

## Diet Sleuth™ Version 4.4.0

### Introduction

Diet Sleuth is a program which allows you to track your nutritional intake for a given day. It draws from a database of over 6000 different foods which provides information on the calories, fat grams, carbohydrates and protein within each food, as well as other nutritional data.

Diet Sleuth is a useful tool to monitor what you eat. As always, you should check with your doctor before undertaking any type of diet.

Below is a list of the features included in Diet Sleuth, as well as a brief description of each.

**Main Window** - This is the primary screen for Diet Sleuth, and will be the one used most frequently. It includes access to the food lists, your list of foods consumed that day, and the nutritional breakdown of each food as well as the totals for the day.

**Custom Foods** - In order to add foods not in the database, there is a food edit window, which allows you to add in new foods from their nutritional information, as well as change the nutritional information for existing foods.

**Recipe Editor** - Diet Sleuth will figure out the nutritional value of a serving of any recipe you may desire to prepare by using the Recipe Editor. Enter in the total amounts of each ingredient, how many servings it makes, and the program will figure out the nutritional values per serving and place the food in the main food database, for your use.

**Reports** - Choosing this option will organize a printable report of your daily food consumption and nutritional information.

There are also several other functions that may be performed, such as keeping a food in a list of "favorites", and searching the database for a particular food.

Please go on to the next chapter to find out how to install your copy of Diet Sleuth.

## Installation

If you're reading this, you've successfully downloaded and expanded Diet Sleuth. If you obtained Diet Sleuth from a CD-ROM, please be sure to copy the Diet Sleuth folder over to your hard drive, and use it from there, don't try to run it directly from the CD-ROM. You can do this by dragging the Diet Sleuth folder from the CD-ROM to your hard drive's icon.

Your Diet Sleuth folder should contain these items:

**Diet Sleuth or Diet Sleuth OSX** - the actual program itself. You start Diet Sleuth by double clicking on this icon. Alternately, you can click on one of the log files you've created, and Diet Sleuth will automatically start and open that file.

**Documentation** - this file that you're reading now.

**Register By Credit Card** - a program to let you register your copy of Diet Sleuth using a credit card. You can always register via a credit card online on the web, this program is for those who would prefer to mail or fax in their registration. If you'd prefer to register online, select **Register Your Copy Online** from the **About Diet Sleuth** menu.

**Cash/Check/Money Order Form** - a text form you can fill out and print out to include with your payment, if you'd prefer to register this way.

**Data.rdb** - a special file that contains the USDA database of over 6,000 foods, Please do not delete or move this file, it must remain in the same folder as the Diet Sleuth application.

You start Diet Sleuth by double clicking on the **Diet Sleuth** icon.

If you'd like to make an Alias to place on your desktop do the following:

Macintosh: Go to Finder, select the **Diet Sleuth** icon by clicking on it only once, and select **Make Alias** from the **File** menu. You can then drag this alias to the desktop, to the Apple Menu Items folder under MacOS 9, or to the Dock under Mac OS X. Don't try to move the Diet Sleuth icon itself, or the program won't function properly.

Windows: Right click on the **Diet Sleuth** icon, select the option to Create Shortcut. Drag the shortcut to your desktop.

Please go on to the next chapter to find out how to start up Diet Sleuth for the first time.

Note: If you have previously used Diet Sleuth version 3.x or earlier, you cannot at present transfer any of your previous information to Diet Sleuth 4, as the USDA database has undergone major changes. We are investigating the possibility of creating a conversion utility program.

## Running Diet Sleuth For The First Time

To start Diet Sleuth, double click on the **Diet Sleuth** icon. The program will start up, and as this is the first time you've used it, you will need to create a blank logbook. Just select **New Log...** from the **File** menu, and you will be asked to name your log file. If several people will be using Diet Sleuth, each needs to have their own log file.

Diet Sleuth will then copy the USDA nutritional data to the newly created log file, this will take a minute or two. Each user has their own set of nutritional information, so that they can create their own custom foods and recipes, and not interfere with other users.

Since all of your data is stored in this file, please be sure to keep frequent backup copies. If this file becomes corrupt, you will not be able to use it, and will lose access to all data contained in it. There's an option in Preferences to have Diet Sleuth automatically create a backup copy of your file each time you run the program.

Since you haven't registered it yet, you'll get a window reminding you of how many days of entries you have made.

You'll now see the Diet Sleuth Food Manager window. Please go on to the next chapter to find out how to use this window, to enter in information about the foods you've eaten.

## The Main Window

From this window, you can see what foods you have eaten, check their nutritional values, and make new entries into your logbook. Let's take a look at the various parts of this window:

The screenshot shows the 'Diet Sleuth' application window. At the top, there's a title bar with window controls and the text 'Diet Sleuth'. Below that, a dropdown menu is set to 'Snacks' with 'ID: 19407' next to it. A scrollable list on the left contains various snack items like 'Snacks, beef sticks, smoked', 'Snacks, CHEX mix', etc. Below the list is a date selector showing 'Saturday', 'December', '7', '2002', and 'Today'. The main area is split into two columns. The left column shows a 'Day' summary for the selected date, listing meals like 'Breakfast', 'Lunch', 'Dinner', 'Snack', and 'Other' with their respective food items and weights. The right column shows a detailed nutritional breakdown table with columns for nutrient name, amount, and unit. At the bottom right, there's a pie chart and a text box summarizing the day's totals: 15% Carbs (76.2g), 27% Protein (137.2g), 58% Fat (131.7g), and 2054.2 Calories.

