vitamin pills containing folic acid had fewer babies with neural-tube defects such as spina bifida.) Otherwise, the chief result of a deficiency is megaloblastic anemia (enlarged red blood cells), whose symptoms include diarrhea and smooth tongue.

The best sources of folic acid are vegetables and grains, especially wheat germ and dried beans and peas. Most meats, except for liver and kidney, are poor in folic acid.





Because it is stored in the body, folic acid needn't be consumed every day. But storage can also lead to a surplus in the body, which can mask a vitamin-B12 shortage.

Your Daily Allowance



DietPower sets your [Personal Daily Allowance \(PDA\)](#) of folic acid at the National Research Council's [Recommended Dietary Allowance \(RDA\)](#), measured in [micrograms](#): 200 for males 15 and older, 180 for females 15 and older, 400 for pregnant women, 280 for women in the first six months of [lactation](#), and 260 for those in the second six months. (If your doctor advises a different allowance, you can revise your PDA. See [Personal Daily Allowances, Editing Your.](#))



Color Coding of This Nutrient

The folic-acid bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 150 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 150 percent of your PDA
-  missing if you've logged no folic acid.

In the [nutrient profile](#) of a food or recipe, the folic-acid bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of folic acid
-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of folic acid

-  blue for "neutral" otherwise
-  missing if the amount of folic acid is either zero or (when the term *Folic Acid* is [grayed out](#)) unknown.

How Complete Are DietPower's Folic-Acid Readings?

Fairly. Of the 16,000 entries in the Food Dictionary, 11 percent list their folic-acid content as "unknown." (The percentage of unknowns may be different, of course, if you've added a lot of foods to the dictionary yourself.) To see whether a particular food has a folic-acid reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Folic Acid," it means the amount is unknown. (To see *all* foods with unknown folic-acid readings, click the dictionary's [PowerFoods](#) tab and sort the foods by folic-acid power; then scroll to the bottom of the list.)

Folic Acid on Food Labels

Food labels are not required to report folic acid, but some do voluntarily. They may cite the content in micrograms or percent of [Daily Value \(DV\)](#), or both.

The Daily Value for folic acid is 400 micrograms. That amount isn't necessarily right for you, however—it's a rough estimate meant to cover most of the U.S. population.

For more on label regulations, see [Labels, Food](#).

Food Categories

Every item in the [Food Dictionary](#) that came with DietPower is assigned to a food category, and some are put in two or three categories. When you add a food or recipe to the dictionary yourself, the item is automatically put in the User-Added Foods or the User-Added Recipes category, but you can also assign it to as many as two *additional* categories. (You can also put it in some other category *instead of* User-Added, but then it won't show up in User-Added category searches—although it will still have its 🍷 or 🍷 symbol.)

There are 72 categories in all. Of these, 70 are basic categories—

- Alcoholic drinks
- Beef
- Biscuits
- Bread
- Butter and margarine
- Cakes
- Candy
- Carbonated drinks
- Cereals
- Cheese
- Chicken
- Condiments
- Cookies
- Crackers
- Cream
- Desserts, misc.
- Diet foods
- Drink mixes
- Drinks, misc.
- Duck
- Eggs
- Entrées
- Fast foods
- Fats and oils
- Fish and seafood
- Flour
- Fowl, misc.
- Frozen dinners
- Fruit
- Grains
- Herbs and spices
- Hot drinks
- Ice cream, etc.
- Icings
- Jellies, jams, etc.
- Juices
- Lamb
- Lunch meats
- Meats, misc.
- Medicinal
- Milk
- Milk drinks
- Miscellaneous
- Muffins
- Nuts and seeds

Pancakes, etc.
Pasta
Pastries
Pies
Pizza
Pork
Puddings
Rice and rice dishes
Rolls and buns
Salad dressings
Salads
Sandwiches
Sauces and gravies
Sausage
Snack foods
Soufflés
Soups
Spreads, misc.
Stuffings
Sugar and syrups
Toppings
Turkey
Veal
Vegetables
Yogurt

–while two are the user-added categories:

User-added foods
User-added recipes

In addition, you can ask DietPower to list foods that are especially rich or poor in a particular nutrient.
[Click here for details.](#)

Food Dictionary

The Food Dictionary is a list of 8500 foods and beverages, each with a [nutrient profile](#) attached. Because many foods have [name variants](#), however, the dictionary actually contains 16,000 entries.

Besides looking up foods already in the dictionary, you can add your own by entering information from food labels. You can also combine foods into [recipes](#), by using the [Recipe Box](#), and add those to the dictionary as well. You can make a printout of any food or recipe and its nutrient profile. And you can sort the dictionary in 33 different ways.

(The Food Dictionary is also consulted when you log your meals—but you log them by opening the [Food Log](#), not the Food Dictionary.)

Sources

The Food Dictionary is based on Release 12 of the [U.S. Department of Agriculture's Nutrient Database](#) for Standard Reference, and supplemented by Release 7 of the same agency's Nutrient Database for Individual Food Intake Surveys. Except for cereals, certain candies, and a few other foods, the dictionary does not identify brand names. (You will soon be able to obtain dictionary add-ons, however, that do include brands. To see whether any are available, visit our online order form at <https://www.dietpower.com/orderem.htm>.) In cases where a food's description covers many brands, the nutritional data usually represent the average of several major brands.

Errors in the Food Dictionary

Two errors were identified too late for correction in this version of DietPower:

1. Five kinds of peanuts are listed as having only one calorie apiece:

- Peanuts, dry-roasted, salted, average-size
- Peanuts, dry-roasted, unsalted, average-size
- Peanuts, oil-roasted, salted, average-size
- Peanuts, oil-roasted, unsalted, average-size
- Peanuts, raw, average-size

In each case, you'll log the correct number of calories and other nutrients if you simply report eating five times as many pieces as you actually consumed. (Do *not* make this correction when logging peanuts in ounces or cups—the mistake was made only in the piece measures.)

2. Three kinds of coffee cake are said to have 2000 or so calories per piece:

- Cake, coffee, cinnamon with crumb topping, commercial, enr, 1/9 of 20-oz cake, 2.2 oz
- Cake, coffee, cinnamon with crumb topping, commercial, unenr, 1/9 of 20-oz cake, 2.2 oz
- Cake, coffee, creme-filled, with chocolate icing, 1/6 of 19-oz cake

In each case, the figure cited for a piece is actually that for an entire cake. Hence, when logging either of the first two items you should report 1/9 as much as you actually ate, and for the last item, 1/6 as much.

To open the Food Dictionary:

From your [Home Screen](#):




- click the Food Dictionary button:


or

- open the Food Menu (by clicking the word *Food*) and choose "Food Dictionary."

To use the Food Dictionary:

When you open the Food Dictionary, a stack of tabbed pages appears. The Dictionary page is on top. It includes a scrollable list of foods and recipes, as well as a "Find" field for looking up items more quickly.

Each line in the dictionary describes a single food or recipe. Items that users have added to the dictionary are marked with a special symbol— if the item is a food or

 if it's a recipe. (If you've added any of the [food expansion sets](#) soon to be available from DietPower, those *don't* carry the user-added symbol.)

Every item's description begins with the food or recipe's basic name, followed by a string of modifiers that become more specific as you move toward the right. The preparation method ("cooked," "raw," "diluted," "chopped," etc.) is usually one of the last modifiers, and the very last modifier is often a phrase describing the relation between weight and volume ("4.9 oz per cup," for example).

To the right of each description, DietPower cites either a typical serving size ("12 fl oz," "10 pc") or some other weight, volume, or piece measure, followed by the number of calories in the measure.

Each line also includes a lot of hidden information that you can easily retrieve. See "Quick Profile" and "Nutrient Profile," below.


To save time searching the Food Dictionary...

...you can restrict it to certain classes of foods (see [Food Dictionary, Abridging and Unabridging](#)) or rank all the foods by content of any nutrient (see "PowerFoods," below).

To search the dictionary...

...either scroll the list until the item you want comes into view, or search the list instantly by entering words or phrases in the "Find" field at the top of the page. Beside the field is a list box showing which of



the four different search methods you are using. To switch to a different method, click the  button to open the list; then click the method you want. (To learn how each method works, see [Dictionaries, Searching the.](#))

Quick Profile

[Point](#) to any food and hold down the *right* mouse button. A color-coded window will pop up, showing the food's [Key Ratio](#) and the number of grams of fat in one serving. A red background means more than 35 percent of the food's calories come from fat. (Most nutritionists recommend getting fewer than 30 percent of your calories from fat. See [Fat, Total.](#)) Yellow means 15 to 35 percent; green, under 15 percent.

Nutrient Profile

To read a *complete* profile showing all 33 nutrients in a food or recipe, highlight the item by clicking it with the *left* mouse button; then click the tab labeled "Nutrient Profile." (For tips on interpreting profiles, see [Nutrient Profile, Viewing a Food's or Recipe's.](#))

(Note: You can also *print* a food or recipe's nutrient profile without actually opening the profile. Just highlight the item's name and click the Print button.)

PowerFoods

To find the foods that are richest or poorest in a particular nutrient, click the tab labeled "PowerFoods." This feature lets you sort the entire dictionary by content of any nutrient. For details, see [PowerFoods.](#)

To add a food to the dictionary:

You can do this by keying in nutritional data from the food's label. First, on the dictionary's main page (labeled "Dictionary"), deemphasize any highlighted food by clicking it. Then click the tab labeled "Create a Food." (For detailed instructions on creating foods, read [Food Dictionary, Adding Foods to.](#))

To edit a food in the dictionary:

You can edit the name, serving size, or nutrient profile of any food that a user has added to the dictionary—but not any of the original foods that came with DietPower. (You can edit a *copy* of an original food, however. For details, see [Food Dictionary, Editing Foods in.](#) and [Food Dictionary, Editing Copies of Items in.](#))

To add a recipe to the dictionary:

Although [recipes](#) are listed in the Food Dictionary, they are not created there—to create one you need to open the Recipe Box. See [Recipe Box, Creating Recipes in.](#)

To edit a recipe in the dictionary:

If you want to edit the *ingredients* of a recipe, this must be done in the Recipe Box—see [Recipe Box, Editing Recipes in.](#) and [Recipe Box, Editing Copies of Recipes in.](#)

If you want to treat a recipe as a *food*, however, and edit its *nutrient profile* instead of its ingredients, then you must edit a copy of the recipe from within the Food Dictionary. See [Food Dictionary, Editing Copies of Items in.](#)

To delete an item from the dictionary:

You can delete any food or recipe that a user has added to the dictionary. (Items original to DietPower *cannot* be deleted—except for the ten starter recipes we've put in your Recipe Box.) See [Food Dictionary, Deleting Foods from.](#)

To close the Food Dictionary:

[From the Dictionary page.](#) click OK or Cancel, or press the Escape key. (If the OK and Cancel buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

From any other page, see the Help topic for that page: [Nutrient Profile, Viewing a Food's or Recipe's;](#) [Food Dictionary, Adding Foods to;](#) [Food Dictionary, Editing Foods in;](#) [Food Dictionary, Editing Copies of Items in;](#) or [PowerFoods.](#)

Food Dictionary, Abridging and Unabridging

If you have a slow computer and want to hasten your startups and food searches, you can abridge DietPower's dictionary to 3000 common foods. You can also suppress the user-added foods and recipes.

If you care more about selection than speed, however, you can load all 8500 foods and their 7500 name variants. (Soon, you will also be able to buy expansion sets that add even *more* foods.)

The tool for telling DietPower which foods to load is the Dictionary Abridger.

To open the Dictionary Abridger:

From your [Home Screen](#):

1. Open the Food Menu (by clicking the word *Food*).
2. Click "Dictionary Abridger." A [dialog](#) will pop up, listing the different food sets and asking whether you want to include name variants.

To abridge or unabridge the dictionary...

...check the box beside each choice you want, and [uncheck](#) all the others.

Here are brief descriptions of the choices:

- [Name variants](#) are 7500 duplicate entries (more if you've installed expansion sets) meant to cover every possible wording that a user might search by. The main entry for hamburger, for example, is "Beef, ground"—but if you load the name variants, you can also find it under "Ground beef" and "Hamburger." If your favorite search method is Incremental (see [Dictionaries, Searching the](#)), then loading the name variants will enable you to find nearly any food on your first try. If you *don't* use Incremental Search, however, you should *uncheck* the name variants: they nearly double DietPower's startup time, and offer nothing that Keyword Search and Smart Search can't find.
- [Common foods](#) are the 3000 most popular items. Here's where you'll find bread and butter, coffee, tea, ground beef, spaghetti, hot dogs, orange juice, and such. All are listed in "military" style: the most basic noun followed by a string of increasingly specific modifiers separated by commas ("Beef, ground, extra-lean, pan-fried, well-done").
- [Rare foods](#) include regional and ethnic specialties, restaurant delicacies, and other items that most people have never tasted, as well as ordinary items prepared in unusual ways—unsalted versions of normally salted foods, for example. This database has 5500 items, all listed in the military style described above.
- [User-added foods](#) are individual items that you or other members of your household have added to the dictionary yourself. (This doesn't include expansion sets. Those are described below.) Each user-



added food is marked with the symbol

- [User-added recipes](#) are *combinations* of items that you or others in your household have assembled under recipe names. (These also include ten starter recipes that have already been added by



DietPower.) All are marked with the symbol

- Expansion sets are supplemental groups of foods (ethnic, brand-name, restaurant, etc.) that will eventually be available from [DietPower's Health Shop](#). If you install any of these, the Dictionary Abridger will list them. Most will come with name variants. To see if any expansion sets have been released, visit our online order form at <https://www.dietpower.com/orderem.htm>. Instructions for installing them are in [Food Dictionary Expansion Sets, Installing and Using](#).

If only a few of your favorites are rare foods...

...and you don't want to load the entire rare-food database, here's a trick many dieters use:

1. Print the [nutrient profile](#) of each favorite.
2. Abridge the dictionary so it won't load the rare foods.
3. Put each favorite back into the dictionary by hand, using either [Quick Food](#) or the dictionary's [Create-a-Food tab](#) and copying the nutrient values from the printout.

This will make your rare favorites part of the user-added-foods database, which loads faster than the rare foods because it is smaller.

To leave the Dictionary Abridger:

If you want to save your work, click OK or press the Enter key. DietPower will reassemble the dictionary according to your orders, then take you back to the [Home Screen](#).

If you want to leave the dictionary as it was, click Cancel or press the Escape key. Before returning you to the Home Screen, DietPower will restore the check boxes to the condition they were in when you opened the Abridger.

Food Dictionary, Adding Foods to

Whenever you run across a food that's not in DietPower's dictionary, if you have nutritional information from the label, you can add the food to the dictionary yourself. Any food you add will also be available to other users in your household, because everyone uses the same dictionary.

Difference Between a "Food" and a "Recipe"

Before following the instructions below, make sure that what you're adding to the dictionary is a food, not a recipe.

- A food is the name of something to eat or drink that has nothing but nutritional data attached.
- A recipe is a list of ingredient foods or recipes (each already in the dictionary), along with their relative proportions and the directions for preparing the recipe.

You can add a recipe to the dictionary as a *food* if you already know its nutrient makeup (from the cookbook where you found it, say) and you don't want to bother listing ingredients or directions. But if you want to create a full-fledged recipe, including ingredients and directions that can be printed out and shared with other people, you need to follow different steps—see [Recipe Box, Creating Recipes in.](#)

A Timesaver

If the food you want to add is similar to an item already in the dictionary, you can edit a copy of that item instead of creating the food from scratch. See [Food Dictionary, Editing Copies of Items in.](#)

To add a food to the dictionary:

1. If you're at the [Home Screen](#), open the dictionary, by:



- clicking the Food Dictionary button:
- or
- opening the Food Menu (by clicking the word *Food*) and choosing "Food Dictionary."
2. Make sure no food is highlighted. If one is, click it to remove the highlighting. This will activate a [tab](#) labeled "Create a Food."
 3. Click the Create-a-Food tab. DietPower will open a blank page.
 4. Fill in as many blocks on the page as you can. (Tip: Using the [numeric keypad](#) will speed entry of nutrient data. So will the up- and down-arrow keys and the keypad's plus and minus keys—both of which move the cursor up and down the page.) You *must* complete the food name, serving size, and number of calories per serving (even if the number is zero). You can leave all the rest blank, but your [Nutrient History](#) will be more accurate if you always complete as many blocks as possible. (At the very least, DietPower recommends filling in the fat, carbohydrate, protein, and alcohol blocks. These make up the food's [Key Ratio](#), which is valuable for getting quick assessments of your dietary balance.) Pressing the Tab or the [Super Enter key](#) after you fill in a block will take you to the next block. DietPower will automatically put the cursor in the "Amount" or the "% DV" column, whichever is standard for that nutrient.
 5. When you're finished filling in the blocks, click the button labeled "Add This Food."

If you change your mind...

...at any point before clicking the Add button, you can go back (with the mouse, Shift-Tab, or the up- and down-arrow keys) and further revise any block. You can also abort the whole process: just click the button labeled "Discard This Food" or hit the Escape key. After asking you to confirm your decision, DietPower will throw away the food and take you back to the Dictionary page. (You can also abort by clicking Cancel. This will not only discard the food but also close the Dictionary, taking you back to the Home Screen.)

Your additions will be marked.

Every food that a user adds to the dictionary is automatically preceded by a special symbol, like this:



Bread, white, enriched (Boswell's Bakery), 1-oz slice

The little apple is there to remind you of an important difference between foods added by users and those in DietPower's original set: Anyone can edit the added foods, and anyone can edit *copies* of the originals, but no one can edit the originals themselves.

(If you expand your dictionary with sets of foods bought from DietPower, those foods will *not* be marked with the user-added symbol, because they will have the same status as DietPower's original foods, and won't be erasable. For details, see [Food Dictionary Expansion Sets, Installing and Using.](#))

Filling in the Blocks

For help with individual blocks on the Create-a-Food page, see [Foods, Filling in Nutrients, Etc., when Creating or Editing.](#)

To leave the Create-a-Food page:

If you want to save your work, click the Add-This-Food button. DietPower will write the new food into the dictionary and take you back to the Dictionary page.

If you'd rather discard the work, click the Discard-This-Food button. After asking you to confirm your decision, DietPower will throw away the food and return you to the Dictionary page.

If you haven't done any work, click the [tab](#) labeled "Dictionary" to go back to the Dictionary page; or click OK or Cancel to close the dictionary and return to the Home Screen. (If the OK and Cancel buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

Food Dictionary, Adding Recipes to

Tired of recording separate ingredients in your Food Log every time you eat a favorite dish that's not in the Food Dictionary? You can create a single dictionary entry that incorporates all of the ingredients under whatever name you like. If your favorite sandwich is peanut-butter-and-jelly, for example, you can assemble the bread, peanut butter, and jelly under the name "Sandwich, PB&J" (or whatever you want to call it) and log the *recipe* every time instead of its ingredients. You can also set up a "recipe" to log an entire breakfast or lunch that you frequently eat.

For instructions, see [Recipe Box, Creating Recipes in.](#)

Food Dictionary, Deleting Foods from

Any user can delete any [food](#) that a user has added to the Food Dictionary. (Foods original to DietPower—including [expansion sets](#)—cannot be deleted.) User-added foods are easy to spot. They are



always preceded by a special symbol:

[Recipes](#) can also be deleted from the dictionary—but this must be done from within the [Recipe Box](#). For instructions, jump to [Recipe Box, Deleting Recipes from](#).

Before deleting a food...

...make sure you understand the following points:

- The deleted food will no longer be available to any users in your household, because all share the same dictionary.
- Once the food has been deleted, it can't be [undeleted](#).
- If the deleted food has been used as an ingredient in a recipe you've created, the food's name and nutrient data won't be lost from the recipe, even though they've disappeared from the dictionary. You will even be able to edit the amount of the ingredient in the recipe. But if you delete the ingredient when it's no longer in the dictionary, all traces of it will be gone and you won't be able to restore it as a recipe ingredient unless you first restore it to the Food Dictionary.
- Similarly, if you've ever recorded the deleted food in your Food Log, and if that day's log hasn't been [purged](#), then the food's name and serving size will still be present and editable in the log, even though the food is gone from the dictionary—but if you delete the food from the log, you will no longer be able to re-log it unless you first restore it to the dictionary.

To delete a food from the dictionary:

1. If you're at the [Home Screen](#), open the dictionary, by:



- clicking the Food Dictionary button:

or

- opening the Food Menu (by clicking the word *Food*) and choosing "Food Dictionary."

2. On the dictionary's main page (labeled "Dictionary"), find the food you want to delete, by either scrolling or searching (see [Dictionaries, Searching the](#)).

3. Highlight the food, by clicking its name.

4. Click the button labeled "Delete Selected Food." You'll be asked to confirm the order before it is carried out.

To close the dictionary after deleting a food...

...click the Close button or press the Escape key. (If the Close button is not visible, see [Taskbar, Hiding to Make Screens Deeper](#).)


Food Dictionary, Editing Foods in

You can revise the name, serving size, categories, or nutrient data for any food that any user has added to the Food Dictionary. (Use caution, since your changes will be imposed on everyone else in your household.) It's easy to see which foods were added by users—they're always marked with a special

symbol: 

The Food Dictionary contains three other kinds of items that it *won't* let you edit, however:


- Any of the 8500 foods (and their 7500 [name variants](#)) that are original to DietPower. These cannot be changed in any way. But you can make a *copy* of any item under a slightly different name and edit that. See [Food Dictionary, Editing Copies of Items in.](#)
- Any foods in [expansion sets](#) that you've bought from DietPower. (These should be available soon.) Like the original 8500 foods, however, these can be copied and edited under different names.
- Any *recipe*. Unlike a food, a recipe is a *combination* of foods. You can always tell a recipe, because it's

marked with this symbol: . There *is* a way to edit a recipe, but it cannot be done from within the Food Dictionary—you have to open the Recipe Box. See [Recipe Box, Editing Recipes in.](#)

(You can make a *copy* of a recipe, however, and add the copy to the dictionary as a *food*—in other words, as a single item instead of a combination of foods. You can then edit the copy's name, serving size, and nutrient profile, just as you might any other user-added food. For details, see [Food Dictionary, Editing Copies of Items in.](#))

To edit a user-added food:

1. If you're at the [Home Screen](#), open the dictionary, by:

- clicking the Food Dictionary button: 

or

- opening the Food Menu (by clicking the word *Food*) and choosing "Food Dictionary."
2. On the dictionary's main page (labeled "Dictionary"), find the food you want to edit, by either scrolling or searching (see [Dictionaries, Searching the](#)).
 3. Highlight the food, by clicking its name.
 4. Click the tab labeled "Edit This Food." DietPower will uncover the Edit-This-Food page.
 5. Revise as much of the information as you like, by typing new information over the old. (Tip: Using the [numeric keypad](#) will speed entry of nutrient data.)
 6. Click the button labeled "Revise as Shown." The Edit page will be covered by the Dictionary page again, and DietPower will write the new version of the item into the dictionary in place of the old.

If you change your mind...

...at any point before clicking the Revise button, you can go back (with the mouse, Shift-Tab, or the up- and down-arrow keys) and further change any block. You can also abort the entire revision: just click the button labeled "Discard Changes." After asking you to confirm your decision, DietPower will throw away your changes and take you back to the Dictionary page. (You can also abort by clicking Cancel. This will not only discard the changes but also close the dictionary, returning you to the Home Screen. If the Cancel button is not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

If you edit a food used as a recipe ingredient...

...DietPower will *not* automatically update the recipe to reflect the change—you'll have to do that yourself. Just open the Recipe Box, find the recipe, delete the ingredient, and then reinsert it. For more detailed instructions, see [Recipe Box, Editing Recipes in.](#)

Editing the Food

For help with individual blocks on the Edit-This-Food page, see [Foods, Filling in Nutrients, Etc., when Creating or Editing.](#)

To leave the Edit-This-Food page:

If you want to save your work, click the Revise-as-Shown button. DietPower will write your revisions into the dictionary and take you back to the Dictionary page.

If you'd rather discard the work, click the Discard Changes button. After asking you to confirm your decision, DietPower will throw away your revisions and return you to the Dictionary page.

If you haven't done any work, click the [tab](#) labeled "Dictionary" to return to the Dictionary page; or click OK or Cancel to close the dictionary and go back to the Home Screen. (If the OK and Cancel buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

Food Dictionary, Editing Copies of Items in

You can copy any item in the dictionary, then edit the copy's name, nutrient profile, or serving size and units and put the altered copy back into the dictionary as a new food. (If the item is a [recipe](#), the copy will be considered a [food](#)—you'll be able to edit its nutrient profile, but not its ingredients or their proportions. To edit those, you must open the recipe or a copy of it from within the Recipe Box. For details, see [Recipe Box, Editing Recipes in](#), or [Recipe Box, Editing Copies of Recipes in](#).)

To edit a copy of a food or recipe as a new food:

1. If you're at the [Home Screen](#), open the dictionary, by:



- clicking the Food Dictionary button:

or

- opening the Food Menu (by clicking the word *Food*) and choosing "Food Dictionary."
2. On the dictionary's main page (labeled "Dictionary"), find the item you want to copy and edit, by either scrolling or searching (see [Dictionaries, Searching the](#)).
 3. Highlight the item, by clicking its name.
 4. Click the [tab](#) labeled "Edit a Copy." DietPower will uncover the Edit-a-Copy page with a copy of the item showing.
 5. Edit as much of the information as you like, by typing new information over the old. (Tip: Using the [numeric keypad](#) will speed entry of nutrient data.) You *must* change the item's name by at least one character (spaces and capitalization don't count), since DietPower won't allow duplicate names in the dictionary.
 6. Click the button labeled "Add This Food." The Edit-a-Copy page will be covered by the Dictionary page again, and DietPower will write the edited copy of the item into the dictionary as a new food.

If you change your mind...

...at any point before clicking the Add button, you can go back (with the mouse, Shift-Tab, or the up- and down-arrow keys) and further revise any block. You can also abort the whole process: just click the button labeled "Discard This Food." After asking you to confirm your decision, DietPower will throw away the copy of the food and take you back to the Dictionary page. (You can also abort by clicking Cancel. This will not only discard the changes but also close the dictionary, returning you to the Home Screen. If the Cancel button is not visible, see [Taskbar, Hiding to Make Screens Deeper](#).)

Editing the Copy

For help with individual blocks on the Edit-a-Copy page, see [Foods, Filling in Nutrients, Etc., when Creating or Editing](#).

To leave the Edit-a-Copy page:

If you want to save your work, click the Add-This-Food button. DietPower will write the edited copy into the dictionary and take you back to the Dictionary page.

If you'd rather discard the work, click the Abort-This-Food button. After asking you to confirm your

decision, DietPower will discard the edited copy and return you to the Dictionary page.

If you haven't done any work, click the [tab](#) labeled "Dictionary" to return to the Dictionary page; or use the OK or the Cancel button or the Escape key to close the dictionary and go back to the Home Screen. (If the Close and Cancel buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))


Food Dictionary Expansion Sets, Installing and Using

DietPower will soon begin offering sets of brand-name, fast-food, and ethnic items that you can add to your Food Dictionary. (To find out whether any sets have been released, visit the order form on our Web site at <https://www.dietpower.com/orderem.htm>.) If you've bought one of these sets, here's how to [install](#) and use it:


Installation: in General

The expansion set is a file or files ending in the suffix ".fd." It's either on a source diskette or, if you downloaded it to your computer via modem, in a [folder](#) on your [hard drive](#) where you saved it. To install the set, simply copy the .fd file(s) into the same folder where you installed DietPower.

Installation: Step-by-Step

1. Close DietPower.
2. Put the diskette containing the expansion set into drive A. (Or if you downloaded the set via modem to your hard drive, skip to step 3.)
3. On your computer's desktop, [double-click](#) the My Computer icon: 
4. In the window that opens, double-click the symbol for the C: drive (or whatever drive you installed DietPower on). A second window will open, containing a list of files and folders on that drive.
5. In the second window, double-click the \Program Files folder. (If you accepted the [default](#) when [installing](#) DietPower, the program will be inside this folder.) A third window will open, containing a list of files and folders inside the \Program Files folder.
6. Scroll the list until the folder containing DietPower comes into view. (If you accepted the default, the folder will be named \DietPower.)
7. In the first window, double-click the symbol for the A: drive. (Or if you downloaded the set to your hard drive, double-click the symbol for that drive and then the symbol for whatever folder you saved the set in.) Another window will open, containing a file (or in some cases, several files) ending in the suffix ".fd." This is your expansion set.
8. Using the *right* mouse button, [drag](#) the expansion files over to the DietPower folder in the third window.
9. Release the mouse button. A [dialog](#) will open, asking if you want to move the file(s) or copy them.
10. Click "Copy." Windows will write a copy of the .fd file(s) into the DietPower folder.



11. Close all the windows, by clicking their  buttons.
12. Restart DietPower. The foods in the expansion set should now be visible in your Food Dictionary.

If the new foods don't show up in your dictionary...


...open the [Dictionary Abridger](#) to see if the expansion set's name appears there.

- If the set's name isn't listed in the Abridger, you probably copied the expansion file(s) into the wrong place on your hard drive. Use My Computer again to make sure the new file(s) reside in the same folder as DietPower's program file (Diet.exe). If they don't, either find and move them to the DietPower folder or just copy them from your source disk or folder again.
- If the set's name *does* appear in the Abridger, make sure the box beside it has a check mark in it. If it doesn't, insert a check by clicking the box. Then click OK. DietPower will reload the dictionary, this time including the set.

Use of Expansion Sets

Expansion sets will have exactly the same status as the Food Dictionary's original 16,000 entries. They



won't carry the user-added symbol , and hence will not be erasable. They can't be edited, either. But you can make *copies* under slightly different names and edit those. (See [Food Dictionary, Editing Copies of Items in.](#)) You can also suppress the entire set by unchecking its name in the Dictionary Abridger.

Can you install more than one expansion set?

Yes. The Dictionary Abridger has room for 12 different sets. To add more, simply follow the steps above for each additional set.

Food Log

The Food Log is DietPower's most important [dialog](#), used every day to record the foods you eat. It includes a [Calorie Tally](#) that immediately shows each food's effect on your [budget](#). Behind the scenes, it also keeps your [Nutrient History](#) up to date.

To open the Food Log:

From your [Home Screen](#):



- click the Food Log button:

or

- open the Food Menu (by clicking the word *Food*) and choose "Food Log."

Layout of the Screen

There are three windows on the Food Log page. The top window contains the Food Dictionary, listing all the foods and recipes in alphabetical order. The middle window, labeled "Favorite Foods," is reserved for a mini-dictionary that you can create, listing only foods and recipes that you regularly eat. The Food Log itself is in the bottom window. (The page also includes your Calorie Tally, located on the line underneath the log.)

How Foods Are Logged

To log a food, you first find it in either the Dictionary or the Favorite Foods window, then copy it into the Food Log in the bottom window.

When to Log Foods

Obviously, your log will be more accurate if you enter everything you eat as soon as possible after eating, while your memory is fresh. Better yet, people on weight-loss diets often log *before* meals, to avoid accidentally exceeding their calorie budget.

Forgot to log a food last night? Even if an oversight happened days ago, you can correct it (assuming that your log for that date hasn't been [purged](#)) by temporarily changing your [working date](#). See [Calendar](#).

If you record snacks after midnight without having closed DietPower and logged on again, the snacks will count as "today's" intake. There is no need to correct such an oversight—in fact, any food that will influence tomorrow's weight entry *should* be logged before the entry.

If you leave your computer on all night with DietPower still running, you won't be able to log the next morning's breakfast under the new date unless you first exit from DietPower and restart the program. Reason: DietPower checks the clock in your computer only during startup, and whatever date it finds at that moment remains "today" as long as you keep the program running.

To find the food you want to log...

...either scroll the list until the item you want comes into view, or search instantly by entering words or phrases in the "Find" field.

There are four different ways to do searches. *We urge you to try all four.* Most people prefer Smart Search, because it finds foods with little or no scrolling.



To choose your search method, click the  button in the upper-right corner of the Food Log; then click the method you want. (To learn how each method works, read [Dictionaries, Searching the.](#))

To log the food:

First, make sure the food is highlighted. If it isn't, click it. Now you're ready to copy it to the log.

There are two ways to log. Logging with the left mouse button or the Enter key is better if you're logging after eating the food, because it's faster. Logging with the *right* mouse button is better if you're "shopping" for a food before eating, because it previews the food's fat content and [Key Ratio](#).


To log with the left mouse button or the Enter key:

1. Either [double-click](#) the highlighted food or press Enter. The Portion Editor will appear, ready for you to specify how large a serving you want to log.
2. In the Serving Size block of the Portion Editor, enter the amount to be logged. (You can use either the [numeric keypad](#) or the traditional number keys.)
3. Click OK or press the Enter key. The Portion Editor will vanish and the food will be added to the log. (You will also see the food reflected in the "Eaten" column of the Calorie Tally underneath the log.)

To log with the *right* mouse button:

(Note: Holding down the Shift key will make the left mouse button behave the same as the right.)



1. Point to the item you're thinking of logging, and hold down the right button. The copy symbol——will appear, along with a temporary window showing the item's fat content and Key Ratio. (The window is color-coded. It will be red if more than 35 percent of the item's calories come from fat, yellow for a percentage between 15 and 35, or green for a percentage less than 15.)
2. If you're not satisfied with the fat content or Key Ratio and want to log another food instead, release the mouse button, point to a different item, and hold down the right button again.
3. When you've found the food you want, [drag](#) it down into the log and release the button (and the Shift key if you're using the left button). The Portion Editor will appear.
4. In the Serving Size block of the Portion Editor, enter the amount of the food to be logged.
5. Click OK or press the Enter key. The Portion Editor will disappear and the food will be added to the log, as well as to the Calorie Tally.

Errors in the Food Dictionary

Two errors were identified too late for correction in this version of DietPower:

1. Five kinds of peanuts are listed as having only one calorie apiece:
 - Peanuts, dry-roasted, salted, average-size
 - Peanuts, dry-roasted, unsalted, average-size

- Peanuts, oil-roasted, salted, average-size
- Peanuts, oil-roasted, unsalted, average-size
- Peanuts, raw, average-size

In each case, you'll log the correct number of calories and other nutrients if you simply report eating five times as many pieces as you actually consumed. (Do *not* make this correction when logging peanuts in ounces or cups—the mistake was made only in the piece measures.)

2. Three kinds of coffee cake are said to have 2000 or so calories per piece:

- Cake, coffee, cinnamon with crumb topping, commercial, enr, 1/9 of 20-oz cake, 2.2 oz
- Cake, coffee, cinnamon with crumb topping, commercial, unenr, 1/9 of 20-oz cake, 2.2 oz
- Cake, coffee, creme-filled, with chocolate icing, 1/6 of 19-oz cake

In each case, the figure cited for a piece is actually that for an entire cake. Hence, when logging either of the first two items you should report 1/9 as much as you actually ate, and for the last item, 1/6 as much.

To change the amount of a food you've already logged:

1. Either [double-click](#) the entry you logged earlier or highlight it (by clicking) and press Enter. The Portion Editor will open.
2. Type a new serving size over the old.
3. Click OK or press the Enter key. The Portion Editor will disappear and the serving size will be updated in both the log and the Calorie Tally.

To delete an item from the log:

1. Click the item, to highlight it.
2. Press the Delete key. When DietPower asks you to confirm the deletion, click Yes. The item will disappear from the log and the Calorie Tally.

To copy items into your Favorite Foods window:

1. In either the Dictionary (top) window or the log itself (bottom window), point to the item you want to copy and press the *right* mouse button. (Or hold down the Shift key and press the left button.) A copy



symbol—will appear, along with a temporary popup showing the item's fat content and Key Ratio.

2. [Drag](#) the copy symbol into the Favorite Foods (middle) window.
3. Release the mouse button (and the Shift key if you're using the left button). The Portion Editor will appear.
4. Fill in your usual serving size for the food. (You will always have the opportunity to change the serving when actually logging the food.)

5. Click OK or press the Enter key. DietPower will add the item to the Favorite Foods list.

To change the serving size listed for a Favorite Food...

...re-list the same food in the Favorite Foods window, following steps 1 through 5 above. Then delete the old listing (see below). Or, if you sometimes eat one serving and sometimes the other, keep both on your list.

To delete an item from the Favorite Foods list:

1. Highlight the item, by clicking it.
2. Press the Delete key. When DietPower asks you to confirm the deletion, click Yes. The item will disappear from the list.

To log a food or recipe from the Favorite Foods window...

...follow the same procedure used in logging items from the Dictionary window. (See "To log the food," above.)

To log a food you can't find in the dictionary:

If you have nutrition information from the label, you can click the Quick Food [tab](#) and add the item to the dictionary and the log simultaneously. For instructions, see [Quick Food](#).

To change your log for a past date...

...use the [Calendar](#) or your [Weight History](#) screen to change your [working date](#).

To monitor your Calorie Tally...

...look at the line underneath the bottom window. Each time you add, delete, or adjust the quantity of a food in the log, you'll see a change in the "Eaten" and "Remaining" columns. These indicate the number of calories you've consumed today and the number still left in the day's budget.

To check your [Calorie Bank](#)...

...click the tab labeled "Calorie Bank."

To check your nutrient intake for the day...

...click the tab labeled "[Today's Nutrient Intake](#)" (or "Nutrient Intake for [some other date]" if you're looking at records for a past [working date](#)).

To print any day's Food Log...

...open the log and click its Print button. (If the Print button is not visible, see [Taskbar, Hiding to Make Screens Deeper](#).) The printout will also include the day's Exercise Log.

To close the Food Log:

If you want to save your work, click OK. DietPower will take you back to the Home Screen.

If you'd rather discard the work, click Cancel or press the Escape key. After asking you to confirm your decision, DietPower will return you to the Home Screen.

(Note: If the OK and Cancel buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

Foods, Filling in Nutrients, Etc., when Creating or Editing

Whether you're adding a new item to the Food Dictionary or revising an old one, here's how to fill in the blocks:

Food Name

Try to name the food by the same rules DietPower uses—it may save you trouble later. See [Naming New Foods and Recipes](#).

Serving Size

Regardless of what's cited on the label, choose a serving size that suits *you*. Otherwise, you'll have to adjust the given serving every time you record the item on your [Food Log](#). (If you alter the serving cited on the package, don't forget to adjust all the nutrient values proportionately. For help with the math, open the [Windows Calculator](#) by clicking the Calculator button—or by [restoring](#) the calculator if it's already running on your [Taskbar](#).) Also, choose a serving that's easy to gauge. If you can't weigh your foods, for example, use a volume measure.

The serving size is set by filling in two blocks:

Number

This block will accept any positive number, either whole, [decimal](#), or fraction.

Units

For consistency, you must choose from the same set of units DietPower uses. Click the [drop-down button](#) beside the block to open a list of [acceptable units](#). Then click the unit you want. The list will disappear and DietPower will write your choice in the Units block. (You can also use the keyboard to select the unit: just type the unit's first letter, then scroll with the down-arrow key until you reach the word you want.) If none of the units on the list exactly matches the one you have in mind, use "serving"—and make clear in the food's description what "serving" means.

If you'd like to use a different unit of measure than the one on the label—tablespoons instead of fluid ounces, for example—see [Units of Measure, Converting](#).

The Nutrients

These are arranged in the same order as on food labels. If you're using the serving size cited on the package, you need only copy the numbers you see on the label. (Using the [numeric keypad](#) will save time.) Otherwise, divide or multiply each number by the same factor you used to arrive at your serving size.

Opposite the nutrient list are two columns, headed "Amount" and "% DV." The "Amount" column is for the [absolute amount](#) of each nutrient. This is always measured in either [grams](#), [milligrams](#), [micrograms](#), [fluid ounces](#), or [International Units \(IU\)](#). The "% DV" column usually (but not always—see the next paragraph) refers to the percentage of [Daily Value \(DV\)](#) that the amount represents. Depending on the nutrient, the Daily Value is either the maximum or the minimum intake suggested for an *average* person eating 2000 calories a day. (Never confuse Daily Values with your [Personal Daily Allowances](#), or PDAs. DVs are used only as rough guides on food labels; PDAs apply to *you*.)

For 26 nutrients, the Daily Value is an official figure set by the U.S. Food and Drug Administration (FDA). (See [Labels, Food](#).) For the seven other nutrients tracked by DietPower (those marked by asterisks below), there is no DV. Instead, DietPower uses its own DietPower Daily Value (DPDV)—an estimate garnered from reviews of medical literature. For details, see [Values, Daily](#).

On most labels, the four [energy nutrients](#) and a few of the others are reported in both amount and % DV, while the rest are cited only as a % DV. DietPower asks you to fill in only *one* of the columns, and automatically calculates the other for you. (In some cases, the calculated figure may differ slightly from that on the label. The difference is usually a result of rounding off, and can be ignored.)

You'll also find that if you use the Tab or the [Super Enter key](#) to navigate from nutrient to nutrient, the cursor automatically hops into the correct column for each nutrient, depending on which measure is standard on food labels. You can place it in *either* column, however, by using the left mouse button instead of Tab or Super Enter. This is for the rare occasion when a food's nutrient list doesn't follow FDA standards.

When a nutrient is not cited on the label, just leave its block blank. Do not enter a zero, because the nutrient may well be present in the food, but unreported. (FDA rules require most labels to report only 13 nutrients.)

Similarly, if a food supplies less than 2 percent of the Daily Value of a nutrient, the label may note this fact (usually with an asterisk) instead of citing a precise number. In that case, leave the field blank, to signify that the exact amount is unknown.

Following are selected notes on each nutrient. The list is arranged exactly as on a standard food label. To jump to a deeper discussion of any nutrient, just click its name.

[CALORIES](#). Enter the number of [calories](#) in the serving size you've defined. Don't forget: If you've chosen a serving size different from that on the food's label, the number of calories in a serving should be different, too. DietPower will fill in the "% DV" column, basing its calculation on the official Daily Value of 2000 calories.

[FAT](#). This means *total* fat, usually measured in [grams](#). Some labels break it down into grams of polyunsaturated, saturated, and monounsaturated fat, as DietPower does for the generic foods on its original list. In the rare event that a label cites these three *instead* of total fat, just add the three gram figures together and enter the total. DietPower will fill in the % DV, basing its calculation on the Daily Value of 65 grams.

(If you leave a blank or a question mark in the Fat column, DietPower will automatically change it to a zero when you exit the nutrient-entry tool. Reason: DietPower *must* have a total-fat figure in order to calculate a food's calorie value. If you don't provide one, the program can only assume that it's zero. The same assumption is made for the three other [energy nutrients](#): carbohydrate, protein, and alcohol. For all other nutrients, DietPower accepts a blank or a question mark as-is.)