Nutrient	Amount	Unit
Protein	137.2	g
Total Fat	131.7	g
Carbohydrates	76.2	g
Calories	2054.2	kcal
Starch	-	g
Caffeine	0.0	mg
Total Sugars	-	g
Fiber	3.5	g
Calcium	375.3	mg
Iron	13.3	mg
Magnesium	164.7	mg
Phosphorus	1277.7	mg
Potassium	2116.2	mg
Sodium	3612.7	mg
Zinc	16.8	mg
Copper	0.7	mg
Manganese	0.9	mg
Selenium	106.1	mcg
Vitamin A	2412.2	IU
Vitamin D	2.0	IU
Vitamin E	1.0	mg_ATE
Vitamin C	14.5	mg
Thiamin	0.8	mg
Riboflavin	1.6	mg

Day Summary:

Meal	Food Item	Weight
Breakfast	Snacks, beef sticks, smoked	85.1 g
Lunch	Fast foods, chicken, breaded and fried, light meat (breast or wing)	244.5 g
Lunch	Fast foods, onion rings, breaded and fried	83.0 g
Dinner	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, choice, cook...	206.0 g
Dinner	Peas, green, canned, regular pack, drained solids	85.0 g
Snack	Cheese, cheddar	17.0 g
Other		

Nutritional Summary:

- 15% Carbs 76.2g
- 27% Protein 137.2g
- 58% Fat 131.7g
- 2054.2 Calories

There is a popup menu in the upper left corner. It selects from one of 23 different food categories, such as Vegetables, Beef, Snacks, etc. Each food in Diet Sleuth is kept in one of these categories. In addition, there is a category called Favorite Foods, where you can keep a link to commonly used foods, making them easier to find.

Below this menu is a list of the foods in that category. You can scroll through the foods. If you click on a food, you will see the nutritional information for that food displayed in the list on the right side of the window - more about that later. You double click on a food to tell Diet Sleuth that you've eaten that food, and would like to add an entry to your logbook - more on that later as well.

Below the foods list are a set of popup menus to allow you to scroll through dates in your logbook, letting you check what you have eaten on a particular day. You can click on the Today button to be quickly taken to today in the logbook.

Below this is a list of all of the foods you have eaten for a particular day. The day is broken down into the three main meals - Breakfast, Lunch, and Dinner, as well as categories for Snacks and Other, which you may use as you see fit.

You can click on either a food in the food list or meal list, or on a meal, and get nutritional information for that food or meal. Clicking on the Day line in the meal list will display the total nutritional information for that day.

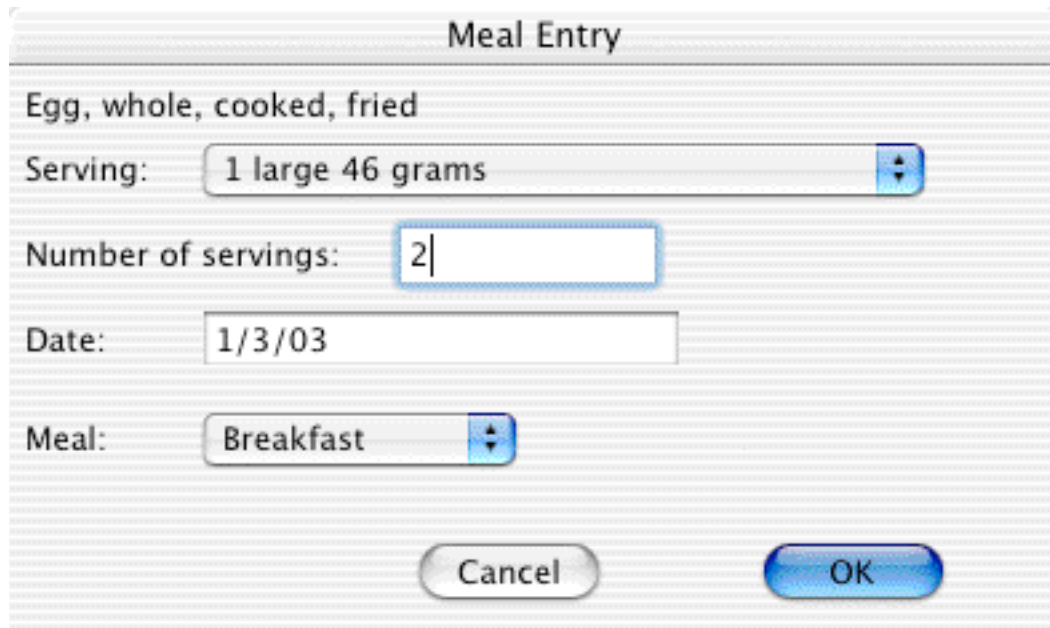
Just below the nutritional information box, is the Notes button. Clicking it will bring up a small window where you can enter notes, comments, or whatever you'd like, with one entry for each day.

In the bottom right corner of the window is the calories pie chart. It shows what percentage of a food or meal's calories came from carbohydrates, fat, and protein. Just click on a food (either in the food or meal list) or on a meal, or on the Day line in the meal list, and the pie chart will update.

The net carbohydrates (total carbs minus fiber) is also displayed.

## Entering a Meal

To enter a food into the meal list, double click on the food in the food list, this brings up the meal entry window:



The image shows a 'Meal Entry' dialog box with the following fields and controls:

- Food name: Egg, whole, cooked, fried
- Serving: 1 large 46 grams (with a dropdown arrow)
- Number of servings: 2 (in a text input field)
- Date: 1/3/03 (in a text input field)
- Meal: Breakfast (with a dropdown arrow)
- Buttons: Cancel and OK

Select one of the serving sizes from the popup menu, and enter the number of those servings you ate. Different foods have different servings available, based on the USDA database, so you should select the most convenient serving size based on what you ate, and adjust the number of servings accordingly. For example, if you ate half a cup of peas, and you selected the 1 Cup serving size, you would enter 0.5 for the number of servings. There is always an entry at the bottom of the popup menu for grams, you can select it, and enter the number of grams of the food eaten, this is handy as the nutritional information on the packaging of all foods shows the serving size in grams.

The date field is already filled in with the correct date, you can change this if you need to.

Then select one of five meals from the popup menu: Breakfast, Lunch, Dinner, Snack, or Other. The click OK to make the entry, or Cancel if you don't wish to enter the meal.

To edit a food you've already entered in the meals for a day, double click on

that entry in the meals list. You'll be presented with the meal entry window again, all filled out with the currently existing information. Edit it as necessary, and click on OK to save the changes. Or click Cancel to ignore any changes you've made. Or click Delete to completely delete that entry.



## Finding a food

With 23 categories, and over 6,000 foods, it can be difficult to find exactly the food you are looking for. To make the task easier, you can search for all foods containing certain text. Select **Find...** from the menu. Type a word in the box, for example pizza, and click OK. Diet Sleuth will bring up another window showing all of the foods that contain the word pizza. Double click on one of the foods, and Diet Sleuth will automatically go to that category, and select that food (if you position the find and main windows appropriately on your monitor, you can see both of them). Keep doing this until you find the food you want, then close the find results window.

## Favorite Foods

Most people eat from the same relatively small selection of foods. Diet Sleuth has a special food category called Favorite Foods. You can put the foods you commonly eat into this category, making them easier to find. To add a food to this category, select it in the foods list, and then select **Add To Favorites** from the **Food** menu. A copy of the food is now in this category. You can remove a food from the Favorite Foods category by selecting it (in that category) and then selecting **Remove From Favorites** from the **Food** category.

## Adding a Custom (New) Food

Even with over 6,000 foods, it's entirely probable that not every food you eat is already in the database. Diet Sleuth makes it easy to add new foods:

Select **New Food** from the **Food** menu. You'll get the Edit Food window, all set for you to enter your information:

**Edit Food**

Name:

Abbr Name:

ID: 50001      Category:

Serving Sizes:

Number	Unit	grams
--------	------	-------

Grams for nutritional information below:

Nutrient	Amount	units
Protein	0	g
Total Fat	0	g
Carbohydrates	0	g
Calories	0	kcal
Starch	0	g
Caffeine	0	mg
Total Sugars	0	g
Fiber	0	g
Calcium	0	mg
Iron	0	mg
Magnesium	0	mg
Phosphorus	0	mg
Potassium	0	mg
Sodium	0	mg
Zinc	0	mg
Copper	0	mg
Manganese	0	mg
Selenium	0	mcg

Type in the name of the food. You can also enter an abbreviated name for the food, this isn't used at present.

Then select the category for the food from the popup list.

Next you need to specify one or more serving sizes for the food. Click the Add button, and you will get the Edit Serving Size window:

The image shows a dialog box titled "Edit Serving Size". It contains three input fields: "Number of units:" with a text box containing a vertical cursor, "Unit name:" with an empty text box, and "Grams in serving:" with an empty text box. At the bottom, there are two buttons: "OK" and "Cancel".