[Saturated Fat](#). Fill in the [absolute amount](#), and DietPower will calculate the % DV. (The DV for this nutrient is 20 grams.)

[Polyunsaturated Fat*](#). Enter the absolute amount, and DietPower will fill in the % DV column. (There is no government DV for polyunsaturates. But since the DVs for total fat and the saturated fraction are 65 and 20 grams, respectively, DietPower simply divides the 45-gram difference evenly between polyunsaturated and monounsaturated, yielding a [DietPower Daily Value](#) of 22.5 grams each. This is the figure on which the % DV is based.)

[Monounsaturated Fat*](#). Enter the absolute amount. DietPower will complete the % DV column, assuming the same 22.5-gram DPDV explained for polyunsaturated fat, above.

[CHOLESTEROL](#). Enter the absolute amount, and DietPower will fill in the % DV. (The DV is 300 milligrams.)

[SODIUM](#). This means sodium, not salt, which (for common table salt) is 40-percent sodium by

weight. (A level teaspoon of salt weighs five grams and contains two grams, or 2000 milligrams, of sodium.) Enter the absolute amount of sodium in milligrams. DietPower will fill in the % DV, calculated on a DV of 2400 milligrams.

POTASSIUM. Fill in the absolute amount, and DietPower will calculate the % DV, based on a DV of 3500 milligrams.

CARBOHYDRATE. This means total carbohydrate, which includes dietary fiber, sugars, and "other carbohydrate." If the label doesn't give a total, just add all three types together. Fill in the absolute amount, and DietPower will figure the % DV from the Daily Value of 300 grams.

(Note: If you leave a blank or a question mark in the Carbohydrate column, DietPower will automatically change it to a zero when you exit the nutrient-entry tool. To understand why, see the second paragraph of "Fat," above.)

Dietary Fiber. Enter the absolute amount; DietPower will calculate the % DV. (Dietary fiber should not be confused with crude fiber, which is a substance left over when fiber is subjected to certain laboratory solvents. Throughout DietPower, the term *fiber* means dietary fiber unless otherwise noted. Many labels that list crude fiber also list dietary.) The DV for dietary fiber is 25 grams.

Sugars*. Fill in the absolute amount. DietPower will complete the % DV column, based on the DietPower Daily Value of 60 grams.

(Note: The daily values for fiber and sugars may not add up to that for total carbohydrates, because these include other carbohydrates not monitored by DietPower.)

PROTEIN. Enter the absolute amount, and DietPower will fill in the % DV. (The DV is 50 grams. Unlike those for other nutrients, the DV for protein applies only to adults who are not pregnant or nursing.)

(Note: If you leave a blank or a question mark in the Protein column, DietPower will automatically change it to a zero when you exit the nutrient-entry tool. To understand why, see the second paragraph of "Fat," above.)

VITAMIN A. Enter the % DV from the label; DietPower will calculate the absolute amount in micrograms, deriving it from the government DV of 5000 International Units (IU). If the label cites vitamin A in micrograms of retinol equivalents (micrograms RE), multiply by 0.2 to get the % DV if the food is of plant origin, or by 0.1 if it's of animal origin. Or if the label cites the amount in IUs, multiply by 0.02 to get the % DV.

VITAMIN C. Fill in the % DV, and DietPower will calculate the absolute amount. The DV is 60 milligrams.

CALCIUM. Enter the % DV; DietPower will fill in the absolute amount. The DV is 1000 milligrams.

IRON. Fill in the % DV, and DietPower will figure the absolute amount. The DV is 18 milligrams.

VITAMIN D. Enter the % DV, and DietPower will calculate the absolute amount. The DV is 400 International Units (IU). (If the label cites vitamin D in micrograms of cholecalciferol, multiply by ten to get the % DV.)

VITAMIN E. This nutrient seldom appears on food labels, but since it *is* cited for the 16,000 entries in DietPower's original Food Dictionary, we include it here for consistency. If it isn't reported for the food you are adding, simply leave the block empty. Otherwise, enter the % DV and DietPower will fill in the absolute amount. The DV is 30 International Units. If the label cites the absolute amount in

milligrams of alpha-tocopherol equivalent (α -TE), multiply the milligrams by 4.5 to get the % DV.

THIAMIN (occasionally spelled "thiamine") is the modern term for vitamin B1. Enter the % DV, and DietPower will calculate the absolute amount. The DV is 1500 micrograms.

RIBOFLAVIN is the modern term for vitamin B2. Fill in the % DV; DietPower will figure the absolute amount. The DV is 1700 micrograms.

NIACIN. Enter the % DV, and DietPower will calculate the absolute amount. The DV is 20 milligrams.

VITAMIN B6. Fill in the % DV, and DietPower will calculate the absolute amount. The DV is 2000 micrograms.

FOLIC ACID may sometimes be listed as "folate" or "folacin." Enter the % DV, and DietPower will figure the absolute amount. The DV is 400 micrograms.

VITAMIN B12. Enter the % DV, and DietPower will calculate the absolute amount. The DV is 6 micrograms.

PHOSPHORUS is sometimes listed as "phosphates." Fill in the % DV; DietPower will calculate the absolute amount. The DV is 1000 milligrams.

MAGNESIUM. Enter the % DV, and DietPower will calculate the absolute amount. The DV is 400 milligrams.

ZINC. Fill in the % DV; DietPower will figure the absolute amount. The DV is 15 milligrams.

COPPER. Enter the % DV, and DietPower will calculate the absolute amount. The DV is 2000 micrograms.

PANTO. ACID is an abbreviation for pantothenic acid. Enter the % DV, and DietPower will calculate the absolute amount. The DV is 10 milligrams.

ALCOHOL* is measured in **fluid ounces**, not by weight. In the rare event that the absolute amount is given in **ounces** by *weight*, multiply it by 1.1 to get *fluid* ounces. Or if it's given in **grams**, convert it to fluid ounces by dividing by 25.5. When you enter the amount, DietPower will fill in the % DV column, using the **DietPower Daily Value (DPDV)** of 0.5 fluid ounce.

(Note: If you leave a blank or a question mark in the Alcohol column, DietPower will automatically change it to a zero when you exit the nutrient-entry tool. To understand why, see the second paragraph of "Fat," above.)

SELENIUM* is measured in micrograms. Enter the absolute amount, and DietPower will fill in the % DV, based on the DV of 70 micrograms.

WATER* is measured in fluid ounces, but since a fluid ounce of water weighs, by definition, almost exactly an ounce (the weight varies slightly with temperature), you needn't worry if the food's label specifies only "ounces." Just enter the number shown, and DietPower will fill in the % DV, based on the DPDV of 88 fluid ounces.

MANGANESE*. This nutrient is seldom reported on food labels, but since it *is* cited for the 16,000 entries in DietPower's original Food Dictionary, we include it here for consistency. If it is not reported for the food you are adding, just leave the block empty. Otherwise, enter the % DV and DietPower will fill in the absolute amount, calculated against a DPDV of 3.5 milligrams.

Categories

DietPower has assigned each food in its original dictionary to at least one of its 72 food [categories](#), and some to several categories. (Brownies, for example, are categorized under both Cookies and Cakes.) Each food added by a user is automatically placed in the "User-Added Foods" category, but you can also put it into one or two other categories. (You can also place it in any category *instead* of User-Added Foods, but then it won't show up in User-Added Foods category searches. Nevertheless, it will still retain



the  symbol marking it as a user-added food.)

To place a food in additional categories, click any of the blank category buttons at the bottom of the page you're using to create or edit the food. This will open a list of the categories. Then scroll to the category you want, and click it. DietPower will replace the button with a little text window containing the category name.

To place the food in a second additional category, repeat the procedure on the other blank button.

If you change your mind about any category you've chosen, click the category name and the list will appear again, ready for you to select an alternative. (To restore the button to *no* category, click the blank space at the top of the list.)

*Daily Values for these seven nutrients are set by DietPower, since the federal government has established no DVs for them. See [Values, Daily](#).

Free Trial Copy, Converting to Permanent Version

DietPower's free trial copy lets you test-drive the program before buying it. You may duplicate and distribute the trial copy to any number of people without charge. To convert it to a permanent version, however (see below), the recipient must pay a licensing fee and abide by the terms described in [Legal Agreement with DietPower, Your.](#)

For prices, visit our Web site at <http://www.dietpower.com> or phone 1-800-852-8446 between 9 a.m. and 9 p.m. Eastern (U.S.).

You Won't Lose Your Records

Converting to the paid version won't harm the food, exercise, and weight logs or the calendar notes you've accumulated during the trial period. Any recipes, foods, or exercises you've added to the dictionaries will also be preserved. So will DietPower's understanding of your metabolic rate and nutrient balance.

Converting the Free Trial to the Permanent Version

You can do this by phone or by visiting our Web site. Follow these steps:

1. Have your Visa, MasterCard, American Express, or Discover card number and expiration date handy.
2. Start up DietPower and click the "Purchase Now" button.
3. OK each dialog that pops up, until you reach the one that shows your copy's registration number and asks for an "unlock code."
4. Visit the secure order form on our Web site at <https://www.dietpower.com/orderem.htm>.

or

Phone us at 800-852-8446 between 9 a.m. and 9 p.m. Eastern, any day including weekends. (Outside the United States and Canada, the number is 203-743-0061.)

5. Provide your name, address, phone number, e-mail address, credit-card information, and registration number.
6. DietPower will respond with an unlock code that is unique to your registration number. You'll receive the code immediately if ordering by phone, or within a few hours (by return e-mail, fax, or phone—your choice) if ordering via the Web site.
7. Type the unlock code into the dialog described in step 3.
8. Click Finish. DietPower will perform the conversion immediately.

You can also buy an unlock code by mail.

1. Print and fill out the Printable Order Form at <http://www.dietpower.com/orderpr.htm>

or

Prepare a message to DietPower that includes all of the following:

- Your name

- Your mailing address
- Your daytime phone number
- Your copy's registration number. (If you obtained DietPower on diskettes, a CD-ROM, or a DVD, this is *not* the serial number on the disks—it's the number you learn by clicking the "Purchase Now" button when you start up the trial copy. See "Converting to the Permanent Version," above.)
- Either your credit-card number and expiration date or a check for the current price (plus 6 percent sales tax if you live in Connecticut). Prices are posted on DietPower's web site at <http://www.dietpower.com/order.htm>.
- The fax or voice number, e-mail or regular-mail address where you want your unlock code sent.

2. Send the message to DietPower's sales department:

- By fax: 203-743-1299
- By e-mail: sales@dietpower.com
- By regular mail: 7 Kilian Drive, Danbury, CT 06811.

(Questions? Dial 1-800-852-8446.)

Gas, Intestinal

See [Fiber, Dietary](#).

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[National Academy of Sciences \(NAS\)](#)
[National Institutes of Health](#)
[National Research Council \(NRC\)](#)
[Neural](#)
[Notepad, Windows](#)
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[Restore](#)
[Right-Click](#)
[Save](#)
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[Smoker](#)
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[Value, Daily](#)
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[Weight, Target](#)
[Window, Moving a](#)
[Working Date](#)
[X Button](#)

Growth, Poor

See [Protein.](#)

Gums, Bleeding

See [Vitamin C](#).

Hair Loss

See [Vitamin A](#).

Hair, Reddening of

See [Protein.](#)

Hand Tremors

See [Manganese](#).

Headaches

See [Vitamin A](#).

Healing, Slow

See [Zinc](#).

The DietPower Health Shop



To help make your health and fitness program a success, DietPower offers high-quality accessories at discount prices. You can order by phone, by fax, or by visiting our Web site at www.dietpower.com. (We recommend checking the Web site before ordering—you may find a larger selection there.)

(If the pictures below have false colors, your computer's color resolution is probably set too low. Use the [Windows Control Panel](#) to switch to either High or True Color.)



Portion Power® food scale. The one dieting accessory you shouldn't be without. (To learn why, [click here.](#)) No-springs measuring to the tenth of an **ounce**. Never needs batteries. Strain-gauge technology housed in an elegant, white enamel case just 1-1/2" high and 5" in diameter. Handles loads from 0.1 ounce to 33 ounces. Automatically subtracts the weight of the dish. Can also be used as a postage scale. Normally \$40. *Your price:* \$34.99. (Product No. FSC01.)



Sportline® digital pedometer. How fast do you walk (or run)? Clip this little wonder to your belt or

waistband and you'll always know. Accurately measures how many steps you've taken and the distance you've walked or run. Adjusts to any stride. Large top-mounted LCD panel is easy to read during exercise. 2" x 2" x 3/4". Normally \$20. *Your price: \$16.99.* (Product No. PED01.)



Planax® thin-line bathroom scale. We chose this scale especially for DietPower users. (To get insights on bath scales, [click here.](#)) Measures to the nearest 0.2 pound—but can be interpolated to the nearest 0.1 pound. (Also measures in kilograms.) Offers excellent repeatability. Ultra-thin 10"-by-12" white rectangle with LCD display complements any decor. Comes with lithium batteries that never need replacing (10,000 weighings guaranteed). Normally \$70. *Your price: \$58.99.* (Product No. BSC01.)



Sportline® pulse meter and timer. Perfect for making sure you're exercising in your [aerobic zone](#). Just press your finger to the tiny sensor. A beeping sound and flashing "heart" let you know your pulse is being measured, and the results are displayed in an easy-to-read LCD panel. Also features a digital watch and 100-minute exercise timer that measures to the nearest second. Unit is only 2" x 3" x 1/2", comes with a 37" neck strap, and weighs just one ounce. Includes 3-volt watch battery. Normally \$32. *Your price: \$27.99.* (Product No. PLS01.)



Omron® wrist blood-pressure and pulse monitor. The most accurate, handy sphygmomanometer we've ever seen. Just pop it on like a watch, press a button, and get precise [systolic](#) and [diastolic](#) readings in seconds—plus your pulse rate. Easy-wrap cuff is ideal for arthritics. Fits into a purse or briefcase. Includes illustrated instructions and two AAA batteries. Normally \$138. *Your price: \$94.99.*

(Product No. BPM01.)



DietPower upgrades. If your copy of DietPower is more than a year old, a newer version may be available with an expanded [Food Dictionary](#) and [Recipe Box](#), as well as handy features not yet incorporated into the version you're using now. And since you already own DietPower, you can upgrade for less than a newcomer would pay for the same version. To inquire, see [DietPower, Inc., Contacting](#).

And more! Check our Web site for additional bargains: <http://www.dietpower.com>.

To order anything in the Health Shop:

- From our Web site (recommended): visit <http://www.dietpower.com>.
- By phone:
 1. To save time, note each item's product number.
 2. Have your Visa, MasterCard, American Express, or Discover card number and expiration date handy.
 3. Call toll-free between 9 a.m. and 9 p.m. Eastern time (U.S): 800-852-8446. (Outside the United States and Canada, the number is 203-743-0061.)
- By fax:
 1. Jump to the [Order Form](#) and print it.
 2. Fill out the form, using ink or dark pencil.
 3. Fax the completed form to 203-743-1299, or mail it with credit-card information, check, or money order to DietPower, Inc., 7 Kilian Drive, Danbury, CT, USA 06811.

(Prices above do not include shipping and handling. For details, see the [Order Form](#).)

Heart Disease

See:

- [Aerobic Exercise](#)
- [Alcohol](#)
- [Antioxidants](#)
- [Cholesterol](#)
- [Fat, Total](#)
- [Fat, Monounsaturated](#)
- [Fat, Polyunsaturated](#)
- [Fat, Saturated](#)
- [Fiber, Dietary](#)
- [Iron](#)
- [Thiamin](#)
- [Vitamin C](#)
- [Vitamin D](#)
- the "Health Claims" section at the end of [Labels, Food](#).

Heartbeat, Irregular

See [Potassium](#).

Help, Using

You are now reading a Help topic called "Help, Using." DietPower has 431 topics in its Help system. Like this one, 244 are "jump" topics—full-length discussions that you can leap into from other topics. The other 187 are "popups"—short glosses that you can open and close without leaving the topic you're in.

You can reach new topics in at least eight different ways:

- by clicking a green word or phrase that has a dotted underline. This opens a [popup](#). (Try the one in this paragraph.) To close the popup, just click anywhere in the Help window.
- by clicking a green word or phrase that has a *solid* underline. This jumps you to a different Help topic. (Try jumping to [this Help topic](#).)
- by clicking the Back button at the top of the Help window. This returns you to the last jump topic you were in. Clicking the button again takes you to the jump topic you visited before that one—and so on.
- by clicking the forward Browse button, marked with the symbol \geq . This jumps you to the next topic in the Help system's [browse sequence](#).
- by clicking the reverse Browse button, marked with the symbol \leq . This jumps you to the *preceding* topic in the browse sequence.
- by clicking the Contents button. This whisks you to the Table of Contents, which lists all of the jump topics in Help. From there, you can click any topic to open it.
- by clicking the Glossary button. DietPower will jump you to an alphabetical list of all the popup (definition) topics, each ready to be clicked and opened.
- by clicking the Search button. An index of key words and phrases will open. [Double-click](#) any item to search for it.

To print a Help topic:

1. Navigate to the topic, using one of the methods above.
2. Click the Print button at the top of the Help window. DietPower will open the Windows Print dialog.
3. Change your print settings, if necessary.
4. Click OK.

To learn more about using Help...


...consult Windows Help on Help:

1. Close DietPower Help (see below).
2. Open DietPower's Help Menu, by clicking the word *Help* at the top of your [Home Screen](#).
3. Click "Using Windows Help."


To close DietPower Help:

- press the Escape key

or

- click the Help window's X button: 

or

- double-click the window's Control Menu icon: 

or

- open the File Menu at the top of the Help window (by clicking the word *File* there) and choose "Exit."

Home Screen

The Home Screen is the one displaying either the DietPower logo (the big red apple you saw the first time you logged on) or your [Weight History](#)—whichever you've specified for the role. The screen appears whenever DietPower is running but you're not working in any particular [dialog](#). The screen's [Toolbar](#) and [menus](#) are your gateway to all of DietPower's [options](#).

To specify your Home Screen:

1. If you are not already at the Home Screen, close the dialog you are working in. This is usually done by clicking OK (if you want to [save](#) your work), Cancel (to [discard](#) the work), or Close (if you're in a dialog that's for reference only).
2. Open the View Menu, by clicking the word *View*.
3. Highlight the phrase "Change your Home Screen to:" by placing the mouse pointer on it. DietPower will show you three choices:
 - "[DietPower logo](#)" displays the big red apple with the word *DietPower* beside it.
 - "[Weight History, current diet only](#)" shows a graph of your [Weight History](#) since the day you started the diet you are on now.
 - "[Weight History, complete](#)" displays your Weight History since the day you first enrolled as a DietPower user.
4. Click your choice.

Shortcut: Go to the Home Screen and repeatedly press [Ctrl+H](#) (H for "Home") until the Home Screen cycles to the view you want.

To jump into any option from your Home Screen:

- open the menu that contains the option (by clicking the name of the menu) and click the option's name
or (for some options)
- click the option's shortcut button, located in the [Toolbar](#).

To jump back to your Home Screen...

...just close the dialog you are working in. As explained above, this is usually done by clicking an OK, Cancel, or Close button. (If these buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper](#).) Many dialogs can also be closed by pressing the Enter key.

Hot Keys

You can make certain things happen in DietPower by pressing "hot keys" instead of using the mouse. Holding down the Alt key while hitting the initial of any menu listed at the top of your [Home Screen](#), for example, will open that menu. And once you've opened the menu, you can activate any choice by pressing the key that's underlined in the choice's name.

In addition, the following hot keys always work when you're at the Home Screen:

- Ctrl+F takes you directly to the [Food Log](#).
- Ctrl+E takes you directly to the [Exercise Log](#).
- Ctrl+H toggles the Home Screen through the three choices described in [Home Screen](#).
- Ctrl+P prints your [Weight History](#).

Hyperactivity


See [Sugars](#).

Hypertension

See [Blood Pressure, High](#).

Icon, Installing a Household



The household icon is a picture of an apple——that any member of your household can [double-click](#) in order to start up DietPower. The icon is created automatically when you [install](#) DietPower on your hard drive. If you accepted all of the [defaults](#) during installation, you'll find the household icon in three places:

- on your Windows [desktop](#).
- in the DietPower program group, which you can open by clicking the [Start button](#), then sliding the mouse pointer to "Programs," and finally sliding it to "DietPower."
- in the DietPower [subfolder](#), which you can open by double-clicking the [My Computer icon](#) on your [Windows desktop](#), then the symbol for the C: drive, then the \Program Files folder, and finally the subfolder labeled "\DietPower."

(If you *didn't* accept the defaults, the icon will still be available in three places—but the last two locations will have the names you gave them, instead of the names suggested by DietPower.)

Reinstalling the Desktop Icon

If you've erased the household icon from your desktop and want to restore it, follow these steps:

1. Open the \DietPower subfolder, as described above.
2. Drag the household icon (which is labeled "Diet.exe") out of the folder and onto your desktop. (Windows won't actually move the icon—it will copy it and label the copy "Shortcut to Diet.exe.")
3. If you want to give the [shortcut](#) a clearer name:
 - a) Click the name "Shortcut to Diet.exe," to highlight it.
 - b) Type "DietPower" (or whatever name you want to give the icon) over the old name.
 - c) Press the Enter key.

Icon, Installing a Personal

When you installed DietPower on your hard drive, the program put a household icon on your Windows desktop. The icon looks like this:



To start up DietPower, users normally 1) double-click the household icon and 2) choose their name from the User List.

Any user can bypass the second step, however, by equipping the desktop with a *personal* icon that takes him directly to his own files. (DietPower will still prompt him to enter his password, however, if he's established one.) He can choose any of the following icons:



The same apple used as the household icon. (Not recommended, since it may cause confusion.)



A hand of bananas.



Broccoli.



A carrot.



Two cherries.



A cucumber.



A bunch of grapes.



A lemon.



A pear.



A plum.



A giant strawberry.



A turnip.



A slice of watermelon.

To install a personal icon:

1. First, make sure you know two things:
 - Your user number. If you're the only user in your household, you're probably User No. 1—the Master User. Otherwise, you can find your user number by looking at the [User List](#).
 - Whether any other users have installed personal icons. If they have, you can avoid trouble by picking an icon different from theirs.
2. Close DietPower. (You will be installing your personal icon from the Windows desktop.)
3. On the desktop, point to the household icon and hold down your left mouse button and the Ctrl key, to make a copy of the icon.
4. Drag the copy of the icon to a different location on the desktop and release the mouse button and the Ctrl key. This copy is your personal icon—or will be, after you complete the remaining steps.
5. *Right-click* the personal icon. A little menu will open.
6. Choose "Properties." The Properties dialog will open.
7. If it isn't already on top, bring the Shortcut page to the top by clicking the Shortcut tab.
8. If you accepted the [defaults](#) when installing DietPower, the Target field will say "`c:\program files\dietpower\diet.exe`". (This tells Windows where to look when someone double-clicks the icon. If you installed DietPower elsewhere, the line will read differently.) To create a personal icon, just insert a space after the final quotation mark in this line, followed by your user number.* If your user number is 2, for example, the line should read "`c:\program files\dietpower\diet.exe`" 2. (Make sure you preserve the quotation marks; these force Windows to accept an address that has a space in it.)
9. Click the Change Icon button. The gallery of DietPower icons will appear.

10. Click the icon you want, to highlight it.
11. Click the gallery's OK button. The gallery will disappear and the icon you've selected will replace the apple on the Shortcut page.
12. Click OK again. The Properties dialog will vanish and the apple on the desktop will change into the personal icon you've chosen.
13. If you want to personalize the icon's name:
 - a) Click the name, to highlight it.
 - b) Type "Janet's Diet" (or whatever) over the old name.
 - c) Press the Enter key.

To start up DietPower with your personal icon...

...[double-click](#) it, just as you would the household icon. DietPower will open as usual –except that now it won't bother you with the User List.

* If you've forgotten your user number, you can instead enter your first name as reported when you enrolled in DietPower. Or, in the rare event that another user in your household has the same first name, you can enter the name of your [personal subfolder](#). A user named John who enrolled with the birth date 05/22/53, for instance, could add *john* to the target line. But if his son John, Jr., were also a user, the elder John would have to add *john0522*.)

Immune System, Impaired

See:

- [Protein](#)
- [Zinc](#)

Insomnia

See:

- [Pantothenic Acid](#)
- [Vitamin A.](#)

Installation Disks, Making

If you downloaded the 30-day trial version of DietPower from a Web site, you can make an installation disk or diskettes for putting it on other computers or restoring it in case of a hard-drive failure. Then, if you've already bought an unlock code to make the trial version work permanently, you can get a free unlock code for the new installation.

To make an installation disk or diskettes, you'll need either four blank diskettes or at least five megabytes of empty space on a Zip disk or equivalent. Follow these steps:

1. On your hard drive, find the self-extracting file that you downloaded. There are several versions of this file, but its name always begins with "DP" and ends with ".exe." In most cases, the file will be named DPtrial.exe and you'll find it in the C:\Windows\Temp folder.
2. Double-click the file. A WinZip Self-Extractor dialog will open, just like the one you saw the first time you installed DietPower.
3. In the dialog, remove the check mark beside the line that reads, "When Done Unzipping, Run Setup.exe," by clicking the check mark. This will prevent the installation program from starting up after the files are extracted, leaving them intact so you can copy them onto the diskettes or the Zip drive.
4. Notice which folder is specified in the "Unzip To Folder:" line. This is where the unzipped files will be put. (It is probably C:\Windows\Temp, but you can specify a different folder if you wish.)
5. Click the Unzip button. WinZip will extract the DietPower files and put them into the unzip folder.
6. Close the WinZip Self-Extractor dialog, by clicking the Close button.
7. Make sure you have either four empty, formatted diskettes, labeled "DietPower Disk 1" through "DietPower Disk 4," or a single Zip disk (or equivalent) with at least five megabytes of empty space.
8. Using My Computer or Windows Explorer, copy or move the unzipped files from C:\Windows\Temp (or wherever you put them) onto the diskettes, as follows—or if you're using a Zip disk, put them all on the same disk:

Put these files on Disk 1:

inst32i.ex
_isdell.exe
_setup.dll
_sys1.cab
_user1.cab
Data.tag
data1.cab
lang.dat
layout.bin
os.dat
Setup.bmp
Setup.exe
Setup.ini
setup.ins
setup.lid
WinZip.txt

Put this file on Disk 2:

data2.cab

Put this file on Disk 3:

data3.cab

Put this file on Disk 4:

data4.cab

To use the installation disk(s):

1. Put Disk 1 (or the Zip disk) in the computer to which you're installing.
2. Click Start > Run.
3. In the "Open" field, type "x:\setup" (without the quotation marks) –where x is the drive containing the installation disk.
4. Click the OK button.

International Units (IUs)

On food labels, vitamins A, D, and E are sometimes reported in milligrams or micrograms and sometimes in International Units (IUs). Worse yet, the term *International Unit* has a different meaning for each vitamin.

To clear up this confusion, here are links to exact definitions and conversion factors:

- [International Units of Vitamin A](#)
- [International Units of Vitamin D](#)
- [International Units of Vitamin E](#)

Iron

This metal is a vital constituent of many [enzymes](#), of the blood protein hemoglobin, and of the muscle protein myoglobin. It is essential to the body's exchange of oxygen and carbon dioxide in the cells.

A deficiency of iron leads to anemia (low hemoglobin levels or red-cell counts in the blood), which makes a person feel tired or run-down because the body can't use oxygen as efficiently as it should. Pregnant women, teenagers, and young female adults are especially prone.

The best sources of iron are liver (especially pork liver), red meats, kidney, leafy green vegetables, dried fruits, egg yolks, dried peas and beans, potatoes, whole-grain and enriched cereals, and blackstrap molasses.





Thanks in part to heavy promotion of iron supplements in decades past, many people have the impression that the more iron they get, the better. In fact, a chronic excess can cause liver damage and heart failure—and a short-term megadose may trigger fatal shock.

Your Daily Allowance



DietPower sets your [Personal Daily Allowance \(PDA\)](#) of iron at the National Research Council's [Recommended Dietary Allowance \(RDA\)](#), measured in [milligrams](#): 12 for males aged 15 to 18, 10 for males over 18, 15 for females 15 to 50, 10 for women 51 or older, 30 for [pregnant](#) women, and 15 for [nursing](#) mothers. (If your doctor recommends a different allowance, you can revise your PDA. See [Personal Daily Allowances, Editing Your.](#))

Color Coding of This Nutrient



The iron bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 150 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 150 percent of your PDA
-  missing if you've logged no iron.

In the [nutrient profile](#) of a food or recipe, the iron bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of iron
-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent

of your PDA of iron

-  blue for "neutral" otherwise
-  missing if the amount of iron is either zero or (when the word *Iron* is [grayed out](#)) unknown.

How Complete Are DietPower's Iron Readings?

Very. Of the 16,000 entries in the Food Dictionary, only 0.4 percent list their iron content as "unknown." (The number of unknowns will be higher, of course, if you've added foods to the dictionary with missing iron figures.) To see whether a particular food has an iron reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Iron," it means the amount is unknown. (To see *all* foods with unknown iron readings, click the dictionary's [PowerFoods](#) tab and sort the foods by iron power; then scroll to the bottom of the list.)

Iron on Food Labels

Almost all labels are required to report iron content. It is usually cited as a percentage of the [Daily Value \(DV\)](#), 18 milligrams. (The Daily Value is not necessarily right for you – it's a rough estimate meant to accommodate most of the U.S. population.)

For more on label regulations, see [Labels, Food](#).

Irritability

See [Niacin](#).

Itching

See [Niacin](#).

Jumps

In Help, jumps are green words with solid underlines. When you click on a jump, DietPower whisks you to a completely different topic in Help. (You are probably reading this topic because you clicked the word *jump* in [DietPower's introduction](#)—although you might also have chosen it from the [Contents](#) or clicked it in some other Help topic.) When you're finished reading a jump topic, you can instantly go back to the topic you came from by clicking the Back button at the top of the Help window. (If you've made a whole series of jumps, you can retrace your steps by hitting the Back button repeatedly.) Click the Back button now to return to the Introduction, the Contents, or wherever you came from.

Key Ratio

The "Key Ratio" is DietPower's name for the proportion of calories, either in a food or in a person's diet, that come from each of the four [energy nutrients](#): fat, carbohydrate, protein, and alcohol. It is often used as an indicator of dietary balance. DietPower recommends that most people get no more than 25 percent of their calories from fat, about 15 percent from protein, and if they drink alcoholic beverages, no more than 10 percent from alcohol. Since all the rest come from carbohydrates, this translates to a Key Ratio of 25:50:15:10 if you drink or 25:60:15:0 if you don't.

Once you understand the Key Ratio, you can quickly judge whether a food is likely to advance or hinder your progress toward a balanced diet. Suppose, for instance, that your [Nutrient History](#) reveals a Key Ratio of 42:30:28:0 for your meals so far today. This means you've eaten too much fat, too little carbohydrate, and too much protein. Hence, if you're considering eating a food or recipe with a Key Ratio of 8:87:5:0, you know immediately that it will improve your Key Ratio for the day, because it's low in fat (8 percent) and protein (5 percent) and high in carbohydrates (87 percent). By contrast, a food or recipe with a ratio of 56:14:30:0 would clearly be something to avoid.

To find a food or recipe's Key Ratio:

In either the [Food Dictionary](#) or the [Food Log](#), point to the item and hold down the *right* mouse button. DietPower will display the Key Ratio in a popup window, in pie-chart form. When you release the button, the window will disappear.

To find *your* Key Ratio...

...look at the [table view](#) of your [Nutrient History](#). Your Key Ratio appears at the bottom, in both pie-chart and table form.

Keypad, Numeric

If your computer's keyboard is equipped with a numeric keypad, you can enter numbers with the keypad instead of the traditional row of numeral keys across the top of the board. (A numeric keypad has the ten digits in a compact, one-handed array like that on calculators and adding machines. Most desktop computers have such a pad at the extreme right end of the keyboard. On many laptops, part of the standard keyboard can be transformed into a numeric keypad by holding down a function key.)

The numeric keypad is especially handy when you're adding new items to the Food Dictionary, because it speeds the entering of nutrient data from food labels. (For jumping from nutrient to nutrient, you can also use either the adjacent [Super Enter key](#) or the [arrow keys](#) instead of the Tab key, which is too far away for one-handed data entry.

To use the numeric keypad...

...just find it and punch away. It works throughout DietPower.

Kidney Disease

See:

- [Calcium](#)
- [Fat, Total](#)
- [Magnesium](#)
- [Vitamin D](#)

Kidney Stones

See [Vitamin B6](#).

Labels, Food

(The following is adapted from U.S. Food and Drug Administration Document BG95-14, dated May 1995.)

The Food and Drug Administration (FDA) requires most foods to carry nutrition labels. Exceptions include:

- Foods served for immediate consumption (in hospitals and on airplanes, for example)
- Those sold by food-service vendors (e.g. mall cookie counters, sidewalk stands, and vending machines)
- Ready-to-eat food that is prepared on-site but not eaten there (deli, bakery, and candy-store items, for instance)
- Bulk food that is not for sale to consumers in that form
- Medical foods designed for patients with certain diseases
- Plain coffee and tea, some spices, and other foods that contain no significant amounts of any nutrients.

Also exempt are foods produced by small businesses. So are restaurant foods—except those for which health claims are made.

Nutrition Facts that *Must Be Reported*

When a label does include nutrition information, it must cover a minimal set of nutrients, arranged in a standard order. Two exceptions: 1) foods that are virtually calorie-free *and* contain insignificant amounts of at least seven of the mandatory nutrients listed below, and 2) foods that come in packages too small to accommodate a complete nutrition label (chewing gum, for example). Here are the mandatory nutrients and their units of measure, listed in standard order:

1. A typical serving size, meaning "the amount customarily eaten at one time."
2. Calories per serving.
3. Calories per serving that come from fat.
4. The amount of 12 other nutrients in a serving:
 - Total fat, measured in both grams and "% DV," meaning what percentage of Daily Value (DV) the amount represents
 - Saturated fat, in grams and % DV
 - Cholesterol, in milligrams and % DV
 - Sodium, in milligrams and % DV
 - Total carbohydrate, in grams and % DV
 - Dietary fiber, in grams and % DV
 - Sugars, in grams only
 - Protein, in grams only

- [Vitamin A](#), in % DV only
- [Vitamin C](#), in % DV only
- [Calcium](#), in % DV only
- [Iron](#), in % DV only.

What "Low-Fat," "Light," and Other Terms Mean

The FDA requires certain words on labels to meet strict definitions. Here's a brief lexicon:

"Free." Containing no amount of, or only trivial or "physiologically inconsequential" amounts of either fat, saturated fat, cholesterol, sodium, sugars, or calories—whichever is specified. Allowed synonyms include "without," "no," and "zero."

"Low." Even if eaten frequently, the food won't exceed dietary guidelines for certain nutrients. Specifically:

- **"Low fat":** 3 grams or less per serving
- **"Low saturated fat":** 1 gram or less per serving
- **"Low sodium":** 140 milligrams or less per serving
- **"Very low sodium":** 35 milligrams or less per serving
- **"Low cholesterol":** 20 milligrams or less and 2 grams or less of saturated fat per serving
- **"Low calorie":** 40 calories or less per serving.

"Lean." Applies only to meat, poultry, seafood, and game meats, as follows:

- **"Lean":** less than 10 grams of fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per serving *and* per 100 grams (about 3½ ounces)
- **"Extra lean":** less than 5 grams of fat, less than 2 grams of saturated fat, and less than 95 milligrams of cholesterol per serving *and* per 100 grams.

"High." One serving contains 20 percent or more of the Daily Value of the nutrient.

"Good source." One serving contains 10 to 19 percent of the Daily Value of the nutrient.

"Reduced." Contains at least 25 percent less of the nutrient than the regular, or reference, product. (Can be applied only to nutritionally altered foods; can't be applied if the reference food is already "low" in the nutrient.)

"Less." Same as "reduced," except that it can be applied whether the food is nutritionally altered or not. Acceptable synonym: "fewer."

"Light." Can mean two things:

- Contains one-third fewer calories or one-half the fat of the reference food. (Can be applied only to nutritionally altered foods. If the reference food derives 50 percent or more of its calories from fat, the "light" food's fat content *must* be at least 50 percent lower, regardless of the calorie reduction.)

- Sodium content has been reduced by 50 percent. (Can be applied only to a low-calorie, low-fat food. But "light in sodium" can be applied to *any* food whose sodium content has been reduced by at least 50 percent.)

(The term "light" can still be used to describe such properties as texture and color, as long as the label explains the intent—for example, "light brown sugar" and "light and fluffy.")

"More." One serving contains at least 10 percent more of the nutrient than a serving of the reference food does. (Can be applied to any food.)

"Fortified," "Enriched," "Added." Same definition as "more," except that these terms can be applied only to nutritionally altered foods.

"Healthy." Is low in fat and saturated fat and contains limited amounts of cholesterol and less than 480 milligrams of sodium per serving. (By early 1998, the limit for sodium will drop to 360 milligrams for individual foods and 480 milligrams for packaged meals such as frozen entrées or TV dinners.) In addition, if it's a single-item food, it must provide at least 10 percent of the Daily Value of one or more of vitamins A or C, iron, calcium, protein, or fiber. If it's a packaged meal, it must provide 10 percent of the Daily Value of two or three of these vitamins or minerals or of protein or fiber, in addition to meeting the other criteria.

"Fresh." When it implies that a food is raw or unprocessed, this term can be applied only to foods that are raw, have never been frozen or heated, and contain no preservatives. (Irradiation at low levels is allowed.) "Fresh frozen," "frozen fresh," and "freshly frozen" can be used for foods that are quickly frozen while still fresh. (Blanching is allowed.) Other uses of the term "fresh," such as in "fresh milk" or "freshly baked bread," are not affected.

"Percent fat-free." Can be applied only to foods that qualify as low-fat or fat-free (see above), and must accurately reflect the amount of fat in 100 grams of the food. If a food contains 2.5 grams of fat per 50 grams, for example, the claim must be "95 percent fat-free."

(Alternative spellings of all the terms above are acceptable—"hi" and "lo," for example—as long as the alternatives are not misleading.)

Implied Claims

These are prohibited when consumers would wrongly infer that a food does or does not contain a meaningful level of a nutrient. For example, a claim that a product is made with an ingredient known to be a source of fiber ("made with oat bran," for example) would not be allowed unless the product contained enough oat bran to qualify as a "good source" of fiber. Similarly, a claim that a product contains "no tropical oils" would be allowed only on foods that are "low" in saturated fat—because consumers have come to equate tropical oils with saturated fat.

Health Claims

Food labels are allowed to make claims for eight different relationships between a food or nutrient and the risk of a disease or health condition. Each claim must use the word "may" or "might," however, and cannot state a *degree* of risk reduction. It must also say that other factors play a role in that disease. The allowed claims are as follows:

- *Calcium and osteoporosis.* One serving must contain 20 percent or more of the Daily Value for calcium; the calcium content must equal or exceed that of phosphorus; and the calcium must be in a form that can be readily absorbed and used by the body.
- *Fat and cancer.* The food must qualify as "low fat" or, if fish or game meat, "extra lean."

- *Saturated fat and cholesterol, and coronary heart disease*. The food must qualify as a "low saturated fat," "low cholesterol," and "low fat" item or, if fish or game meat, as an "extra lean" item.
- *Fiber-containing grain products, fruits, and vegetables—and cancer*. The food must contain a grain product, fruit, or vegetable; must qualify as "low fat"; and, without fortification, must be a "good source" of dietary fiber.
- *Fruits, vegetables, and grain products that contain fiber—and coronary heart disease*. The food must be or contain fruits, vegetables, or grain products; must qualify as a "low saturated fat," "low cholesterol," and "low fat" item; and must contain, without fortification, at least 0.6 grams of soluble fiber per serving.
- *Sodium and hypertension*. The food must qualify as "low sodium." [Editor's note: In late 1996, as more and more studies indicated that salt intake affected blood pressure less than formerly believed, the Salt Institute proposed that such claims no longer be allowed on labels. As of this writing, the FDA was still considering the proposal.]
- *Fruits and vegetables, and cancer*. The food must be a fruit or vegetable; must qualify as "low fat"; and, without fortification, must qualify as a "good source" of at least one of the following: dietary fiber, vitamin A, or vitamin C.
- *Folic acid and neural-tube birth defects*. The FDA has agreed to allow such claims, but the rules have not been finalized.

To get more information on label regulations...

...you might start by visiting the FDA's World Wide Web site at <http://www.fda.gov/>.

Lactation

Nursing mothers need more of certain nutrients. If you decide to breast-feed your baby, be sure to mark the "I am lactating—6 months or less" box on your [Personal Information Form](#) when the baby is born. And if you breast-feed longer than six months, you should mark the "I am lactating—more than 6 months" box when your baby passes the half-year mark, since your nutrient requirements are slightly different thereafter. Finally, when you stop breast-feeding, make sure both boxes are [unchecked](#).

(If you're lactating while pregnant, check "I am pregnant" in the Personal Information Form; then ask your doctor to help you edit your Personal Daily Allowances to cover both conditions.)

Checking the boxes for lactation will automatically change your [Personal Daily Allowances \(PDAs\)](#) to the following levels, recommended by the [National Research Council](#). If your doctor prescribes different levels, you can change your PDAs with the [Personal Daily Allowance Editor](#).

(Note: In the rare event that you're over 50 and breast-feeding, some of your PDAs may revert to those for women 50 and younger. For details, jump to the Help topic on each nutrient cited below.)

"I am lactating—6 months or less."

[Folic Acid](#) drops from the 400 micrograms prescribed during pregnancy to 280 micrograms.

[Iron](#) drops from the 30 milligrams prescribed during pregnancy to the normal level of 15 milligrams, and remains there throughout lactation.

[Magnesium](#) drops from the figure prescribed during pregnancy. For mothers 18 and younger it falls from 400 milligrams to 360; for mothers 19 to 30, from 350 to 310; and for mothers over 30, from 360 to 320.

[Niacin](#) rises from the 17 milligrams prescribed during pregnancy to 20 milligrams, and remains there throughout lactation.

Protein does *not* automatically change, but you may need to reset your PDA yourself. See "Your Daily Allowance" in [Protein](#).