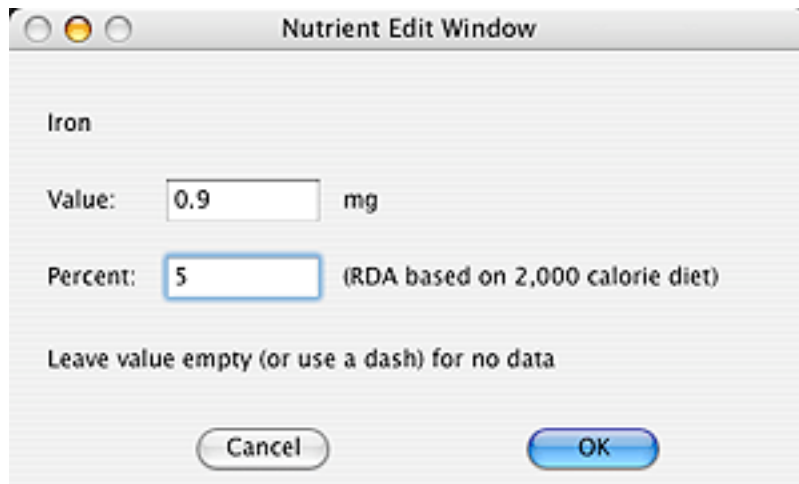
Let's say the serving size is half a cup, and the weight of that serving is 220 grams. You would enter in 0.5 for the number of units (half a cup), type in Cup for the unit name, and enter 220 for the grams in serving.

Repeat this for as many servings sizes as you would like.

Next you enter the nutritional information for the food. First you must specify the serving size (in grams) for this information, the default value in this box is 100 grams. **It's very important that you change this to the correct value, or Diet Sleuth will not be able to correctly calculate the nutritional information for food you eat!**

Then click on each line of nutritional information you would like to enter, and type in the value, in the units displayed on the right side of the line. Typically, you will read the information (serving size and nutritional information) off the packaging of the food. You can hit delete to remove the entered value, character by character.

Or, you can double click on each line of nutritional information, and you will see a window appear, like this:



You can type in the amount of that nutrient in the Value field. Some nutrients are commonly listed on food packages as a percentage of the RDA. In that case, a second box will also be present (as shown in the above example for Iron). You can type into either box, the value in the other box will change as you type. So, if the food package says that a serving contains 5% of the RDA of Iron, then type 5 into the Percent box, and Diet Sleuth will automatically compute the actual amount of Iron based on the RDA, 0.9 mg in this case, and place it into the Value field for you. Then click the **OK** button.

If you want to enter nutritional information for a food that you do not have the serving weight for, but know the nutritional information for a given serving (say french fries from a fast food restaurant), you can enter a fictitious serving weight, as long as it is **exactly** the same for both the serving size and the nutritional serving size.

Then click the **Save** button.

## Editing Nutritional Information

You can edit the nutritional information and serving sizes for any food, whether it is a custom food that you created, or a food that came with Diet Sleuth. Bring the food up in the foods list, and selected **Edit Food** from the **Food** menu. You will see a window exactly like that for creating a new food, with the existing information already filled in. Edit as necessary, and click **Save**.

To edit nutritional information, click on the line for that nutrient, hit delete as necessary to remove the existing value, type in the new value. Or you can double click on the line, and get the Nutrient Edit Window, as explain in the previous section.

Note that Diet Sleuth will automatically convert all of the nutritional values you have entered to what they would be for a 100 gram serving size, since that is what it uses for all foods. Normally this isn't of a concern to you, but might be if you go back to edit some nutritional information. If so, you can change the "Grams for nutritional information below" value to whatever you want, and the values for all the nutrients will be re-calculated. They will be changed back for a 100 gram size when you are done. Again, this is mostly transparent to you.

## Export and Import

There are two buttons at the bottom of the Food Edit window, which allow exporting the nutritional data for a food to a text file, and importing such a text file. They can be used to exchange nutritional data, especially for custom foods, with others. Eventually we will have files available for download containing additional foods for Diet Sleuth that you can import into your log database.

You can't export or import a recipe, but you can export the nutritional data for the custom food created when you make a recipe, and import that. Recipes are discussed next, in fact, so read on...

## Recipes

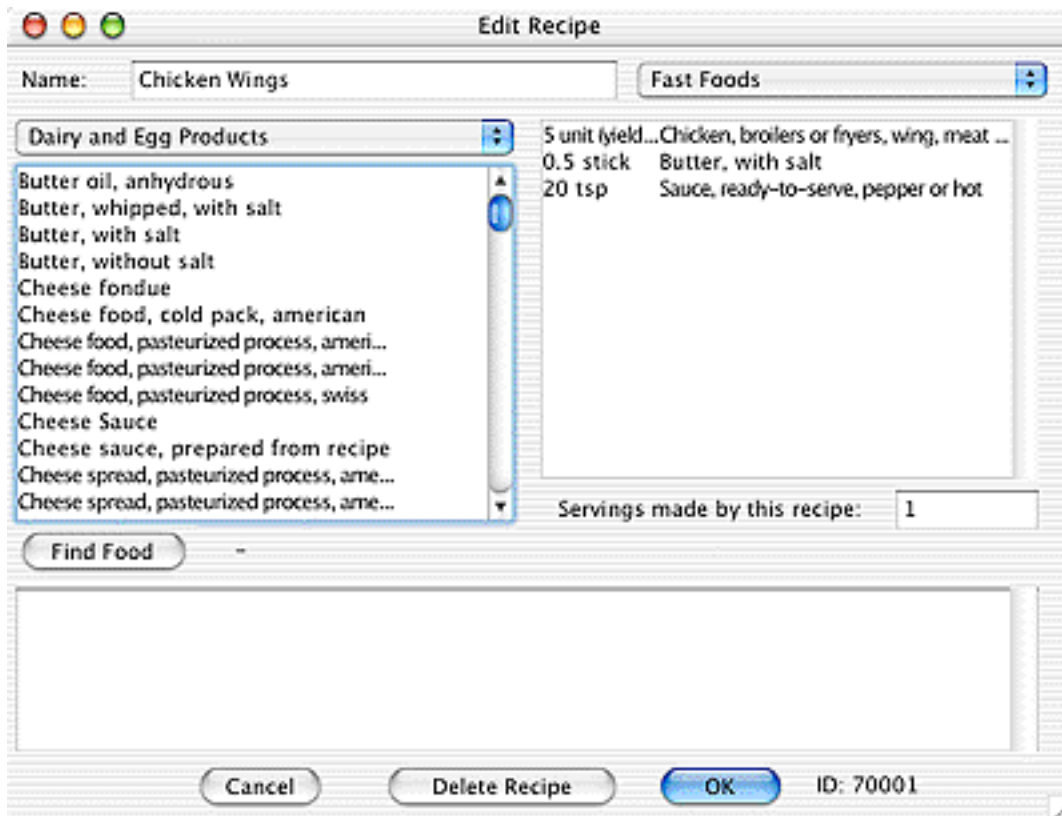
If you prepare your own foods from a recipe, you can have Diet Sleuth determine the nutritional information for that food, by entering in the ingredients.

Select **Recipe** from the **Foods** menu, and you will get a window showing all of the recipes you have entered (which would be blank at first of course).

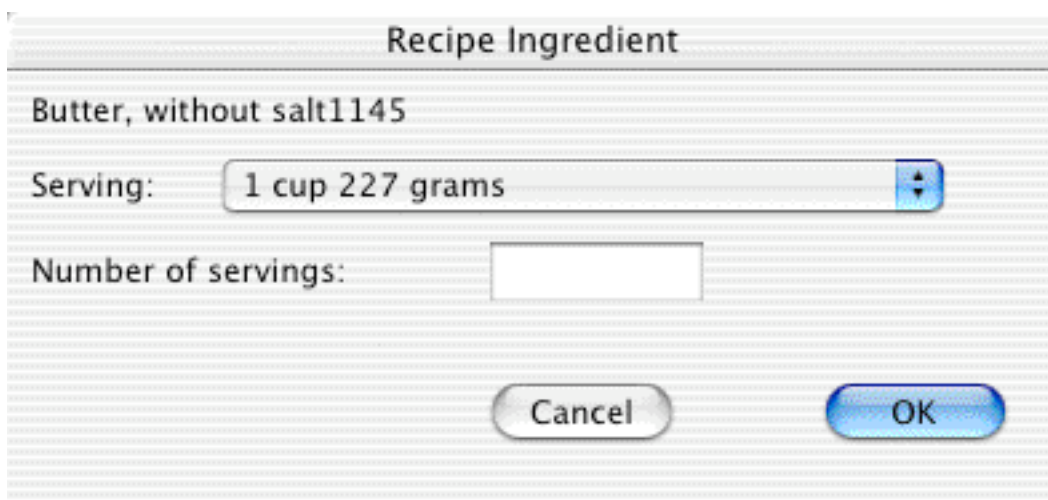


Click on the New button to create a new recipe. You'll get a window similar to that shown below (without all the entries of course):





Type in a name for the recipe, and specify a category. Specify how many servings the recipe makes. To add ingredients to the recipe, double click on the foods in the foods list on the left, which brings up the recipe ingredient window:



Select the serving size, and the number of those servings, and then click OK.

Do this for every ingredient in the recipe.

There is an area at the bottom of the Edit Recipe window for entering in notes, directions, etc., whatever you would like.

When you are done, click OK, and the recipe will be saved, and a food entry will be created in the specified category. Use that food entry to add a food to your meal. You can always edit that food using the Food Editor, to add additional serving sizes, for example, but if you do so, and re-edit the recipe, you will lose any changes you made with the Food Editor.

## Reports

Diet Sleuth can print out a report of the foods you have eaten. Select **Print Report...** from the **File** menu, and you will get the Print Report window.