[Riboflavin](#) rises from the 1.6 milligrams prescribed during pregnancy to 1.8 milligrams.

[Selenium](#) rises from the 60 micrograms prescribed during pregnancy to 70 micrograms.

[Thiamin](#) rises from the 1.5 milligrams prescribed during pregnancy to 1.6 milligrams, and remains there throughout lactation.

[Vitamin A](#) rises from 800 micrograms RE to 1300 micrograms RE.

[Vitamin B12](#) rises from the 2.2 micrograms prescribed during pregnancy to 2.6 micrograms, and remains there throughout lactation.

[Vitamin B6](#) drops from the 2.2 milligrams prescribed during pregnancy to 2.1 milligrams, and remains there throughout lactation.

[Vitamin C](#) for women of ages 19 to 50 rises from the 85 milligrams prescribed during pregnancy to 120 milligrams. For women 18 or younger it rises from the 80 milligrams prescribed during pregnancy to 115 milligrams. (These figures are for nonsmokers. For [smokers](#), each figure will be 35 milligrams higher.)

[Vitamin E](#) rises from the 22 [International Units \(IU\)](#) prescribed during pregnancy to 28 IU.

"I am lactating—more than 6 months."

[Folic Acid](#) drops from 280 micrograms to 260 micrograms.

[Iron](#) remains at the normal 15 milligrams.

[Magnesium](#) remains at the number of milligrams prescribed for the first six months of lactation: 360 for mothers 18 or younger, 310 for mothers 19 to 30, and 320 for mothers over 30.

[Niacin](#) remains at the 20 milligrams prescribed for the first six months of lactation.

Protein does *not* automatically change, but again, you may need to reset your PDA yourself. See "Your Daily Allowance" in [Protein](#).

[Riboflavin](#) drops from the 1.8 milligrams prescribed during the first six months of lactation to 1.7 milligrams.

[Selenium](#) remains at 70 micrograms throughout lactation.

[Thiamin](#) remains at 1.6 milligrams throughout lactation.

[Vitamin A](#) drops from the 1300 micrograms RE prescribed for the first six months of lactation to 1200 micrograms RE.

[Vitamin B12](#) remains at 2.6 micrograms throughout lactation.

[Vitamin B6](#) remains at 2.1 milligrams throughout lactation.

[Vitamin C](#) for women of ages 19 to 50 remains at the 120 milligrams prescribed during the first six months of lactation. For women 18 and younger, it remains at the 115 milligrams prescribed during the first six months. (These figures are for nonsmokers. For [smokers](#), each figure will be 35 milligrams higher.)

[Vitamin E](#) remains at the 28 [International Units \(IU\)](#) prescribed during the first six months of lactation.

Laughing, Involuntary

See [Manganese](#).

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(Following is the license agreement that the original installer of this copy of DietPower approved by clicking the button labeled "I agree" during the installation. If you have questions about the agreement, see [DietPower, Inc., Contacting.](#))

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(Clicking the "I agree" button allowed the installation to proceed. Had the installer clicked the "I don't agree" button instead, the installation would have terminated, and you would not be reading this Help topic now.)

Licensing DietPower

If you're using DietPower's free 30-day trial, you'll find instructions for purchasing a permanent license at [Free Trial Copy, Converting to Permanent Version.](#) Otherwise, check our order information page at <http://www.dietpower.com/order.htm>.

Liver Disease

See:

- [Alcohol](#)
- [Copper](#)
- [Protein](#)
- [Vitamin A.](#)

Logging Off

This means [saving](#) your work and ending your [session](#), either by exiting from DietPower or letting another user log on.

If you're the only user in your household, you can safely leave a session running all day. But it's best to return to your [Home Screen](#) each time you finish a spell of work, because then the work will automatically be saved.

If you leave DietPower running and the clock passes midnight, any snacks you record in your Food Log will count as today's intake unless you first exit from DietPower and start up the program again. This is not a bad thing, however: any eating that will influence tomorrow morning's weight entry *should* be logged beforehand.

You *must* restart DietPower each morning before logging your new weight, however. Reason: The program assumes the date has not changed until it gets a peek at the clock in your computer—and it checks the clock only during startup.

To log off:

From your [Home Screen](#):

- Open the User Menu (by clicking the word *User*) and choose "Exit from DietPower"

or

- Click DietPower's [X button](#)

or

- [Double-click](#) the program's [Control Menu icon](#)

or


- Let another user log on. See [User, Switching to a Different](#).

Logging On

This means opening your records and starting a new [session](#) of DietPower. It can be done in three ways:

To log on from the **household icon**:



1. [Double-click](#) the icon. (It looks like this: ) After the logo appears and the food databases load, the User List will pop up.
2. Highlight your name on the User List (by clicking the name) and click OK. You will then be asked for your password (if you've established one) and your weight (if you haven't logged it yet today) and given a Food for Thought item (unless you've turned this option off) before being taken into the main part of the program. (Note: If you don't want to log your weight every day, just click OK when prompted, and DietPower will assume your weight is the same as before. Your calorie budget will be accurate enough for the time being. DietPower will correct it next time you log your actual weight.)


To log on from your **personal icon**:

Just [double-click](#) the icon. This saves time by bypassing the User List. (For instructions on setting up a personal icon, see [Icon, Installing a Personal.](#))

To log on from another user's session:

1. Ask the other user to go to his [Home Screen](#) and:



- click the User List button: 
- or*
- open the User Menu (by clicking the word *User*) and choose "Different User."

(Note: If the other user is working on past records, DietPower will refuse to open the User List until she resets the [working date](#) to today.)

2. DietPower will close the other user's session and present the User List. Highlight your name, by clicking it.
3. Click OK. DietPower will let you begin a new session of your own.

Magnesium

This metal (not to be confused with another metal, [manganese](#)) is important to building bones, creating protein, conducting nerve signals to the muscles, and helping the body adapt to cold.

The best sources of magnesium are raw, leafy, green vegetables; soybeans; whole grains; and nuts, especially cashews and almonds.

An oversupply of magnesium will cause neurological problems, and can also be dangerous to people who have reduced kidney function.

Your Daily Allowance

DietPower sets your [Personal Daily Allowance \(PDA\)](#) of magnesium at the National Research Council's [Dietary Reference Intake \(DRI\)](#), measured in [milligrams](#). For males it's 410 from age 14* to 18, 400 from age 19 to 30, and 420 after age 30. For women it's 360 from age 14* to 18, 310 from age 19 to 30, and 320 after age 30. For [pregnancy](#) it's 400 milligrams for mothers 18 or younger, 350 for those 19 to 30, and 360 for those 31 through 50. For [lactation](#) it's 360 for mothers 18 or younger, 310 for those 19 to 30, and 320 for those 31 through 50. (If your doctor recommends a different allowance, you can revise your PDA. See [Personal Daily Allowances, Editing Your.](#))





*But remember that DietPower is not designed for people under 15.

Upper Limits


The [Tolerable Upper Intake Level \(UL\)](#) of magnesium refers only to the amount taken in dietary supplements, not that obtained from food. For teenagers and adults, the UL is 350 milligrams. Supplements exceeding this amount may harm your health.




Color Coding of This Nutrient

The magnesium bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 150 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 150 percent of your PDA
-  missing if you've logged no magnesium.

In the [nutrient profile](#) of a food or recipe, the magnesium bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of magnesium

-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of magnesium
-  blue for "neutral" otherwise
-  missing if the amount of magnesium is either zero or (when the word *Magnesium* is grayed out) unknown.

How Complete Are DietPower's Magnesium Readings?

Fairly. Of the 16,000 entries in the Food Dictionary, 11 percent list their total-fat content as "unknown." (The percentage may be different, of course, if you've added a lot of foods to the dictionary yourself.) To see whether a particular food has a magnesium reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Magnesium," it means the amount is unknown. (To see *all* foods with unknown magnesium readings, click the dictionary's [PowerFoods](#) tab and sort the foods by magnesium power; then scroll to the bottom of the list.)

Magnesium on Food Labels

Food labels are not required to report magnesium content, but some do voluntarily. They may cite the content in milligrams, percent of [Daily Value](#), or both.

The Daily Value for magnesium is 400 milligrams. This isn't necessarily right for you, however—it's a rough estimate meant to cover most of the U.S. population.

For more on label regulations, see [Labels, Food](#).

Malaise

See [Phosphorus](#).

Manganese

This metal (not to be confused with [magnesium](#)) is important to central-nervous-system function, bone growth, and reproduction.

Good sources of manganese include nuts, whole grains, tea, instant coffee, cocoa powder, and some fruits and vegetables.





Manganese deficiency has never been observed in human beings. Symptoms of an oversupply include involuntary laughing, hand tremors, slurred speech, and "poker face"—an immobile, deadpan expression.

Your Daily Allowance




The [National Research Council \(NRC\)](#) has not defined a [Recommended Dietary Allowance \(RDA\)](#) for manganese. The NRC's [Estimated Safe and Adequate Amount](#), however, is 2.0 to 5.0 [milligrams](#) per day for adults. DietPower sets your [Personal Daily Allowance \(PDA\)](#) in the middle of this range, at 3.5 milligrams per day. (If your doctor recommends a different allowance, you can revise your PDA. See [Personal Daily Allowances, Editing Your.](#))

Color Coding of This Nutrient

The manganese bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 140 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 140 percent of your PDA
-  missing if you've logged no manganese.

In the [nutrient profile](#) of a food or recipe, the manganese bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of manganese
-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of manganese
-  blue for "neutral" otherwise



- missing if the amount of manganese is either zero or (when the word *Manganese* is [grayed out](#)) unknown.

How Complete Are DietPower's Manganese Readings?

Not terribly. Of the 16,000 entries in the Food Dictionary, 28 percent list their manganese content as "unknown." (The percentage may be different, of course, if you've added a lot of foods to the dictionary yourself.) To see whether a particular food has a manganese reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Manganese," it means the amount is unknown. (To see *all* foods with unknown manganese readings, click the dictionary's [PowerFoods](#) tab and sort the foods by manganese power; then scroll to the bottom of the list.)

Manganese on Food Labels

Foods are not required to report their manganese content, though some do. Since no official [Daily Value \(DV\)](#) has been established, the amount is usually reported in milligrams. (The [DietPower Daily Value](#) is 3.5 milligrams.)

For more on label regulations, see [Labels, Food](#).

Menstrual Problems

See:

- [Vitamin A](#)
- [Vitamin B6](#)

Midnight, What Happens After

If you leave DietPower running past midnight, it won't know that a new day has started. Reason: The program assumes a constant date until it gets a peek at your computer's clock, which it checks only during startup. This has two important implications:

1. You can't log a new day's weight without first restarting DietPower. If you wake up with DietPower still running from the night before, the program will think that the date is still yesterday and that you've already logged your weight for the day. The moment you restart the program, however, it will recognize that the date has changed, and prompt you to enter your new weight.
2. You can log after-midnight snacks as part of the old day's record. This is desirable, because any eating that will influence tomorrow's weight entry *should* be logged beforehand.

If you inadvertently exit after midnight, before your eating day is finished...

...don't worry. Simply restart the program and follow these steps:

1. When DietPower prompts you to enter your weight for the new day, just press Enter to accept the default that's listed (always yesterday's weight). The exact figure doesn't matter, because you'll revise it when you actually weigh yourself the next morning.
2. Change the [working date](#) to the pre-midnight date.
3. Open the Food Log and continue recording your foods.
4. Exit from DietPower just before you go to bed.
5. In the morning, restart DietPower and revise last night's tentative weight entry:
 - a) From your [Home Screen](#), open the Diet Menu (by clicking the word *Diet*).
 - b) Click "Weight Log."
 - c) Type your actual weight over the weight you entered last night.
 - d) Click OK or press the Enter key.

Mistakes, Correcting Past

You can review your records for any date that has not yet been [purged](#)—and correct them, too, by changing the [working date](#). For instructions, see [Calendar](#).

Mouth, Cracks at Corners of

See [Vitamin B6](#).

Mucous Membranes

See [Vitamin A](#).

Naming New Foods and Recipes

For ease in finding them later, [foods](#) and [recipes](#) that you add to the dictionaries should be named according to the same rules DietPower uses:

1. Start the item's description with its most basic name. Usually, this will be a single noun. If your recipe is for a low-fat caesar salad with anchovies and black olives, for example, the basic name would be *salad*—not *caesar* or *anchovies* or *olives* or *low-fat*.
2. After the basic name, add a comma and a space, then the most general modifier. In the example cited above, it would be *caesar*.
3. Continue to add more modifiers (also separated by commas and spaces), moving from the general to the specific: "Salad, caesar, with anchovies and black olives, low-fat."
4. Follow this basic description with modifiers that describe preparation: *chopped*, *whipped*, *boiled*, *raw*, etc.
5. Add the brand name (always in parentheses). (For recipes, use your own name or Aunt Sally's, if that's whose recipe it is, or the title of the cookbook you got it from.)
6. Try to insert a phrase relating the food's volume to its weight—"4.9 oz per cup," for example. That way, you'll be able to measure your portions by either method.
7. Finally, if the item is a recipe, *make sure the description mentions the serving size*. Reason: when you call up a recipe to record it in your [Food Log](#), the number and units for the item will say only "1 svg"—and you may not remember how big a serving that means. To prevent frustration, just include in the description a phrase like "3-oz svg" or "1/2-c svg."

If you run out of room (the limit is 90 characters), feel free to abbreviate, but try to observe the same conventions that DietPower uses. This will cut your risk of missing the food in searches. The main rules:

- A word that's abbreviated in a certain way is never abbreviated in any other way. If you find "flr" for "flour" in the Cakes category, for example, you can be certain it won't appear in some other category as "fl"—it will always be "flour" or "flr." (For a list of standard abbreviations, see [Abbreviations, Food.](#))
- If you must abbreviate, start with the last words in the food's description and work toward the beginning, stopping as soon as the description becomes short enough to fit. If you need to remove three letters from "Cauliflower, frozen, boiled, with butter," for example, you have a choice of abbreviating "frozen" as "frz" or "butter" as "btr". The better choice is "btr," because abbreviations that lie closer to the end of a description are less likely to throw a list out of alphabetical order.

Neurological Disease

See:

- [Copper](#)
- [Magnesium](#)
- [Manganese](#)
- [Vitamin A](#)
- [Vitamin B12](#)
- [Vitamin B6](#)

Niacin

Like [riboflavin](#) and [thiamin](#), niacin is a [vitamin](#) that acts as a [coenzyme](#). A severe shortage leads to pellagra, a disease triggering skin problems, diarrhea, mental confusion, irritability, swelling of the mouth, and a smooth tongue. Too much niacin may cause severe itching, nausea, and flushing of the skin, especially around the face and neck.





Good sources of niacin include peanuts, [fortified](#) cereals, liver, poultry, meat, eggs, bread, pasta, nuts, tuna, and dried peas and beans.

Your Daily Allowance




DietPower sets your [Personal Daily Allowance \(PDA\)](#) of niacin at the National Research Council's [Recommended Dietary Allowance \(RDA\)](#), measured in [milligrams](#): 20 for males aged 15 to 18, 19 for males aged 19 to 50, 15 for men 51 and over, 15 for women 15 to 50, 13 for women over 50, 17 for [pregnant](#) women, and 20 throughout [lactation](#). (If your doctor recommends a different allowance, you can reset your PDA. See [Personal Daily Allowances, Editing Your.](#))

Color Coding of This Nutrient

The niacin bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 150 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 150 percent of your PDA
-  missing if you've logged no niacin.

In the [nutrient profile](#) of a food or recipe, the niacin bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of niacin
-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of niacin
-  blue for "neutral" otherwise



- missing if the amount of niacin is either zero or (when the word *Niacin* is [grayed out](#)) unknown.

How Complete Are DietPower's Niacin Readings?

Very. Of the 16,000 entries in the Food Dictionary, only 1 percent list their niacin content as "unknown." (The number of unknowns will be higher, of course, if you've added foods to the dictionary with missing niacin figures.) To see whether a particular food has a niacin reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Niacin," it means the amount is unknown. (To see *all* foods with unknown niacin readings, click the dictionary's [PowerFoods](#) tab and sort the foods by niacin power; then scroll to the bottom of the list.)

Niacin on Food Labels

Foods are not required to report niacin content, but many do. They may cite the amount in milligrams, percent of [Daily Value \(DV\)](#), or both.

The Daily Value for niacin is 20 milligrams. This is not necessarily right for you, however—it's a rough estimate meant to cover most of the U.S. population.

For more on label regulations, see [Labels, Food](#).

Numerical Designer, Creating a Diet with the

The Numerical Designer is an alternative page in the [Diet Designer](#) that lets you set your goal weight with unusual precision: to the nearest tenth of a pound. (The *Visual Designer* page, by contrast, sets your goal weight only to the nearest whole pound.)

To open the Numerical Designer page...

...jump into the [Diet Designer](#) and click the tab labeled "Numerical Designer." This will bring the Numerical Designer to the top of the stack.

To specify your diet goals:

In the blocks provided, type your target date in M/D/Y form and your goal weight to the nearest pound or tenth of a pound—whichever you prefer.

To adopt the diet...

...click the Adopt Diet button at the bottom of the page. (If the button is not visible, see [Taskbar, Hiding to Make Screens Deeper.](#)) DietPower will replace your current diet (if any) with the new one, change your daily [calorie budget](#) to reflect the new goals, and draw a fresh line on your [Weight History](#) that you'll need to stay under (or over, if you're on a weight-*gain* diet) in order to reach your goal by your target date.

A Safeguard

If you design a diet that gives you a calorie budget lower than half your current [metabolic rate](#), DietPower will warn that you may be eating too little for adequate nutrition. You can ignore the warning (by clicking OK and going about your business), but DietPower urges you to design a safer diet instead.

To read a description of the diet before adopting it...

...click the tab labeled "Diet Description." If the diet seems unsuitable, you can click either the Numerical Designer or the Visual Designer tab to try new goals.

To close the Numerical Designer page:

If you want to stay in the Diet Designer, click one of the other tabs at the top of the screen.

If you want to leave the Diet Designer, click the Adopt Diet button or press the Enter key to begin the diet you've just designed, or click Cancel or press the Escape key if you'd rather stick with the diet you already have. (If the Adopt Diet and Cancel buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

Nursing

See [Lactation](#).

Nutrient History, Your

Are you getting enough calcium? Folic acid? Magnesium? Vitamin C? Too much sodium or cholesterol? What percentage of the calories you ate today came from fat? Your Nutrient History can answer these and dozens of other questions at a glance. Besides showing your [nutrient balance](#) for today, the Nutrient History can display your daily average for the past week, month, quarter, or year—in either bar-chart or table form. You can also make a printout to show your doctor, nutritionist, or personal trainer.

To open your Nutrient History:

From your [Home Screen](#):



- click the Nutrient History button:

or

- open the Food Menu (by clicking the word *Food*) and choose "Nutrient History."

To toggle between bar-chart and **table views**:

Just click anywhere on the history with the left mouse button. DietPower will switch to the other view.

To choose a time span...

...click one of the tabs at the top of the page, labeled "Today," "Past Week," "Past Month," "Past Quarter," and "Past Year."

(You can also look at your nutrient balance for a particular day or period in the past. Just change the [working date](#) before opening the Nutrient History.)

The Meaning of Each Time Span

If the working date is today:

- "Today" means the current date. (Note: If you log snacks after midnight without having closed DietPower and restarted it, the snacks will count as "today's" intake—and this is generally the correct thing to do. See [Midnight, What Happens After.](#))
- "Past Week" means yesterday and the six days preceding—it doesn't include today's intake. Reason: This would give misleading averages if you looked at the chart before logging all of today's foods. (The same "preceding days only" rule applies to all time spans longer than one day.)
- "Past Month" means yesterday and the month preceding it. If today is August 7, for example, the past month is July 7 through August 6.
- "Past Quarter" means yesterday and the three months preceding it. If today is April 20, the past quarter is January 20 through April 19.
- "Past Year" means yesterday and the year preceding it, including leap days. If today is March 1, 2000, the past year is March 1, 1999, through February 29, 2000.

If the working date is *not* today...

...the "Today" tab will be relabeled "This Day" and the time spans will refer to the working date instead of

the current date. For consistency, the "preceding days only" rule (described above) will still apply.





- "This Day" means the working date.
- "Past Week" means the day before the working date and the six days preceding. If the working date is May 30, for example, the past week is May 23 through May 29.
- "Past Month" means the day before the working date and the month preceding. If the working date is December 2, the past month is November 2 through December 1.
- "Past Quarter" means the day before the working date and the three months preceding. If the working date is October 15, the past quarter is July 15 through October 14.
- "Past Year" means the day before the working date and the year preceding, including leap days. If the working date is March 1, 2000, the past year is March 1, 1999, through February 29, 2000.

Interpreting the Bar Chart

The chart is actually two pages long. To flip between the pages, click the word *More* in its lower-left corner.

The bar beside each nutrient represents the percentage of your [Personal Daily Allowance \(PDA\)](#) that you've averaged during the period displayed. (For a complete definition of PDAs and related terms, see [Personal Daily Allowances.](#)) When you've averaged more than 200 percent of a PDA, the percentage is shown numerically in the right margin. (The upper limit for the margin display is 9999 percent. Any percentage above that will be indicated as ">9999.")

The bars are also color-coded:

-  Blue indicates that for most people, your daily average of this nutrient would be considered "good"—either the nutrient is highly prized and you've logged a lot, or the nutrient is a problem but you've logged relatively little. (This is true only up to a point, of course. It's possible to get too much or too little of almost any nutrient.)
-  Red indicates that for most people, your daily average of this nutrient would be considered "bad"—either the nutrient is highly prized and you've logged very little, or the nutrient is a problem and you've logged a lot. Again, however, this is true only up to a point, and for some people and some nutrients it may not be true at all.
-  Yellow means "caution"—you may be getting far too much of a nutrient even though it's ordinarily prized, or far too little of a nutrient that's "bad" but still necessary.
-  A missing bar means you've recorded none of that nutrient.

The *exact* meaning of each color varies from nutrient to nutrient. To learn the details for any nutrient, jump into the nutrient's Help topic and read the section headed "Color Coding of This Nutrient."

Caution

If you have used the [Personal Daily Allowance Editor](#) to change your allowance of a nutrient, DietPower cannot guarantee that the color coding described above will be accurate for that nutrient. For best advice on your intake of any nutrient, see [Nutrients, Information on.](#)

Your PDA of calories...

...may differ from your calorie budget. This is normal. For an explanation, see "Your Daily Allowance" in [Calories.](#)

Interpreting the Table

Unlike the bar chart, the table view is restricted to a single page and doesn't give a quality rating for each nutrient. Nevertheless, it delivers more information. Besides the percentage of PDA, it shows:

- The [absolute amount](#) of each nutrient. Units are indicated by an abbreviation following the nutrient's name: "g" for grams, "mg" for milligrams, "µg" for micrograms, "IU" for International Units, or "fl oz" for fluid ounces.
- Your [Key Ratio](#), displayed in both pie-chart and table form.

To learn about individual nutrients...

...see [Nutrients, Information on.](#)

How accurate is the history?

That depends on two things:

1. [How precisely you've recorded your meals in the Food Log.](#) If you haven't measured your portions carefully, if you've forgotten to log some of your foods, or if you've logged substitutes that didn't exactly match those you ate, the history will be proportionately in error. This should not worry you greatly, however, unless you've been truly negligent for a large fraction of the days you've been using DietPower. Your errors in measurement may fairly well cancel one another out; your substitutions may do the same; and anytime you skip a day, DietPower automatically makes the reasonable assumption that your intake of each nutrient was the same as your daily average for the preceding 30 days, plus or minus a percentage based on your weight change that day. (If you've been using DietPower less than 30 days, the program fills in the missing days with "phantom data" for an average person of your age, sex, weight, and reproductive status.)

Even when these assumptions aren't true, the error that you've introduced into the record will, of course, become less significant with each passing day, because it will make up a smaller and smaller fraction of your history.


Finally, there is margin for error in most Personal Daily Allowances (PDAs) themselves: the National Research Council has inflated most of the Recommended Dietary Allowances and [Estimated Safe and Adequate Amounts \(ESAAAs\)](#) enough to cover the needs of all but 2 percent of the population, which means that an average person will find them *more* than adequate. (DietPower does *not* inflate its [DietPower Daily Allowances](#), however, since most of these cover nutrients that pose little health risk if there is a shortage.)

2. [Which nutrients you're monitoring.](#) If you browse the [Food Dictionary](#) for a while, you'll notice that figures for some of the less important nutrients (those toward the end of the nutrient table) are sometimes not given. That's usually because neither the government, nor any food company, nor any independent laboratory, has gone to the expense of measuring that nutrient in that food. So, when you look at the

figures for these minor nutrients on your Nutrient History, you can assume only that you've gotten at least the amount shown, and that your true intake may be higher.

Underreported nutrients will be more numerous in the brand-name foods that users add to the dictionary



(those marked with the  symbol) than in the generic foods that came with DietPower. For each class of food, here are the nutrients you should *doubt*:

- In user-added foods: monounsaturated and polyunsaturated fats; potassium; vitamins B6, B12, D, and E; thiamin; riboflavin; niacin; folic acid; phosphorus; magnesium; zinc; copper; pantothenic acid; manganese; selenium; water; and alcohol. The remaining 13 are much more reliable in these foods, because the government requires them on nearly all food labels that list nutrients.
- In DietPower's original foods: [vitamin D](#), [vitamin E](#), [selenium](#), [pantothenic acid](#), [manganese](#), and [sugars](#). (The Help topic for each of these nutrients will explain the degree of underreporting. To jump to the topic, just click the nutrient's name here.) The other 27 nutrients are fairly well represented in these foods.

You can make your Nutrient History more accurate.

If the minor nutrients listed above are important to you, then obviously you should log the generic version of a food whenever you can. (Exception: dietary fiber. Generic foods sometimes fail to report it, whereas brand-name foods *must*.)

If you're *not* interested in minor nutrients, always log the brand-name version. Reason: Generic items are often composites of several brands with differing nutrient profiles. A brand-name label includes nutrient data for that brand only.

If the calories in your Nutrient History and your [Food Log](#) don't agree...

...the difference probably stems from rounding errors. In most cases, the disparity will not be significant. A 100-calorie error represents less than half an ounce of body fat.

To print a Nutrient History:

1. Choose the time span you want to print, by clicking its tab.
2. Click the Print button underneath the history. (If the Print button is not visible, see [Taskbar, Hiding to Make Screens Deeper](#).) The Windows Print dialog will appear.
3. Change your print settings, if necessary.
4. Click OK or press the Enter key.

The printout will include all the information on both the bar-chart and [table views](#), as well as a pie chart of your Key Ratio.

To close the Nutrient History...

...click Close or press the Enter key. (If the Close button is not visible, see [Taskbar, Hiding to Make Screens Deeper](#).) DietPower will take you back to the [Home Screen](#).

Nutrient Intake, Today's

The [Food Log](#) offers a special page that lets you see how well balanced your diet is today. (You can also use this page to check your nutrient balance for any day in the past. See "To Change Your Working Date" in [Calendar.](#)) The page is exactly the same as the "Today" page in your [Nutrient History](#)—except that you don't have to leave the Food Log to see it.

To check today's nutrient intake while you're in the Food Log...

...just click the [tab](#) labeled "Your Nutrient Intake."

To interpret the Nutrient Intake page...

...see "Interpreting the Bar Chart" and "Interpreting the Table" in [Nutrient History, Your.](#)

If the calories in your Nutrient Intake and your [Food Log](#) don't agree...

...the difference probably stems from rounding errors. In most cases, the disparity will not be significant. A 100-calorie error represents less than half an ounce of body fat.

To print the Nutrient Intake:

1. Click the Print button. (If the Print button is not visible, see [Taskbar, Hiding to Make Screens Deeper.](#)) The Windows Print dialog will appear.
2. Change your print settings, if necessary.
3. Click OK or press the Enter key.

To leave the Nutrient Intake page:

[If you'd like to stay in the Food Log.](#) click one of its other tabs. The other page will come to the top.

[If you want to return to the Home Screen.](#) click Close or press the Enter key. (If the Close button is not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

Nutrient Profile, Viewing a Food's or Recipe's

Every [food](#) and [recipe](#) in the dictionary has a profile attached to it, showing how much of 33 different [nutrients](#) and [subnutrients](#) it contains. You can display the profile in two ways: as a bar chart or as a table. You can also make a printout.

To view a food or recipe's nutrient profile:

1. Open either the Food Dictionary (containing all foods and recipes) or the Recipe Box (containing only recipes). If you don't know how to do this, see [Food Dictionary](#) or [Recipe Box](#).
2. Find the item whose profile you want to view. (See [Dictionaries, Searching the.](#))
3. Highlight the item, by clicking its name.
4. Click the tab labeled "Nutrient Profile." DietPower will uncover the Nutrient Profile page, showing the nutrients in the item you highlighted.

To toggle between bar-chart and table views...





...just click anywhere on the profile with the left mouse button. DietPower will switch to the other view.

Interpreting the Bar Chart

The chart is actually two pages long. To flip between the pages, click the word *More* in the lower-left corner.

The bar beside each nutrient represents the percentage of the U.S. Food and Drug Administration's official Daily Value (DV) that the food or recipe contains. For nutrients that don't have a DV, the [DietPower Daily Value \(DPDV\)](#) is used instead. (For complete definitions of these terms, see [Values, Daily.](#)) When the figure is greater than 200 percent, the percentage is shown numerically in the right margin. (The upper limit for the margin display is 9999 percent. Percentages above that are displayed as ">9999.")

The bars are also color-coded:

-  Green indicates that for most people, the food or recipe would be considered *good* where this nutrient is concerned—either the nutrient is highly prized and this item contains a lot, or the nutrient is a problem but the item contains very little. (This is true only up to a point, of course. It's possible to get too much or too little of almost any nutrient.)
-  Magenta indicates that for most people, the item would be considered *bad* where this nutrient is concerned—either the nutrient is highly prized and this item contains little, or the nutrient is a problem and the item contains a lot. Again, however, this is true only up to a point, and for some people and some nutrients it may not be true at all.
-  Cyan indicates nutrients for which this item would be considered neither "bad" nor "good."
-  A missing bar indicates an amount that is either zero or (when the nutrient's name is [grayed out](#)) unknown.

The *exact* meaning of each color varies from nutrient to nutrient. To learn the details for any nutrient, jump into the nutrient's Help topic and read the section headed "Color Coding of This Nutrient."

Interpreting the Table

Unlike the bar chart, the table view is restricted to a single page and doesn't give a quality rating for each nutrient. Nevertheless, it delivers more information. Besides the percentage of Daily Value, it shows:

- The [absolute amount](#) of each nutrient. Units are indicated by an abbreviation following the nutrient's name: "g" for grams, "mg" for milligrams, "µg" for micrograms, "IU" for International Units, or "fl oz" for fluid ounces.
- The number of calories from fat, carbohydrate, protein, and alcohol in the item, listed in the lower-left corner. (These do not always add up to the "Calories" figure at the top of the nutrient list. Reason: The bottom tally assumes that each gram of fat, carbohydrate, protein, and alcohol contributes nine, four, four, and seven calories, respectively—the formula commonly used by nutritionists. Some foods don't obey the formula.)
- The food or recipe's [Key Ratio](#), shown in pie-chart form underneath the table.
- The [categories](#) into which the food or recipe has been placed (if any), displayed in the lower-right corner.
- Which nutrient values are unknown. These are indicated by question marks. (Exception: Items with unknown amounts of fat, carbohydrate, protein, or alcohol will show zeroes in those columns instead of question marks. For an explanation, see the second paragraph of "Fat" in [Foods, Filling in Nutrients, Etc., When Creating or Editing.](#))

To learn about individual nutrients...

...see [Nutrients, Information on.](#)

To print a Nutrient Profile:

1. Click the Print button underneath the profile. The Windows Print dialog will appear.
2. Change your print settings, if necessary.
3. Click OK or press the Enter key.

The printout will include all the information on both the bar-chart and table views, as well as a pie chart of the Key Ratio. (Exception: For lack of space, the printout won't include the food categories in which the item resides.)

To close the Nutrient Profile:

If you want to stay in the Food Dictionary or the Recipe Box, click the tab for the page you'd like to switch to.

If you'd rather go back to the Home Screen, click Close or press the Enter key. (If the Close button is not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

Nutrients, Information on

Following are the 33 [nutrients](#) and [subnutrients](#) that DietPower tracks, listed in alphabetical order. For information on any nutrient, click its name.

[Alcohol](#)
[Calcium](#)
[Calories](#)
[Carbohydrate](#)
 [Dietary Fiber](#)
 [Sugars](#)
[Cholesterol](#)
[Copper](#)
[Fat](#)
 [Monounsaturated Fat](#)
 [Polyunsaturated Fat](#)
 [Saturated Fat](#)
[Folic Acid](#)
[Iron](#)
[Magnesium](#)
[Manganese](#)
[Niacin](#)
[Pantothenic Acid](#)
[Phosphorus](#)
[Potassium](#)
[Protein](#)
[Riboflavin](#)
[Selenium](#)
[Sodium](#)
[Thiamin](#)
[Vitamin A](#)
[Vitamin B12](#)
[Vitamin B6](#)
[Vitamin C](#)
[Vitamin D](#)
[Vitamin E](#)
[Water](#)
[Zinc](#)

Nutrients, Interaction of

Getting too little or too much of some nutrients can interfere with your intake of others. Following are important examples. To read the Help topics describing how the nutrients interact, click the green jump words.


- [Calcium](#) and other minerals
- [Dietary fiber](#) and other nutrients
- [Folic acid](#) and vitamin B12
- [Phosphorus](#) and calcium
- [Protein](#) and calcium
- [Protein](#) and water
- [Sugars](#) and other nutrients
- [Vitamin D](#) and calcium
- [Vitamin E](#) and vitamin K
- [Water](#) and other nutrients
- [Zinc](#) and copper


Obese, How to Tell if You're

By the most commonly used definition, you are "obese" if you have a Body Mass Index (BMI) greater than 30, and "overweight" if your BMI is 25 to 30. (Being overweight does not pose a significant health risk until you reach a BMI of 27, however.)

Your BMI is your weight in kilograms divided by the square of your height in meters. You don't have to do this calculation yourself, though—you can either use the [Ideal Weight Calculator](#) (which automatically computes your BMI) or consult the BMI table below.

To use the BMI table:

1. Maximize your Help window by clicking this button in the window's top-right corner: 
2. Scroll down to the BMI table.
3. If the table hasn't arrange itself into 17 neat columns, make sure your Help display is set to normal or small fonts:
 - a) Open the Options Menu (by clicking *Options* at the top of the Help window)
 - b) Slide the mouse pointer onto *Fonts*
 - c) Click "Normal" or "Small."
4. Scroll down the table to the height that's closest to yours.
5. In the row containing your height, find the weight that's closest to yours.
6. Look up or down at the nearest row of bold, two-digit numbers labeled "BMI." Your BMI is the number directly above or below your weight.

When you're finished with the table, you can restore your Help window to narrow size by clicking this button in the window's top-right corner: 

Interpreting the Color Codes

- If your BMI is in the **red zone**, you are officially obese.
- If it's in the **blue zone**, you are overweight, but your extra pounds are probably not a health hazard unless your BMI lies either on or to the right of the **bold blue column**.
- If it's in the **green zone**, you are not overweight.

To learn how to calculate a BMI yourself...

...read "Is Jill obese?", below.

BMI Table



(To read the table, click the  button at the top of this Help window.)

| BMI: | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 35 | 40 | 50 |
|--------|----------------|----|-----|-----|-----|-----|-----|-----|------------|-----|-----|-----|-----|-----|-----|-----|
| Height | Healthy Weight | | | | | | | | Overweight | | | | | | | |
| Obese | | | | | | | | | | | | | | | | |
| 4' 0" | 62 | 66 | 69 | 72 | 75 | 79 | 82 | 85 | 88 | 92 | 95 | 98 | 102 | 115 | 131 | 164 |
| 4' 1" | 65 | 68 | 72 | 75 | 79 | 82 | 85 | 89 | 92 | 96 | 99 | 102 | 106 | 120 | 137 | 171 |
| 4' 2" | 68 | 71 | 75 | 78 | 82 | 85 | 89 | 92 | 96 | 100 | 103 | 107 | 110 | 124 | 142 | 178 |
| 4' 3" | 70 | 74 | 78 | 81 | 85 | 89 | 93 | 96 | 100 | 104 | 107 | 111 | 115 | 130 | 148 | 185 |
| 4' 4" | 73 | 77 | 81 | 85 | 88 | 92 | 96 | 100 | 104 | 108 | 112 | 115 | 119 | 135 | 154 | 192 |
| 4' 5" | 76 | 80 | 84 | 88 | 92 | 96 | 100 | 104 | 108 | 112 | 116 | 120 | 124 | 140 | 160 | 200 |
| 4' 6" | 79 | 83 | 87 | 91 | 95 | 100 | 104 | 108 | 112 | 116 | 120 | 124 | 129 | 145 | 166 | 207 |
| 4' 7" | 82 | 86 | 90 | 95 | 99 | 103 | 108 | 112 | 116 | 120 | 125 | 129 | 133 | 151 | 172 | 215 |
| 4' 8" | 85 | 89 | 94 | 98 | 103 | 107 | 112 | 116 | 120 | 125 | 129 | 134 | 138 | 156 | 178 | 223 |
| 4' 9" | 88 | 92 | 97 | 102 | 106 | 111 | 116 | 120 | 125 | 129 | 134 | 139 | 143 | 162 | 185 | 231 |
| 4' 10" | 91 | 96 | 100 | 105 | 110 | 115 | 120 | 124 | 129 | 134 | 139 | 144 | 148 | 167 | 191 | 239 |
| 4' 11" | 94 | 99 | 104 | 109 | 114 | 119 | 124 | 128 | 133 | 138 | 143 | 148 | 154 | 173 | 198 | 248 |

| BMI: | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 35 | 40 | 50 |
|--------|----------------|-----|-----|-----|-----|-----|-----|-----|------------|-----|-----|-----|-----|-----|-----|-----|
| Height | Healthy Weight | | | | | | | | Overweight | | | | | | | |
| Obese | | | | | | | | | | | | | | | | |
| 5' 0" | 97 | 102 | 107 | 112 | 118 | 123 | 128 | 133 | 138 | 143 | 148 | 153 | 159 | 179 | 204 | 256 |
| 5' 1" | 100 | 106 | 111 | 116 | 122 | 127 | 132 | 137 | 143 | 148 | 153 | 158 | 164 | 185 | 211 | 265 |
| 5' 2" | 104 | 109 | 115 | 120 | 126 | 131 | 136 | 142 | 147 | 153 | 158 | 164 | 170 | 191 | 218 | 273 |
| 5' 3" | 107 | 113 | 118 | 124 | 130 | 135 | 141 | 146 | 152 | 158 | 163 | 169 | 175 | 197 | 225 | 282 |
| 5' 4" | 110 | 116 | 122 | 128 | 134 | 140 | 145 | 151 | 157 | 163 | 169 | 174 | 181 | 204 | 232 | 291 |
| 5' 5" | 114 | 120 | 126 | 132 | 138 | 144 | 150 | 156 | 162 | 168 | 174 | 180 | 186 | 210 | 240 | 301 |
| 5' 6" | 118 | 124 | 130 | 136 | 142 | 148 | 155 | 161 | 167 | 173 | 179 | 186 | 192 | 216 | 247 | 310 |
| 5' 7" | 121 | 127 | 134 | 140 | 146 | 153 | 159 | 166 | 172 | 178 | 185 | 191 | 198 | 223 | 255 | 319 |
| 5' 8" | 125 | 131 | 138 | 144 | 151 | 158 | 164 | 171 | 177 | 184 | 190 | 197 | 204 | 230 | 262 | 329 |
| 5' 9" | 128 | 135 | 142 | 149 | 155 | 162 | 169 | 176 | 182 | 189 | 196 | 203 | 210 | 236 | 270 | 339 |
| 5' 10" | 132 | 139 | 146 | 153 | 160 | 167 | 174 | 181 | 188 | 195 | 202 | 207 | 216 | 243 | 278 | 349 |
| 5' 11" | 136 | 143 | 150 | 157 | 165 | 172 | 179 | 186 | 193 | 200 | 208 | 215 | 222 | 250 | 286 | 359 |
| 6' 0" | 140 | 147 | 154 | 162 | 169 | 177 | 184 | 191 | 199 | 206 | 213 | 221 | 229 | 258 | 294 | 369 |

| BMI: | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 35 | 40 | 50 |
|--------|----------------|-----|-----|-----|-----|-----|-----|-----|------------|-----|-----|-----|-----|-----|-----|-----|
| Height | Healthy Weight | | | | | | | | Overweight | | | | | | | |
| Obese | | | | | | | | | | | | | | | | |
| 6' 1" | 144 | 151 | 159 | 166 | 174 | 182 | 189 | 197 | 204 | 212 | 219 | 227 | 235 | 265 | 302 | 379 |
| 6' 2" | 148 | 155 | 163 | 171 | 179 | 186 | 194 | 202 | 210 | 218 | 225 | 233 | 241 | 272 | 311 | 390 |
| 6' 3" | 152 | 160 | 168 | 176 | 184 | 192 | 200 | 208 | 216 | 224 | 232 | 240 | 248 | 280 | 320 | 400 |
| 6' 4" | 156 | 164 | 173 | 181 | 189 | 197 | 205 | 214 | 222 | 230 | 238 | 247 | 255 | 288 | 329 | 411 |
| 6' 5" | 160 | 169 | 177 | 186 | 194 | 202 | 211 | 219 | 228 | 236 | 241 | 253 | 261 | 295 | 337 | 422 |
| 6' 6" | 164 | 173 | 182 | 190 | 199 | 208 | 216 | 225 | 234 | 242 | 251 | 260 | 268 | 303 | 346 | 433 |
| 6' 7" | 169 | 178 | 186 | 195 | 204 | 213 | 222 | 231 | 238 | 249 | 257 | 266 | 275 | 311 | 355 | 444 |
| 6' 8" | 173 | 182 | 191 | 200 | 209 | 219 | 228 | 237 | 246 | 255 | 264 | 273 | 282 | 319 | 364 | 455 |
| 6' 9" | 177 | 187 | 196 | 205 | 215 | 224 | 233 | 243 | 252 | 261 | 271 | 280 | 289 | 327 | 373 | 467 |
| 6' 10" | 182 | 191 | 201 | 210 | 220 | 230 | 239 | 249 | 258 | 268 | 277 | 287 | 297 | 335 | 383 | 478 |
| 6' 11" | 186 | 196 | 206 | 216 | 225 | 235 | 245 | 255 | 265 | 274 | 284 | 294 | 304 | 343 | 392 | 490 |
| 7' 0" | 191 | 201 | 211 | 221 | 231 | 241 | 251 | 261 | 271 | 281 | 291 | 301 | 311 | 351 | 402 | 502 |

| Height | Healthy Weight | | | | | | | | Overweight | | | | | | | |
|--------|----------------|----|----|----|----|----|----|----|------------|----|----|----|----|----|----|----|
| Obese | | | | | | | | | | | | | | | | |
| BMI: | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 35 | 40 | 50 |

Is Jill obese?