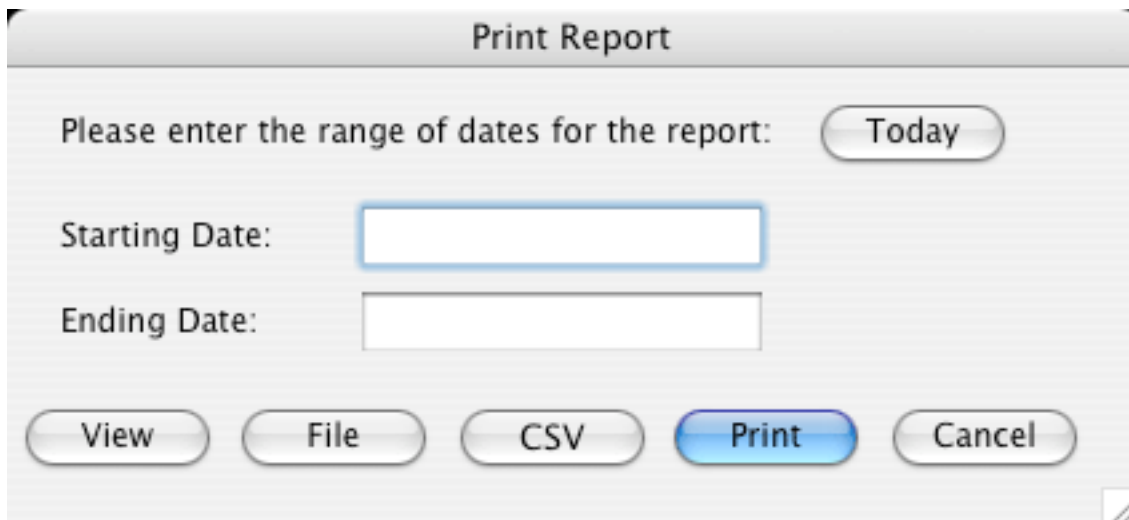
Type in the range of dates, of interest, then click on one of these buttons:

**View** will save the report to a text file, and automatically open it with a very simple text display window.

**File** will save the report to a text file, which you can read with a word processor or text editor.

**CSV** will save the report as a Comma Separated Values file, suitable to import into a spreadsheet program.

**Print** will print the report to your printer.

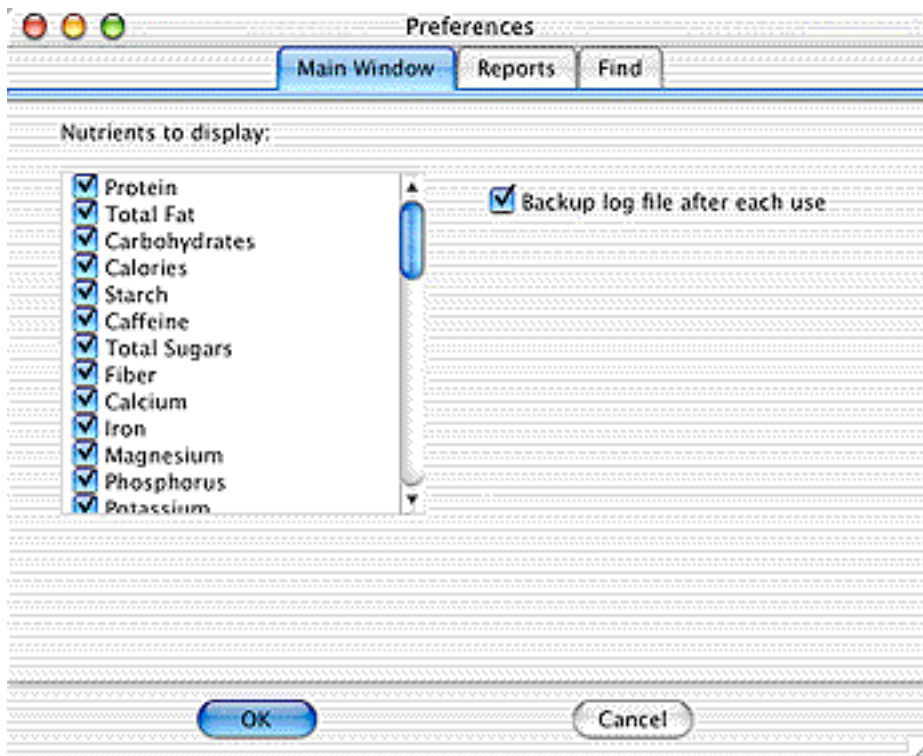


You can customize the reports in the Preferences, which coincidentally are discussed next.

## Preferences

There are several types of preferences that you may set in Diet Sleuth:

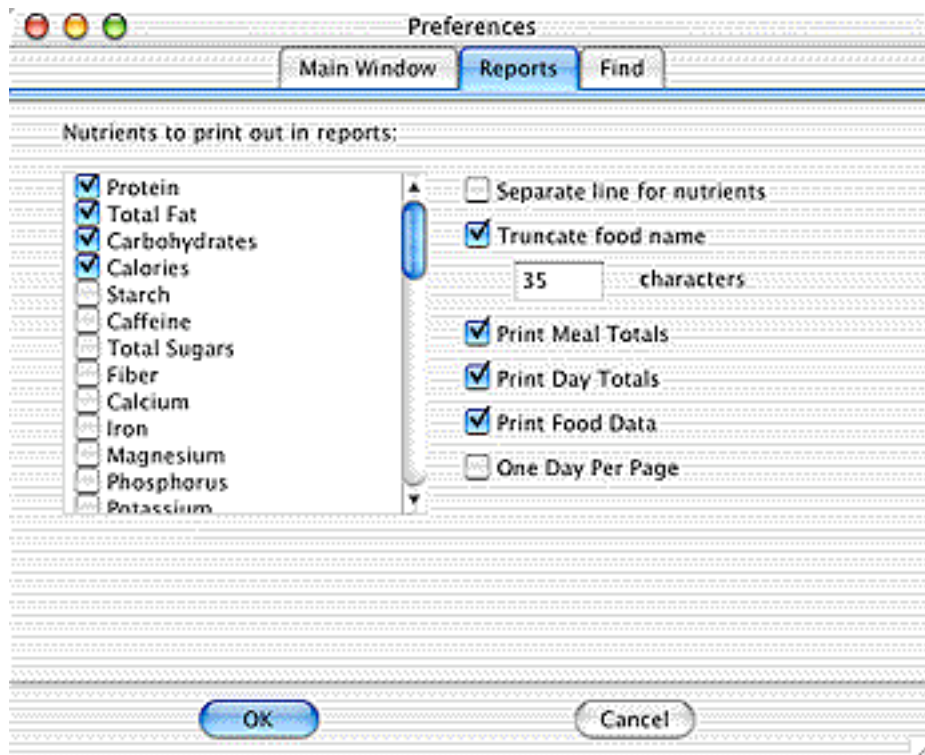
### Main Window:



You can specify which nutrients to display data for. Just check the boxes of the nutrients of interest, and leave the rest of the boxes unchecked. The default option is for all nutrients to be displayed.

You can also specify that a backup copy of your log file is created after each use. When checked, a copy of the file is created, with an extension of “.bak”. If your log file is ever damaged or lost, you can use the backup file (you probably want to make a copy of it, and remove the “.bak” from the copy filename). Backup copies should be stored on another volume or removable media. If you leave the copy on your hard drive, and your entire hard drive crashes, you will lose the backup copy as well!

## Reports:



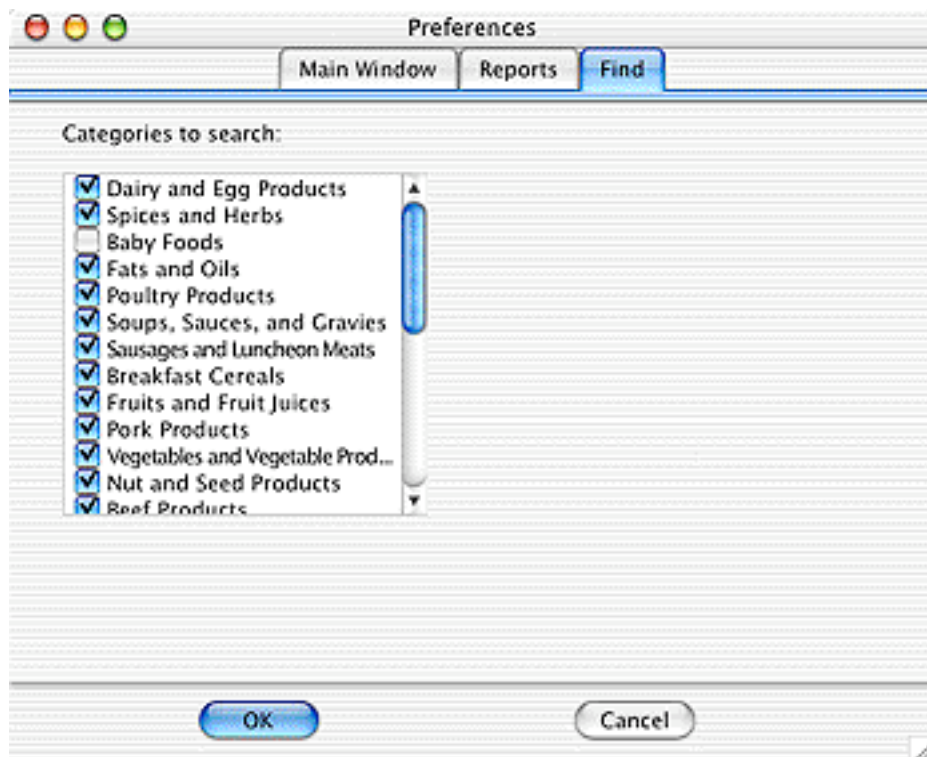
You can specify which nutrients to print out values for.

You can also specify whether the nutrients are printed on a separate line from the food names, to allow more nutrients to be printed out. And you can truncate the names of foods, which is useful if you don't have nutrients printed on a separate line, to save space.

In addition, you can select whether to print meal and day totals, as well as information for each food eaten.

Finally, you can specify if each day's information should be printed on a separate page.

## Find:



You can specify which categories are searched when you try to find a food.

## Getting the latest copy of Diet Sleuth

You can always get the latest copy of Diet Sleuth from our web site, the URL is:

<http://www.blackcatsystems.com/software/diet.html>

You can launch your web browser and automatically go to this page by selecting **Go To The Diet Sleuth Website** from under the **Apple Menu**.

If you have suggestions for improving Diet Sleuth, please let us know!