She's 5 feet 1½ inches tall, weighs 169¾ pounds, and doesn't have access to the table above. Is she obese, or merely overweight? A simple formula will calculate her Body Mass Index:

$$\text{BMI} = (\text{Your Weight in Pounds} \times 703) / \text{Square of Your Height in Inches}$$

Follow along as we do the math for Jill.

1. We start by rounding Jill's weight to the nearest tenth of a pound. In this case, 169¾ becomes 169.8. (To change any fraction into decimal form, see the table in [Decimals.](#))
2. Next, we multiply her weight by 703. In this case, 169.8 times 703 equals 119,369.4.
3. Then we convert her height into inches, in decimal form: five feet at 12 inches per foot is 60 inches, plus the one and a half additional inches equals 61.5.
4. We square her height—in other words, multiply the figure by itself. In this case, 61.5 times 61.5 equals 3782.25.
5. Finally, we divide the figure from step 2 by the figure from step 4. In this case, 119,369.4 divided by 3782.25 equals 31.56. Since Jill's BMI is over 30, she is officially obese.

Options, Miscellaneous

The Miscellaneous Options are changes you can make in your [log-on](#) procedure, your first-time experience with each major dialog, and the storage of old records on your [hard drive](#).

To open the Miscellaneous Options:

1. From your Home Screen, open the Options Menu by clicking the word *Options*.
2. Choose "Miscellaneous Options."

Here are the options and how they work:

"Display 'Food for Thought' on startup."

If you leave this option on (that's the [default](#) setting), DietPower will show you a dieting tip, an inspirational quote, or some other helpful item each time you start up the program. Many of the items are selected for you personally—other users in your household may see different ones, depending on their dietary status and goals.

The option will have a check mark beside it when it's turned on. To toggle it off or on, just click it. (Your choice will have no effect on other users in your household—the setting is specific to the individual.)

"Show the low-resolution warning message."

(This option will be [grayed out](#) for people using a screen resolution of 800-by-600 pixels or finer, because then the option doesn't apply.)

If your computer's display is set to a resolution of 640 by 480 pixels (generally the coarsest and most commonly used), the Windows [Taskbar](#) will obscure the bottom line of some DietPower windows and dialogs. Choosing the warning-message option will cause DietPower to alert you each time you log on at 640-by-480 pixels—and also to offer you a special Help topic showing how to solve the problem. (To read the topic now, jump to [Resolution, Low.](#))

The default for the low-resolution warning is ON. Like the Food for Thought option, however, it can be toggled on or off by checking or unchecking it. (In this case, though, the choice is *not* specific to the individual—any change will apply to all users, since the warning must appear before DietPower knows which user is logging on.)

"Restore first-time Help to all major dialogs."

Checking this box will make each of DietPower's main [dialogs](#) behave as it did the first time you used it: A message will pop up inviting you to read the dialog's Help topic. Once you've either read the topic or clicked "Skip Help," the invitation won't appear again—unless you go back to the Miscellaneous Options and again check the "Restore first-time Help" box.

"Purge old food and exercise logs"

Here there are two choices:

- "[Never.](#)" If you click this button (the default setting), all of the foods and exercises you log will be saved indefinitely. (Logs older than 90 days won't be fully copied to a travel disk, however. See [Travel Disk, Copying Records to or from a.](#)) This means you'll be able to review the logs for any date since you began using DietPower. The only drawback is that storing them will require a little more hard-drive space. For a typical user, the logs grow at a rate of 200 kilobytes a month, or more than two megabytes per year.

- "After [] days." If you fill in the blank and click this button, DietPower will erase each day's food and exercise logs as soon as the logs reach the age you specify. This won't delete any *quantitative* records—you'll still be able to review your calorie budget, nutrient history, and calories burned in exercise for every date since you began using DietPower. You just won't be able to recall the *names* of items on purged dates.

Purging is retroactive. That is, if you've been keeping logs for, say, 100 days and on the 100th day you set a "purge after 14 days" option, DietPower will erase the logs for your first 86 days, leaving only those for the past 14. (A purge order isn't carried out, however, until you close your work [session](#) and [log on](#) again. Hence, you can change your mind anytime before the session ends.)

Purging won't affect other people's files—this option is specific to each user. Nor will it erase any of your calendar notes—those are stored indefinitely.

To close the Miscellaneous Options dialog:

If you want to save your changes, click OK or press the Enter key.

If you'd rather discard your changes, click Cancel or press the Escape key. DietPower will put all three settings back where they were and return you to the Home Screen.

Order Form

This form is for ordering products from the [DietPower Health Shop](http://www.dietpower.com) by mail or fax. The form may appear to be formatted wrong in your Help window, but it should print correctly on paper. Just click the Print button at the top of the Help window. Then fill out and submit the form to the address or fax number below.

If you live outside the United States...

...shipping charges will be higher than shown. To get exact rates, visit our secure order form at <https://www.dietpower.com/orderem.htm>.

| Item | Description | No. | \$ ea.* | +Shipping ea. | Subtotal |
|--|-------------------------------------|--------------------------|---------|---------------|----------|
| FSC01 | Portion Power digital food scale | <input type="checkbox"/> | | 2.95 | |
| | | | 34.99 | | |
| PED01 | Sportline electronic pedometer | <input type="checkbox"/> | | 1.95 | |
| | | | 16.99 | | |
| BSC01 | Planax thin-line digital bath scale | <input type="checkbox"/> | | 6.95 | |
| | | | 58.99 | | |
| PLS01 | Electronic pulse meter | <input type="checkbox"/> | | 1.95 | |
| | | | 27.99 | | |
| BPM01 | Wrist blood-pressure monitor | <input type="checkbox"/> | | 4.95 | |
| | | | 94.99 | | |
| Total: | | | | | |
| Connecticut residents: please add 6% sales tax: | | | | | |
| GRAND TOTAL: | | | | | |

*All prices are in U.S. dollars, guaranteed through December 31, 2000 (subject to availability).

Your name _____

Street address _____

City _____ State _____ Zip _____

Phone (____) _____ Fax: (____) _____ E-mail _____

My check or money order is enclosed.

I'll pay by VISA card # _____ Expiration Date _____

I'll pay by MasterCard # _____ Expiration Date _____

I'll pay by American Express # _____ Expiration Date _____

I'll pay by Discover Card # _____ Expiration Date _____

Name on the card _____ Signature _____

To submit your order:

- fax it to DietPower at 203-743-1299

or

- mail it to DietPower, Inc., 7 Kilian Drive, Danbury, CT 06811.

Osteoporosis

See:

- [Calcium](#)
- [Protein](#)
- the "Health Claims" section at the end of [Labels, Food](#).

Overweight, Definition of

See [Obese, How to Tell if You're](#).

Pain, Abdominal (Cramps)

See:

- [Pantothenic Acid](#)
- [Zinc.](#)

Pain, Arm or Leg

See [Vitamin B12](#).

Pain, Bone

See [Phosphorus](#).

Pain, Joint

See [Vitamin A.](#)

Pancreatic Disease

See [Alcohol](#).

Pantothenic Acid

Also called pantothenate, this nutrient is a [vitamin](#) of widespread importance, involved in extracting energy from food and in the building of many bodily substances. It is also abundant in a great variety of foods—so great, in fact, that scientists have not been able to observe deficiencies except by deliberately inducing them in volunteers. Symptoms include acute abdominal cramps, vomiting, fatigue, insomnia, and tingling in the extremities.





Among the foods richest in pantothenic acid are organ meats, whole grains, breads, nuts, eggs, and dark-green vegetables.

You Daily Allowance




The [National Research Council \(NRC\)](#) has not defined a [Recommended Dietary Allowance \(RDA\)](#) of pantothenic acid. The NRC's [Estimated Safe and Adequate Amount \(ESAA\)](#), however, is 4 to 7 [milligrams](#). DietPower sets your [Personal Daily Allowance \(PDA\)](#) in the middle of this range, at 5.5 milligrams. (If your doctor recommends a different allowance, you can revise your PDA. See [Personal Daily Allowances, Editing Your.](#))

Color Coding of This Nutrient

The pantothenic-acid bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 130 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 130 percent of your PDA
-  missing if you've logged no pantothenic acid.

In the [nutrient profile](#) of a food or recipe, the pantothenic-acid bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of pantothenic acid
-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of pantothenic acid
-  blue for "neutral" otherwise



- missing if the amount of pantothenic acid is either zero or (when the abbreviation *Panto. Acid* is [grayed out](#)) unknown.

How Complete Are DietPower's Pantothenic-Acid Readings?

Not terribly. Of the 16,000 entries in the Food Dictionary, 26 percent list their pantothenic-acid content as "unknown." (The percentage of unknowns may be different, of course, if you've added a lot of foods to the dictionary yourself.) To see whether a particular food has a pantothenic-acid reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Panto. Acid," it means the amount is unknown. (To see *all* foods with unknown pantothenic-acid readings, click the dictionary's [PowerFoods](#) tab and sort the foods by pantothenic-acid power; then scroll to the bottom of the list.)

Pantothenic Acid on Food Labels

Food labels are not required to report pantothenic acid content, but some do. They may cite the amount in either milligrams or percent of [Daily Value \(DV\)](#), or both.

The Daily Value for pantothenic acid is 10 milligrams. This amount isn't necessarily right for you, however—it's a rough estimate meant to accommodate most of the U.S. population.

For more on label regulations, see [Labels, Food](#).

Paralysis, Muscle

See:

- [Potassium](#)
- [Thiamin.](#)

Password, Confirming after Choosing

If you've recorded a secret password on your [Personal Information Form](#), when you click OK to leave the form, DietPower will ask you to confirm your password by typing it again. This is to make sure that you remember it correctly and that you didn't type it wrong the first time. If your second entry differs from the original, you'll get a Wrong Password alert. When that happens:

1. Get rid of the alert, by clicking the OK button
2. Type a password on the Personal Information Form again. (Or, if you've changed your mind and *don't* want to establish a password, just leave the password field empty.)
3. Click the form's OK button. If you haven't entered a password this time, DietPower will close the form and take you farther into the program, skipping steps 4 and 5, below. If you *have* entered a password, the Password Confirmation window will open again.
4. Retype the password, taking care to enter it exactly as you did on the Personal Information Form.
5. Click the Password Confirmation window's OK button. DietPower will take you farther into the program.

Password, Entering when Logging On

If you've recorded a secret password on your [Personal Information Form](#), DietPower will ask for the password before taking you into each work [session](#). Type the password in the box that appears; then click OK.

If you enter the wrong word or commit a typing error, DietPower will give you a Wrong Password alert. If you enter the *right* word and still get the alert, perhaps you've inadvertently clicked some other user's [personal icon](#) or highlighted the wrong name on the [User List](#). Get rid of the alert (by clicking OK or pressing the Escape key), and DietPower will return you to the User List. Make sure you highlight *your* name; then try your password again.

If you *still* can't get into the program, you may be misremembering your password. This can be a big problem. To keep other people out of your files, DietPower has made it difficult for anyone—even a computer programmer—to ferret out your password. Your only practical alternatives are to:

- try different spellings. It's possible that when you first recorded your password, you accidentally hit a key above, below, or beside the one you intended. (This isn't likely, however, since DietPower immediately asked you to confirm your password by typing it a second time.)
- think back. Maybe you changed your password at some point and are mistakenly using the old one.
- as a last resort, consider registering as a completely new user, under a slightly different name or birth date. (This assumes that at least one of the nine user slots is still open. If all the slots are filled, you'll have to ask a current user to let him- or herself be deleted—see [User, Deleting a.](#)) The records you created under your old name won't be destroyed—you'll be able to look at them again if you ever do remember your password. But they won't enter into any calculations you perform under your new name, nor can they later be merged with your new records. As far as DietPower is concerned, your old and new files will represent two different people.

To register as a new user:

1. Get rid of the Wrong Password alert (by clicking the OK button or hitting the Escape key). DietPower will show you the User List.
2. Click the button labeled "I'd like to enroll as a new user." A blank Personal Information Form will appear.
3. Fill out the form, using a slightly different name or birth date. (DietPower won't let you register unless either a) the first four letters of the first name *or* b) the first four digits of the birth date differ by at least one character from those you used the first time you registered. Thus, if you registered as Margaret born on 06/17/69 the first time, you couldn't register as Margo born on your actual birth date the second time, but you *could* register as Margaret born one day later or as Maggie born on your real birth date.)
4. Click the form's OK button, and DietPower will finish establishing you as a new user. (If you have a [personal icon](#) and want to keep using it, you'll have to link it up to your new user identity. The place to make the change is described in step 8 of [Icon, Installing a Personal.](#))

(Note: DietPower cannot be responsible for problems caused by forgetting a password.)

Past Records, Viewing and Editing

Unless you've [purged](#) them, you can look at your records for any date in the past—and edit them, too. For instructions, see "To Change Your Working Date" in [Calendar](#).

Pellagra

See [Niacin](#).

Personal Daily Allowances (PDAs)

Your "Personal Daily Allowance" of a [nutrient](#) is DietPower's umbrella term for the amount thought to be right for you, personally. (Don't confuse it with the [Daily Value](#) cited on food labels. Daily Values are not adjusted to you individually; they represent the average person on a 2000-calorie diet, as the labels explain.) Your Personal Daily Allowance is always equal to one of the following:

1. The [National Research Council's \(NRC's\)](#) Dietary Reference Intake (DRI), which depends on your age, sex, and whether you are pregnant or lactating. The nutrients in DietPower that have DRIs are [calcium](#), [phosphorus](#), [magnesium](#), and [vitamin D](#).
2. The NRC's Recommended Dietary Allowance (RDA). This, too, depends on your age, sex, and whether you are pregnant or lactating. (For several nutrients, it also depends on your body weight or whether you smoke.) The nutrients in DietPower that have RDAs are [protein](#), [vitamin A](#), [vitamin C](#), [iron](#), [vitamin E](#), [thiamin](#), [riboflavin](#), [niacin](#), [vitamin B6](#), [folic acid](#), [vitamin B12](#), [selenium](#), and [zinc](#). DietPower does *not* use the RDA for protein as your PDA, however (see paragraph 4, below).
3. The NRC's Estimated Safe And Adequate intake (ESAA). This is for nutrients that don't have a DRI or an RDA because not enough is known about them. For those, the NRC doesn't recommend a particular intake, but it does recognize a range of intakes that won't harm you and that may be necessary for optimal health. DietPower uses this range in setting PDAs for three nutrients: [pantothenic acid](#), [manganese](#), and [copper](#).
4. DietPower's Daily Allowance (DPDA). This applies to 13 items—[calories](#), [total fat](#), [saturated fat](#), [polyunsaturated fat](#), [monounsaturated fat](#), [cholesterol](#), [sodium](#), [potassium](#), [total carbohydrate](#), [dietary fiber](#), [sugars](#), [water](#), and [alcohol](#)—that have no DRI, RDA, or ESAA, and to [protein](#). For these 14 nutrients, DietPower has established its own daily allowance through careful review of scientific literature. No one can say with 100-percent certainty that the DPDA is correct for you, but the best evidence shows it is *probably* safe for the average person of your age, sex, and size.
5. Your own handmade PDA. For any nutrient, you can customize your daily allowance instead of using DietPower's. (DietPower cannot endorse the new value, of course, since we have no control over it.) See [Personal Daily Allowances, Editing Your](#).

To learn the [default](#) PDA of any nutrient, click its name above or on the list in [Nutrients, Information on](#).

Personal Daily Allowances (PDAs), Editing Your

When you enroll as a new user, DietPower automatically sets your [Personal Daily Allowance](#) of each nutrient according to your age, sex, body weight, and other factors. (To learn the [default](#) PDA of any nutrient, click the nutrient's name on the list in [Nutrients, Information on.](#))

You can change your Personal Daily Allowances, however, to any level recommended by your doctor. (DietPower cannot endorse the new level, of course, since we have no control over it.) The tool for doing that is the Personal Daily Allowance Editor.

On your 19th, 31st, 51st, and 71st birthdays...

...you should open the Personal Daily Allowance Editor and review your allowances. Reason: Some allowances change when you reach those ages, but DietPower doesn't make the changes for you.

Here are the nutrients in question:

- At age 19: [calcium](#), [copper](#), [iron](#), [magnesium](#), [niacin](#) (for males), [phosphorus](#), [riboflavin](#) (for males), [vitamin B6](#), (for females), and [vitamin C](#).
- At age 31: [magnesium](#).
- At age 51: [calcium](#), [iron](#) (for females), [niacin](#), [riboflavin](#), [thiamin](#), and [vitamin D](#).
- At age 71: [vitamin D](#).

Two Ways to Make These "Birthday" Changes

The quick way is simply to open the [Personal Information Form](#) on your birthday or soon after, make sure there's a check mark in the box labeled "Revise my Personal Daily Allowances to reflect changes made here," and click the OK button. This will automatically set your PDAs to the defaults for your new age. (It may also override any special PDAs you've set for yourself. Use the Personal Daily Allowance Editor to restore the amounts you want.)

The slow way is to find the new PDA by reading the Help topic on each nutrient listed above, then use the Personal Daily Allowance Editor to make each change manually.

Some PDAs Change Automatically

If you record a change in reproductive status or special health concerns (smoking, drinking, etc.) on your Personal Information Form, some of your PDAs will change automatically. For details, see [Personal Information, Changing Your](#).

To edit your Personal Daily Allowances:

(Note: You can open the Personal Daily Allowance Editor only when the [working date](#) is set to today.)

If you're at the [Home Screen](#):

1. Open the Options Menu (by clicking the word *Options*) and choose "Edit PDAs." This will open the Personal Daily Allowance Editor.
2. Find the nutrient whose allowance you want to edit. The four [energy nutrients](#) (and their [subnutrients](#)) will already be showing on the Energy Nutrients page. To reach other nutrients, click the Other Nutrients tab.

3. Revise the value of as many nutrients as you like. There are two ways to do this—see "Manual Editing" and "Using the Slider Bars," below.
4. When you've finished editing everything you want to change, click OK or press the Enter key. (If the OK button is not visible, see [Taskbar, Hiding to Make Screens Deeper.](#)) DietPower will close the editor and take you back to the Home Screen. Your new PDAs will take effect immediately.

One Nutrient You *Can't* Edit

At the top of the Energy Nutrients page is a box showing your "average daily calorie intake." This is your [calorie budget](#) for today plus your daily average of calories burned in exercise over the past 30 days. (If you haven't been using DietPower that long, the program assumes "phantom exercise" for each missing day: 250 calories for a man, 150 for a woman.) The Average Daily Calorie Intake represents the amount of food you should actually be eating on an average day. Since it is carefully calculated from your metabolic rate and weight goals, DietPower won't let you arbitrarily revise it here—it's a "read-only" figure. The sole method of changing it is to adopt a new diet, using the [Diet Designer](#).

What Happens to Your Changes

Each time you revise a PDA, DietPower automatically adjusts the "%PDA" figures in your [Nutrient History](#) to reflect the change. This will be true even if you're looking at past records. If you double your PDA of vitamin C from, say, 90 milligrams to 180 milligrams today, for example, the 90 milligrams you consumed last Tuesday will now be charted as 50 percent of your PDA—even though it was considered 100 percent at the time.

Manual Editing

Manual editing is done by clicking the PDA you want to edit, then typing a new value over the old. This is the only way to edit PDAs on the Other Nutrients page.


You can manually edit the energy-nutrient PDAs, too, but since these nutrients have caloric value, changing their amounts would also change your Average Daily Calorie Intake—except that DietPower won't allow this (see "One Nutrient You *Can't* Edit," above). Instead, when you edit any of the energy nutrients, DietPower automatically adjusts all the others by just enough to keep the Average Daily Calorie Intake constant. The adjustment is applied equally to the other nutrients' [absolute amounts](#). (Exception: If you're not a [drinker](#), the adjustment is divided equally among all but alcohol.)

Given these complications, you may prefer to edit the energy nutrients with the slider bars (see below), which make the adjustments visual as well as mathematical.

(If you do edit one of the energy nutrients manually, you won't see its effects on the other three immediately—the changes show up only when you click a nutrient field other than the one you just edited.)

Using the Slider Bars

Instead of manually editing the energy nutrients, you can use the colored slider bars to adjust their proportions:

1. Find the boundary between any two nutrients whose relative proportions you want to alter.
2. Place the mouse pointer on the boundary. It will change into a slider cursor: 
3. Hold down the left mouse button.
4. [Drag](#) the boundary to the right or left. Above the bar, you will see the change in proportions reflected in

both the "Amount" and "% of" fields.

5. When you're satisfied with the proportions, release the mouse button.
6. Repeat steps 1 through 5 for any other proportions you want to change.

Default Ratios

Until you alter them, the [default](#) ratios for energy nutrients are as follows:

- Your percentage of calories from fat, carbohydrate, protein, and alcohol—also called your [Key Ratio](#)—is about 25:50:15:10 if you're a [drinker](#) or 25:60:15:0 if you're not. (Depending on your weight, the figure for alcohol could be several percent higher or lower. For details, see [Alcohol.](#))
- Your Personal Daily Allowance of fat is divided into [saturated](#), [monounsaturated](#), and [polyunsaturated](#) fat on the proportion 10:7½:7½, respectively.
- Your PDA of carbohydrate is 80-percent [complex carbohydrate](#) and 20-percent [sugars](#).

(Defaults for the [absolute amounts](#) of most nutrients vary with the individual. See [Nutrients, Information on.](#))

To reset PDAs to their default values...

...click the button labeled "Reset This Page to Defaults." (To reset both pages, you must click both buttons.)

To close the Personal Daily Allowance Editor:

If you want to save the changes you've made, click OK or press the Enter key. DietPower will revise the targets in your Nutrient History and take you back to the [Home Screen](#).

If you'd rather discard the changes, click Cancel or press the Escape key. After asking you to confirm your decision, DietPower will ignore the changes and return you to the Home Screen.

(Note: If the OK and cancel buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

Personal Information, Changing Your

If your height, reproductive state, personal health concerns, or some other basic fact about yourself has changed since you enrolled in DietPower; or if you want to establish a new password; or if you discover you made a mistake when filling out the Personal Information Form—you can edit the form. See [Personal Information Form](#).

Personal Information Form

What It's For

The first time you use DietPower, the program asks you to fill out the Personal Information Form so it can set up your files and begin understanding you as an individual. It needs your age and sex, for example, to estimate your [metabolic rate](#) until you've logged enough daily weights and meals to reveal your true rate.

Most of the choices you make on this form will remain in force indefinitely. Under certain circumstances, however—if you become pregnant or quit smoking, say—you'll want to revise the form. This won't alter or destroy any of your old weight, exercise, or food-intake records. It may change your [Personal Daily Allowances \(PDAs\)](#) of certain nutrients, however. And gradually, over a period of days or weeks, it may also modify your calorie budget. For details, see the notes on smoking, alcohol, pregnancy, and lactation, below.

You can also use the Personal Information Form to set new allowances on your 19th, 31st, 51st, and 71st birthdays. For details, see [Personal Daily Allowances \(PDAs\), Editing Your](#).

To open the Personal Information Form:

If you're registering as a new user, the form will automatically open when you click the button labeled "I'd like to enroll as a new user" on the [User List](#), or when you choose "New User" from the User Menu.

If you're already a user, go to your Home Screen and:

1. open the Options Menu (by clicking the word *Options*)
2. choose "Personal Information."

Filling Out the Form

Type the correct information in each box, using the Tab key to hop to the next. Then check off each health statement that applies to you ("I smoke," "I'm on a low-salt diet," etc.), by clicking the box beside it. (To [uncheck](#) a box, just click it again.) When you've completed the form, click the OK button.

Here are notes on each item:

First and Last Names

Fill these in as you'd like them to appear on DietPower's printed reports. (Note: Once you've registered as a new user, your first name cannot be revised—it will always appear [grayed out](#). That's because DietPower uses the first four letters of your first name to help identify the [subfolder](#) where your personal records are kept, and if the program let you change these letters, it would no longer be able to find your files. You can always revise your *last* name, however.)

Password

To keep other users from reading or inadvertently altering your personal records, type in a password. *Write it down somewhere*, in case you forget it.

You can change your password at any time by typing a new one over the old. You can also quit using a password: just delete everything in this field.

Height

Enter your height in your stocking feet, expressed in feet and inches. Include fractions or [decimals](#)

(whichever you prefer), since ideal weight is very sensitive to height.

If you haven't measured your height lately, you should do so now. Out of wishful thinking, many people under- or overestimate their height by as much as an inch.

Users who are still in their growing years may need to amend their height as frequently as once every two or three months.

Weight

You might expect the Personal Information Form to include a block for entering your current weight, but this is done elsewhere. See [Weight, Logging Your](#).

Birth Date

Enter your birth date in standard month/day/year format. November 3, 1966, for example, would be 11/3/66. Be careful: A mistaken birth-date entry can't be corrected once you've left the Personal Information Form—the birth date will always be **grayed out**. Reason: like your first name (see above), your birth date is used to help identify the subfolder where your records are kept, and if you were allowed to change the date, DietPower would no longer be able to find them.

Male/Female

Click the button corresponding to your gender. *Make sure this choice is correct*, because it profoundly affects your calorie budget and nutrient requirements.

"I smoke."

You are a smoker if you average more than one cigarette, one-half pipeful, one-quarter of a cigar, or one dip of snuff or chewing tobacco per day. If you check this box, DietPower will occasionally display a special [Food for Thought](#) item for tobacco users. It will also raise your [Personal Daily Allowance \(PDA\)](#) of [vitamin C](#) by 35 milligrams, in keeping with studies showing that smoking depletes the vitamin. (If your doctor doesn't like this change, you can undo it—see [Personal Daily Allowances, Editing Your](#).)

"I drink alcoholic beverages."

Mark this box if you average more than two drinks per week. A "drink" is defined as 3/4 [fluid ounce](#) of pure alcohol—about what you'd get from a 12-ounce beer, a 6-ounce glass of wine, or a 1-1/2-ounce shot of liquor. Checking the box will cause DietPower to display a Food for Thought item now and then that relates only to imbibers. It will also change your Personal Daily Allowance (PDA) of alcohol from zero to the highest amount you can consume and still be considered a "moderate" drinker. (See [Alcohol](#).)

"I have high blood pressure."

Check this box if your resting blood pressure 1) averages 140/90 or higher, or 2) probably *would* if you weren't taking medication or other measures to lower it. (The first number, the [systolic](#) pressure, is not as significant as the second, the [diastolic](#). Hence, if your reading is normally 142/83, you could answer no. Similarly, if it's 135/92, you should answer yes.) Be advised, however, that many experts think 140/90 is too high a ceiling. An ideal blood pressure for most adults is around 110/70. If yours is considerably above that and you'd like Food for Thought to give an occasional tip on lowering it, answer yes.

"I'm on a low-salt diet."

Mark this box if your doctor has prescribed a low-salt diet, or if you'd like to cut your intake of sodium for general health reasons. DietPower will then include items about sodium and health in your Food for Thought. The program won't automatically lower your Personal Daily Allowance (PDA) of sodium,

however, because "low-salt" is a vague term. If you'd like to set your own PDA after filling out this form, ask your doctor how many grams of sodium is a reasonable ceiling for you. Then follow the instructions under [Personal Daily Allowances, Editing Your](#). (Be careful: Grams of sodium does not equal grams of salt, because salt is only 40 percent sodium by weight. See [Sodium](#).)

"I am pregnant."

Mark the box if you are pregnant or think you are; then click the "1st trimester" (if you're three months pregnant or less) or the "2nd or 3rd trimester" button. This will cause DietPower to adjust your Personal Daily Allowances (PDAs) of some nutrients, and to offer occasional Food for Thought on matters of interest to the expectant mother.

(DietPower will not automatically put you on a weight-gain diet, however, because there is no universal standard for weight gain during pregnancy. Nor can it guarantee that every PDA it sets will be adequate, since individual pregnancies vary. To design a diet that's right for you, ask your doctor to recommend a [goal weight](#), a [target date](#), and a set of nutrient allowances. Then, after you've finished filling out this form, follow the instructions under [Diet, Designing a New](#) and [Personal Daily Allowances, Editing Your](#).)

For more information, see [Pregnancy](#).

"I am lactating."

Check this box if you're breast-feeding; then click the "1st six months" or "2nd six months" button, depending on your baby's age. (If you're less than a week away from the six-month cutoff, it's all right to check the second button now. That will save you from having to revise the form again in a few days.) DietPower will adjust your Personal Daily Allowances for certain vitamins and minerals. (It won't immediately change your calorie allotment, however—that will happen gradually, over a period of several weeks, as the program "notices" how much extra food you need for nursing.) If your doctor recommends different PDAs, you can change them. See [Personal Daily Allowances, Editing Your](#).

(Make sure the box is *unchecked* if you are not breast-feeding—even if you've just quit today.)

For more information, see [Lactation](#).

(What if you're lactating *and* pregnant?)

Although it's possible to be nursing one child while expecting another, you will not be able to check both boxes. In that case, check "I am pregnant" and ask your doctor to help you edit your Personal Daily Allowances to cover both conditions.

"Recalculate my PDAs."

(If you're filling out the Personal Information Form for the first time, this box will be [grayed out](#).)

When you revise your Personal Information Form, some of your changes may cause DietPower to reset your Personal Daily Allowances (PDAs) of certain nutrients—unless you tell it not to. The changes that fall into this category:

- If you report being a smoker, your PDA of [vitamin C](#) will rise by 35 milligrams, because smokers need more of the vitamin.
- If you report being a [drinker](#), your PDA of [alcohol](#) will rise from zero to 0.007 fluid ounces per pound of body weight—the maximum allowed under DietPower's definition of "moderate" drinking. (The PDA will not automatically adjust itself as your body weight changes, however—you'll have to do that yourself. See "Revising Your Allowance" in [Alcohol](#).)

- If you report being pregnant or lactating, your PDA of nearly every nutrient will change. See [Pregnancy](#) and [Lactation](#).

(The revised PDAs won't be set in concrete. You can edit any of them after leaving the Personal Information Form. See [Personal Daily Allowances, Editing Your.](#))

If you *don't* want DietPower to change the PDAs you've established, [uncheck](#) the box labeled "Recalculate my PDAs" before closing the form.

To close the Personal Information Form:

If you want to save the changes you've made, click OK or press the Enter key. DietPower will save your work and take you back to the [Home Screen](#).

If you'd rather discard the changes, click Cancel or press the Escape key. After asking you to confirm your decision, DietPower will restore the page to its former condition and take you back to the Home Screen or the User List, whichever you came from.

Personal Information Form, First Use of

On your first day with DietPower, the program asks you to fill out the Personal Information Form so it can set up your files and begin understanding you as an individual. It asks your age and sex, for example, so it can estimate your calorie requirements until you've logged enough meals to reveal your actual needs. Most (but not all) of the choices you make on the form will remain in force indefinitely.

Filling Out the Form

Type the correct information in each box, using the Tab key to hop to the next. Then check off each special concern that applies to you ("I smoke," "I'm on a low-salt diet," etc.), by clicking the box beside it. (To *uncheck* a box, just click it again.) When you've completed the form, click the OK button.

Here are the particulars on each item:

First and Last Names

Fill these in as you'd like them to appear on DietPower's printed reports. (Note: Once you've enrolled, your first name cannot be revised, because it identifies the folder where your personal records are kept. You can always revise your *last* name, however.)

Password

To keep other users from reading or inadvertently altering your personal records, type in a password. *Write it down somewhere*, in case you forget it. (You'll be able to change it later.)

Height

Enter your height in your stocking feet, expressed in feet and inches. Include fractions or decimals (whichever you prefer), since ideal weight is very sensitive to height.

If you haven't measured your height lately, do so now. Out of wishful thinking, many people under- or overestimate their height by as much as an inch.

Users who are still in their growing years may need to amend their height as frequently as once every two or three months.

Birth Date

Enter your birth date in standard month/day/year format. November 3, 1966, for example, would be 11/3/66. Be careful: A mistaken birth-date entry can't be corrected, because it helps to identify the folder where your records are kept.

Male/Female

Click the button corresponding to your gender. *Make sure this choice is correct*, because it profoundly affects your nutrient requirements. (If you do make a mistake, you'll be able to fix it later.)

Special Concerns

Checking any of these will cause DietPower to include special information in your daily health tips. With two exceptions, it will also change some of your nutritional allowances. (If your doctor doesn't like the changes, you'll be able to undo them.)

"I smoke." You are a smoker if you average more than one cigarette, one-half pipeful, one-quarter of a cigar, or one dip of snuff or chewing tobacco per day. If you check this box, DietPower will raise your daily

allowance of vitamin C by 35 milligrams, in keeping with studies showing that smoking depletes the vitamin.

"I drink alcoholic beverages." Mark this box if you average more than two drinks per week. A "drink" is defined as 3/4 fluid ounce of pure alcohol—about what you'd get from a 12-ounce beer, a 6-ounce glass of wine, or a 1-1/2-ounce shot of liquor. Checking the box will change your daily allowance of alcohol from zero to the highest amount you can consume and still be considered a "moderate" drinker.

"I have high blood pressure." Check this box if your resting blood pressure 1) averages 140/90 or higher, or 2) probably *would* if you weren't taking medication or other measures to lower it. (The first number, the systolic pressure, is not as significant as the second, the diastolic. Hence, if your reading is normally 142/83, you could answer no. Similarly, if it's 135/92, you should answer yes.) Be advised, however, that many experts think 140/90 is too high a ceiling. An ideal blood pressure for most adults is around 110/70. If yours is considerably above that and you'd like DietPower to give an occasional tip on lowering it, answer yes. (The choice *doesn't* change your daily allowance of any nutrient.)

"I'm on a low-salt diet." Mark this box if your doctor has prescribed a low-salt diet, or if you'd like to cut your intake of sodium for general health reasons. This will prompt DietPower to include more information about sodium in your daily health tips. It *won't* change your daily allowance of sodium, however, since "low-salt" is an imprecise term. (Once you begin using the program, you'll be able to set your allowance at whatever level your doctor recommends.)

"I am pregnant." Mark the box if you are pregnant or think you are; then click the "1st trimester" (if you're three months pregnant or less) or the "2nd or 3rd trimester" button. This will cause DietPower to adjust your allowances of certain nutrients.

"I am lactating." Check this box if you're breast-feeding; then click the "1st six months" or "2nd six months" button, depending on your baby's age. (If you're less than a week away from the six-month cutoff, it's all right to check the second button now. That will save you from having to revise the form again in a few days.) DietPower will adjust your allowances of certain vitamins and minerals. (Make sure the box is *unchecked* if you are not breast-feeding—even if you've just quit today.)

(If you're lactating *and* pregnant, check "I am pregnant" and ask your doctor to help you edit your Personal Daily Allowances to cover both conditions.)

"Recalculate my PDAs."

If you're filling out the Personal Information Form for the first time, this box will be "grayed out," because it applies only when you reopen the form. (PDAs are your Personal Daily Allowances of various nutrients.)

To close the Personal Information Form:

If you want to save your work and finish enrolling, click OK or press the Enter key. DietPower will take you to the next step.

If you'd rather not enroll, click Cancel or press the Escape key. After asking you to confirm your decision, DietPower will discard your work and take you back where you came from.

Personal Records, Your

DietPower stores all of your personal information—from your height to your calendar notes to how far you jogged and what you ate last Wednesday—in a [personal subfolder](#) that contains no other information. This makes it easy to delete a user from the program without affecting other users. (See [User, Deleting a.](#)) It also enables you to carry your records back and forth between your home and office computers. (See [Travel Disk, Copying Records to or from a.](#))

Your personal subfolder is created the first time you use DietPower, when you click OK after filling out the [Personal Information Form](#). The subfolder is named after you. There are usually eight characters in its name. The first four are taken from your first name and the last four from your birth date. Thus, if your name is Helen and you were born on July 4, 1976, your personal subfolder will be named \Hele0704. And since the subfolder branches immediately off the DietPower [folder](#), your full address (assuming you installed DietPower in the [default](#) folder) will be c:\Program Files\DietPower\Hele0704.

There's one exception to this rule: If your first name has fewer than four letters, DietPower simply uses them all. For a user who registers as Ed born on November 15, for example, the subfolder would be c:\Program Files\DietPower\Ed1115.

Within your personal subfolder are seven kinds of files. Here are their names and what they contain:

- MMDDYYYY.FD is the file containing your [Food Log](#) for the date MM/DD/YYYY.
- MMDDYYYY.EXR is the file containing your [Exercise Log](#) for MM/DD/YYYY.
- FAVORITE.FD is the list of [favorite foods](#) that you keep in the middle window of your Food Log.
- FAVORITE.EXR is your list of [favorite exercises](#) from the Exercise Log.
- NOTES.INF is all of your [calendar notes](#).
- PERSONAL.INF contains the facts from your Personal Information Form, as well as your personal preferences: which screen you've selected to be your [Home Screen](#), when your food and exercise logs should be [purged](#), whether you want to see [Food for Thought](#), where you are in the cycle of Food for Thought items, and so on.
- HISTORY.INF contains all your historical data: the figures displayed in your [Nutrient History](#), [Weight History](#), [Calorie Tally](#), and [Calorie Bank](#); whether you've logged your weight yet today; and similar facts.

Phosphorus

This mineral is needed for maintaining strong bones and teeth; extracting energy from food; and forming [enzymes](#), cell membranes, and genetic material. A shortage of phosphorus will eventually cause weakness, malaise, loss of appetite, and pain in the bones.

Rich sources of phosphorus are soft drinks, milk, cheese, meat, poultry, eggs, grains, and dried peas and beans. A surfeit of phosphorus can upset your calcium-to-phosphorus ratio, bringing about a relative shortage of calcium.

Your Daily Allowance

DietPower sets your [Personal Daily Allowance \(PDA\)](#) of phosphorus at the National Research Council's [Dietary Reference Intake \(DRI\)](#), measured in [milligrams](#): 1250 for people aged 14* to 18, 700 for everyone over 18. The same figures apply for women 50 or younger who are pregnant or nursing. (If your doctor recommends a different allowance, you can revise your PDA. See [Personal Daily Allowances, Editing Your.](#))





*But remember that DietPower is not designed for people under 15.

Upper Limits


The [Tolerable Upper Intake Level \(UL\)](#) of phosphorus is 4000 milligrams per day for teenagers and adults through age 70. For people over 70 it drops to 3000 milligrams. Getting more than the UL may harm your health.




Color Coding of This Nutrient

The phosphorus bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 150 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 150 percent of your PDA
-  missing if you've logged no phosphorus.

In the [nutrient profile](#) of a food or recipe, the phosphorus bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of phosphorus

-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of phosphorus
-  blue for "neutral" otherwise
-  missing if the amount of phosphorus is either zero or (when the word *Phosphorus* is grayed out) unknown.

How Complete Are DietPower's Phosphorus Readings?

Very. Of the 16,000 entries in the Food Dictionary, only 1 percent list their phosphorus content as "unknown." (The number of unknowns will be higher, of course, if you've added foods to the dictionary with missing phosphorus figures.) To see whether a particular food has a phosphorus reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Phosphorus," it means the amount is unknown. (To see *all* foods with unknown phosphorus readings, click the dictionary's [PowerFoods](#) tab and sort the foods by phosphorus power; then scroll to the bottom of the list.)

Phosphorus on Food Labels

Food labels are not required to list phosphorus, although some do. They may cite the content in grams, milligrams, or percent of [Daily Value](#).

The Daily Value for phosphorus is 1.0 gram, or 1000 milligrams. This amount is not necessarily right for you, however—it's a rough estimate meant to accommodate most of the U.S. population.

For more on label regulations, see [Labels, Food](#).

Plaque, Arterial

See:

- [Antioxidants](#)
- [Cholesterol.](#)

Poker Face

See [Manganese](#).

Portion Editor

The Portion Editor is a [dialog](#) that appears each time you record an item in your [Food Log](#). It asks you to report how much of the item you ate, so that DietPower can calculate the [nutrients](#) you consumed. (The Portion Editor also pops up whenever you double-click an item already on the log in order to revise the amount you ate.)

To use the Portion Editor:

1. In the Serving Size block, type the amount you ate. You can use either fractions or [decimals](#).
2. Click OK or press the Enter key. The Portion Editor will vanish and the portion you've entered will appear in the log.

A Timesaver

The Serving Size block will accept *any* kind of fraction—even one whose numerator or denominator contains a decimal point. This means that if the portion you ate doesn't match the serving size listed in the dictionary, you can do your math right there in the Portion Editor. Example: You ate a hoagie roll that weighed 5.7 ounces, but the hoagie roll listed in the Food Dictionary weighs 4.8 ounces. No problem: just enter "5.7/4.8" as the portion you had, and DietPower will automatically log the serving as 1.1875 rolls.

(For more complicated math, you can also use the Windows Calculator while you're working in the Portion Editor. For instructions, see [Calculator, Windows.](#))

To close the Portion Editor *without* logging a portion...

...click Cancel or press the Escape key. The editor will disappear and the log will remain unchanged.

Potassium

Like [sodium](#), potassium helps to regulate the body's water balance, transmit nerve impulses, and trigger muscle contractions. Unlike sodium, however, it is not implicated in hypertension—in fact, it appears to *reduce* blood pressure.

Potassium is not overabundant in our diet. The average American consumes about 2500 milligrams per day—just a little above the estimated daily minimum of 2000 milligrams. The [National Research Council \(NRC\)](#) suggests that 3500 milligrams would be more healthful. To reach that level, eat plenty of fresh fruits and vegetables—especially bananas, potatoes, and oranges. Other good sources are milk products, peanut butter, and nuts.





Potassium, like sodium, can be toxic if taken in large amounts. Symptoms include irregular heartbeat and muscle paralysis.

Your Daily Allowance



DietPower sets your [Personal Daily Allowance \(PDA\)](#) of potassium at the NRC optimum of 3500 milligrams. (If your doctor recommends a different allowance, you can revise your PDA. See [Personal Daily Allowances, Editing Your.](#))



Color Coding of This Nutrient

The potassium bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 150 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 150 percent of your PDA
-  missing if you've logged no potassium.

In the [nutrient profile](#) of a food or recipe, the potassium bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of potassium
-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of potassium

-  blue for "neutral" otherwise
-  missing if the amount of potassium is either zero or (when the word *Potassium* is [grayed out](#)) unknown.

How Complete Are DietPower's Potassium Readings?

Very. Of the 16,000 entries in the Food Dictionary, only 1 percent list their potassium content as "unknown." (The number of unknowns will be higher, of course, if you've added foods to the dictionary with missing potassium figures.) To see whether a particular food has a potassium reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Potassium," it means the amount is unknown. (To see *all* foods with unknown potassium readings, click the dictionary's [PowerFoods](#) tab and sort the foods by potassium power; then scroll to the bottom of the list.)

Potassium on Food Labels

Food labels are not required to report potassium levels, but many do. They may cite the amount in milligrams or as a percentage of [Daily Value](#).

The Daily Value for potassium is 3500 milligrams. This isn't necessarily right for you, however—it's a rough estimate meant to cover most of the U.S. population.

For more on label regulations, see [Labels, Food](#).

PowerFoods

Looking for a food that's especially rich in vitamin C? Want to avoid recipes containing cholesterol? You can find such items instantly with PowerFoods, a special feature that ranks everything in the dictionary by nutrient "power." PowerFoods can show you, for example, that the food with the greatest zinc power is oysters, that tequila harbors no sodium, and that one of the best foods for getting vitamin E without eating a lot of fat is Just Right cereal.

To Use PowerFoods:

1. Open the Food Dictionary. (If you don't know how, see [Food Dictionary](#).)
2. Click the [tab](#) labeled "PowerFoods."



3. Open the "Sort by" list by clicking its button.
4. Click the name of the nutrient you want to sort by. (The nutrients are listed in the same order as on food labels.)

How Foods Are Sorted

The foods richest in the nutrient you've chosen appear at the top of the list. Those poorest appear at the bottom, along with foods whose content of the nutrient is unknown.

What the "Power Rating" Means

A food's "power rating" (in the right column) indicates what percentage of this nutrient's [Daily Value](#) you would consume if you got the entire Daily Value of calories (2000) from the food. Honeydew's potassium-power rating of 439.0, for example, means that if you ate 2000 calories worth of the melon, you'd get 439 percent of the Daily Value for potassium. Because honeydew's power rating is far above 100 percent, eating it will help if your [Nutrient History](#) shows you're running behind in your consumption of potassium. Conversely, if you've chalked up a surfeit of, say, iron, a baked potato stuffed with sour cream (iron-power 24.1) will help because its rating is far *under* 100.

Foods that have *no* calories...

...are a special case. Since it's impossible to get your Daily Value of calories from a food that contains none, DietPower awards such foods one calorie just to get them in the rankings. Sometimes this throws the list off a little. You will notice, for example, that distilled water has less "WaterPower" than many soft drinks do. Flukes like this are rare, however, and they seldom shift a food more than a few dozen entries away from where it should be.

Unknowns in Recipes

Technically, if any ingredient in a recipe contains an unknown amount of a nutrient, then the amount of that nutrient in the entire recipe must also be unknown. Instead of letting an unknown in one ingredient prevent you from knowing how much the recipe gets from its *other* ingredients, however, PowerFoods simply calls every unknown a zero, then adds all the knowns together in the usual manner. This guarantees that the recipe's ranking for that nutrient will at least represent the *minimum* amount that the recipe contains.

Fat Penalties

Beside each food's power rating is the "fat penalty" you pay for eating that food, expressed as the

percentage of its calories that come from [fat](#). Since most authorities recommend getting 30 percent or fewer of your calories from fat, any penalty higher than 30 should be avoided if your fat consumption is already over the limit.

Finding a Food

Like the other pages in the Food Dictionary, PowerFoods offers several different search methods. (For details, see [Dictionaries, Searching the.](#)) It doesn't offer Incremental Search, however, because the foods in DietPower aren't always arranged in alphabetical order. (Nevertheless, you *can* alphabetize the list: one of the choices on the "Sort by" list is "Description.")

Narrowing the List

To avoid flipping through the entire dictionary, you can narrow any PowerFoods list to foods in a particular category or containing certain words. If you've been getting too much vitamin A, for example, and want to choose a bean that will help your nutrient balance, simply sort the list by vitamin-A power and use Smart Search to restrict the list to items containing the word *bean*. Then scroll to the bottom of the list to find the beans lowest in vitamin A.

Checking a Food's Other Nutrients

When you're on the PowerFoods page, the [Nutrient Profile](#) tab also works. To use it, highlight (by clicking its name) the food whose profile you want to check; then click the tab labeled "Nutrient Profile."

Inactive Tabs

The Food Editor and Edit-a-Copy tabs are [grayed out](#) when you're in PowerFoods. To edit foods, you must first return to the dictionary's main page by clicking the tab labeled "Dictionary."

To Close PowerFoods:

If you want to stay in the Food Dictionary, click the tab for the page you'd like to switch to.

If you'd rather go back to the Home Screen, click OK or Cancel. (If these buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

Pregnancy

When you are pregnant, you need more of certain nutrients. If you know you're pregnant—or even think you are—your first step after seeing your doctor should be to check the "I am pregnant" box on DietPower's [Personal Information Form](#). This will automatically make certain changes in your [Personal Daily Allowances \(PDAs\)](#). (If your doctor recommends different PDAs, you can change them. See [Personal Daily Allowances, Editing Your.](#))

(If you're lactating while pregnant, check "I am pregnant" in the Personal Information Form; then ask your doctor to help you edit your Personal Daily Allowances to cover both conditions.)

How Your Personal Daily Allowances (PDAs) Change During Pregnancy

(Note: In the rare event that you're over 50 and pregnant, some of your PDAs may revert to those for women 50 and younger. For details, jump to the Help topic on each nutrient cited below.)

[Folic acid](#) rises from 180 [micrograms](#) to 400 micrograms.

[Iron](#) rises from 15 milligrams to 30 milligrams.

[Magnesium](#) rises from 360 to 400 milligrams if you're 14 to 18 years old, from 310 to 350 if you're 19 to 30, or from 320 to 360 if you're 31 or older.

[Niacin](#) rises from 15 milligrams to 17 milligrams.

Protein does *not* automatically change, but you may need to reset your PDA yourself. See "Your Daily Allowance" in [Protein](#).

[Riboflavin](#) rises from 1.3 milligrams to 1.6 milligrams.

[Selenium](#) rises from 55 micrograms to 60 micrograms.

[Thiamin](#) rises from 1.1 milligrams to 1.5 milligrams.

[Vitamin B12](#) rises from 2.0 micrograms to 2.2 micrograms.

[Vitamin C](#) for women of ages 19 to 50 rises from 75 milligrams to 85 milligrams. For women 18 and younger, it rises from 65 milligrams to 80 milligrams. (These figures are for nonsmokers. For pregnant [smokers](#), each figure will be 35 milligrams higher.)

[Vitamin E](#) stays at 22 [International Units \(IU\)](#).

Pregnancy and Weight Gain

DietPower's [Ideal-Weight Calculator](#) is not valid for women who are pregnant, since standards for weight gain vary. Ask your doctor how much you should gain. Then use the [Diet Designer](#) to set a course toward your goal.

Print Setup

Print Setup is actually a Windows function, but it can be opened from within DietPower. It lets you switch to a different printer (if you have more than one), change between [portrait](#) and [landscape](#) printing, specify the paper size, choose a paper tray, refine or coarsen the print resolution, and make other changes in your print routine.

To use Print Setup:

1. From your [Home Screen](#), open the User Menu by clicking the word *User*.
2. Click "Set Up Printer." The Print Setup dialog will appear.
3. Make any changes you want. (For detailed instructions, consult Windows Help: click the word *Help* at the top of your Home Screen and choose "Using Windows Help.")
4. Click OK. Windows will change the setup and remove the dialog, leaving you back at your Home Screen.

To close Print Setup *without* changing any printer settings...

...click Cancel or press the Escape key. Windows will [discard](#) any changes you've made and take you back to the Home Screen.

Protein

Proteins (there are many types) serve as basic building blocks of body tissues and fluids.

The best sources of protein are meats and dairy products, eggs, grains, and certain vegetables, notably beans and other legumes.

Long-term shortage of protein in the diet is extremely rare, except in countries where people don't have enough to eat or among severe alcoholics who don't get enough of their calories from food. Symptoms include poor growth, reddening of dark hair, liver damage, immune-system impairment, and general weakness accompanied by either emaciation or swelling of body tissues.

An excess of protein can lead to dehydration (see [Water](#)), because increased urination is required to break down and excrete the surplus. There is also evidence (though not conclusive) that consuming twice or more of the National Research Council's [Recommended Dietary Allowance \(RDA\)](#) of protein will interfere with the body's ability to absorb calcium, and may lead to osteoporosis. (For a discussion of both, see [Calcium](#).)

Your Daily Allowance

For most adults, the daily allowance of protein (expressed in [grams](#)) is 0.36 times the [ideal body weight](#). (The ideal weight is used because protein is needed mainly for lean body tissue, not fat.) This comes to 58 grams for a trim 160-pound man or 47 grams for a slender 130-pound woman.

Some people need more protein than others. The RDA for pregnant women is 60 grams per day. For nursing mothers it's 65 grams during the first six months and 62 grams thereafter. The requirement is also higher for people still in their growing years. For males aged 15 to 18 it's 59 grams; for females of the same age, 64 grams.



Most nutritionists recommend getting between 10 and 15 percent of daily calories from protein. If your weight is near the average for your age and sex and you're not on an extreme diet, the figures above will put you in that range. But if you're on a very low-calorie diet, your PDA may push this [Key Ratio](#) over 15 percent; and if you're on a very high-calorie diet, it may put the ratio under 10 percent.


As a way out of this dilemma, DietPower sets your Personal Daily Allowance of protein at the number of grams required to make up a generous 15 percent of your calories. For most people most of the time, this will also satisfy the RDAs (see above). To make certain you're meeting the RDAs, however, you should occasionally look at the number of grams of protein you're averaging in your [Nutrient History](#). This is especially important if you're pregnant or nursing.


(If your doctor advises a higher or lower protein intake, you can change your PDA. See [Personal Daily Allowances, Editing Your](#).)

Color Coding of This Nutrient


The protein bar in your personal [Nutrient History](#) is:


-  blue for "good" if you've logged 100 to 150 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA


-  yellow for "caution" if you've logged more than 150 percent of your PDA


-  missing if you've logged no protein.

In the [nutrient profile](#) of a food or recipe, the protein bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of protein

-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of protein

-  blue for "neutral" otherwise

-  missing if the amount of protein is either zero or unknown.

How Complete Are DietPower's Protein Readings?

Very. Of the 16,000 entries in the Food Dictionary, none list their protein content as "unknown." (There *will* be unknowns if you've added foods to the dictionary with missing protein figures. These won't be *marked* as unknowns, however. Since protein is one of the four [energy nutrients](#), DietPower needs a figure in the Protein column in order to calculate a food's calorie content. If you leave a blank or a question mark there, the program automatically changes it to a zero.)

Protein on Food Labels

Virtually all food labels are required to report protein content, both in grams and as a percentage of [Daily Value](#).

The Daily Value for protein is 50 grams for a person eating 2000 calories per day. (At four calories per gram, this means exactly 10 percent of the person's calories would come from protein.) This amount is not necessarily right for you, however—it's a rough estimate meant to accommodate most of the U.S. population.

For more on label regulations, see [Labels, Food](#).

Quick Food

If you're busy creating a [recipe](#) or logging your breakfast and you discover that an ingredient or a [food](#) you've eaten is not in the Food Dictionary, the Quick Food [tab](#) will let you create a new entry on the fly, without actually having to open the dictionary. All you need is nutritional information from the food's label.

To create a Quick Food:

1. While you're in the [Food Log](#) or the [Recipe Box](#), click the tab labeled "Quick Food." The Quick Food page will come to the top.
2. Fill out the page exactly as you would the Create-a-Food page in the Food Dictionary. For instructions, see [Food Dictionary, Adding Foods to](#).
3. What you do next depends on where you're working.
 - [If you're in the Food Log](#), click the button labeled "Add Food to Log" if you want to log the food without adding it to the Food Dictionary. DietPower will take you back to the Food Log, where the new food will now appear in the day's log and Calorie Tally. Otherwise, click the button labeled "Add to Dictionary and Log." After adding the food to both, DietPower will clear the page. You can then either create another Quick Food or click the Food Log tab to return to the log.
 - [If you're in the Recipe Box](#), click the button labeled "Add Food to Dictionary." DietPower will add the food to the dictionary and take you back to the page you were working on.

To abort adding a food:

[If the food is still on your screen](#), click the button labeled "Discard This Food." DietPower will throw away the food and take you back to the page you were working on.

[If you're in the Food Log and you've already added the item to the Food Log, but not to the dictionary](#), you'll have to delete the item from the log. Highlight the item by clicking it; then press the Delete key.

[If you're in the Food Log and you've already added the item to the Food Log *and* the dictionary](#), you'll have to delete it from the log as we've just described *and* delete it from the Food Dictionary. (For instructions on the latter, see [Food Dictionary, Deleting Foods from](#).)

[If you're in the Recipe Box and have already added the item to the dictionary](#), you'll need to leave the Recipe Box and open the Food Dictionary to delete the item. (See [Food Dictionary, Deleting Foods from](#).) This means, of course, that the item will no longer be available for adding to a recipe.

[If you haven't done any work at all](#), click one of the other tabs to go to another page, or OK or Cancel to return to the Home Screen. (If the OK and Cancel buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper](#).)

To leave Quick Food:

[If you want to stay in the Food Log or the Recipe Box](#), click one of the other tabs at the top of the page. The other page will come to the top.

[If you'd like to return to the Home Screen](#), click OK or press the Enter key if you want the recipe you've been working on to be saved or the Quick Food to be added to both the Food Log and the Food Dictionary. Click Cancel or press the Escape key if you'd rather have the recipe or the Quick Food discarded. (If the OK and Cancel buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper](#).)

Recipe Box

The Recipe Box is a special dictionary where you create *combinations* of items from the Food Dictionary, each with a complete [nutrient profile](#) attached. A "recipe" can be any kind of combination you want.

Examples:

- A standard list of ingredients, with or without directions: "Aunt Betty's lasagna" or "Large order of fries with ketchup."
- A meal that you frequently eat: "Priscilla's poached-egg-and-toast breakfast" or "Fettuccini alfredo dinner, my usual at Sal's." This will save time when you're logging your meals.
- A shopping list: just enter the items and quantities you plan to buy, and click the Print button. (After printing, you can click the Cancel button so the "recipe" won't be saved.)

Each recipe you create and save in the Recipe Box will also be listed in the [Food Dictionary](#). Recipes are

easy to spot—they're always marked with a special symbol:



Recipes Within Recipes

A recipe that's already been added to the Food Dictionary can become part of another recipe—and that recipe, in turn, can become an ingredient in a third, and so on, ad infinitum.

To open the Recipe Box:

From your [Home Screen](#):

- click the Recipe Box button:



or

- open the Food Menu (by clicking the word *Food*) and choose "Recipe Box."

Layout of the Screen

The Recipe Box is a stack of [tabbed](#) pages, each with a different function. When you open the stack, the Recipe Box itself will be on top. It displays a list of all recipes that users have created, as well as a search field and a button for deleting recipes. (The list also includes ten recipes preinstalled by DietPower.) The other four pages are for creating or editing a recipe, editing a copy of a recipe, checking the nutrients in a recipe, and creating [Quick Foods](#) without having to jump into the Food Dictionary. Buttons at the bottom of each page let you print, open the Windows Calculator, get Help, or exit to the Home Screen.

To find a recipe...

...scroll through the Recipe Box or use the methods described in [Dictionaries, Searching the](#).

To view a recipe's ingredients and directions...

...just double-click its name. DietPower will open the Edit-This-Recipe page, showing full particulars.

To create a recipe:

1. Make sure no recipe is highlighted. (If one is, click it to remove the highlighting.)
2. Click the tab labeled "Create a Recipe," to bring the Create-a-Recipe page to the top.
3. Fill in the recipe's particulars. (For help, see [Recipe Box, Creating Recipes in.](#))
4. Click the button labeled "Add to Dictionary."

To edit a recipe:

(Note: In the Recipe Box, to edit a recipe means to edit its ingredients, name, number of servings, or directions—not its nutrients, although these may change indirectly. You can make *direct* changes in the nutrients only by editing a *recipe copied as a food*, and then only from within the Food Dictionary. See [Food Dictionary, Editing Copies of Items in.](#))

1. On the Recipe Box page, highlight the recipe you want to edit, by clicking it.
2. Click the tab labeled "Edit This Recipe," to bring the Edit-This-Recipe page to the top.
3. Make the changes you want. (For help in filling out the page, see [Recipe Box, Editing Recipes in.](#))
4. Click the button labeled "Revise as Shown."

To edit a copy of a recipe:

(Note: If you are looking to edit the *nutrient profile* of a recipe, rather than its *ingredients*, then you must use the Food Dictionary to edit a *recipe copied as a food*. See [Food Dictionary, Editing Copies of Items in.](#))

1. On the Recipe Box page, highlight the recipe you want to copy and edit, by clicking it.
2. Click the tab labeled "Edit a Copy," to bring the Edit-a-Copy page to the top.
3. Revise the copy as desired (For help, see [Recipe Box, Editing Copies of Recipes in.](#))
4. Click the button labeled "Add to Dictionary."

To check a recipe's nutrient profile:

From the Recipe Box page:

1. Highlight the recipe, by clicking its name.
2. Click the tab labeled "Nutrient Profile."

From the Create-a-Recipe, Edit-This-Recipe, or Edit-a-Copy page:

Click the Nutrient Profile tab. (You can do this at any time—even before the recipe is finished. To come back and resume working on the recipe, just click its tab again.)

To interpret the nutrient profile...

...see [Nutrient Profile, Viewing a Food's or Recipe's.](#)

To create a food you can't find in the Food Dictionary while creating a recipe:

1. Click the tab labeled "Quick Food," to open the Quick Food page.
2. Fill in the food's name, a serving size, and nutrient information from the food's label. (For detailed instructions, see [Quick Food.](#))
3. Click the button labeled "Add Food to Dictionary." DietPower will add the food to the dictionary and take you back to the recipe you were working on.

To print a recipe:

From the Recipe Box page:

1. Highlight the recipe you want to print, by clicking it.
2. Click the Print button at the bottom of your screen. (If the Print button is not visible, see [Taskbar, Hiding to Make Screens Deeper.](#)) The Windows Print dialog will appear.
3. Change your print settings, if necessary.
4. Click the OK button.

From the Create-a-Recipe, Edit-This-Recipe, or Edit-a-Copy page:

1. Click the Print button. (If the Print button is not visible, see [Taskbar, Hiding to Make Screens Deeper.](#)) The Windows Print dialog will appear.
2. Change your print settings, if necessary.
3. Click the OK button.

To delete a recipe:

(Caution: If you delete a recipe, it will no longer be available to other users of your copy of DietPower, since all use the same Recipe Box.)

1. On the Recipe Box page, highlight the recipe you want to delete, by clicking it.
2. Click the button labeled "Delete Selected Recipe."
3. When DietPower asks you to confirm your decision, click Yes.

To close the Recipe Box:

From the Recipe Box page, click the OK or the Cancel button, or press the Escape key. (If the OK and Cancel buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper.](#)) DietPower will take you back to the [Home Screen.](#)

From the other pages, see their respective Help topics: [Recipe Box, Creating Recipes in: Recipe Box,](#) [Editing Recipes in: Recipe Box,](#) [Editing Copies of Recipes in: Quick Food;](#) and [Nutrient Profile, Viewing a Food's or Recipe's.](#)

Recipe Box, Creating Recipes in

Any user can create recipes in the [Recipe Box](#), and every recipe is available to all users, since they all use the same [Food Dictionary](#).


To create a recipe:

1. If you're at the [Home Screen](#), open the Recipe Box by:

- clicking the Recipe Box button: 

or

- opening the Food Menu (by clicking the word *Food*) and choosing "Recipe Box."
2. Make sure no recipe on the list is highlighted. If one is, click it to remove the highlighting.
 3. Click the tab labeled "Create a Recipe." This will bring the Create-a-Recipe page to the top.
 4. Fill in the recipe's name.
 5. Enter the number of servings it makes.
 6. Record the recipe's ingredients, by finding them in the dictionary at the top of the screen (if you need help, see [Dictionaries, Searching the](#)) and dragging them into the window below it, much as you do when recording foods you've eaten in the [Food Log](#).
 7. In the space at the bottom of the screen, type the directions for preparing the recipe. (This is optional.)
 8. Click the button labeled "Add to Dictionary." DietPower will insert the new recipe into both the Recipe

Box and the Food Dictionary, marking it with the special symbol .

For details on each of the steps, see [Recipes, Filling in Ingredients, Etc., when Creating or Editing](#).

To leave the Create-a-Recipe page:

If you want to save your work, click the Add-to-Recipe-Box button. DietPower will carry out the order and take you back to the Recipe Box page.

If you'd rather discard your work, click the Discard-This-Recipe button. After asking you to confirm your decision, DietPower will ignore the work and return you to the Recipe Box page. (You can also discard the work by clicking the Cancel button. In that case, DietPower will ask you to confirm your choice before closing the Recipe Box and taking you back to the Home Screen. If the Cancel button is not visible, see [Taskbar, Hiding to Make Screens Deeper](#).)

Recipe Box, Deleting Recipes from

Any user can delete any recipe from the Recipe Box—including the ten recipes preinstalled by DietPower. (Think twice before deleting a recipe, however, since all users share the same Recipe Box.)

Although every recipe appears in the Food Dictionary as well as in the Recipe Box, recipes can be deleted only from within the Recipe Box.

To delete a recipe:

1. On the Recipe Box page, highlight the recipe you want to delete, by clicking it.
2. Click the button labeled "Delete Selected Recipe."
3. When DietPower asks you to confirm your decision, click Yes.

To leave the Recipe Box page:

If you want to stay in the Recipe Box, click one of its other tabs, and the other page will come to the top.

If you want to leave the Recipe Box, click the OK or the Cancel button, or press the Escape key. (If the OK and Cancel buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper.](#)) DietPower will take you back to the [Home Screen](#).

Recipe Box, Editing Recipes in

(Note: In the Recipe Box, to edit a recipe means to edit its ingredients, name, number of servings, or directions—not its nutrients, although these may change indirectly. You can *directly* edit the nutrients only by making a *copy* of the recipe and treating it as a *food*—and then only from within the Food Dictionary. See [Food Dictionary, Editing Copies of Items in.](#))

Any user enrolled in your copy of DietPower can edit any recipe (including the ten recipes preinstalled by DietPower), and all users share the same recipes. (If you think revising a recipe will cause problems for other users, edit a *copy* of the recipe instead. See [Recipe Box, Editing Copies of Recipes in.](#))

To edit a recipe:

1. If you're at the [Home Screen](#), open the Recipe Box by:

- clicking the Recipe Box button: 

or

- opening the Food Menu (by clicking the word *Food*) and choosing "Recipe Box."
2. Find the recipe you want to edit, by either scrolling or using the methods described in [Dictionaries, Searching the.](#)
 3. Highlight the recipe, by clicking it.
 4. Click the tab labeled "Edit This Recipe."
 5. Make the changes you want. (For help with individual blocks, see [Recipes, Filling in Ingredients, Etc., when Creating or Editing.](#))
 6. Click the button labeled "Revise as Shown." The revised version will **overwrite** the original in both the Recipe Box and the Food Dictionary, and you'll be taken back to the Recipe Box page.

If you've edited a recipe that's used as an ingredient in another recipe...

...DietPower will *not* automatically update the other recipe to reflect the change—you'll have to do that yourself. Just open the other recipe with the Edit-This-Recipe [tab](#), delete the recipe that it used as an ingredient, and then reinsert it.

To leave the Edit-This-Recipe page:

If you want to save your work, click the Revise-as-Shown button. The revised recipe will overwrite the old one and you'll be taken back to the Recipe Box page.

If you'd rather discard your work, click the Discard Changes button. After asking you to confirm your decision, DietPower will ignore the changes and return you to the Recipe Box page. (You can also discard the work by clicking the Cancel button. In that case, after asking you to confirm your choice, DietPower will close the Recipe Box and take you back to the Home Screen.)

If you haven't done any work, click one of the other tabs if you'd like to stay in the Recipe Box, or the OK or the Cancel button if you'd rather go back to the Home Screen.

(If the OK and Cancel buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

Recipe Box, Editing Copies of Recipes in

(Note: In the Recipe Box, to edit a copy of a recipe means to edit the copy's ingredients, name, number of servings, or directions—not its nutrients, although these may change indirectly. You can *directly* change them only by editing a copy of the recipe made from within the *Food Dictionary*. See [Food Dictionary, Editing Copies of Items in.](#))

Editing a copy is a handy way to create a new recipe when a similar one already exists. It also protects the original in case another user doesn't like the revisions you've made.

To edit a copy of a recipe:

1. If you're at the [Home Screen](#), open the Recipe Box by:

- clicking the Recipe Box button:



or

- opening the Food Menu (by clicking the word *Food*) and choosing "Recipe Box."
2. Find the recipe you want to copy and edit, by either scrolling or using the methods described in [Dictionaries, Searching the.](#)
 3. Highlight the recipe, by clicking its name.
 4. Click the tab labeled "Edit a Copy."
 5. Make the changes you want. Be sure to change the recipe's name by at least one character (spaces and capitalization don't count), since DietPower doesn't allow duplicate descriptions in the dictionaries. (For help, see [Recipes, Filling in Ingredients, Etc., when Creating or Editing.](#))
 6. Click the button labeled "Add to Dictionary." The revised copy will be added to both the Recipe Box and the Food Dictionary, and you'll be taken back to the Recipe Box page.

To leave the Edit-a-Copy page:

If you want to save your work, click the Add-to-Recipe-Box button. DietPower will add the edited copy to the dictionaries and take you back to the Recipe Box page.

If you'd rather discard your work, click the Discard-This-Recipe button. After asking you to confirm your choice, DietPower will ignore the work and return you to the Recipe Box page. (You can also discard the work by clicking the Cancel button. In that case, after asking you to confirm your choice, DietPower will close the Recipe Box and take you back to the Home Screen.)

If you haven't done any work, click one of the other tabs to switch to another page of the Recipe Box, or the OK or the Cancel button if you'd rather go back to the Home Screen.

(If the OK and Cancel buttons are not visible, see [Taskbar, Hiding to Make Screens Deeper.](#))

Recipes, Filling in Ingredients, Etc., when Creating or Editing

When you're creating a new item in the [Recipe Box](#) or revising an old one, here's how to fill in the blocks:

Food Name

Try to name recipes by the same rules DietPower uses—it will save you trouble later. See [Naming New Foods and Recipes](#).

Categories

DietPower has assigned every food in its original dictionary to at least one of its 72 [food categories](#), and some to several categories. (Brownies, for example, are categorized under both Cookies and Cakes.) Each recipe is automatically placed in the "User-added recipes" category, but you can also put it into one or two other categories. (You can also place it in some other category *instead of* User-Added Recipes, but then it won't show up in User-Added Recipe category searches. Nevertheless, it will still retain the



symbol marking it as a recipe.)

To place a recipe in additional categories, click any of the blank category buttons at the bottom of the page you're using to create or edit the recipe. This will open a list of the categories. Then scroll to the category you want, and click it. DietPower will replace the button with a little text window containing the category name.

To place the recipe in a second additional category, repeat the procedure on the other blank button.

If you change your mind about any category you've chosen, click the category name and the list will appear again, ready for you to select an alternative. (To restore the button to *no* category, click the blank space at the top of the list.)

Number of Servings

Key in the number of servings the recipe makes. Remember that this will determine the size of the serving that appears whenever you begin to record the recipe in your [Food Log](#). If the recipe makes four cups and your usual serving is half a cup, for example, enter an 8 in the Number-of-Servings block, to make the single serving come to half a cup. That way, you'll seldom have to adjust the serving when logging the item.

Recording the Ingredients

Put the cursor in the Find block. Then, for each ingredient, follow these steps:

1. Find the ingredient in the dictionary (the largest window, near the top of the screen), by either scrolling or using the search techniques described under [Dictionaries, Searching the](#).
2. [Double-click](#) the found ingredient with the *left* mouse button, or [drag](#) and drop it into the Ingredients List (the middle window) with the *right* mouse button. Either action will open the Portion Editor, showing a standard amount of the ingredient.
3. If your recipe calls for a different amount, type that in place of the standard amount.
4. Click the Portion Editor's OK button. The Portion Editor will disappear and the proper amount of the ingredient will show up in the Ingredients List.

If the recipe is to be cooked...

...then you must decide whether to enter raw ingredients or cooked. Each offers one advantage:

- Cooked ingredients will make the nutrient profile more accurate. If your recipe is for scalloped potatoes, for example, entering raw potatoes would exaggerate its vitamin-C content – because an ounce of raw potato flesh contains 5.5 milligrams of vitamin C, while an ounce of boiled potato flesh contains only 2.1 and an ounce of baked potato flesh only 3.6. (Which of the two cooked varieties should you enter? Probably the baked. It's true that scalloped potatoes are cooked in a boiling sauce—but the sauce isn't thrown away, as when potatoes are boiled in water.)
- Raw ingredients will sometimes make the recipe easier to understand when printed out for friends and relatives. In this case, if you enter baked potatoes in order to represent the nutrients accurately, your printout will imply that the potatoes must be baked before being added to the other ingredients—which isn't true.

In general then, it's better to enter cooked ingredients if the recipe is for yourself only, and better to enter raw ones if you're printing the recipe for other people.

If the recipe is to be frozen...

...it will still end up fairly close, nutritionally, to the sum of its ingredients. Hence, you should enter frozen versions of the ingredients only when they are actually pre-frozen.

To create an ingredient that you can't find in the dictionary...

...click the tab labeled "Quick Food." For details, see [Quick Food](#).

To check the recipe's **nutrient profile...**

...click the tab labeled "Nutrient Profile." (You can do this at any time—even before the recipe is finished. To come back and resume working on the recipe, just click its tab again.) For tips on interpreting nutrient profiles, see [Nutrient Profile, Viewing a Food's or Recipe's](#).

To revise the amount of an ingredient:

1. In the Ingredients List, [double-click](#) the ingredient. The Portion Editor will reappear.
2. Type a new amount over the old.
3. Click the Portion Editor's OK button.

To delete an ingredient:

1. In the Ingredients List, highlight the ingredient by clicking it.
2. Click the button labeled "Delete This Ingredient." When asked to confirm the deletion, click Yes.

To write or edit the directions...

...click the Directions pad to put the cursor in it. Then type away. The pad will accept between 200 and 700 words, depending on the number of ingredients in the recipe. (The limiting factor is the recipe's printout, which must fit on a single 8-1/2-by-11 sheet.)

For editing, the pad has a built-in word processor that works much like Windows Notepad, except that the commands on its Edit Menu (used for cutting, copying, pasting, and deleting blocks of text) are not listed on the screen—you open them by clicking the right mouse button anywhere on the pad. For detailed

instructions, see [Word Processor, DietPower's.](#)

Registering Your Trial Copy of DietPower

If you're using DietPower's free 30-day trial, you'll find instructions for purchasing a permanent license at [Free Trial Copy, Converting to Permanent Version](#). Otherwise, check our order information page at <http://www.dietpower.com/order.htm>.

Registration Number, How to Find

If you're using the free 30-day trial version of DietPower and want to [convert it to the paid version](#), you'll need your copy's Registration Number. (The Registration Number is different for every installation of DietPower.) To find the Registration Number:

- Close DietPower if you already have it running.
- Start up the program again.
- Click the Buy Now button.
- Specify "New Purchase." (Do this even if you're relicensing a previously licensed copy.)
- When you reach the License Agreement, click "I accept." You'll find the Registration Number on the next screen.

Reinstalling DietPower

(Note: If you're reinstalling because you upgraded your computer from Windows 3.1 to a later version of Windows, this probably isn't the Help topic you need. Instead, see "Upgrading to Windows 95/98/NT/2000" in [Windows 3.1 and Later Versions, Compatibility of.](#))

If you've [uninstalled](#) DietPower or lost the use of your original installation through file corruption or some other [hard-drive](#) problem, you can reinstall the program. You can also restore the records of users whose files you have saved on [travel disks](#).

There are two ways to reinstall:

- From installation disks. These are either the diskettes, the CD-ROM, or the DVD that you bought from DietPower or one of its distributors, or the diskettes or Zip disk you made yourself by following the instructions in ["Installation Disks, Making."](#)
- From the self-extracting file that you downloaded from DietPower's web site. There are several versions of this file, but its name always begins with "DP" and ends with ".exe." If you haven't deleted the file, you'll probably find it in the \Windows\Temp folder on your hard drive. It will most likely be named DPtrial.EXE.

Before you reinstall...

...realize that, even if you used DietPower's ["uninstall" procedure](#) to remove the program from your hard drive, some vestiges may still be present. To clean them out, use My Computer or Windows Explorer to: a) find the [subfolder](#) in which you installed DietPower (unless you specified otherwise, it will be c:\Program Files\DietPower) and b) delete the subfolder and all of its contents.

To reinstall from the self-extracting file that you downloaded:

1. Find the file (using My Computer or Windows Explorer) and double-click it, just as you did the first time you installed the program.
2. Follow the instructions that appear on your screen.

To reinstall from **installation disks**:

1. Put Disk 1 into your A: drive. (Or put the Zip disk, CD-ROM, or DVD into its correct drive.)
2. Click the Start button.
3. Click "Run."
4. In the dialog that appears, type "a:\setup" (or "X:\setup", where X is the drive containing the CD-ROM or the DVD). Do not include the quotation marks.
5. Click the OK button.
6. Follow the instructions that appear.

To restore users' records...

...follow the procedure in [User, Restoring from a Travel Disk](#).

Resolution, Low

If you have your computer's display set to a resolution of 640 by 480 pixels, some of the screens in DietPower will be partially hidden by the Windows [Taskbar](#). DietPower will warn you about this overlap each time you start up the program—unless you solve the problem or tell DietPower not to bother you about it.

There are two ways to deal with the overlap:

Use the Windows "Auto Hide" feature to display the Taskbar only when it's needed. This is generally the better cure—and in many cases it will already be working. Does the Taskbar appear only when you slide the mouse pointer against the bottom edge of the screen? If so, you are already using Auto Hide and can order DietPower not to display the reminder anymore.

If Auto Hide *isn't* working, you can switch it on by following these steps:

1. Point to any blank, unused spot on the Taskbar.
2. Push the *right* mouse button. A menu will open.
3. Click "Properties." The Taskbar Properties dialog will open.
4. Check "Auto Hide."
5. Click OK. Auto Hide is now activated.

(If you ever want to *deactivate* Auto Hide, follow the same five steps above, clicking the box beside "Auto Hide" to *remove* the mark.)

Change to a higher screen resolution. This works fine if your monitor and video card permit it. One drawback, however, is that the new resolution will be imposed on other Windows programs as well as DietPower, unless you take the trouble to change the resolution back to 640-by-480 whenever you leave DietPower.

1. Click the [Start button](#), to open the Start Menu.
2. Slide the mouse pointer onto the word *Settings*. A submenu will open.
3. On the submenu, click "Control Panel." The Control Panel group will open.
4. Double-click the icon labeled "Display." The Display Properties dialog will open.
5. Click the tab labeled "Settings."
6. Pointing to the slider underneath the words "Desktop area," hold down the left mouse button and [drag](#) the slider toward the right until it indicates a resolution of 800 by 600 pixels (recommended), 1024 by 768 pixels (acceptable if you have sharp eyes), or 1280 by 1024 pixels (for hawks and eagles only—or people with gigantic monitors.)
7. Release the mouse button.
8. Click OK. Windows may ask to restart your computer so the new setting can take effect, or it may say only that it wants to resize your desktop.
9. Click OK again.

10. If you're asked to approve the new resolution, click OK a third time.

(To revert to a 640-by-480 display, follow the same steps, but move the slider to "640 by 480 pixels.")

Riboflavin

Riboflavin is a [coenzyme](#), like [thiamin](#) and [niacin](#), but it also helps the body create a substance vital to the nervous system.

Skin sores are a common symptom of riboflavin deficiency.

Among the best sources of riboflavin are milk, eggs, liver, fortified cereal, dark green vegetables, dried beans, and mushrooms.

Like thiamin, riboflavin is not known to be harmful in large doses.





Your Daily Allowance

DietPower sets your [Personal Daily Allowance \(PDA\)](#) of riboflavin at the National Research Council's [Recommended Dietary Allowance \(RDA\)](#), which is specified in [milligrams](#): 1.8 for males aged 15 to 18, 1.7 for males 19 to 50, 1.4 for men over 50, 1.3 for women under 51, 1.2 for women 51 and older, 1.6 for [pregnant](#) women, 1.8 for women in the first six months of [lactation](#), and 1.7 for those in the second six months.



(If your doctor recommends a different allowance, you can change your PDA. See [Personal Daily Allowances, Editing Your.](#))



Color Coding of This Nutrient

The riboflavin bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 200 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 200 percent of your PDA
-  missing if you've logged no riboflavin.

In the [nutrient profile](#) of a food or recipe, the riboflavin bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of riboflavin
-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of riboflavin

-  blue for "neutral" otherwise
-  missing if the amount of riboflavin is either zero or (when the word *Riboflavin* is grayed out) unknown.

How Complete Are DietPower's Riboflavin Readings?

Very. Of the 16,000 entries in the Food Dictionary, only 1 percent list their riboflavin content as "unknown." (The number of unknowns will be higher, of course, if you've added foods to the dictionary with missing riboflavin figures.) To see whether a particular food has a riboflavin reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Riboflavin," it means the amount is unknown. (To see *all* foods with unknown riboflavin readings, click the dictionary's [PowerFoods](#) tab and sort the foods by riboflavin power; then scroll to the bottom of the list.)

Riboflavin on Food Labels

Food labels are not required to report riboflavin levels, but many do. They may cite the amount in milligrams or percent of [Daily Value](#).

The Daily Value for riboflavin is 1.7 milligrams, or 1700 micrograms. This is not necessarily right for you, however—it's a rough estimate meant to cover most of the U.S. population.

For more on label regulations, see [Labels, Food](#).

Rickets

See [Vitamin D](#).

Saving Work

"Saving" your work means writing all the changes you've made onto your [hard drive](#), so they won't be lost if there's a power interruption, a system crash, a visit from a meddling toddler, or some other event that scrambles your computer's [memory](#).

Unlike many other programs, DietPower renders saving virtually automatic: any changes you've made in your records are written onto the hard drive every time you jump out of a [dialog](#) by pressing the Enter key or clicking OK or one of the special-purpose buttons like "Add Food to Dictionary" or "Update This Recipe." (These buttons are always at the bottom of the dialog. If you don't see any buttons there, click [here](#) to learn how to fix the problem.) Since virtually every task in DietPower is performed within a dialog, and since you must close each dialog before you can open another or exit from DietPower, you will seldom lose any work—provided you remember *this*:

Your work is generally not saved if you close a dialog by clicking the [X button](#), clicking the Cancel button, or pressing the Escape key. These usually discard the work.

There's a fail-safe, however: Anytime you click Cancel or the X button or press Escape, DietPower won't discard your work without first asking you to confirm the order.

For complete information on saving work, read Help for the particular dialog you are working in. The information usually appears at the very end of the Help topic, under the heading "To close [this task]" or "To leave [this dialog]."

Scales, Bathroom

The most accurate scales are the no-springs type found in doctors' offices—the kind with an eye-level bar and sliding weights. Scales of this sort can be read to the nearest eighth of a pound. They cost several hundred dollars, however. A good alternative, priced below \$100, is digital electronic bathroom scales. Some of these can be read to the nearest tenth of a pound. The best digitals use electronic strain gauges that are unaffected by temperature changes or the position of your feet on the scales.

This is not to say ordinary bathroom scales are useless. They will do quite nicely if you choose a quality brand with a large dial, a sharp indicator needle, and good "repeatability." Test them by weighing yourself five or six times and seeing if the reading fluctuates. In general, the larger and heavier the scales, the better. (This is true of digital models, too. And don't forget to test *them* for repeatability. Some are no more reliable than the cheapest ordinary scales.)

You can buy high-quality bathroom scales directly from DietPower. See [Health Shop, DietPower's](#).

Scales, Food

It's usually easier to measure food by weight than by volume—and nearly always more accurate. If you're serious about portion control, keep a food scale on your table right along with your knife, fork, and spoon.

Choose a sensitive scale that can distinguish fractions of an [ounce](#), preferably one that can accommodate a large serving plus the weight of the dish. (An empty dinner plate can easily weigh a pound and a half, so your best bet is a scale that can handle at least three pounds.) Digital food scales accurate to the tenth of an ounce can be found in specialty stores and catalogs for about \$40.

(You can buy a high-quality food scale directly from DietPower for less than that. See [Health Shop, DietPower's.](#))

Scurvy

See [Vitamin C](#).

Second Computer, Using DietPower on Your

See [Travel Disk, Copying Records to or from a.](#)

Selenium

This sulfur-like [mineral](#) is an [antioxidant](#) that apparently helps to prevent cancer and hypertension. (Areas of the United States where soil is rich in selenium have lower cancer rates and fewer deaths from stroke.) Selenium is often added to antioxidant vitamin supplements.

Good sources of selenium include whole-grain cereals, meat, chicken, egg yolks, seafood, milk, and garlic.

Your Daily Allowance

DietPower sets your [Personal Daily Allowance \(PDA\)](#) of selenium at the National Research Council's (NRC's) [Recommended Dietary Allowance \(RDA\)](#), which is specified in [micrograms](#). The RDA is 55 micrograms for everyone except pregnant women (60 micrograms) and lactating mothers (70 micrograms).

Upper Levels





In April 2000 the NRC established the first [Tolerable Upper Intake Level \(UL\)](#) for selenium: 400 micrograms per day. Getting more than the UL may trigger a toxic reaction called selenosis, marked by hair loss and fingernail and toenail damage.

Setting Your Level


DietPower automatically sets your Personal Daily Allowance of selenium when you enroll in the program, but if your doctor recommends a different allowance, you can change it. See [Personal Daily Allowances, Editing Your](#).