## Buying Diet Sleuth

Diet Seuth is distributed as shareware. The price is only 34.99, allowing the use on a single computer. You can register online at Kagi or SWREG (<http://www.blackcatsystems.com/register/diet.html>) , or send us a check/money order by mail.

If you wish to run Diet Seuth on multiple computers, you must obtain a license for each system, or the appropriate site license. Site licenses are also available, allowing copies to be run on multiple computers at a single location (for example, a school or university, or office). Please contact Black Cat Systems for pricing and details about site licensing.

By paying for your copy of Diet Seuth, you'll help support our efforts to develop new versions with additional information. When you pay, you'll be entitled to use all new releases and updates to Diet Seuth released over the next year, free of charge.

When you order and receive your registration code, select **Enter Registration Code...** from the **Edit** menu, and enter the code. If you register and don't get your registration code within a week, please send us an email at [info@blackcatsystems.com](mailto:info@blackcatsystems.com).

Thanks again for giving Diet Sleuth a try.

Black Cat Systems  
4708 Trail Court  
Westminster, MD 21158

email: [info@blackcatsystems.com](mailto:info@blackcatsystems.com)

Web: <http://www.blackcatsystems.com/software/diet.html>



## Ordering by Check or Money Order Form

To order by check, please fill out and mail the following form, along with your payment. You can pay with a wide variety of cash from different countries but at present if you pay via check, it must be a check or money order drawn in US Dollars. While there is the risk of loss in the mail, currency is also OK, including foreign currency.

Please make sure you include your email address with your payment. That way we can send the registration code to you. If you do not send us a valid email address, we have no way to send you the code.

I would like to order \_\_\_\_\_ copies of Diet Seuth at \$34.99 US each.

I would like to order \_\_\_\_\_ Diet Sleuth/Health Tracker Combos @ \$39.99 each  
Includes both Diet Sleuth and Health Tracker, our program to help you log, graph, and keep track of all sorts of health and nutrition related measurements.

\_\_\_\_\_ If you'd like a copy on CDROM along with our other programs, check here and add \$10.  
(CDROM only for Macintosh, does not include registration codes for other programs)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_

ZIP/Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Email Address: \_\_\_\_\_

Macintosh Model: \_\_\_\_\_ System Version: \_\_\_\_\_

Enclosed, please find my check / money order / cash in the amount of \$\_\_\_\_\_  
Maryland residents add 5% sales tax.

**Mail this form, along with payment, to:**

**Black Cat Systems  
4708 Trail Court  
Westminster, MD 21158  
USA**

## Ordering by Credit Card Online

To order online with a credit card, go to the following URL:

<http://www.blackcatsystems.com/register/diet.html>

You will be sent to our order page at Kagi or SWREG. They handle our credit card payment processing. After you place your order, you will receive your registration code by email, usually within a few minutes of placing your order.

Please make sure you include your email address when you register online. That way we can send the registration code to you. If you do not send us a valid email address, we have no way to send you the code.

## Revision History

### 4.4.0

Added CSV (Comma Separated Values) Report option

### 4.3.1

Fixed several bugs that could cause a crash.

Fixed a bug that could prevent a food from being imported.

### 4.3.0

Added nutrient edit window.

Fixed a bug - Find window did not always appear/hide correctly.

### 4.2.0

Fixed several bugs that could cause a crash.

### 4.1.4

Fixed a bug with calculation of net carbohydrates.

### 4.1.3

Added display of net carbohydrates for those on low carb diets.

### 4.1.2

Several misc bug fixes

Notes button text changes to show whether notes exist for this date.

General user interface cleanup.

### 4.1.1

Fixed bugs dealing with importing food files

### 4.1.0

First Windows release

Fixed bugs dealing with formatting text reports

#### 4.0.3

Added keyboard shortcuts for additional menu items

Fixed a bug in printing reports that could cause two lines to be printed on top of each other

#### 4.0.2

Added button to quickly set report range to today's date.

Fixed bug that would cause a crash when quitting if a log was opened by double clicking on it in the Finder.

#### 4.0.1

Added View and File report options.

Several small bug fixes.

#### 4.0.0

Final release

Food list updates when a new food/recipe is entered.

#### 4.0.0 b3

Added additional report printing options

Fixed some bugs dealing with printing reports

#### 4.0.0 b2

Added additional report printing options

Added auto-backup option

Added Recent Files menu

Can re-size main window

#### 4.0.0 b1

Added report printing options.

4.0.0 a1

First Release of new re-written version of Diet Sleuth.

# Software License Agreement

This is a legal agreement between you and Black Cat Systems, covering your use of Diet Sleuth (the "Software"). Be sure to read the following agreement before using the Software. BY USING THE SOFTWARE (REGARDLESS IF YOU HAVE REGISTERED THE SOFTWARE OR NOT), YOU ARE AGREEING TO BE BOUND BY THE TERMS OF THIS AGREEMENT. IF YOU DO NOT AGREE TO THE TERMS OF THIS AGREEMENT, DO NOT USE THE SOFTWARE AND DESTROY ALL COPIES IN YOUR POSSESSION.

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