Color Coding of This Nutrient

The selenium bar in your personal Nutrient History is:

-  blue for "good" if you've logged 100 to 150 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 150 percent of your PDA
-  missing if you've logged no selenium.

In the [nutrient profile](#) of a food or recipe, the selenium bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of selenium

-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of selenium
-  blue for "neutral" otherwise
-  missing if the amount of selenium is either zero or (when the word *Selenium* is [grayed out](#)) unknown.

How Complete Are DietPower's Selenium Readings?

Not terribly. Of the 16,000 entries in the Food Dictionary, 35 percent list their selenium content as "unknown." (The percentage of unknowns may be different, of course, if you've added a lot of foods to the dictionary yourself.) To see whether a particular food has a selenium reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Selenium," it means the amount is unknown. (To see *all* foods with unknown selenium readings, click the dictionary's [PowerFoods](#) tab and sort the foods by selenium power; then scroll to the bottom of the list.)

Selenium on Food Labels

Food labels are not required to report selenium content, but some do voluntarily. They may cite the content in micrograms, percent of [Daily Value](#), or both.

The Daily Value for selenium is 70 micrograms. This isn't necessarily right for you, however—it's a rough estimate meant to cover most of the U.S. population. (Remember, too, that the Daily Value does not yet reflect the new RDA announced in April 2000. See above.)

For more on label regulations, see [Labels, Food](#).

Skin Disorders

See:

- [Niacin](#)
- [Riboflavin](#)
- [Vitamin A](#)
- [Vitamin B6](#)

Skin, Flushing of

See [Niacin](#).

Skin, Pale

See [Vitamin B12](#).

Skipped Days

If you haven't logged onto DietPower in a while and would like to start over with a clean slate, you can. But first, realize that a *short* lapse in your diet can be handled *without* starting over. Reason: Every time DietPower notices a day when you haven't logged any foods or exercises, it automatically fills the gap with certain assumptions based on your recent history. (See "What DietPower Assumes," below.) The assumptions may be false, of course—you may have sat on the couch eating Slim Jims the whole time. But if the relapse lasted only a day or two (or even a week if your goals are long-term), then any error you've introduced will be small, and over time it will shrink to an insignificant fraction of your history.

Your best bet, then, may be simply to climb back on the bandwagon with your old records intact. But if you're a purist, there are three ways to begin anew. See "Starting Over," below.

What DietPower Assumes When you Skip Days

- If you didn't log on (i.e. didn't record any weights), DietPower prorates your nutrient intake against *part* of your weight change during the skipped period (it assumes that only 20 percent of the change was real and the rest was water loss or gain), then adds to each skipped day the number of calories you averaged in exercise during the preceding 30 days. *Example:* You didn't log on for a week, and you gained a pound. During the month before that week, you averaged 223 calories per day in exercise. DietPower assumes that your calorie intake during the "silent" week was greater than your metabolic rate by 100 calories per day (because gaining a pound requires an excess of 3500 calories and 20 percent of that is 700 calories, or 100 per day) plus the 223 calories per day you had been averaging in exercise. It also assumes that your intake of other nutrients was proportional to the calorie increase. That is, if your calorie intake rose 14 percent during the hiatus, then DietPower assumes that your sodium, fat, vitamin E, and other nutrient intakes also rose 14 percent.
- If you logged on but left your Exercise Log blank, the program assumes that you've had *no* exercise—it doesn't fill in the 30-day average described above.
- If you logged on but left your Food Log blank, DietPower prorates your nutrient intakes against your weight change as described above.
- If you logged on and logged even *one food*, DietPower *doesn't* prorate, but assumes you recorded *all* your foods for that day. (This means that if you logged your breakfast but never got around to logging lunch and dinner, DietPower will have a vastly mistaken record of your food consumption. Hence, if you don't want to bother recording lunch and dinner, your best bet is to delete your breakfast, too, because an *empty* log tells DietPower to do the prorating described above.)

Effects on Your Calorie Bank

The assumptions above are used mainly to update your metabolic rate and calorie budget. But DietPower also applies them to your Calorie Bank balance. Thus, if DietPower imputes a budget of 1522 calories for your "silent" day and your weight change suggests that you overate by 311 calories, the program will automatically subtract 311 calories from your bank balance that day.

Starting Over

The easiest way is to start a new diet and simply leave your incomplete records in the past. They will continue to influence your calorie budget and Nutrient History, but less and less each day. After a month, they will no longer affect the budget at all. Their effect on the Nutrient History will continue for a year, but the effect will fade as they make up a smaller and smaller portion of your total history.

The next easiest way is to abandon your old records and enroll as a new user, under a different identity. Follow these steps:

1. Call up a blank [Personal Information Form](#):

- If DietPower is already running, go to the [Home Screen](#), open the User Menu (by clicking the word *User*), and choose "New User"

or

- If DietPower isn't running, start up the program and, when you reach the [User List](#), click the button labeled "I'd like to enroll as a new user."

2. Fill out the Personal Information Form in the usual way (see [Personal Information Form](#)), but change at least one of the first four letters of your first name *or* at least one digit in the month and day of your birth date. If the name you used earlier was Margaret and the birth date was 11/3/65, for example, you could enroll either as Maggie with the same birth date or as Margaret born on 11/4/65. Reason: DietPower uses the first four letters of your first name and the month and day of your birth to name the [subfolder](#) where it stores your personal files. If you enter "Margaret" and "10/3/65" again, the program will notice that you already have a subfolder called \Marg1103, and refuse to set up another by the same name.

3. Click OK. DietPower will take you into the program as a new user.

The hardest way is to delete your old records and re-enroll under your *original* name and birth date. But this will also destroy all of your [calendar notes](#) unless you first save them on a [travel disk](#). And of course you won't be able to recall any of your old eating or exercise records, weight entries, or anything else regarding your diet. For instructions, see [User, Deleting a](#).

Smoking

See [Vitamin C](#).

Sodium

Sodium is a metal found in many foods, most commonly as part of the compound sodium chloride—table salt—which is 40-percent sodium by weight. Sodium ions (atoms that are electrically charged because some of their electrons are missing) play a crucial role in regulating your body's water balance (the proportion of water *inside* the cells to that *between* the cells). Sodium ions also figure in the transmission of nerve impulses and in muscle contractions.

Besides the salt shaker, the biggest source of sodium in our diet is processed foods, to which manufacturers often add surprisingly large amounts of salt.

Most people eat far more salt than they need. The average adult, when not actively sweating, requires a minimum of 500 [milligrams](#) of sodium per day—the amount in one-quarter teaspoon of table salt. (You can get the same dose from any of the following: one average hot dog, four cups of milk, one slice of pizza, two ounces of cheddar cheese, half a cup of canned soup, one-third cup of sauerkraut, half of a large dill pickle, or a cup of vanilla pudding.) A typical American consumes at least ten times that much. While this amount is not toxic (as are much larger doses), it probably does the body no good, and may cause you to feel weaker and more tired than you would otherwise.

Sodium and Blood Pressure





Getting too much sodium is widely believed to cause hypertension, but the connection isn't cut-and-dried. Studies show that some people's blood pressure is sensitive to salt intake, while others' is not.

Your Daily Allowance





Since nobody really needs the amount of sodium that most of us consume, the [National Research Council \(NRC\)](#) recommends limiting your daily intake to 2400 milligrams or less, which translates to 1.2 teaspoons or less of table salt. DietPower sets your [Personal Daily Allowance \(PDA\)](#) at 1450 milligrams (the amount in $\frac{3}{4}$ teaspoon of salt)—halfway between the NRC maximum and the minimum of 500 milligrams. You may want to reset it to a lower figure, but don't go below 500 milligrams without a doctor's advice. (For instructions on resetting PDAs, see [Personal Daily Allowances, Editing Your.](#))

Color Coding of This Nutrient

The sodium bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 35 to 100 percent of your PDA
-  red for "bad" if you've logged more than 100 percent of your PDA
-  yellow for "caution" if you've logged less than 35 percent of your PDA
-  missing if you've logged no sodium.

In the [nutrient profile](#) of a food or recipe, the sodium bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you less than 50 percent of your PDA of sodium
-  magenta for "bad" if getting all your calories from the item would give you more than 150 percent of your PDA of sodium
-  blue for "neutral" otherwise
-  missing if the amount of sodium is either zero or (when the word *Sodium* is [grayed out](#)) unknown.

How Complete Are DietPower's Sodium Readings?

Very. Of the 16,000 entries in the Food Dictionary, only 0.3 percent list their sodium content as "unknown." (The number of unknowns will be higher, of course, if you've added foods to the dictionary with missing sodium figures.) To see whether a particular food has a sodium reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Sodium," it means the amount is unknown. (To see *all* foods with unknown sodium readings, click the dictionary's [PowerFoods](#) tab and sort the foods by sodium power; then scroll to the bottom of the list.)

Sodium on Food Labels

Virtually all food labels are required to report sodium content, in both milligrams and percent of [Daily Value](#).

The Daily Value for sodium is 2400 milligrams. This is not necessarily right for you, however—it's a rough estimate meant to cover most of the U.S. population.

For more on label regulations, see [Labels, Food](#).

Speech, Slurred

See [Manganese](#).

Starting Over

If your diet is in a shambles and you'd like to start over, there are three ways.

If you've been faithfully logging...

...your foods, weights, and exercises, but your [Calorie Bank](#) has a huge positive or negative balance from under- or overeating, jump into the [Diet Designer](#) and start a new diet. This will scrap your old goals and zero your Calorie Bank balance, but it will preserve DietPower's accumulated knowledge of your [metabolic rate](#).

If you *haven't* been a faithful logger...

...then DietPower will have a mistaken notion of your metabolic rate and give you inaccurate [calorie budgets](#). In that case, your best bet is either to erase your records and enroll as a completely new user (see [User, Deleting a](#)) or leave your records intact and enroll as a second user with a different first name or birth date (see [User, Enrolling a New](#)).

Status Bar, Switching On and Off

The Status Bar is a line at the bottom of your [Home Screen](#) that explains each button on the [Toolbar](#) when you place the mouse pointer on the button. You can order the Status Bar to be displayed at all times or not at all. To switch it either way:

1. From your [Home Screen](#), open the View Menu by clicking the word *View*. The menu will include the phrase "Status Bar." If the phrase has a check mark beside it, the Status Bar is currently displayed. Otherwise, the Status Bar is suppressed.
2. Click the phrase "Status Bar," to either check it or [uncheck](#) it. DietPower will switch the bar on or off and close the View Menu.

Stroke

See:

- [Alcohol](#)
- [Antioxidants](#)
- [Cholesterol](#)
- [Fat, Monounsaturated](#)
- [Fat, Polyunsaturated](#)
- [Fat, Saturated](#)
- [Fat, Total](#)
- [Fiber, Dietary](#)
- [Potassium](#)
- [Selenium](#)
- [Sodium](#)
- [Vitamin D](#)

Sugars

Sugars are classified as "simple carbohydrates," because their molecules are much smaller than those of starch, fiber, and other [complex carbohydrates](#). Since smaller molecules are also easier to digest, sugars can deliver their calories to the body faster than any other nutrient.

Sugar has a bad reputation—it's been blamed for everything from cancer to hyperactivity in children. In fact, though, for most people sugar has only two solidly proven drawbacks:

1. It contributes to tooth decay.
2. Its "empty" calories displace foods that might provide important nutrients.

(Sugar can also be harmful to diabetics if consumed in the wrong amounts. Exactly how much is wrong, however, is beyond the scope of this version of DietPower. If you are diabetic, you should use the program only under close supervision by your doctor.)

Your Daily Allowance




The [National Research Council](#) has not set a [Recommended Dietary Allowance \(RDA\)](#) of sugar, but most authorities suggest that the amount of sugar deliberately *added* to one's diet be kept to a minimum. For simplicity's sake, DietPower divides everyone's Personal Daily Allowance of total carbohydrate into 20 percent sugars and 80 percent complex carbohydrates. If your doctor suggests a different division, however, you can change it. See [Personal Daily Allowances, Editing Your](#).

Caution

Sugar levels are cited for only 4 percent of the 16,000 entries in DietPower's original dictionary, but may be cited for the foods you add. Hence, the sugar intake showing in your [Nutrient History](#) may be far lower than the amount you've actually consumed. To see whether a particular food has a sugar reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Sugar," it means the amount is unknown. (To see *all* foods with unknown sugar readings, click the dictionary's [PowerFoods](#) tab and sort the foods by sugar power; then scroll to the bottom of the list.)

Color Coding of This Nutrient




The sugars bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 percent or less of your PDA
-  red for "bad" if you've logged more than 100 percent of your PDA
-  missing if you've logged no sugars.

In the [nutrient profile](#) of a food or recipe, the sugars bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you less than

50 percent of your PDA of sugars

-  magenta for "bad" if getting all your calories from the item would give you more than 150 percent of your PDA of sugars
-  blue for "neutral" otherwise
-  missing if the amount of sugar is either zero or (when the word *Sugars* is grayed out) unknown.

Sugars on Food Labels

Most food labels are required to report sugar content. Since there is no official [Daily Value](#) for sugar, the amount is cited in [grams](#). (The [DietPower Daily Value](#) is 60 grams.)

For more on label regulations, see [Labels, Food](#).

Super Enter Key

See [Keypad, Numeric.](#)

Swelling, of Body Tissues

See [Protein](#).

Swelling, of Mouth

See [Niacin](#).

Taskbar, Hiding to Make Screens Deeper

The Windows Taskbar is a bar across the bottom of your screen listing all the programs you have running simultaneously. If your display mode is set to 640-by-480 pixels, the Taskbar can be a problem: it obscures the buttons at the bottom of DietPower's [dialogs](#).

To fix the problem, you must activate "Auto Hide," a Windows function that hides the Taskbar except when you drag the mouse pointer to the bottom of the screen. To activate Auto Hide:

1. Click the Start button in the lower-left corner of your screen.
2. Point to "Settings" and click "Taskbar." The Taskbar Properties dialog will open.
3. If the "Auto hide" choice is not already checked, check it.
4. Click the OK button.

Taste, Dulled Sense of

See [Zinc](#).

Technical Support, Getting

See [DietPower, Inc., Contacting.](#)

Thiamin

Sometimes spelled "thiamine," this nutrient is also known as vitamin B1. Like [riboflavin](#) and [niacin](#), thiamin is a [coenzyme](#).

A severe, long-term shortage of thiamin causes beriberi, a disease that can lead to leg paralysis and heart failure. Such shortages are rare in developed countries, however, except among extreme alcoholics.

Excellent sources of thiamin include pork (especially ham), peas, peanuts, fortified cereals, liver, oysters, bread, pasta, wheat germ, and lima beans.





High doses of thiamin are not known to be toxic.

Your Daily Allowance



DietPower sets your [Personal Daily Allowance \(PDA\)](#) of thiamin at the National Research Council's [Recommended Dietary Allowance \(RDA\)](#), measured in milligrams: 1.5 for males 15 to 50, 1.2 for men 51 and older, 1.1 for females 15 to 50, 1.0 for women 51 and older, 1.5 for [pregnant](#) women, and 1.6 throughout [lactation](#). (If your doctor recommends a different allowance, you can change your PDA. See [Personal Daily Allowances, Editing Your.](#))



Color Coding of This Nutrient

The thiamin bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 200 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 200 percent of your PDA
-  missing if you've logged no thiamin.

In the [nutrient profile](#) of a food or recipe, the thiamin bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of thiamin
-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of thiamin

-  blue for "neutral" otherwise
-  missing if the amount of thiamin is either zero or (when the word *Thiamin* is [grayed out](#)) unknown.

How Complete Are DietPower's Thiamin Readings?

Very. Of the 16,000 entries in the Food Dictionary, only 1 percent list their thiamin content as "unknown." (The number of unknowns will be higher, of course, if you've added foods to the dictionary with missing thiamin figures.) To see whether a particular food has a thiamin reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Thiamin," it means the amount is unknown. (To see *all* foods with unknown thiamin readings, click the dictionary's [PowerFoods](#) tab and sort the foods by thiamin power; then scroll to the bottom of the list.)

Thiamin on Food Labels

Food labels are not required to report thiamin content, but many do. They may cite the content in milligrams, percent of [Daily Value](#), or both.

The Daily Value for thiamin is 1.5 milligrams, or 1500 micrograms. This amount is not necessarily right for you, however—it's a rough estimate meant to accommodate most of the U.S. population.

For more on label regulations, see [Labels, Food](#).

Thought, Food for

Food for Thought is a piece of instructive or inspirational reading that DietPower shows you each time you [log on](#). It includes more than 500 items, ranging from insightful quotations to nutritional tips and pointers on getting the most out of DietPower. Some items are tailored to you personally—you may be the only user in your household who ever sees them. Others are viewed by everyone, although not always on the same day.

(If you don't want to see Food for Thought, you can turn the feature off. Just uncheck the box in its lower-left corner. Or if it's not on your screen right now, you can find instructions for turning it off in [Options, Miscellaneous.](#))

You can save Food for Thought items by printing them at the time you read them (see below), but you can't search them out on subsequent occasions—you can only wait until they happen to come round again.

When a Food for Thought item is showing on your screen, you have two choices:

To continue into the main part of the program *without* printing the Thought...

...just click OK.

To print the Thought:

1. Point to the space to the left of the first character in the item and hold down the left mouse button.
2. [Drag](#) the cursor to the space just past the last character in the item and release the mouse button. The entire item should now be highlighted.
3. Press [Ctrl+C](#). You won't see anything happen on your screen, but behind the scenes Windows will copy the highlighted text to the [Clipboard](#). (If you'd rather use the mouse for this step, *right*-click anywhere except on the highlighted text to open the Edit Menu; then click "Copy.")
4. Open any Windows-based word processor, such as Word, Word Perfect, or WordPad.
5. Create a file into which you can paste the Food for Thought item.
6. Place the cursor in the file wherever you want the Thought to be pasted.
7. Open the word processor's Edit Menu.
8. Click "Paste." The Thought will be copied from the Clipboard into the file.

(*Shortcut:* In most programs, you can press Ctrl+V instead of performing steps 7 and 8.)

9. Print the Thought, using the word processor's normal print function.

Thyroid, Overactive

See [Vitamin D](#).

Tingling or Numbness, in Extremities

See:

- [Pantothenic Acid](#)
- [Vitamin B12.](#)

Tongue, Smooth

See:

- [Folic Acid](#)
- [Niacin](#)

Toolbar

See [Buttons, Toolbar.](#)

Tooth Decay

See [Sugars](#).

Topic, Help

You are now reading a Help topic—an individual "chapter" to which you can jump by clicking a green, solid-underlined word or phrase that's linked to the topic. We've created this topic just to illustrate the concept, which is explained in another topic called [Help, Using](#). If you jumped here from that topic, you can jump back to it by clicking its name here. (If you came from somewhere else, you can go back there by clicking the Back button, located at the top of this Help window.)

Travel Disk, Copying Records to or from a

Most people [install](#) DietPower on their home computer. The program can be legally copied onto other machines as well, however—so long as the copies don't violate the agreement made with DietPower when the program was first installed. (See [Legal Agreement with DietPower, Your.](#))

Usually, a second installation is made on your office computer, so you can log the foods you have for lunch or the workouts you do in the company gym. This presents a problem: How can your office computer know what you logged for dinner last night—and how can your home computer know what you did at the office?

The answer is your "travel disk," a diskette that you carry back and forth between your computers to keep their records identical. When you use a travel disk, the last thing you do before leaving home in the morning is to copy your DietPower records onto it, and the first thing you do when arriving at the office is to update your office computer by copying your DietPower records *from* it. Similarly, before leaving the office, you copy your records to the travel disk, and when you arrive home you update the home computer *from* the travel disk.

You can also use a travel disk as a backup in case the files on your [hard drive](#) are destroyed or corrupted.

Besides your eating and exercise records, a travel disk stores your [favorite foods](#) and [favorite exercises](#), your daily weight entries, your goal weight and target date, your calendar notes, your personal preferences from the Options Menu, your choice of Home Screen, your password, and everything else that distinguishes you as a user. In addition, it stores all the foods, recipes, and exercises that you and other users have added to the dictionaries.

Two Things a Travel Disk *Won't* Do

- It won't transfer the DietPower program itself to another computer—it transfers only personal records between *existing* installations. To install the program on another computer, you must either download the program from our Web site (<http://www.dietpower.com>) or use the CD-ROM that you bought. (If you don't have the CD-ROM and want to get it by mail instead of downloading the program, you can order from the Web site.)
- To conserve space on your travel disk, DietPower doesn't save the names of foods or exercises logged more than 90 days ago—it saves only their quantitative data. That is, if you're sitting at your home computer and suddenly realize you forgot to log the 10K race you ran four months ago, you can correct the oversight on the home machine, but the travel disk you make for updating your office machine won't transfer the race to that machine's log. It *will* transfer the race's effect on your current calorie budget, however.

Will a travel disk work on both versions of Windows?

If you have a later version of Windows on your home computer and Windows 3.1 on your office machine—or vice versa—you needn't worry. DietPower will pass your records back and forth without complications.

To make a travel disk:

(Note: This may take several minutes the first time you do it, because DietPower must copy all of your logs for each day since you enrolled in the program. After that, it will need to copy only those that have changed since you last used the travel disk.)

1. Put a diskette in the drive where you want to copy the travel-disk records. (In these instructions, we'll assume it's the A: drive.) You can use either a new diskette (if it's been [formatted](#)) or one previously used as a travel disk. In the latter case, if you save any records that were saved earlier on the same

diskette, their latest versions will overwrite the earlier. (A travel disk can contain other files besides DietPower's, provided there is enough space on the disk.)

2. From the [Home Screen](#), open the User Menu by clicking the word *User*.
3. Choose "Travel Disk." The Travel Disk dialog will open.
4. Where it says, "Travel disk is in," click "Drive A:".
5. Click "Write to travel disk."
6. Click the "Write to disk" button. DietPower will copy from the hard drive all of your files that are newer than those already on the travel disk. (Two exceptions: The files named PERSONAL.INF and HISTORY.INF are *always* copied, even if they're older—their contents are listed in [Personal Records, Your](#). And Food and Exercise logs older than 90 days are not fully copied—see "One Thing a Travel Disk *Won't* Do," above.) Then DietPower will remove the Travel Disk dialog, leaving you back at the Home Screen.
7. If you're on your way home or to the office, don't forget to remove the travel disk and take it with you.

To copy records *from* a travel disk to a second machine's hard drive:

1. Put the travel disk into the drive from which you want to copy. (In these instructions, we'll continue to assume it's the A: drive.)
2. From DietPower's Home Screen, open the User Menu by clicking the word *User*.
3. Choose "Travel Disk." The Travel Disk dialog will open.
4. Where it says, "Travel disk is in," click "Drive A:".
5. Click "Copy from travel disk."
6. Click the "Copy from disk" button. DietPower will copy from the travel disk all of your files that are newer than those already on the hard drive. (There are two exceptions to this rule—see Step 6 under "To make a travel disk," above.) Then DietPower will remove the Travel Disk dialog, leaving you back at the Home Screen. The program should now reflect virtually all the work you've done on your other computer.

Trial Copy, Converting to Permanent Version

See [Free Trial Copy, Converting to Permanent Version.](#)

Uninstalling DietPower

To remove DietPower from your computer's [hard drive](#):

1. Save these instructions by clicking the Print button at the top of this window, so you'll have them after closing DietPower. (If you plan to reinstall DietPower later, jump to [Reinstalling DietPower](#) and print those instructions, too.)
2. Close Help, by clicking its [X button](#) or [double-clicking](#) its [Control Menu icon](#).
3. If you're planning to reinstall DietPower later, make a [travel disk](#) for each user you'll want to reinstate.
4. Close DietPower in the usual manner, by clicking its [X button](#) or double-clicking its [Control Menu icon](#)—or by choosing "Exit" from its User Menu.
5. Click Start > Settings > Control Panel.
6. Double-click Add/Remove Programs.
7. In the list of programs on the Install/Uninstall tab, highlight DietPower by clicking it.
8. Click the Add/Remove button. Windows will ask you to confirm your choice.
9. Click Yes. Windows will remove DietPower from your hard drive.
10. If Windows says that some vestiges of the program were *not* removed, use My Computer or Windows Explorer to delete the [subfolder](#) in which DietPower was installed. (If you accepted the [defaults](#) when installing, the subfolder will be c:\Program Files\DietPower.)

(For instructions on reinstalling DietPower, see [Reinstalling DietPower](#).)

Units of Measure, Acceptable

For consistency, DietPower requires every user to measure foods that are added to the dictionary in one of the following units. If the unit you want is not on the list, use "serving" and add a definition of "serving" to the food's description, in case you need a reminder when recording the item on your [Food Log](#). If you have to shorten a unit's name to fit the 90-character limit for a food description, use the abbreviation shown. DietPower will then be able to find the food even if you search with the unit's full name.

| | |
|-----------------------------|-----------|
| box | box |
| batch | batch |
| bird | bird |
| cake. | cake |
| calorie. | cal |
| can | can |
| centimeter | cm |
| container | cntnr |
| cubic cm | cc |
| cubic inch | cu in |
| cup (8 fl oz) | c |
| dash. | dash |
| drop. | drop |
| ear. | ear |
| egg | egg |
| envelope | env |
| fluid ounce | fl oz |
| gallon | gal |
| gram | g |
| head. | head |
| inch | " or in |
| jar | jar |
| leaf | leaf |
| liter | l |
| milligram | mg |
| milliliter | ml |
| millimeter. | mm |
| order | order |
| ounce (weight). | oz |
| package | pkg |
| packet | pkt |
| pat. | pat |
| pie | pie |
| piece | pc |
| pint | pt |
| pound. | lb |
| quart | qt |
| roll | roll |
| serving | svg |
| slice. | sl |
| sprig. | sprig |
| square centimeter. | sq cm |
| square inch | sq in |
| square millimeter | sq mm |
| stalk. | stalk |
| stick. | stick |
| tablespoon | T or tbsp |
| tablet | tab |

teaspoon t or tsp
vial vial
wedge wedge

Units of Measure, Converting

Following are conversion factors for various weights and measures. [Click here for a list of abbreviations.](#)

Length

1 mm = 0.1 cm = 0.039 inches

1 cm = 10 mm = 0.394 inches

1 inch = 2.54 cm = 25.4 mm

Area

1 sq cm = 100 sq mm = 0.155 sq in

1 sq in = 6.452 sq cm = 645.2 sq mm

Volume

1 cc = 1 ml = 0.061 cu in = 0.034 fl oz = 0.203 t = 0.068 T = 0.004 c = 0.002 pt = 0.001 qt = 0.001 l = 0.00026 gal

1 ml = 1 cc = 0.061 cu in = 0.034 oz = 0.203 t = 0.068 T = 0.004 c = 0.002 pt = 0.001 qt = 0.001 l = 0.00026 gal

1 t = 4.929 cc = 4.929 ml = 0.301 cu in = 0.167 fl oz = 0.333 T = 0.021 c = 0.010 pt = 0.005 qt = 0.005 l = 0.0013 gal

1 T = 14.79 cc = 14.79 ml = 3 t = 0.902 cu in = 0.500 fl oz = 0.063 c = 0.031 pt = 0.016 qt = 0.015 l = 0.0039 gal

1 cu in = 16.39 cc = 16.39 ml = 0.092 t = 0.277 T = 0.554 fl oz = 0.069 c = 0.035 pt = 0.017 qt = 0.016 l = 0.0043 gal

1 fl oz = 29.57 cc = 29.57 ml = 6 t = 2 T = 1.804 cu in = 0.125 c = 0.063 pt = 0.031 qt = 0.030 l = 0.0078 gal
1 c = 236.6 cc = 236.6 ml = 48 t = 16 T = 14.44 cu in = 8 fl oz = 1/2 pt = 1/4 qt = 0.237 l = 0.0625 gal

1 pt = 473.2 cc = 473.2 ml = 96 t = 32 T = 28.88 cu in = 16 fl oz = 2 c = 1/2 qt = 0.473 l = 1/8 gal

1 qt = 946.3 cc = 946.3 ml = 192 t = 64 T = 57.75 cu in = 32 fl oz = 4 c = 2 pt = 0.946 l = 1/4 gal

1 l = 1000 cc = 1000 ml = 203.0 t = 67.65 T = 61.05 cu in = 33.83 fl oz = 4.228 c = 2.114 pt = 1.057 qt = 0.2643 gal

1 gal = 3785 cc = 3785 ml = 768 t = 256 T = 231.0 cu in = 128 fl oz = 16 c = 8 pt = 4 qt = 3.784 l

Weight

1 g = 0.035 oz = 0.0022 lb = 0.001 kg

1 oz = 28.35 g = 1/16 lb = 0.0284 kg

1 lb = 453.6 g = 16 oz = 0.4536 kg

1 kg = 1000 g = 35.27 oz = 2.205 lb

Volume to Weight (of Water)

1 cc = 1 g = 0.035 oz = 0.0022 lb = 0.001 kg

1 ml = 1 g = 0.035 oz = 0.0022 lb = 0.001 kg

1 t = 4.929 g = 0.173 oz = 0.0108 lb = 0.0049 kg 1 T = 14.79 g = 0.518 oz = 0.0325 lb = 0.0148 kg

1 cu in = 16.39 g = 0.574 oz = 0.0361 lb = 0.0164 kg

1 fl oz = 28.35 g = 1 oz = 1/16 lb = 0.0284 kg

1 c = 236.6 g = 8 oz = 1/2 lb = 0.2366 kg

1 pt = 473.2 g = 16 oz = 1 lb = 0.4732 kg

1 qt = 946.3 g = 32 oz = 2 lb = 0.9460 kg 1 l = 1000 g = 35.27 oz = 2.205 lb = 1 kg

1 gal = 3785 g = 128 oz = 8 lb = 3.7850 kg

Weight to Volume (of Water)

1 g = 1 cc = 1 ml = 0.061 cu in = 0.034 oz = 0.203 t = 0.068 T = 0.004 c = 0.002 pt = 0.001 qt = 0.001 l = 0.00026 gal

1 oz = 29.57 cc = 29.57 ml = 6 t = 2 T = 1.804 cu in = 1 fl oz 0.125 c = 0.063 pt = 0.031 qt = 0.030 l = 0.0078 gal

1 lb = 473.2 cc = 473.2 ml = 96 t = 32 T = 28.88 cu in = 16 fl oz = 2 c = 1 pt = 1/2 qt = 0.473 l = 1/8 gal

1 kg = 1000 cc = 1000 ml = 203.0 t = 67.65 T = 61.05 cu in = 33.83 fl oz = 4.228 c = 2.114 pt = 1.057 qt = 1 l = 0.2643 gal

Rules of Thumb

Most foods have about the same density as water, and will fit the conversion tables above. Foods that float are less dense; those that sink, more dense. Here are some common approximations:

1 cu in cake = 1/10 oz

1 oz cake = 10 cu in

1 cu in bread = 1/10 oz

1 oz bread = 10 cu in

1 T flour = 1/3 oz

1 oz flour = 3 T

1 c flour = 5.3 oz

1 oz flour = 1/5 c

1 lb flour = 3 c

1 t sugar = 1/6 oz

1 T sugar = 1/2 oz

1 oz sugar = 2 T

1 c sugar = 7.5 oz

1 lb sugar = 2-1/8 c

Upgrades and Accessories

For information on DietPower upgrades and accessories, see [Health Shop, DietPower's](#).

User, Deleting a

When to Delete a User

DietPower can set up and handle files for as many as nine users (more if you've bought a special license—see [DietPower, Other Versions of.](#)) Since only one user's files can be open at any moment, however, the program will run just as fast with nine users as with one. Deleting users offers only three advantages:

1. It frees up space on your hard drive. A typical user accumulates about 200 kilobytes of personal files for each month of use. (The figure can be a lot higher if the user writes voluminous calendar notes.)
2. If nine users are already enrolled, deleting one of them will open a slot for a new user.
3. If you've given DietPower a mistaken impression of your metabolic rate by failing to log your foods, exercises, and weights faithfully, the best remedy may be to delete your records and enroll again as a completely new user.

Who Can Delete Whom

The first person to register as a user on your copy of DietPower (by filling out the [Personal Information Form](#)) is User No. 1—the Master User. He or she is the only user who can delete other users' records. The Master User cannot delete her own records, however, except by going outside DietPower and following a special Windows procedure. (See "To delete the Master User," below.)

What Happens to a Deleted User

All of that user's personal records will be erased from your [hard drive](#), and the user will no longer be able to log onto DietPower except as a new user. In that case, DietPower won't remember any of the user's previous records—with one exception: any foods, recipes, or exercises that the user added to the dictionaries will still be there, since all dictionary entries automatically become the property of all users. (Some dictionary entries can be deleted, but only from within a dictionary window or the Recipe Box. See [Food Dictionary, Deleting Foods from](#); [Exercise Dictionary, Deleting Exercises From](#); and [Recipe Box, Deleting Recipes From](#).)

Once you delete a user, his or her records cannot be restored, except with special tools like the "unerase" functions in DOS or Norton Utilities—and then only if the records haven't yet been [overwritten](#) by some other program.

If you delete *all* users, DietPower will be restored to its condition when first installed on your hard drive. That is, the first person to use the program will become User No. 1—the Master User.

Safer Alternatives

Before deleting a user, you might want to save all of her personal records for possible restoration later. See [Travel Disk, Copying Records to or from a](#).

To delete a user:

1. From the [Home Screen](#), open the User Menu (by clicking the word *User*) and click "Delete User." (You won't be able to do this unless you're the Master User.) The Delete-a-User dialog will appear, showing a list of all current users except the Master User. (As explained above, the Master User cannot delete himself from within DietPower.)
2. Highlight the name of the user you want to delete, by clicking it.

3. Click the button labeled "Delete this user!" DietPower will ask you to confirm your decision before carrying it out. If you're sure, click Yes.
4. When you're finished, click Close. DietPower will take you back to the Home Screen.

To delete the Master User:

(Note: Since the Master User is the only one who can delete other users from within DietPower, after you delete him or her, you won't be able to delete other users except by following the same Windows procedure described below.)

1. Save these instructions by clicking the Print button at the top of this window, so you'll have them after closing DietPower.
2. Close DietPower in the usual manner, by clicking its [X button](#) or double-clicking its [Control Menu icon](#)—or by choosing "Exit" from the User Menu.
3. From your [Windows desktop](#), open [My Computer](#).
4. Double-click the [folder](#) in which you installed DietPower. (Unless you deliberately specified some other name, it will be c:\Program Files\DietPower.) This will open a list of DietPower files and [subfolders](#).
5. Scroll the list, if necessary, until you find the subfolder containing the records of the user you want to delete. It will usually have an eight-character name: the first four letters of the user's first name, followed by four digits indicating the user's birth date. For a user named Carrie born on August 21, for example, the subfolder would be named \Carr0821. (If the first name contains fewer than four letters, the name will be shorter. For a user named Liz born on March 15, for instance, it would be named \Liz0315.) Do not *open* the subfolder, however.
6. Highlight the user's subfolder, by clicking it.
7. Press the Delete key. Before carrying out your decision, Windows will ask you to confirm it. If you're certain, click Yes.
8. Close My Computer. You are now free to restart DietPower.


User, Enrolling a New

A "user" is someone who has set up personal records and occupies one of the nine user slots that DietPower can handle. If nine users have already enrolled, a new user cannot enroll unless the [Master User](#) deletes one of them to make room. To see how many users are already enrolled, consult the [User List](#). For instructions on deleting a user, see [User, Deleting a](#).

There are two ways to enroll as a user:

To enroll from the **Windows desktop**:




1. [Double-click](#) DietPower's household icon: . DietPower's logo screen will appear, followed by the "Who are you?" dialog, which includes the User List. (Exception: If no other users are enrolled, DietPower will take you directly to the Personal Information Form described in steps 2 and 3.)
2. Click the button labeled "I'd like to enroll as a new user." DietPower will open a blank Personal Information Form.
3. Fill out the form (for instructions, see [Personal Information Form](#)) and click OK. DietPower will open a dialog asking for your current weight.
4. Type in your current weight and click OK. DietPower will ask you to confirm the weight.
5. Confirm or correct the weight. After OKing it, you'll be given a second form that asks for your goals.
6. Key in your goal weight and target date; then click OK. Dietpower will set up your files and take you into your first [session](#).

To enroll while another user is working:

1. Ask the other user to open a blank Personal Information Form by going to the [Home Screen](#) and:



- clicking the User List button——and clicking the button labeled "I'd like to enroll as a new user."

or

- opening the User Menu (by clicking the word *User*) and choosing "New User."

(If the other user has changed the [working date](#), DietPower will refuse to enroll a new user until the date is reset to today. For instructions on resetting the working date, see "To Change Your Working Date" in [Calendar](#).)

2. Fill out the Personal Information Form (if you need instructions, [click here](#)) and click OK. DietPower will open a dialog asking for your current weight.
3. Type in your current weight and click OK. DietPower will ask you to confirm the weight.
4. Confirm or correct the weight. After OKing it, you'll be given a second form that asks for your goals.
5. Type in your goal weight and target date; then click OK. DietPower will set up your files and take you

into your first session.

User List

Up to nine different people in a household can use DietPower concurrently. The User List (also called the "Who Are You?" list) is DietPower's way of finding out who you are each time you [log on](#), so the program will open your records and not someone else's. You can also open the User List *after* you log on, either to switch to a different user's records or to add a new user.

(Note: If you start up DietPower with the [household icon](#), the User List will open automatically during your log-on. If you use a [personal icon](#), however, the program will skip the User List, because it already knows who you are.)

To identify yourself when logging on:


1. Find your name on the User List, and highlight it by clicking it.
2. Click OK or press the Enter key. DietPower will take you to the next step in your log-on.

To see whose records are open after log-on...

...look at the [title bar](#) at the top of your [Home Screen](#). It always displays the current user's name.

To open the User List while using DietPower:

From the [Home Screen](#):

- click the User List button: 

or

- open the User Menu (by clicking the word *User*) and choose "Different User."

(Note: DietPower will refuse to open the User List if the [working date](#) is not today. For instructions on resetting the working date, see "To Change Your Working Date" in [Calendar](#).)

To begin working on a different user's records:

1. Find the user's name on the User List, and highlight the name by clicking it.
2. Click OK or press the Enter key. DietPower will start that person's log-on procedure. (If the person has a password, it must be entered to begin the session.)

To add a new user:

1. Click the button beside the User List that's labeled "I'd like to enroll as a new user." DietPower will open a blank Personal Information Form.
2. Fill out the form (see [Personal Information Form](#)) and click its OK button. DietPower will open a dialog asking for the user's current weight.
3. Type in the user's weight and click OK. DietPower will ask you to confirm the weight.
4. Confirm or correct the weight. After OKing it, you'll be given a second form that asks for the user's goals.

5. Key in the user's goal weight and target date; then click OK. DietPower will set up the new user's files and let him or her proceed into the program.

To delete a user's records:

This can't be done from the User List, because DietPower allows only the [Master User](#) to delete users—and when the User List is on your screen, the program doesn't yet know which user you are. To learn the correct procedure, see [User, Deleting a](#).

To bypass the User List when logging on...

...see [Icon, Installing a Personal](#).

To leave the User List *without* choosing, switching, or adding users:

If you deliberately opened the User List from within a work session, click Cancel or press the Escape key. This will put you back at the Home Screen, still working on the user's records that were open before you called up the User List.

If the User List opened automatically during your log-on, click the button labeled "Exit From DietPower" or press the Escape key. DietPower will shut down without changing anyone's records.

User, Restoring from a Travel Disk

If you've saved a user's records on a [travel disk](#), you can restore them to an installation of DietPower that does not yet include him as a user.

To restore a user from a travel disk:

1. Start up DietPower and enroll the former user as a new user. *Make sure he enters exactly the same first name and birth date as before.* Otherwise, DietPower will refuse to import his files from the travel disk.
2. While his first session is still running, put his travel disk into the drive from which you want to copy. (In these instructions, we'll assume it's the A: drive.)
3. From DietPower's [Home Screen](#), open the User Menu by clicking the word *User*.
4. Choose "Travel Disk." The Travel Disk dialog will open.
5. Where it says, "Travel disk is in," click "Drive A:".
6. Click "Copy from travel disk."
7. Click the "Copy from disk" button. DietPower will copy the new user's old files and remove the Travel Disk dialog, leaving you back at the Home Screen. The program should now reflect all of the work he did before making the travel disk, as well as the work he's done during this first session. (If it doesn't, try closing the program and restarting it.)

User, Switching to a Different

When to Switch Users

If you've accidentally opened someone else's files (i.e., someone else's name appears on the [title bar](#) at the top of your screen), or if you're finished with your [session](#) and want to turn the computer over to another user without shutting DietPower down, you can do so.

(Note: DietPower won't let you switch users if the [working date](#) is not today. For instructions on resetting the working date, see "To Change Your Working Date" in [Calendar](#).)

To switch users:

1. Go to the [Home Screen](#) and open the User List by



- clicking the User List button——and clicking "Different User"

or

- opening the User Menu (by clicking the word *User*) and choosing "Different User."

2. Highlight the name of the user whose files you want to open, by clicking it.

3. Click OK.

Values, Daily

The Daily Value (DV) of a nutrient is the amount officially recognized by the U.S. Food and Drug Administration (FDA) as safe or adequate for the average person on a 2000-calorie-a-day diet. (Exception: The Daily Value for protein does not apply to infants, small children, pregnant women, or nursing mothers. See [Protein.](#)) The Daily Value is used mainly as a reference on labels, to give a rough indication of a food's [nutrient profile.](#)

Daily Values should not be confused with [Dietary Reference Intakes](#) or [Recommended Dietary Allowances.](#) DRIs and RDAs are always keyed to an individual's age, sex, and reproductive status—not to the population as a whole.

For two nutrients—[Vitamin B12](#) and [Vitamin E](#)—the Daily Value is much higher than the current RDAs. That's because Daily Values are still based on the RDAs of 1968, when the government thought people needed more of those vitamins. (Stay tuned: Many experts want the RDAs for certain nutrients to be raised—and in April 2000 they *were* raised for some. See [Vitamin C](#) and [Vitamin E.](#))

Daily Values exist for all nutrients covered by DietPower except polyunsaturated fat, monounsaturated fat, sugars, manganese, water, and alcohol. In those cases, the program has developed its own DietPower Daily Value (DPDV) through reviews of scientific literature.

DietPower uses DVs and DPDVs for two things:

- filling in the "% DV" column when you record the [absolute amount](#) of a nutrient while adding a food to the dictionary. (See [Food Dictionary, Adding Foods to.](#))
- calculating the "% DV" column and the length of each nutrient's bar in a food's [nutrient profile.](#) (See [Nutrient Profile, Viewing a Food's or Recipe's.](#))

To look up the Daily Value, DietPower Daily Value, or Personal Daily Allowance of any nutrient, click its name on the list in [Nutrients, Information on.](#)

Vertigo (Dizziness)

See:

- [Vitamin B12](#)
- [Vitamin B6](#)

View Menu

The View Menu lets you change the appearance or "view" of certain features of DietPower. To open the menu, click the word *View* on your Home Screen. The menu offers these options:

Toolbar

Click this option to make the Toolbar appear or, if it is already visible, disappear. The Toolbar is a row of 13 buttons that offer shortcuts to some of the [options](#) on DietPower's menus. (For details, see [Buttons, Toolbar.](#)) You can do everything in DietPower without the Toolbar—all of the options are accessible via the menus—but it can reduce the number of clicks and keystrokes required to get you where you want to go. Its only drawback is that it takes up space on your screen.

Status Bar

Click this choice to make the Status Bar appear or disappear. The Status Bar is a line at the bottom of your screen that displays messages explaining where you are and what DietPower is doing at the moment. Like the Toolbar, it is helpful but not absolutely necessary.

Home Screen

When you put the mouse pointer on this option, a list of three choices appears. Choose the one you want to use as your [Home Screen](#). For details, [click here](#).

Vision, Blurred

See [Vitamin A](#).

Vitamin A

This nutrient is important in preventing night blindness and preserving the health of skin and mucous membranes. It also is thought to protect against cancer, especially of the lung.

Among the best sources of vitamin A are fruits and vegetables that have a deep orange coloring (the pigment itself is a [precursor](#) of vitamin A), such as carrots, cantaloupe, dried apricots, and pumpkin. Other good sources are liver, broccoli, and vitamin A-fortified milk.

Besides vitamin A itself (or in some cases *instead* of vitamin A), such foods contain precursors that your body uses to make its own vitamin A. The most abundant of these is retinol; the best known is beta carotene. Thus, the amount of pre-formed vitamin A in a food represents only part of its vitamin-A benefit.

To correct this problem, scientists calculate the vitamin A-producing power of each precursor in the food, add the powers together, and figure how many [micrograms](#) of retinol the food would contain if it had the same power. The "vitamin A" content is thus expressed in "micrograms of retinol equivalents," or "micrograms RE."

Since the Retinol Equivalent has only recently become a standard, some food labels may still report vitamin A in International Units (IU). To learn how to convert one measure into the other, [click here](#).

Because it was thought to promote longevity, many doctors and nutritionists used to recommend daily supplements of 15 to 25 milligrams of beta carotene. In 1996, however, long-term studies showed that beta-carotene supplements were not effective. (See [Antioxidants](#).) Some experts claim that these supplements may actually be harmful, but research has not yet settled the question. In April 2000 the National Research Council urged people to use caution before taking carotenes in high doses, and recommended supplements "only to prevent or control a vitamin A deficiency."

Getting too much vitamin A per se can injure the brain and nervous system and cause blurred vision, headaches, hair loss, diarrhea, menstrual problems, joint pain, insomnia, liver damage, abnormal bone growth, and other ailments.



Your Daily Allowance


DietPower sets your [Personal Daily Allowance \(PDA\)](#) of vitamin A at the National Research Council's [Recommended Dietary Allowance \(RDA\)](#): 800 micrograms RE for women and 1000 micrograms RE for men. For [pregnant](#) women the figure is still 800 micrograms, but during the first six months of [lactation](#) it is 1300 and during the second six months, 1200.


(If your doctor recommends a different allowance, you can change your PDA. See [Personal Daily Allowances, Editing Your](#).)

Color Coding of This Nutrient


The vitamin-A bar in your personal [Nutrient History](#) is:


-  blue for "good" if you've logged 100 to 150 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA


-  yellow for "caution" if you've logged more than 150 percent of your PDA


-  missing if you've logged no vitamin A.

In the [nutrient profile](#) of a food or recipe, the vitamin-A bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of vitamin A

-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of vitamin A

-  blue for "neutral" otherwise

-  missing if the amount of vitamin A is either zero or (when the term *Vitamin A* is [grayed out](#)) unknown.

How Complete Are DietPower's Vitamin-A Readings?

Very. Of the 16,000 entries in the Food Dictionary, only 0.4 percent list their vitamin-A content as "unknown." (The number of unknowns will be higher, of course, if you've added foods to the dictionary with missing vitamin-A figures.) To see whether a particular food has a vitamin-A reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Vitamin A," it means the amount is unknown. (To see *all* foods with unknown vitamin-A readings, click the dictionary's [PowerFoods](#) tab and sort the foods by vitamin-A power; then scroll to the bottom of the list.)

Vitamin A on Food Labels

Nearly all food labels are required to report vitamin A content, as a percentage of [Daily Value](#).

The Daily Value for vitamin A is 5000 [International Units \(IU\)](#). This is not necessarily right for you, however—it's a rough estimate meant to cover most of the U.S. population.

For more on label regulations, see [Labels, Food](#).

Vitamin B12

Like [folic acid](#), vitamin B12 plays an important role in cell division and is vital to growth.

Among the best sources of vitamin B12 are liver, kidneys, meat, fish, oysters, milk, and eggs.

A deficiency of vitamin B12 causes pernicious [anemia](#), characterized by pale skin, numbness or tingling in the fingers and toes, and (sometimes) vertigo and pain or weakness in the arms and legs. People at risk include vegetarians (plants don't contain the vitamin) and those with a genetic inability to absorb the vitamin.

Because some of its symptoms are similar to those produced by a folic-acid deficiency, pernicious anemia is sometimes mistakenly treated with folic acid. This may clear up the pale skin and shrink the red blood cells to normal size, but it won't prevent the nerve damage that causes the numbness or tingling. If your doctor ever prescribes folic acid for anemia, ask him or her: "Are you sure I don't need vitamin B12 shots instead?"

High doses of vitamin B12 are not known to be harmful.

Your Daily Allowance





DietPower sets your [Personal Daily Allowance \(PDA\)](#) of vitamin B12 at the National Research Council's [Recommended Dietary Allowance \(RDA\)](#), always specified in [micrograms](#): 2.0 for everyone over age ten* except [pregnant](#) women, who need 2.2 micrograms per day, and [nursing](#) mothers, who need 2.6 micrograms per day.

(If your doctor recommends a different allowance, you can change your PDA. See [Personal Daily Allowances, Editing Your.](#))





*But remember that DietPower is not designed for people under 15.

Color Coding of This Nutrient

The vitamin-B12 bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 200 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 200 percent of your PDA
-  missing if you've logged no vitamin B12.

In the [nutrient profile](#) of a food or recipe, the vitamin-B12 bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of vitamin B12
-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of vitamin B12
-  blue for "neutral" otherwise
-  missing if the amount of vitamin B12 is either zero or (when the term *Vitamin B12* is grayed out) unknown.

How Complete Are DietPower's Vitamin-B12 Readings?

Fairly. Of the 16,000 entries in the Food Dictionary, 11 percent list their vitamin-B12 content as "unknown." (The percentage of unknowns may be different, of course, if you've added a lot of foods to the dictionary yourself.) To see whether a particular food has a vitamin-B12 reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Vitamin B12," it means the amount is unknown. (To see *all* foods with unknown vitamin-B12 readings, click the dictionary's [PowerFoods](#) tab and sort the foods by vitamin-B12 power; then scroll to the bottom of the list.)

Vitamin B12 on Food Labels

Food labels are not required to report vitamin B12 content, but some do. They may cite the amount in micrograms, percent of [Daily Value](#), or both.

The Daily Value for vitamin B12 is 6 micrograms. (Why so much higher than the RDAs? Because all Daily Values are based on the RDAs of 1968, which for some nutrients were different from today's.) The Daily Value is not necessarily right for you, however—it's a rough estimate meant to cover most of the U.S. population.

For more on label regulations, see [Labels, Food](#).

Vitamin B6

This [vitamin](#) is a [coenzyme](#) important in the digestion of [protein](#).

The richest sources of vitamin B6 are meats, nuts, peanut butter, tuna, and various fruits and vegetables, particularly potatoes and bananas.

A shortage of vitamin B6 may lead to nervous-system problems that bring on confusion and depression. Other symptoms include skin disorders, anemia, cracks at the corners of the mouth, dizziness, nausea, and kidney stones.

Although excess vitamin B6 is generally excreted in the urine, it's *not* true that taking large doses is harmless, as once believed. (The vitamin used to be prescribed as a palliative for water retention and other symptoms of premenstrual syndrome.) People who take more than 200 [milligrams](#) per day (about 100 times the National Research Council's [Recommended Dietary Allowance](#)) will, after a few months or years, develop problems with sensory nerves.





Your Daily Allowance

DietPower sets your [Personal Daily Allowance \(PDA\)](#) of vitamin B6 at the Recommended Dietary Allowance (RDA). The RDA is sometimes cited in [milligrams \(mg\)](#): 1.5 for females aged 15 to 18, 1.6 for females over 18, 2.2 for [pregnant](#) women, 2.1 for [nursing](#) mothers, and 2.0 for all males 15 or older. When it's cited in [micrograms \(µg\)](#), the corresponding numbers are 1000 times larger: 1500 for females aged 15 to 18, 1600 for females over 18, 2200 for pregnant women, 2100 for nursing mothers, and 2000 for all males 15 or older.


(If your doctor recommends a different allowance, you can change your PDA. See [Personal Daily Allowances, Editing Your.](#))




Color Coding of This Nutrient

The vitamin-B6 bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 150 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 150 percent of your PDA
-  missing if you've logged no vitamin B6.

In the [nutrient profile](#) of a food or recipe, the vitamin-B6 bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of vitamin B6

-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of vitamin B6
-  blue for "neutral" otherwise
-  missing if the amount of vitamin B6 is either zero or (when the term *Vitamin B6* is [grayed out](#)) unknown.

How Complete Are DietPower's Vitamin-B6 Readings?

Fairly. Of the 16,000 entries in the Food Dictionary, 11 percent list their vitamin-B6 content as "unknown." (The percentage of unknowns may be different, of course, if you've added a lot of foods to the dictionary yourself.) To see whether a particular food has a vitamin-B6 reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Vitamin B6," it means the amount is unknown. (To see *all* foods with unknown vitamin-B6 readings, click the dictionary's [PowerFoods](#) tab and sort the foods by vitamin-B6 power; then scroll to the bottom of the list.)

Vitamin B6 on Food Labels

Food labels are not required to report vitamin B6 content, but some do. They may cite the amount in milligrams, percent of [Daily Value](#), or both.

The Daily Value for vitamin B6 is 2.0 milligrams, or 2000 micrograms. This amount is not necessarily right for you, however—it's a rough estimate meant to cover most of the U.S. population.

For more label regulations, see [Labels, Food](#).

Vitamin C

Also known as ascorbic acid and ascorbate, vitamin C prevents scurvy, whose chief symptoms are bleeding of the gums, bleeding under the skin, and extreme weakness. Vitamin C plays a role in the production of bone and connective tissue, certain hormones, and substances that transmit nerve impulses. It also helps the body absorb iron, the liver detoxify dangerous chemicals, and white blood cells fight infection. Finally, it is an [antioxidant](#), thought to promote longevity.

Citrus fruits are a good source of vitamin C; so are potatoes, peppers, broccoli, strawberries, cauliflower, and cabbage. Vitamin C is also added to many packaged fruit juices and snacks.

Your Daily Allowance

DietPower sets your [Personal Daily Allowance \(PDA\)](#) of vitamin C at the National Research Council's [Recommended Dietary Allowance \(RDA\)](#). In April 2000 the NRC raised the RDAs for this nutrient by 8 to 50 percent, depending on sex and life stage. For most men the RDA is now 90 [milligrams](#); for most women, 75 milligrams. For boys 14 to 18, however, it's 75 milligrams; and for girls in that age group it's 65 milligrams. For [pregnant](#) women age 19 to 50 it's 85 milligrams; for those age 18 or under, 80 milligrams. During [lactation](#) it's 120 milligrams for mothers age 19 to 50 and 115 milligrams for those 18 and younger. (Although the RDAs for many nutrients differ during the first six months and second six months of lactation, the new RDAs for vitamin C do not.)

In addition, there is strong evidence that [smokers](#) need extra vitamin C. If you check the "I smoke" box on your [Personal Information Form](#), DietPower will increase your PDA by 35 milligrams. (This, too, reflects the recent RDA change. Formerly, all smokers got the same RDA: 100 milligrams.)

All of these figures are minimums. It is generally considered safe to get more vitamin C than your body needs—provided you get it from *foods*, and then only up to a point. A 1998 British study found that the popular practice of taking daily 500-milligram *supplements* could damage part of the cells' DNA. The finding corroborated a longstanding claim by some experts that vitamin-C supplements may eventually damage the heart and other organs.

Upper Levels


In April 2000, for the first time, the National Research Council announced a [Tolerable Upper Intake Level \(UL\)](#) for vitamin C. People 19 and older should get no more than 2000 milligrams per day; people 14 to 18, no more than 1800 milligrams per day. Besides the potential long-term effects, higher levels may cause diarrhea.




Setting Your Level

DietPower automatically sets your Personal Daily Allowance of vitamin C when you enroll in the program, but you can change your PDA to reflect your physician's recommendation. See [Personal Daily Allowances, Editing Your](#).





Color Coding of This Nutrient

The vitamin-C bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 200 percent of your PDA

-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 200 percent of your PDA
-  missing if you've logged no vitamin C.

In the [nutrient profile](#) of a food or recipe, the vitamin-C bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of vitamin C
-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of vitamin C
-  blue for "neutral" otherwise
-  missing if the amount of vitamin C is either zero or (when the term *Vitamin C* is [grayed out](#)) unknown.

How Complete Are DietPower's Vitamin-C Readings?

Very. Of the 16,000 entries in the Food Dictionary, only 0.3 percent list their vitamin-C content as "unknown." (The number of unknowns may be higher, of course, if you've added foods to the dictionary with missing vitamin-C figures.) To see whether a particular food has a vitamin-C reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Vitamin C," it means the amount is unknown. (To see *all* foods with unknown vitamin-C readings, click the dictionary's [PowerFoods](#) tab and sort the foods by vitamin-C power; then scroll to the bottom of the list.)

Vitamin C on Food Labels

Food labels are required to report vitamin-C content as a percentage of [Daily Value](#).

The Daily Value for vitamin C is 60 milligrams. This amount is not necessarily right for you, however—it's a rough estimate meant to accommodate most of the U.S. population. (Remember, too, that the Daily Value does not yet reflect the April 2000 increase in this vitamin's RDAs. See above.)

For more on label regulations, see [Labels, Food](#).

Vitamin D

This nutrient plays a vital role in bone formation and maintenance. In children, a shortage can cause rickets, a disease in which the bones soften and become deformed. In adults, vitamin-D deficiency can lead to bone loss and fractures triggered by an overactive thyroid.

Natural sources of vitamin D in food are limited to a few items such as liver, butter, fatty fish, and egg yolks. For this reason, cow's milk is artificially fortified with 400 International Units (IU) of vitamin D per quart. Some margarines, too, are fortified.

Vitamin D is also manufactured by the human body in response to sunlight. This complicates the setting of dietary requirements. People who live in sunny latitudes or spend most of their time outdoors may need *no* dietary vitamin D, while people at high latitudes who remain cooped up for long periods may need a lot. To further confuse the issue, race and age may play a role: darker skin needs more sunlight to produce vitamin D, and so may the skin of people over 60.

It is also relatively easy to get too much vitamin D. For older people, toxic levels may be less than five times the National Research Council's [Dietary Reference Intake](#) (see "Upper Limits," below). Overconsumption can lead to calcium deposits in soft tissues and irreversible kidney and cardiovascular damage.

Your Daily Allowance

DietPower sets your [Personal Daily Allowance \(PDA\)](#) of vitamin D at the official Dietary Reference Intake (DRI). The DRI is designed only for people who don't get "adequate exposure to sunlight," however. If you *are* getting enough sunshine (ask your doctor), use the [Personal Daily Allowance Editor](#) to set your PDA to zero.

The DRI, measured in the [International Units \(IU\)](#) used on food labels, is 200 for people 0* through 50 years old, 400 for people 51 through 70, and 600 for people over 70. During [pregnancy](#) and [lactation](#) it is 200 IU for women 19 to 50. (In the rare event that you're over 50 and pregnant or lactating, DietPower will assign you the same 200 IU meant for younger mothers. Check with your doctor before adopting this figure, however.)

*But remember that DietPower is not designed for people under 15.

Upper Levels





For teenagers and adults, the [Tolerable Upper Intake Level \(UL\)](#) of vitamin D is 2000 IU per day. Getting more than the UL may be harmful to your health.

Caution





Vitamin-D levels are not cited for the 16,000 entries in DietPower's original dictionary, but may be cited for the foods you add. Hence, the vitamin-D intake showing in your [Nutrient History](#) may be far lower than the amount you've actually consumed. To see whether a particular food has a vitamin-D reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Vitamin D," it means the amount is unknown. (To see *all* foods with unknown vitamin-D readings, click the dictionary's [PowerFoods](#) tab and sort the foods by vitamin-D power; then scroll to the bottom of the list.)

Color Coding of This Nutrient

The vitamin-D bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 150 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 150 percent of your PDA
-  missing if you've logged no vitamin D.

In the [nutrient profile](#) of a food or recipe, the vitamin-D bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of vitamin D
-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of vitamin D
-  blue for "neutral" otherwise
-  missing if the amount of vitamin D is either zero or (when the term *Vitamin D* is [grayed out](#)) unknown.

Vitamin D on Food Labels

Most food labels are not required to report vitamin-D content, but vitamin D-fortified milk and margarine do. They may cite the amount in International Units (IU) or as a percentage of the [Daily Value](#).

The Daily Value for vitamin D is 400 IU. As suggested above, this amount may not be right for you – it is a gross estimate meant to accommodate most of the U.S. population.

For more on label regulations, see [Labels, Food](#).

Vitamin E

This nutrient is believed to function chiefly as an [antioxidant](#). Because it reduces the incidence of heart disease, many people, including nutrition experts, take supplements as large as 20 times the [Recommended Dietary Allowance](#). While side effects from high doses are generally rare and mild, vitamin E is known to aggravate a blood-clotting problem caused by vitamin-K deficiency.

The best sources of vitamin E are foods containing vegetable oils derived from grains, nuts, and seeds.

Your Daily Allowance

DietPower sets your [Personal Daily Allowance \(PDA\)](#) of vitamin E at the National Research Council's Recommended Dietary Allowance (RDA), which is officially cited in [milligrams](#) of alpha-tocopherol equivalent (α -TE). (Alpha-tocopherol is the main form of the vitamin, against which all related forms are measured.) In April 2000 the NRC raised the RDA for men by 50 percent and nearly *doubled* the RDA for women. The new RDA is 15 milligrams for both sexes, including [pregnant](#) women. For [lactating](#) mothers it is 19 milligrams. (Although the RDAs for many nutrients differ during the first six months and second six months of lactation, the new RDAs for vitamin E do not.)

Instead of milligrams, however, DietPower always cites vitamin E in [International Units](#), since those are most often used on food labels. Converted to IUs, the new RDAs are 22 for males and females (including pregnant women) and 28 for nursing mothers.

Upper Levels

In April 2000, for the first time, the NRC also set a [Tolerable Upper Intake Level \(UL\)](#) for vitamin E. The UL is 1500 IU for people 19 or older and 1200 IU for people age 14 to 18. Getting more than the UL may be harmful to your health.




(CAUTION: You may need to observe *lower* limits if you take supplements containing "dl-alpha-tocopherol," a synthetic form of the vitamin. This form's upper limit is only 1100 IU for people 19 or older and 900 IU for those 14 to 18. The natural form, "d-alpha-tocopherol," differs in name by only one character, so check the label carefully.)


Setting Your Level

DietPower automatically sets your Personal Daily Allowance of vitamin E when you enroll in the program, but if your doctor recommends a different allowance, you can change it. See [Personal Daily Allowances, Editing Your.](#)





Color Coding of This Nutrient

The vitamin-E bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 200 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 200 percent of your PDA

-  missing if you've logged no vitamin E.

In the [nutrient profile](#) of a food or recipe, the vitamin-E bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of vitamin E
-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of vitamin E
-  blue for "neutral" otherwise
-  missing if the amount of vitamin E is either zero or (when the term *Vitamin E* is [grayed out](#)) unknown.

How Complete Are DietPower's Vitamin-E Readings?

Not terribly. Of the 16,000 entries in the Food Dictionary, 30 percent list their vitamin-E content as "unknown." (The percentage may be different, of course, if you've added a lot of foods to the dictionary yourself.) To see whether a particular food has a vitamin-E reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Vitamin E," it means the amount is unknown. (To see *all* foods with unknown vitamin-E readings, click the dictionary's [PowerFoods](#) tab and sort the foods by vitamin-E power; then scroll to the bottom of the list.)

Vitamin E on Food Labels

Most food labels are not required to report vitamin-E content, but some do. They may cite the amount in [International Units \(IU\)](#), in milligrams of alpha-tocopherol equivalent (α -TE), or in percent of [Daily Value](#).

The Daily Value for vitamin E is 30 International Units, or 22 milligrams of α -TE. (Why so much higher than the RDAs? Because all Daily Values are based on the RDAs of 1968, which for some nutrients were different from today's.) The Daily Value is not necessarily right for you, however—it's a rough estimate meant to cover most of the U.S. population. (Remember, too, that the Daily Value does not yet reflect the April 2000 increase in this vitamin's RDA. See above.)

For more on label regulations, see [Labels, Food](#).

Vomiting and Nausea

See:

- [Copper](#)
- [Niacin](#)
- [Pantothenic Acid](#)
- [Vitamin B6](#)
- [Zinc](#)

Warranty

If you are not satisfied with DietPower, simply return the original [installation disks](#)—and the printed matter that came with them—within 30 days of purchase, and your money will be cheerfully refunded. For further information, call DietPower's customer-service center at 800-852-8446 or visit our Web site at <http://www.dietpower.com>.

Water

Water is more important to good nutrition than most people realize—and most of us don't drink enough of it. Consuming too little water can upset your balance of electrolytes (substances that conduct electrical signals in nerves, muscles, and cells) and impair your physical strength. (Studies show that a loss of water amounting to only 2 percent of body weight will mar athletic performance.) Water shortage can also interfere with the digestion, absorption, and utilization of other nutrients.

The amount of water you consume depends only partly on what you drink. Most people know that coffee, tea, juices, and other beverages are almost entirely water, but they may not realize that many fruits and vegetables are more than 90-percent water. Iceberg lettuce, for example, contains a higher proportion of water than orange juice does. For this reason, even if you've had nothing to drink so far today, you may find the chart in [Today's Nutrient Intake](#) showing you've consumed quite a lot.

You can't always trust your sense of thirst to keep your water intake above the minimum required for good health. An hour of hard work or athletic competition that involves heavy sweating, for example, can dehydrate the body far beyond what a person would ordinarily feel like drinking. Similarly, people who are sick or elderly often have a dulled sense of thirst. In instances like these, it's better to trust objective guidelines than your own feeling of satiety.

(You needn't worry about getting too much water. Although it's possible to die from an overdose, the lethal amount is far greater than a rational person would ever consider drinking.)

Your Daily Allowance

For moderately active, healthy people, regardless of age, the [National Research Council \(NRC\)](#) recommends an intake of 0.035 to 0.053 fluid ounces of water for each calorie you expend. When you enroll in DietPower, the program sets your [Personal Daily Allowance \(PDA\)](#) by multiplying your estimated [metabolic rate](#) by 0.044 ounces—a figure near the middle of the NRC's range.

Since your metabolic rate depends on your weight, your PDA of water does, too. DietPower does not automatically reset the PDA every time your weight changes, however. Hence, if you've gained or lost a great many pounds since you began using DietPower (more than ten percent of your bulk, say), you might want to reset your PDA.

To reset your PDA of water:




1. Find your metabolic rate, which is listed on the bottom line of your [Weight History](#).
2. Multiply the metabolic rate by 0.044. The result is your new PDA for water.
3. From the [Home Screen](#), open the Personal Daily Allowance Editor by clicking the word *Options* and choosing "Edit PDAs."
4. Click the tab labeled "Other Nutrients."
5. In the block labeled "Water," type your new PDA over the old.
6. Click OK or press the Enter key. DietPower will use your new PDA for water every day until you revise it again.

The PDA does not take into account water lost through sweating (except the low-level, invisible perspiration that's normal for everyone), because sweating varies widely with the individual, the activity, and temperature and humidity. So, besides consuming your PDA of water, you need to drink enough to replace any you've lost through visible sweating. The easiest way to make sure you've replaced it all is to weigh yourself before and after the activity that causes the sweating, and drink two cups of water for each





pound you've lost. (Remember the old mnemonic: "A pint's a pound the world around.")

Color Coding of This Nutrient

The water bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 percent or more of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  missing if you've logged no water.

In the [nutrient profile](#) of a food or recipe, the water bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of water
-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of water
-  blue for "neutral" otherwise
-  missing if the amount of water is either zero or (when the word *Water* is [grayed out](#)) unknown.

How Complete Are DietPower's Water Readings?

Very. Of the 16,000 entries in the Food Dictionary, only 1 percent list their water content as "unknown." (The number of unknowns will be higher, of course, if you've added foods to the dictionary with missing water figures.) To see whether a particular food has a water reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Water," it means the amount is unknown. (To see *all* foods with unknown water readings, click the dictionary's [PowerFoods](#) tab and sort the foods by water power; then scroll to the bottom of the list.)

Water on Food Labels

Nutrition labels are not required to report water content, and there is no official [Daily Value](#) for water. (The [DietPower Daily Value](#) is 88 fluid ounces, derived by multiplying the Daily Value for calories—2000—by the 0.044 ounces discussed under "Your Daily Allowance," above.) Generally speaking, almost any drink that has the consistency of water is more than 90 percent water. The main exception is alcoholic beverages, where alcohol may replace up to 50 percent of the water. See [Alcohol](#).

Weakness

See:

- [Phosphorus](#)
- [Protein](#)
- [Sodium](#)
- [Vitamin B12](#)
- [Vitamin C](#)
- [Water.](#)

(See also [Fatigue.](#))

Weighing Yourself, Tips on

You don't have to weigh yourself every day. Some people get discouraged when they see day-to-day fluctuations, and prefer to weigh once a week. That's OK with DietPower. In fact, the program won't mind if you weigh only once a *month*.

The only drawback to infrequent weighing is that DietPower will take a lot longer to learn your true metabolic rate and to adjust your calorie budget accordingly. The more often you weigh in, the more precisely the program will direct you toward your goal.

If you don't want to weigh daily, just click the OK button when prompted for your weight, and DietPower will assume it's the same as before. Any error that this introduces will be corrected next time you log your true weight.

If you do weigh daily and your scales are not accurate to at least a quarter of a pound, consider replacing them. In a good weight-control program, progress is measured in ounces per day. Being able to see this difference can help your morale tremendously. [Click here for tips on buying scales.](#)

Always weigh yourself at about the same hour of the day. The best time is first thing in the morning, right after you go to the bathroom, because the temporary gain from an unusually heavy meal or a large intake of fluids will have largely worn off by then.

Your best bet is to weigh in the buff, since the weight of your clothes will vary. If you can't, then subtract about two pounds from your weight in indoor clothing—three pounds if you're wearing shoes.

Weight History, Your

Your Weight History is a graph showing how much you weigh every day, as well as what you *should* weigh if your diet is on target and how much you *will* weigh if you continue on your current course. The same screen also shows your [Calorie Tally](#) and current [metabolic rate](#). Because it's such a good summary of your progress, you may want to designate your Weight History as your [Home Screen](#). It's also handy for navigating to your Food and Exercise logs for past dates.

To view your Weight History:

If you've already made the Weight History your Home Screen, just close any [dialogs](#) you have open and the history will be revealed.

If you *haven't* chosen the Weight History as your Home Screen, there are two ways to do so:

- [Using the View Menu](#):
 1. From your current Home Screen, open the View Menu by clicking the word *View*.
 2. Highlight the phrase *Change your Home Screen to*, by placing the mouse pointer on it. DietPower will show you three choices.
 3. Click "Weight History, current diet only" to choose your history since you started your current diet. Or click "Weight History, complete" to select your history since the day you first enrolled in DietPower.
- [Using a hot key](#): from your current Home Screen, press [Ctrl+H](#) (H for "Home") repeatedly until the screen cycles to the version you want.

(Whichever version you select, it will continue to serve as your Home Screen until you replace it.)

Interpreting the Weight History

When the [working date](#) is today, the screen's background will be light blue. Otherwise, the background will be yellow and the graph will have a bright-green vertical line marking the current working date.

On the graph, the weight scale moves up the side of the screen and the calendar dates are spread across the bottom. If you slide the mouse pointer onto the graph, the pointer changes from an arrow to a vertical white line—the "date picker." The date that it's touching is always displayed on the [status bar](#).

Your actual weights are plotted as a red line on the graph. If you run the date picker along this line, the status bar will display your weight for each date.

Your current diet is a sloping blue line that you need to stay under (or over, if you're on a *weight-gain* diet) in order to reach your [goal weight](#) on your [target date](#). (If you're on a [maintenance diet](#), the blue line will be horizontal.) Your goal weight is a blue dot on the right margin, which represents your target date.

You will also see a dark-green line stretching from your recent weights to a green dot on your target date. This is your *projected* weight—the weight that DietPower forecasts you will attain if you continue eating and exercising as you have for the past 30 days. (If you haven't been using DietPower that long, the program assumes "phantom data" for each missing day, based on your weight, sex, age, and other factors.) This long baseline explains why, even if your actual weight changes rapidly at the beginning of a diet, your projected weight may change only slowly.

The beginning of each diet you adopt will be marked with a vertical yellow line. When you abandon one diet and adopt another, the yellow line for the old diet will remain on the graph—but the old diet's sloping

blue and green lines will be replaced with those for the new diet.

To jump to your records for past dates:

Using the mouse, move the "date picker" (the vertical white line) to the date you want. (The [status bar](#) will tell you which date you're on.) Then click to change the working date to that date. From here you can enter any of your logs or histories by clicking the menus or buttons in your usual manner.

To return to the present date:

Go back to the Weight History screen and click anywhere *outside* the weight graph.

To print your Weight History:

(This can be done only when your Weight History is visible on your Home Screen. If the screen is showing the DietPower logo instead, use the View Menu to change it.)

1. From the Home Screen, open the User Menu by clicking the word *User*.
2. Click "Print Weight History." (Note: This choice will be grayed out if your Home Screen is the DietPower logo instead of the Weight History.) The Windows Print dialog will open.
3. Change your printer settings, if necessary.
4. Click OK, and DietPower will print the history.

To interpret the Calorie Tally...

...see [Calorie Tally](#).

Weight, Ideal


Most people already know their ideal weight, but you can confirm this by having DietPower calculate your Body Mass Index (BMI). Your BMI also indicates whether your weight is likely to be a health risk.

Caution:

The Ideal-Weight Calculator is not designed for women who are [pregnant](#).

To calculate your ideal weight:

1. From the [Home Screen](#), open the Diet Designer by:

- clicking the Diet Designer button: 
- opening the Diet Menu (by clicking the word *Diet*) and choosing "Diet Designer."

2. Click the tab labeled "Ideal Weight."

3. On the Ideal Weight page, your current weight and height will have been imported from your [Personal Information Form](#). You can type in different values, however, if you're calculating for a friend or want to play "what-if." These won't affect other parts of DietPower.

4. Click the Calculate button. DietPower will give you a report on your current BMI and suggest an ideal-weight range. It will also tell you whether you are officially overweight, underweight, or obese. (For more on this subject, see [Obese, How to Tell if You're.](#))

A Note About Your Height

This will already be filled in, but if you haven't measured your height in a long while, you might check it again. Ideal weight is very sensitive to height. (Users who are still in their growing years may need to amend their height as frequently as once every two or three months.) Enter your height in your stocking feet, expressed in feet and inches. Use fractions or [decimals](#), as you wish.

To close the Ideal Weight Calculator:

If you want to stay in the Diet Designer, click one of the other tabs at the top of your screen.

If you'd rather leave the Diet Designer, click Cancel or press the Escape key. (If the Cancel button is not visible, see [Taskbar, Hiding to Make Screens Deeper.](#)) DietPower will take you back to your Home Screen.

Weight, Logging Your

The first time you [log on](#) each day, DietPower asks you to record your weight. The program uses this information to plot your [Weight History](#) and figure your calorie budget for the day.

The Weight Log opens automatically if you're starting up DietPower for the first time today. But you can also *deliberately* open the log to correct entries made in the past.

(Note: For obvious reasons, DietPower *won't* let you log your weight for any day in the future. Nor will it allow you to log weights for dates before you began using the program.)

Before logging your weight:

- Make sure the date showing in the Weight Log is correct. It should match the current [working date](#), displayed in the [title bar](#) at the top of your screen. (The working date is always today unless you've used the Calendar to reset it.) If the dates don't match, it means the clock inside your computer is set incorrectly. In that case, click the Cancel button, exit from DietPower, and use the Windows [Control Panel](#) to reset your computer's clock. Then restart DietPower and log on again.
- Notice the user name displayed at the top of the screen. If it isn't yours, it means you're about to make an entry in someone else's files instead of your own. Instead, click the Cancel button. If you're in the middle of logging on, this will close DietPower so you can restart the session correctly. If you're already *in* a session, it will return you to the Home Screen, where you can open the [User List](#) and switch to your own files.

To record your weight when first logging on each day:

The Weight Log will appear automatically. If you weighed yourself today, enter your weight in pounds—to the nearest tenth, if you prefer. (For tips on weighing, [click here.](#)) Then click OK. DietPower will register the weight and take you farther into the program.

If you didn't weigh yourself today...

...just click the OK button and DietPower will assume your weight is the same as before. Any error that this introduces will be corrected next time you log your actual weight.

To correct mistaken weight entries:

The procedure depends on when the mistake was made.

If the mistake happened today:

1. From your [Home Screen](#), open the Diet Menu (by clicking the word *Diet*) and choose "Weight Log." The Weight Log will open.
2. Type the correct weight over the erroneous figure.
3. Click OK. Before closing the log, DietPower will adjust your Weight History, calorie budget, and other records to account for the correction.

If the mistake happened *before* today...

...it can be corrected only by temporarily changing DietPower's working date.

1. From your [Home Screen](#), open the Calendar by:



- clicking the Calendar button:
- or
- opening the Options Menu (by clicking the word *Options*) and choosing "Calendar."
2. Find the date whose entry you want to correct.
 3. Highlight the date, by clicking it.
 4. Click OK. The calendar will disappear and you'll find yourself back at the Home Screen. To remind you that you're no longer working on today's records, the screen's background color will now be yellow instead of blue or gray, and its [title bar](#) will display the working date.
 5. Open the Diet Menu (by clicking the word *Diet*) and choose "Weight Log." The Weight Log will open.
 6. Type the correct weight over the erroneous figure.
 7. Click OK. Before closing the window, DietPower will adjust your Weight History, calorie budget, and other records to account for the correction.
 8. Open the Calendar again, by repeating step 1, above.
 9. Click the Today! button. DietPower will change the working date back to today.
 10. Click OK. The Calendar will disappear, leaving you back at your Home Screen.

If you leave DietPower running all night...

...you won't be able to log your new weight the next morning until you exit from the program and restart it. Reason: DietPower assumes a constant date until it gets a peek at your computer's clock, which it checks only during startup. For instructions on exiting the program, see [Logging Off](#).

If you use DietPower at the office...

...and you've already recorded today's weight on your home computer, the office computer won't know this, of course—it will ask you to log your weight again. But you don't have to remember your weight the second time if you've made a [travel disk](#) at home. Just OK whatever number is already showing in the Weight Log, and DietPower will automatically correct the weight when you update the office computer with the travel disk. (Don't neglect to do the update. If you forget, your office computer will not only assume the wrong weight but also pass the error back to the travel disk that you make before going home.) For instructions on making and using a travel disk, [click here](#).

A Safeguard

If you try to enter a weight that causes your [calorie budget](#) to fall below half your current [metabolic rate](#), DietPower will warn that this may have you eating too little for adequate nutrition. You can ignore the warning (by clicking OK and going about your business), but DietPower urges you to design a safer diet instead.

To close the Weight Log *without* entering or revising a weight...

...click the Cancel button or press the Escape key. DietPower will [discard](#) any changes you've made. Then the program will either shut down or take you back to the Home Screen, depending on whether you

were in the middle of a log-on or already working in a session.

Windows 3.1 and Later Versions, Compatibility of

DietPower used to be available in two versions, one for Windows 3.1 and one for Windows 95/98/NT/2000. The Windows 3.1 version is no longer sold, but if you already have it on your computer, here are a couple of things you might like to know:

The Help system you are reading now is for the Windows 95/98/NT/2000 version.

If you're running DietPower on another machine under Windows 3.1, certain parts of Help will be different.)

Your travel disk will work with both versions.

If you have a later version of Windows on your home computer and Windows 3.1 on your office machine (or vice versa), you needn't worry whether a [travel disk](#) you've made on one can be used on the other. DietPower will pass your records back and forth without complications.

Upgrading to Windows 95/98/NT/2000

The only time you may experience compatibility problems is when upgrading a computer from Windows 3.1 to Windows 95/98/NT/2000. In theory, you should be able to leave DietPower on your hard drive during the upgrade, then use your [installation disks](#) to reinstall DietPower as a Windows 95/98/NT/2000 program and continue using it with your old diet records, calendar notes, recipes, etc. Like so many other programs, however, DietPower doesn't always make the transition without incident. For safety's sake, we recommend following these steps:

1. Open the [User List](#) and make a note of the user number assigned to each user.
2. Save each user's records on a travel disk. (See [Travel Disk, Copying Records to or from a.](#)) Label each disk with the user's name and user number.
3. Upgrade your system to the later version of Windows that you've chosen, following the instructions from Microsoft.
4. Reinstall DietPower, using your installation disks, so that they will substitute Windows 95/98/NT/2000 program files where needed. (Make sure you install the program in the same directory or folder where you put it the first time.)
 - a) Put Disk 1 in Drive A:. (Or put the CD-ROM or the DVD in the correct drive.)
 - b) Click the [Start button](#).
 - c) Click Run.
 - d) Type "a:\setup" (or "X:\setup", where X is the CD-ROM or DVD drive). Do not include the quotation marks.
 - e) Click OK.
 - f) Follow the instructions that appear.
5. When the reinstallation is complete, have User No. 1 start up DietPower for the first time. During his log-on, if he gets a User List showing himself and all other users with their correct user numbers, then everyone's records should be intact and the program should work normally. But if he is presented with a blank Personal Information Form instead of a User List, then the records are corrupted or missing, and every user will have to restore his files. In that case, ask the users to enroll again, *in the same*

order in which they originally enrolled, using the same first name and birth date, and to restore their records from their travel disks. DietPower should then work as before.

Word Processor, DietPower's

Two parts of DietPower have a built-in word processor:

- The notepad in the [Calendar](#), used for posting daily reminders, keeping a diary, or writing whatever records you like.
- The Directions pad in the [Recipe Box](#), used for describing how a dish is prepared.

The word processor works the same in both places, and strongly resembles Windows Notepad. There's one important exception, however: the Edit Menu (used for cutting, copying, pasting, and deleting blocks of text) is not listed on the screen. You can open it, however, by [right-clicking](#) anywhere on the pad. Or you can perform its functions by using the hot keys listed below.

The Edit Commands

Most of the commands on the Edit Menu apply to words or passages you've "selected." To select a piece of text means to highlight it. Selecting a single word is easy—just [double-click](#) it. To select a block of text—whether it's a long passage or just a piece of a word—point to one end of the block with the mouse, hold down the left button, [drag](#) the pointer to the other end of the block, and release the button.

If you're not familiar with Windows Notepad, here's how the commands on the Edit Menu work:

- [Undo](#) (hot key: [Ctrl+Z](#)) undoes your last editing change. If you deleted a block of text, it will reappear. If you moved a passage, it will go back to where it was.
- [Cut](#) (hot key: [Ctrl+X](#)) removes whatever you've selected and puts it on the Windows [Clipboard](#) for later use.
- [Copy](#) (hot key: [Ctrl+C](#)) leaves the selected text in place, but puts a *copy* of it on the Windows Clipboard for later use. (Each time you cut or copy text, it replaces whatever was on the Clipboard before.)
- [Paste](#) (hot key: [Ctrl+V](#)) copies the contents of the Clipboard wherever you've placed the insertion point.
- [Delete](#) (hot key: the Delete key) erases whatever you've selected and *doesn't* put it on the Clipboard. (Use this when you want to get rid of a passage without overwriting what's on the Clipboard.)
- [Select All](#) (hot key: [Ctrl-A](#)) highlights the whole day's calendar notes or all of a recipe's directions. Use this when you want to erase a whole entry or copy and paste it to another date, recipe, or Windows program.

To export text to another date, recipe, or Windows program:

1. Select the text.
2. Using the Edit Menu or the hot key [Ctrl+X](#) or [Ctrl+C](#) (see "The Edit Commands," above), cut or copy the selected text.
3. Navigate to the place where you want the text to appear, and put the insertion point there.
4. Using the Edit Menu or the hot key [Ctrl+V](#), paste the contents of the Clipboard into the chosen location.

To import text from another Windows program:

1. Select the text.
2. Using the other program's Edit Menu or a hot key, cut or copy the selected text.
3. Navigate to the place in DietPower where you want the text to appear, and put the insertion point there.
4. Using DietPower's Edit Menu or the hot key Ctrl+V, paste the text into the chosen location.

Working Date, Changing Your

See "To Change Your Working Date" in [Calendar](#).

Zinc

This light-gray metal enters into the building of dozens of [enzymes](#).

The best sources of zinc are meat, liver, poultry, eggs, seafood, and whole grains.

Zinc deficiency causes slow healing of wounds, a dulled sense of taste, and loss of appetite. In [pregnant](#) women, it can also bring about abnormal development of the fetal brain.

An acute overdose of zinc can cause nausea, vomiting, and diarrhea. Chronic oversupply leads to [anemia](#), depressed immune function, abdominal pain, and fever. Oversupply of zinc can also aggravate a copper deficiency and bring about premature birth or stillbirth.





Your Daily Allowance

DietPower sets your [Personal Daily Allowance \(PDA\)](#) of zinc at the National Research Council's [Recommended Dietary Allowance \(RDA\)](#), measured in [milligrams](#): 15 for males and 12 for females. [Pregnant](#) women need 15 milligrams per day, [nursing](#) mothers 19 per day in the first six months and 16 per day in the second.



(If your doctor recommends a different allowance, you can change your PDA. See [Personal Daily Allowances, Editing Your.](#))



Color Coding of This Nutrient

The zinc bar in your personal [Nutrient History](#) is:

-  blue for "good" if you've logged 100 to 150 percent of your PDA
-  red for "bad" if you've logged less than 100 percent of your PDA
-  yellow for "caution" if you've logged more than 150 percent of your PDA
-  missing if you've logged no zinc.

In the [nutrient profile](#) of a food or recipe, the zinc bar is:

-  green for "good" if getting your entire PDA of calories from this item would give you more than 150 percent of your PDA of zinc
-  magenta for "bad" if getting all your calories from the item would give you less than 50 percent of your PDA of zinc

-  blue for "neutral" otherwise
-  missing if the amount of zinc is either zero or (when the word *Zinc* is [grayed out](#)) unknown.

How Complete Are DietPower's Zinc Readings?

Fairly. Of the 16,000 entries in the Food Dictionary, 11 percent list their zinc content as "unknown." (The percentage may be different, of course, if you've added a lot of foods to the dictionary yourself.) To see whether a particular food has a zinc reading, open the Food Dictionary and check the food's nutrient profile. If you find a question mark beside "Zinc," it means the amount is unknown. (To see *all* foods with unknown zinc readings, click the dictionary's [PowerFoods](#) tab and sort the foods by zinc power; then scroll to the bottom of the list.)

Zinc on Food Labels

Food labels are not required to report zinc levels, though some do voluntarily. They may cite the amount in milligrams, percent of [Daily Value](#), or both.

The Daily Value for zinc is 15 milligrams. This amount is not necessarily right for you, however—it's a rough estimate meant to cover most of the U.S. population.

For more on label regulations, see [Labels, Food](#).

Abbreviations, for Units of Measure

c cup
cc cubic centimeter
cm centimeter
cu in. cubic inch
fl oz fluid ounce
g gram
gal. gallon
in inch
kg kilogram
l liter
lb pound
ml milliliter
mm millimeter
oz ounce (weight)
pt pint
qt quart
sq cm square centimeter
sq in. square inch
sq mm square millimeter
svg serving
t or tsp teaspoon
svg serving
T or tbsp tablespoon

Absolute Amount

The amount of a nutrient expressed as an actual weight or volume, rather than as a percentage of your Personal Daily Allowance or some other standard. The absolute amount of vitamin C in one cup of All-Bran cereal, for example, is 45 [milligrams](#), but the package cites the vitamin-C content in relative terms: 75 percent of the [Daily Value](#).

Aerobic Exercise

Any activity that raises your pulse to between 60 percent and 85 percent of its maximum for at least 20 minutes at a stretch. For details, [click here.](#)

Alcohol

One of the four [energy nutrients](#). For a detailed discussion of alcohol, [click here](#).

Alt+ and Ctrl+ Keys

When DietPower asks you to "press Alt+Esc" or "Ctrl+H" or a similar pair of keys, it means to press the second key while holding down the Alt or Ctrl key. Combinations like this often serve as "hot keys"—shortcuts for performing operations that you would otherwise have to select from a menu. (If you specified a shortcut key for starting up DietPower—see step 20 in [Icon, Installing a Personal](#)—you'll need to hold down *both* Alt and Ctrl while pressing the hot key.)

American College of Sports Medicine

A worldwide organization of 16,000 professionals who research the medical aspects of sport and educate the public on the health benefits of exercise. The ACSM also offers many free brochures, videos, and audiotapes. Mailing address: ACSM National Center, P.O. Box 1440, Indianapolis, IN 46206-1440. Voice: 317-637-9200. Fax: 317-634-7817. Internet: <http://www.acsm.org>.

Anemia

A shortage of hemoglobin in the red blood cells, causing a blood-oxygen deficiency that leads to weakness and pallor. (To find nutrients linked to anemia, [click here.](#))

Antioxidant

A substance that helps to prevent cell damage from oxidation. Since oxidation is believed to play a key role in aging and the onset of cancer and other diseases, antioxidants are thought to contribute to longevity. The best known antioxidants are [vitamin C](#), [vitamin E](#), and [selenium](#). For more information on antioxidants, click [here](#).

Application

(Often called "app," for short.) A computer program or piece of software that has a specific, practical application. DietPower is a Windows application.

Arrow Keys

Four keys near the bottom-right end of your keyboard that move the cursor up, down, left, and right.

Auto Hide

A feature that makes the [Taskbar](#) appear only when you drag the mouse pointer to the bottom of the screen. To activate Auto Hide:

1. [Right-click](#) on any blank spot on the Taskbar. A menu will open.
2. Choose "Properties." A dialog will appear.
3. Check "Auto Hide."
4. Click OK.

To *deactivate* Auto Hide: follow the same procedure, but click the "Auto Hide" box to *remove* the check mark.

Back Button

A button at the top of the Help window that takes you back to the last Help topic you were reading.

Blood Pressure, Diastolic

The second and lower number in a blood-pressure reading, indicating the pressure inside the arteries between pulses. Compare [systolic pressure](#). (If you have trouble remembering which reading is which, try associating blood pressure with South Dakota, whose postal abbreviation is SD: the Systolic comes first and the Diaastolic comes second.)

Blood Pressure, Systolic

The first and higher number in a blood-pressure reading, indicating the pressure inside the arteries at the height of each pulse. Compare [diastolic pressure](#). (To remember which reading is which, try associating blood pressure with South Dakota, whose abbreviation is SD: the Systolic comes first and the Diaastolic comes second.)

Body Mass Index (BMI)

A standard measure indicating how fat a person is. To learn how to calculate a BMI, [click here.](#)

Browse Sequence

The order in which Help topics appear if you keep clicking the forward Browse Button. (The button, located at the top of the Help window, is marked with the symbol \geq .) In DietPower, the browse sequence is 1) Table of Contents, 2) Introduction, and 3) the remaining 242 major help topics, in alphabetical order.

Burn Rate

The number of calories per minute, per pound of body weight, that a physical activity expends. (For activities like running and swimming, where speed influences the burn rate, it is measured in calories per minute per pound per mile-per-hour.)

Calculator, Windows

A Windows accessory that you can open and use while you're in DietPower. For details, [click here](#).

Calendar Notes

Personal notes—daily reminders, diary entries, etc.—that you can write on the [Calendar](#).

Calorie

A measure of energy contained in a food or expended in exercise. Technically it's a *kilocalorie*, (abbreviated "kcal"), because it's exactly 1000 calories of the kind used by scientists. (A scientific calorie is the amount of energy required to raise the temperature of one gram of water by one degree Celsius.) But since most people and all food labels call a kilocalorie a "calorie," DietPower does, too.

Calorie Bank

A special account where DietPower deposits uneaten calories at the end of the day, so you can use them for extra eating later. For details, [click here](#).

Calorie Budget

The net intake of calories that DietPower allots you each day, calculated to bring you exactly one day closer to your [goal weight](#). To learn how your budget is computed, [click here](#).

Calorie Feedback™

A proprietary feature of DietPower that keeps track of your true [metabolic rate](#) by comparing your eating and exercise history with your daily weight changes, and adjusts your [calorie budget](#) accordingly. For details, [click here.](#)

Calorie Tally

A one-line report showing how many calories remain in your budget today. The tally appears in four different places: on your Weight History and Diet History screens and in your Food and Exercise logs. For details, [click here](#).

Carbohydrate

Any member of a family of compounds that includes [sugars](#), [starches](#), [dextrins](#), and [fiber](#). Carbohydrates are found chiefly in fruits, vegetables, grains, and dairy products. For more information, see [Carbohydrate, Total](#).

Carbohydrates, Complex

An umbrella term meaning all [carbohydrates](#) *except* [sugars](#). In DietPower, the only place where the term comes into play is in the [Personal Daily Allowance Editor](#).

Carbohydrate, Total

(Often called just "carbohydrate" or "carbohydrates.") The sum total of all carbohydrates in a food, including both [complex carbohydrates](#) and [sugars](#).

Category Search

One of four methods of searching the Food Dictionary—the one that finds all members of a food category and lists them alphabetically. See [Dictionaries, Searching the.](#)

Click

To "click" an object means to place the mouse pointer on it and click the left button once. (Compare [double-click.](#))

Clipboard

A Windows accessory on which you temporarily store a piece of text that you've copied or cut from one location so that you can paste it somewhere else, either in the same program or in another. For examples of how this is done, read "To Import Text" and "To Export Text" in [Word Processor, DietPower's](#).


Coenzyme

A substance that helps an [enzyme](#) perform its function. Four of the nutrients monitored by DietPower are coenzymes: [niacin](#), [riboflavin](#), [thiamin](#), and [vitamin B6](#).

Control Menu

A menu from which you can choose to [restore](#), move, [minimize](#), maximize, or close a window. The Control Menu is opened by clicking the [Control-Menu icon](#), located in the window's upper-left corner.

Control-Menu Icon

In every window, a little icon in the upper-left corner that can be used to control the window. Clicking the icon opens the window's [Control Menu](#), while double-clicking the icon is a shortcut for closing the window. The Control-Menu icon is usually a miniature version of the icon seen on the [desktop](#). (The Control-Menu icon for the Windows 95 Calculator, for example, is )

Control Panel, Windows

A program [group](#) that lets you adjust the behavior of basic elements of your system—the colors and resolution of your screen display, for example. To open the Control Panel, click the Start Button, slide the cursor onto Settings, and click "Control Panel."

Database

A body of information that can be organized and searched in multiple ways. The foods and recipes in DietPower's databases, for example, can be listed alphabetically, by category, or by content of any of 33 different nutrients.

Default

For any detail of DietPower, the "factory setting" that the program assumes unless you deliberately choose a different setting. If you haven't edited your Personal Daily Allowance of sodium, for example, DietPower assumes you want the default allowance, 1450 milligrams.

Desktop, Windows

The screen you see when Windows is running but all programs are either closed or [minimized](#). It displays the [My Computer](#) icon and a number of [shortcuts](#) that you can double-click to start up software applications.

Dextrin

A gummy substance made by heating, chemically treating, or fermenting [starch](#). Often used as a thickening agent in foods.

Dialog

A window that asks you to answer questions (hence its name), make choices, or submit other information needed by a Windows program. Nearly all of your work in DietPower is performed in dialogs, which you open from the [Home Screen](#) by selecting them from menus or clicking shortcut buttons. Each task—logging a meal, for example—usually ends with your closing the dialog in order to open another or to exit from DietPower.

Diet Designer

A DietPower tool that will set up a weight-control diet for you, based on your choice of [goal weight](#) and [target date](#). For details, [click here](#).

Diet History

A summary of your weight and calorie consumption for each day since you began using DietPower. To open it, choose "Diet History" from the Diet Menu. (For details, [click here.](#))

Dietary Reference Intake (DRI)

Of any nutrient, the daily intake required for good health, depending on your age, sex, and whether you're pregnant or lactating. One type of DRI is the [Recommended Dietary Allowance \(RDA\)](#).

DietPower Daily Allowance (DPDA)

DietPower's estimate of your daily requirement for a nutrient, based on review of scientific literature. The estimate applies to only 14 nutrients. Thirteen are those for which the [National Research Council \(NRC\)](#) has not set a [Dietary Reference Intake](#), a [Recommended Dietary Allowance](#), or an [Estimated Safe and Adequate Amount](#). The other is protein. For a discussion of various allowances, see [Personal Daily Allowances \(PDAs\)](#).

DietPower Daily Value (DPDV)

For seven nutrients that do not have an official Daily Value, DietPower uses its own value, estimated from reviews of scientific literature. For details, see [Values, Daily](#).

Directory

1. A list of all the file names in a folder or subfolder, sometimes showing each file's size and [time/date stamp](#).
2. The Windows 3.1 term for a folder.

Discard

To abort work you've done in a [dialog](#), rather than [saving](#) the work.

Disk File

A file created on your [hard drive](#) or on a diskette, with a file name followed by a period or "dot" and a suffix up to three characters long. (The name for DietPower's main file, for example, is Diet.exe.) "Outputting" information to a disk file is something you can do instead of printing the information on paper—a handy alternative when you want to save something for printing later.

Disks, Installation

The magnetic diskettes, CD-ROM, or DVD from which DietPower is installed on a computer's hard drive. (If you downloaded DietPower from a web site, you installed the program from a self-extracting .exe file instead. The download file is too large to fit on a diskette, but you can make an installation disk or diskettes from it. For instructions, [click here.](#))

Double-Click

To "double-click" an object means to place the mouse pointer on it and click the left mouse button twice in rapid succession. It's a shortcut for [clicking](#) the object and clicking the OK button.


Drag

To move the mouse pointer while holding down one of the mouse buttons (usually the left). Dragging the pointer through a block of text, and then releasing the mouse button, will [select](#) the block. Dragging the pointer while it's touching an icon, a food, a selected block of text (in most word processors), or any of several other kinds of objects will slide the object across your screen until you "drop" the object by releasing the button.

Drinker

DietPower calls you a "drinker" if you check the box on the [Personal Information Form](#) that says, "I drink alcoholic beverages." You are asked to check this statement only if you average more than two drinks per week. (Hence, if an average week sees you taking only one drink on Friday night and another on Saturday, DietPower deems you a non-drinker. This does *not* mean that it's safe for an alcoholic to have two drinks a week, however—the threshold is meant only for nutritional categorization.) A "drink" is defined as 3/4 [fluid ounce](#) of pure alcohol—about what you'd get from a 12-ounce beer, a 6-ounce glass of wine, or a 1-1/2-ounce shot of liquor. For details, see [Alcohol](#).

Drop-Down Button

A button that drops a list of items onto your screen when you click it. It looks like this: 

Enzyme

Any of various chemical compounds in the digestive tract that snip apart other compounds, so that the pieces can be reassembled into still other compounds. Enzymes are essential to releasing energy from food.

Estimated Safe and Adequate Amount (ESAA)

The daily intake of a nutrient that the [National Research Council \(NRC\)](#) deems safe and adequate for the average person. (Compare [Tolerable Upper Intake Level.](#)) DietPower uses ESAs only for a few nutrients that don't have [Dietary Reference Intakes](#) or [Recommended Dietary Allowances](#). For a discussion of various allowances, see [Personal Daily Allowances \(PDAs\)](#).

Exercise Dictionary

In DietPower, an alphabetical list of more than 200 physical activities, with a [calorie burn rate](#) attached to each. For details, jump to [Exercise Dictionary](#).

Exercise Log

A [dialog](#) in which you record your daily exercise, so that DietPower can award you extra calories for eating. For details, [click here](#).

Exercises, Favorite

Frequently-performed exercises that you've put into a special "mini-dictionary" in the middle window of your [Exercise Log](#), so you won't have to search the entire [Exercise Dictionary](#) each time you want to log them. For details, jump to [Exercise Log](#).

Extranet

An [intranet](#) that can be accessed by outsiders who are given a password.

Fat

Any member of the family of compounds called "lipids," which are essential to good nutrition. Also, one of the four [energy nutrients](#). For detailed information on fat, [click here](#).

Fat, Monounsaturated

Fat whose molecular chain has exactly one carbon atom still available to accept a hydrogen atom. Monounsaturated fat is usually from plants, generally liquid at room temperature, and considered more healthful than other fats. For details, [click here.](#)

Fat, Polyunsaturated

Fat whose molecular chain still has at least two carbon atoms ready to accept hydrogen atoms. Polyunsaturated fat is usually from plants, generally liquid at room temperature (unless artificially hydrogenated), and considered more healthful than saturated fats. For details, [click here](#).

Fat, Saturated

Fat whose carbon atoms are completely saturated with hydrogen atoms. Saturated fat is usually from animals, generally solid at room temperature, and considered unhealthful in large quantities. For details, [click here](#).

Fat, Total

(Sometimes called just "fat.") The sum total of [saturated](#), [polyunsaturated](#), and [monounsaturated](#) fats in a food. All are members of the family of compounds called "lipids," which are essential to good nutrition. Total fat is also one of the four [energy nutrients](#). (For detailed information on fats, [click here](#).)

Fiber

Any food matter that your digestive system can't break into units small enough to be absorbed into the bloodstream. For details, [click here.](#)

Fiber, Soluble

"Fiber" is any food matter that your digestive system can't break into units small enough to be absorbed into the bloodstream. Some fiber is tough, stringy material that won't dissolve in water. The rest is "soluble fiber," mostly [pectins](#), [gums](#), and [mucilages](#). (Together, soluble fiber and the tough, stringy variety are termed "dietary fiber.") For more on fiber, see [Fiber, Dietary](#).

File Name

The name of a [disk file](#)—a word followed by a period or "dot" and a suffix up to three characters long. The file name of DietPower's exercise dictionary, for example, is Dict.exr.

Fitness

The general condition of your lungs, heart, and circulatory system. Being "in shape" generally means being fit.

Folder

A storage place on your hard disk or on a diskette, in which [disk files](#) are kept. A folder is designated by a backslash symbol (\) followed by the name of the folder. The folder in which DietPower is normally installed, for example, is \DietPower. A file named File.new, if stored in the \DietPower folder, would be designated as \DietPower\File.new. (In Windows 3.1, folders are called "directories.")

Food

A single item in the Food Dictionary, with a [nutrient profile](#) attached. Compare [Recipe](#).

Food Dictionary

A list of 8500 foods and their 7500 [name variants](#) that came with DietPower, as well as all of the foods that you and other users in your household have added to the list—each with a [nutrient profile](#) attached. (The list also includes all the recipes from the [Recipe Box](#).)

Food for Thought

A short piece of reading that DietPower serves up each time you [log on](#). You can turn this feature on or off, as you like. [Click here for details.](#)

Food Log

A [dialog](#) in which you record all the foods you eat, so that DietPower can help you stay on your diet and maintain a good nutrient balance. For details, [click here](#).

Foods, Favorite

Frequently-eaten foods that you've put into a special "mini-dictionary" in the middle window of your [Food Log](#), so you won't have to search the whole [Food Dictionary](#) each time you want to log them. For details, jump to [Food Log](#).

Format

To erase all the files on a disk and prepare it to accept new files.

Fortify

To add extra nutrients to.

Fructose

A very sweet [sugar](#), found in fruits and honey, that's used as a food preservative and an intravenous nutrient.

Glucose

A simple [sugar](#) that is the main source of energy for all living things. Abundant in fruits and honey, glucose can also be obtained through digestion of [starches](#) and other [carbohydrates](#).

Gram

A unit of weight. There are 28.35 grams in an [ounce](#). (One way to visualize a gram: it's the weight of one-fifth teaspoon of salt.) Abbreviated "g."

Grayed Out

Displayed in gray type instead of black, indicating that the choice is not available in this situation. On the Personal Information Form, for example, the statement "I am pregnant" is grayed out if the user is male. Similarly, in a food's [nutrient profile](#), the name of a nutrient is grayed out if its amount is unknown.

Group, Windows

A family of program [icons](#). The Accessories Group, for example, usually includes the Windows Calendar and the Windows Calculator. To open a group, begin by clicking the [Start button](#) and sliding the mouse pointer onto "Programs." A list of all your groups will open. Move the pointer to the name of the group you want, and it will open. Then you can run any program in the group by clicking its icon.

Gum

A general term for any gummy or resinous substance exuded by plants.

Hard Drive

The large-capacity magnetic disk inside your computer, where the work you do in the computer's memory is recorded or "saved" so it won't be lost when the computer is turned off. Also called "fixed disk" or "disk storage." Compare [Memory](#).

Home Screen

The screen you see whenever DietPower is running but you're not working in any particular [dialog](#). Depending on your choice, the Home Screen is either the DietPower logo or your [Weight History](#). Both versions also have a row of 13 shortcut buttons across the top. (To get back to the Home Screen from any dialog, just close the dialog. This is usually done by clicking the OK button if you want to [save](#) your work or the Cancel button if you want to [discard](#) the work.)

Hot Key

A key or combination of keys programmed to perform instantly some function that you would otherwise have to choose from a menu. In DietPower, for example, the hot key for choosing a different Home Screen is [Ctrl+H](#).

Hypertension


High blood pressure. (To find nutrients that affect blood pressure, [click here.](#))

Icon

A little picture, usually on your Windows desktop or in one of your program groups, representing a program or "[application](#)" that you can run by clicking the icon (if it's in a program group) or by either [double-clicking](#) it or highlighting it and pressing Enter (if it's on your desktop).

Icon, Household



The clickable red apple——that was created when you installed DietPower on your hard drive and was automatically put on your [Windows desktop](#). [Double-clicking](#) the household icon will open DietPower for any user. Compare [personal icon](#).

Icon, Personal

An optional icon that you can use for jumping directly to your own files when [logging on](#). Unlike the [household icon](#), personal icons do not force you to choose your name from the User List before starting a work session. There are 12 personal icons, each an image of a different fruit or vegetable. To see them and to learn how to establish a personal icon for yourself, jump to [Icon, Installing a Personal](#).

Install

To copy (a program or part of a program) onto your hard drive and configure the copy to work with your system. Programs are usually installed either from [installation disks](#) that you buy from a software publisher, or from files that you download from the World Wide Web or an on-line service.

International Units

A special unit of measure for vitamins A, D, and E. The definition is different for each—see [International Units of Vitamin A](#), [International Units of Vitamin D](#), and [International Units of Vitamin E](#).

International Units of Vitamin A

The vitamin-A content of a food is sometimes measured in International Units (IU) and at other times in "[micrograms](#) of retinol equivalents," or "micrograms RE." (To learn why, see [Vitamin A](#).) There is no direct comparison between an IU and a microgram RE, but you can get a crude estimate if you know whether the food is of animal or plant origin.

- To convert IUs of vitamin A into micrograms RE: multiply the number of IUs by 0.1 if the food is of plant origin, by 0.2 if it's of animal origin. The result is the approximate number of micrograms RE in the food.
- To convert micrograms RE to IUs: multiply the micrograms RE by ten for a food of plant origin, by five for a food of animal origin. The result is the approximate number of IUs in the food.

International Units of Vitamin D

The vitamin-D content of a food is sometimes cited in micrograms of cholecalciferol, a form of the vitamin produced by the action of sunlight on skin. At other times, it is reported in International Units. There is an exact relationship between the two: one IU is equal to 0.025 micrograms of cholecalciferol. Hence:

- To convert IUs of vitamin D into micrograms: multiply the number of IUs by 0.025. The result is the number of micrograms in the food.
- To convert micrograms to IUs: multiply the number of micrograms by 40. The result is the number of IUs in the food.

International Units of Vitamin E

The vitamin-E content of a food is sometimes measured in [milligrams](#) of alpha-tocopherol equivalent, or α -TE, and sometimes in International Units (IUs). There is a mathematical relationship between the two measures: one IU is roughly 0.7 milligram of α -TE. Hence:

- To convert IUs of vitamin E into milligrams of α -TE: multiply the number of IUs by 0.7.
- To convert milligrams of α -TE to IUs: multiply the number of milligrams by 1.4.

Internet

The worldwide system that lets computers share information over telephone lines. It includes the World Wide Web, which carries not only text but also pictures, sound, and video. Compare [Intranet](#).

Intranet

A special kind of [Local Area Network \(LAN\)](#) that uses [Internet](#) technology for communication within a corporation or some other closed organization. Like the Internet (and unlike a traditional LAN), an Intranet can carry pictures, sound, and video, as well as text.

Jump

In Help, to hop to a different topic by clicking a green word or phrase that has a solid underline. When you're finished reading the other topic, you can return to the first topic by clicking the [Back button](#). Compare [Popup](#).

Key Ratio

In either a food or a person's diet, the proportion of calories that come from fat, carbohydrate, protein, and alcohol—often used as a rough measure of dietary balance. [Click here for details.](#)

Landscape Printing

Printing on a letter- or legal-size sheet placed horizontally (i.e. with the longer edge at the top). Compare [Portrait Printing](#).

Local Area Network (LAN)

A network of computers inside a corporation or some other organization, wired together so that workers can communicate and share information. Compare [Intranet](#).

Log Off

To end your work [session](#) by either exiting from DietPower or letting another user [log on](#). For details, [click here](#).

Log On

To order DietPower to open your personal files, so that you can start a work [session](#). For details, [click here](#).

Maintenance Budget

The number of calories you should net each day (those eaten minus those worked off in exercise) in order to maintain your current weight.

Maintenance Diet

A diet designed to keep you at your current weight.

Memory

The electromagnetic "chips" in your computer that temporarily hold the bytes of information you manipulate as you work. Since your work evaporates from the chips when you turn your computer off, you must first "save" it by recording it on your [hard drive](#) or a diskette.

Menu

A group of [options](#) that you can choose among. DietPower has seven menus, each opened by clicking one of the words listed across the top of your screen: *User*, *View*, *Exercise*, *Food*, *Diet*, *Options*, and *Help*.

Metabolic Rate

The rate at which your body burns calories. The faster your [metabolism](#), the more you must eat to maintain your weight.

Metabolism

The system of physical and chemical processes that create, maintain, and break down the body's substances, and by which energy is made available. See also [Metabolic Rate](#).

Microgram

A unit of weight equal to one millionth of a [gram](#). Abbreviated "µg." (The symbol µ is the Greek letter mu, commonly used for "micro.") Although invisible to the naked eye, a substance weighing just a few micrograms can be crucial to good nutrition. Examples: [Vitamin A](#), [Vitamin B6](#), [Vitamin B12](#), and [folic acid](#).

Milligram

One-thousandth of a gram. (This is roughly the weight of a dozen grains of table salt.) Abbreviated "mg."

Mineral

An inorganic substance, usually a metal or a salt, that is important to the functioning of the body. DietPower monitors ten minerals: sodium, potassium, calcium, iron, phosphorus, magnesium, zinc, copper, manganese, and selenium.

Minimize

To leave a program running but place it in the background (make it invisible), so that you can work in some other program and later return to the first program without having to start it up all over again. To



minimize a program, click the minimize button in the upper-right corner of its window: The program will disappear from the screen but remain running on the [Taskbar](#) so you can [restore](#) it at any time.


Mucilage

A gummy or gelatinous substance found in plants.

My Computer

A Windows 95/98/NT/2000 tool that lets you copy, delete, move, and otherwise manage your files. You'll



find its icon on your desktop: . If you double-click the icon, Windows will open a list of all the disk drives on your computer. You can double-click on each of these, in turn, to open a list of all the [folders](#) on the drive, and then double-click on each of *those* to open a list of files and [subfolders](#) inside them—and so on. Whenever a list is open, you can create new folders or rename old ones. You can also move or copy files and folders from one place to another by [dragging](#) them with the right or the left mouse button.

Name Variant

A food or recipe that differs from another in name only. "Beans, green, snap," for example, are also listed in the Food Dictionary as "Green beans, snap" and "Snap beans, green." The dictionary contains about 7500 such variants, in addition to its 8500 main items. The name variants insure that people who use the Incremental search method (see [Dictionaries, Searching the](#)) will always find a food on the first try. (If you prefer some other search method, you can omit the name variants from the dictionary to save startup time. See [Food Dictionary, Abridging and Unabridging.](#))

National Academy of Sciences (NAS)

A 2000-member society of distinguished researchers, some of whom advise the U.S. government on nutrition. The NAS also promulgates the [Dietary Reference Intakes \(DRIs\)](#) and the [Recommended Dietary Allowances \(RDAs\)](#) through its working arm, the [National Research Council \(NRC\)](#). Mailing address: National Academy of Sciences, 2101 Constitution Ave., N.W., Washington, DC 20418. Voice: 202-334-2138. Fax: 202-334-2158. E-mail: news@nas.edu. Internet: <http://www.nas.edu>.

National Institutes of Health

A system of research institutes supported by the U.S. government, generally considered one of the most reliable authorities on questions of health.

National Research Council (NRC)

An arm of the [National Academy of Sciences \(NAS\)](#) that provides authoritative reports on nutritional issues. Mailing address: National Research Council, 2101 Constitution Ave., N.W., Washington, DC 20418. Voice: 202-334-2138. Fax: 202-334-2158. E-mail: news@nas.edu. Internet: <http://www.nas.edu>.

Neural

Pertaining to the nervous system, which includes the brain, spinal cord, nerves, and ganglia.

Notepad, Windows

A simple word processor that comes as an accessory to Windows. Unless you've moved it, you'll probably find the Notepad's [icon](#) in your Accessories [group](#).

Numeric Keypad

A compact array of number keys in the lower-right corner of most keyboards. (On many laptop computers, a group of alphabetical keys will work as a numeric keypad when a special function key is held down.) The numeric keypad can save you time when adding foods to the Food Dictionary. For details, jump to [Keypad, Numeric](#).

Nutrient

Any of the 33 food components and subcomponents that DietPower monitors. Following is the complete list, arranged in the order generally followed on food labels. (To read about any nutrient, click its name.)

[Calories](#), [total fat](#), [saturated fat](#), [polyunsaturated fat](#), [monounsaturated fat](#), [cholesterol](#), [sodium](#), [potassium](#), [total carbohydrate](#), [dietary fiber](#), [sugars](#), [protein](#), [vitamin A](#), [vitamin C](#), [calcium](#), [iron](#), [vitamin D](#), [vitamin E](#), [thiamin](#), [riboflavin](#), [niacin](#), [vitamin B6](#), [folic acid](#), [vitamin B12](#), [pantothenic acid](#), [phosphorus](#), [magnesium](#), [zinc](#), [copper](#), [manganese](#), [selenium](#), [water](#), and [alcohol](#).

Nutrient Balance

How well your intake of nutrients matches what you need for optimal health. To find out, see your [Nutrient History](#).

Nutrient History

A color-coded chart showing how well your meals have fit your nutrient requirements. For details, jump to [Nutrient History, Your](#).

Nutrient Profile

A table or chart showing how much of each nutrient a food or recipe contains. For details, see [Nutrient Profile, Viewing a Food's or Recipe's](#).

Nutrients, Energy

The four main types of nutrient: fat, carbohydrate, protein, and alcohol. All contribute [calories](#) to a food, whereas the other 29 nutrients monitored by DietPower do not.

Obese

By the most commonly used definition, you are "obese" if you have a Body Mass Index (BMI) greater than 30, and "overweight" if your BMI is 25 to 30. To find out how to calculate your BMI, [click here](#).

Option

A choice you can make from a DietPower [menu](#) in order to perform a particular task. The Exercise Menu, for example, displays two options: 1) open your Exercise Log and 2) open the Exercise Dictionary. (Many options can also be opened by clicking shortcut buttons on the [Toolbar](#).)

Ounce

A unit of weight (not volume), equal to 28.35 grams, or one-sixteenth of a pound. Abbreviated "oz." (Not to be confused with [fluid ounce.](#))

Ounce, Fluid

A unit of volume (not weight), equal to two tablespoons, or one-eighth of a cup. Abbreviated "fl oz." (Not to be confused with [ounce.](#))

Output

To "print" something to a disk file, so you can print it on paper later.

Overweight

You are officially "overweight" if you have a Body Mass Index (BMI) of 25 to 30. (Overweight poses little health risk, however, until you reach a BMI of 27.) To find out how to calculate your BMI, [click here.](#)

Overwrite

To erase and replace. When a file is overwritten, it can't be restored, for the same reason that the original recording on a music or video tape can't be restored if something else is recorded over it. (A deleted piece of text *within* a file often *can* be restored, however, because the deletion is saved on the [Windows Clipboard](#) until you make your next deletion.)

Pectin

An unusually large [carbohydrate](#) molecule found in ripe fruits, used for thickening jams and jellies.

Personal Daily Allowance (PDA)

Of a nutrient, the average daily consumption thought to be safe and adequate for you personally. DietPower assigns you a PDA for each nutrient, based on the facts you give on your [Personal Information Form](#). You can reset your PDAs to whatever levels your doctor recommends, however. [Click here for details.](#)

Personal Daily Allowance Editor

A tool that lets you revise your [Personal Daily Allowance \(PDA\)](#) of any nutrient. For details, [click here](#).

Personal Information Form

The on-screen form that you fill out the first time you use DietPower, specifying your name, birth date, sex, height, and special health habits and concerns. (You can also edit the form at any time later.) [Click here for details.](#)

Point to

To place the mouse pointer on.

Popup

In Help, a small window that pops up when you click a green word or phrase that has a dotted underline. The popup usually contains a short definition. After reading it, you can make the popup disappear by clicking anywhere in the Help window. (Try it on the popup you are reading now.)

Portrait Printing

Printing on a letter- or legal-size sheet positioned vertically (i.e with the shorter edge at the top). Compare [Landscape Printing](#).

Precursor

A compound from which the body derives another. The orange pigment in cantaloupe, for example, is a precursor of vitamin A.

Protein

Any of the complex molecules (there are many types) that serve as basic building blocks of body tissues and fluids. Also, one of the four [energy nutrients](#). For details, [click here](#).

Purge

To delete systematically. In DietPower, you can order automatic purging of your personal files when they reach a certain age. See [Options, Miscellaneous](#).

Recipe

Any combination of entries in the Food Dictionary, assembled and listed as a separate food.

Recipe Box

DietPower's dictionary of recipes, to which you can add your own by assembling ingredients from the [Food Dictionary](#).

Recommended Dietary Allowance (RDA)

The RDA of a nutrient is, according to the [National Research Council](#), the average daily intake that most people (97 to 98 percent of us) require for good health. Unlike Daily Values (DVs), Recommended Dietary Allowances do not represent the average American's requirement—they differ with age, sex, and reproductive status. The RDA of iron, for example, is 10 milligrams for a 35-year-old man, but 15 milligrams for a 35-year-old woman. (In 1997 and 2000, the NRC revised the RDAs of seven nutrients monitored by DietPower: calcium, phosphorus, magnesium, selenium, and vitamins C, D, and E. The agency also grouped the RDAs and other ways of measuring intake under the umbrella term [Dietary Reference Intakes \(DRIs\)](#), which some people now use as a synonym for "RDAs." DietPower often does the same.)

Restore

To return a minimized program to usable size on your screen. In Windows 95/98/NT/2000, this is done by clicking on the program's button on your [Taskbar](#).

Right-Click

To [click](#) with the *right* mouse button instead of the left. (In DietPower, clicking with the left button while holding down the Shift key will have the same effect.)

Save

To write changes that have been made in your computer's memory onto its [hard drive](#), so they won't be lost if there's a power failure, a system crash, or some other [memory](#) interruption.

Scrollbar

A bar across the bottom or up the right side of a window, with a slider button in the middle and arrow buttons on the ends, used for scrolling the window's contents.

Search, Incremental

One of four different search methods you can use for locating items in DietPower's dictionaries. See [Dictionaries, Searching the](#).

Select

To highlight a piece of text, so you can perform some operation on it (deleting or moving it, for example). There are different methods for selecting different things. To select a word, for example, double-click it. To select a whole block of text, point to one end of the block, hold down the left mouse button, drag the pointer to the other end of the block, and release the mouse button.

Session

A period of work by a user, from the moment he [logs on](#) until the moment he [logs off](#).

Shortcut

A clickable [icon](#), often kept on your [desktop](#), that lets you start up a program without first having to search for it on your Start Menu or in Windows Explorer.

Smoker

DietPower classifies you as a smoker if you check the box on the [Personal Information Form](#) that says, "I smoke." You are asked to mark this statement only if you average more than one cigarette, one-half pipeful, one-quarter of a cigar, or one dip of snuff or chewing tobacco per day. The only change that it triggers is a rise in your vitamin-C allowance. See [Vitamin C](#).

Starch

A solid, white, tasteless [carbohydrate](#) found in potatoes, rice, corn, beans, and many other vegetables.

Start Button

The button at the left end of the [Taskbar](#), used for starting up programs.

Status Bar

A line at the bottom of your screen that displays messages explaining where you are and what DietPower is doing at the moment. It can be switched on or off from the [View Menu](#).

Subdirectory

The Windows 3.1 term for a [subfolder](#).

Subdirectory, Personal

The Windows 3.1 term for a [personal subfolder](#).

Subfolder

A [folder](#) inside another folder on your [hard drive](#) or on a diskette, in which [disk files](#) are stored. A subfolder is designated by a backslash symbol (\) followed by the subfolder's name. Usually, this designation is appended to the name of the subfolder's "parent" folder. The subfolder of \DietPower in which your personal diet records are stored, for example, would be designated \DietPower\Lind1106 if your name is Linda and you were born on 11/6/75. (In Windows 3.1, subfolders are called "subdirectories.")

Subfolder, Personal

A [subfolder](#) containing a user's personal diet records and [calendar notes](#). It usually has an eight-character name, built from the first four letters of the user's first name followed by four digits indicating the user's birth date. For a user named Marjorie born on November 7, for example, the subfolder would be named \Marj1107. (If the first name contains fewer than four letters, the subfolder name will be shorter. Records for a user named Ed born on March 28, for instance, would be found in \Ed0328.) For details, see [Personal Records, Your](#). (In Windows 3.1, a personal subfolder is called a "personal subdirectory.")

Subnutrients

Of the 33 nutrients that DietPower monitors, five are termed "subnutrients" because they are subcategories of other nutrients. The subnutrients of fat are saturated, polyunsaturated, and monounsaturated fat. The subnutrients of carbohydrate are dietary fiber and sugars.

Sucrose

A kind of [sugar](#) derived mainly from sugar cane and sugar beets.

Sugar

Either [sucrose](#) or one of a number of similar compounds ([fructose](#) and [glucose](#), for example) that belong to a family of sweet, crystalline substances found in many plants. The family is often classified as "[simple carbohydrates](#)."

Super Enter Key

A second Enter key found on most keyboards, located in the extreme lower-right corner, next to the [numeric keypad](#).

Tab

On each page of a multi-page [dialog](#), an appendage (sticking up like a tab on a manila folder) that you can click to bring a particular page to the top of the stack. (Loosely, *tab* also refers to the page itself—but DietPower usually calls this the "page.")

Table View

Data displayed in table form, rather than as a pie or bar chart.

Target Date

The date on which you intend to reach your [goal weight](#).

Taskbar

In Windows 95/98/NT/2000, a bar across the bottom of your screen listing all the programs you have running simultaneously. (If you're using [Auto Hide](#), the Taskbar will appear only when you slide the mouse pointer down against the bottom edge of the screen.) Each program is represented as a button bearing a miniature copy of the program's [icon](#). To [restore](#) a program, you click its button.

Task List

A window listing all the programs you have running simultaneously. You can open the task list and [restore](#) any program by holding down the Alt key, hitting Tab repeatedly until the program you want is highlighted, and then releasing Alt.

Time/Date Stamp

A record of the time and date when a [disk file](#) was last altered. It can be listed along with the [file names](#) in a disk [directory](#).

Title Bar

The horizontal bar at the top of a window, labeled with the name of the program or [dialog](#) that is running within the window.

Tolerable Upper Intake Level (UL)

Of a nutrient, the highest amount that a healthy person can consume without endangering his or her health. Since their introduction in 1997, ULs have been established for seven of the nutrients monitored by DietPower: calcium, phosphorus, magnesium, selenium, and vitamins C, D, and E. (Compare [Estimated Safe and Adequate Amount](#)).

Toolbar

In DietPower, a row of 13 buttons across the top of your [Home Screen](#), each providing a shortcut to one of the program's [options](#). To see a list of the buttons and what they do, [click here](#).

Travel Disk

A diskette onto which you copy your DietPower records in order to carry them back and forth between your home and office computers, or to use as a backup in case of a [hard-drive](#) failure. To learn how to make and use a travel disk, [click here.](#)

Uncheck

To remove a check mark from a box by [clicking](#) the box.

Undelete

To restore a deleted item without having to manually enter it all over again. Usually done with a [hot key](#) or an Undo button.

Uninstall

To delete a program and all of its associated files from your [hard drive](#). Compare [Install](#).

U.S. Department of Agriculture (USDA)

The government agency that collected the nutrient data for most of the generic items in DietPower's Food Dictionary. Mailing address: U.S. Department of Agriculture, Office of Communications, Room 460-A, Washington, DC 20250-1300. Voice: 202-720-9035. Fax: 202-690-9044. E-mail: news@usda.gov. Internet: <http://www.usda.gov>.

User List

A list of all the people in your household who are enrolled as users of your copy of DietPower. For details, [click here.](#)

User Number

A number between 1 and 9 indicating which user in a household you are. User No. 1 is the [Master User](#).

User, Master

The earliest user of an installation of DietPower, whose name appears at the top of the [User List](#). The Master User is the only one who can delete other users' files. His or her [user number](#) is 1.

Value, Daily

Used as a reference point on food packages, the Daily Value (DV) of a nutrient is the intake that most people on a 2000-calorie-a-day diet need to average for good health. For some nutrients (cholesterol, for example), the DV is an upper limit; for others (calcium, vitamin C), it's a minimum. Unlike [Dietary Reference Intakes \(DRIs\)](#) and [Recommended Dietary Allowances \(RDAs\)](#), Daily Values do *not* depend on age, sex, or reproductive status—they are the same for everyone. They are designed mainly to describe nutrient content in foods, *not* to prescribe nutrient intake for individuals.

Vitamin

Any of various organic substances that are essential in small quantities to normal [metabolism](#), and which produce a specific malady when absent or deficient.

Weight, Goal

The weight you intend to reach by the final day of your diet.

Weight History

A graph showing how much you've weighed each day, as well as your [goal weight](#) and [target date](#) if you're on a weight-change diet. You can designate your Weight History as your [Home Screen](#).

Weight, Target

The weight you will have reached on any particular day if your diet is exactly on target. If you start a 60-day diet at 150 pounds, for example, and your [goal weight](#) is 140 (ten pounds less), then on the 30th day (halfway through the diet) your target weight will be 145 (halfway from 150 to 140). On your [Weight History](#), your daily target weights are indicated by a blue line stretching from your starting date to your target date.

Window, Moving a

To slide a window to a new position on your screen:


1. Point to the window's title bar.
2. Hold down the left mouse button.
3. Drag the window where you want it.
4. Release the mouse button.

Working Date

The date whose records you are working on. If your computer's clock is set correctly, the working date when you start up DietPower will always be today. Once you've begun your work session, however, you can temporarily change the working date by opening the [Calendar](#) or clicking the date you want on your [Weight History](#) graph. Changing the working date lets you revise records from days past.

X Button



A button in the upper-right corner of a window, like this: . Clicking the X button will close the window.

