FoDa - The Food Database

FoDa Distributed as FODA2.EXE,   A PWR software production

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Note

The information contained within the program and database is to the best of my knowledge correct, my main reference was the M.A.F.F. Manual of Nutrition.

Before embarking on any new diet I recommend you consult an expert on the subject.

What You'll need

Equipment

A 386 PC (or better preferrably) running Windows 3.1 or above.   Approximately 3mb of free disk space.

Installation

Run the setup.exe program to unpack and install FoDa on your machine.

Gathering Input Data

The difficult bit comes next, you have got to write down everything that you have eaten during the day in grammes.   This will involve buying some scales, reading the backs of lots of packets and keeping a diary of quantities of what foods you've eaten.

Note:

The breakdowns of new packet foods can be entered by clicking the add new ingredient icon or selecting the menu option so that you only need to write this down once.   (or tear out the bit of the packet) you can then simply select the food off the list next time you eat some.

when this has been done daily for a week or so (for all meals, snacks & drinks) then you will have some useful information for analysis and correction probably!

Installing FoDa

To install FoDa the Food Database simply run the program SETUP.EXE which will Install to your selected drive and directory.

To do this select Run from Program Manager or File Manager's File Menu

Then type a:\setup   (If you are installing from floppy disk)

Alternatively, using file manager, locate the drive and directory of the copy of FoDa you have received, and double click the SETUP.EXE file, this will start setup

You will then see a screen which will allow you to select the drive and directory you want to install FoDa in to.   The program will default to C:\FODA

When you are happy with the destination directory, click OK and FoDa will install.

Click Cancel if you want to abandon the installation.

What goes where and why

I have opted to put all files for the application in the subdirectory you select. This may mean that some files may be duplicated, but its only a few hundred Kb.... This makes it easier for you to remove FoDa from your system if you wish to do so, just delete the directory you installed FoDa into

The Setup program will ask if you want to install files that already exist on your computer, if you reply no, then you will not get any duplication.

There is however the remote possibility that a DLL on your machine has the same name but different function to one required by FoDa, in this case you may find some problems arise when you try and run FoDa.   If this is the case, run setup again, and respond yes when prompted if you want to install that existing file.   The new FoDa DLL will not overwrite your existing DLL, (unless its in the destination directory (unlikely)) so all should be well....

N.B. if you skip installation of a DLL make sure the existing copy's location is in the DOS PATH

Background Dietary information

Apparently, the optimum diet for athletic performance consists of obtaining no more than 25-30% of calories from fat, with an intake of 30-35% being reasonably healthy.

1g fat   provides **9.00 kcal** or 37 kj energy
1g protein   provides **4.00 kcal** or 17 kj energy
1g carbohydrate provides **3.75 kcal** or 16 kj energy
1g alchohol   provides **7.00 kcal** or 29 kj energy

protein is however wasted when it is burned for energy, so you need to make sure you satisfy your daily energy requirements from fat and carbohydrate before checking how much protein you are getting.

It is recommended to drink 250-500 ml of water 20-40 mins before an event or training

and to consume 50g of carbohydrate after an event or training.

Some Calorific Information

Weight Lifters Calorie Requirements

<Kg	Category	basal+chores	total req.
52	Fly	2670	3970
56	Bantam	2900	4220
60	Feather	3150	4510
67	S.Light	3500	4900
75	Middle	4000	5500
82	S.LightHeavy	4250	5850
90	MiddleHeavy	5000	6700
110	Heavy	5500	6900
110+	Super	7500	9400

Distance Cyclists Calorie Requirements

80-87 Kc per Kg body weight per day
2g Protein per Kg body weight per day

Table of Calories used for various sports

Sport		kcal/min
archery		5.2
badminton (competition)		10.0
basketball	6-9.0	
boxing (amateur)		10-15.0
callisthenics	5.0	
cycling (5-15mph)	5-12.0	
football (association)	9.0	
hurdling		21.3
judo or karate	13.0	
jumping		7.0
rowing (comp)		15.0
running 400m.min 440yd/min		92.0

running 1mile in 5mins		25.0
skating (comp)		10.0
sprinting 100m		51.0
squash	10.0	
swimming (60m/min)	29.2	
swimming (70m/min)	35.1	
throwing	12.6	
walking (5mph)		11.3
wrestling	14.4	

RDA's according to DHSS (GB) 1979

R.D.A.'s for Boys

	MJ	Kcal	Protein g
< 1	3.3	780	19
1	5.0	1200	30
2	5.8	1400	35
3-4	6.5	1560	39
5-6	7.3	1740	43
7-8	8.3	1980	49
9-11	9.5	2280	56
12-14	11.0	2640	66
15-17	12.0	2880	72

R.D.A.'s for Girls

	MJ	Kcal	Protein g
< 1	3.0	720	18
1	4.5	1100	27
2	5.5	1300	32
3-4	6.3	1500	37
5-6	7.0	1680	42
7-8	8.0	1900	48
9-11	8.5	2050	51
12-14	9.0	2150	53
15-17	9.0	2150	53

R.D.A.'s for Men

		MJ	Kcal	Protein g
18-34	Sedentary	10.5	2510	62
	Moderately active	12.0	2900	72
	Very Active	14.0	3350	84
35-64	Sedentary	10.0	2400	60
	Moderately active	11.5	2750	69
	Very Active	14.0	3350	84
65-74		10.0	2400	60
75++		9.0	2150	54

R.D.A.'s for Women

		MJ	Kcal	Protein g
18-54	Most occupations	9.0	2150	54
	very active	10.5	2500	62
55-74		8.0	1900	47
75++		7.0	1680	42
Pregnant		10.0	2400	60
Lactating		11.5	2750	69

Program Operation

Main Window
  The FoDa main window is split into 5 sections with 2 main windows.

  On the left (or top) is the Food Eaten Log Outliner.

  On the right (or bottom) is the Foods Database Browser.

  Above the two data windows you have the Control Bar with various buttons.

  Above the Control Bar are the menu's

  Below the data windows you have the Status Bar

Foods Eaten Log Window
  This window displays a tree for each day on which you have logged foods

  Double click on any folder line to open or close the folders.

  The Blue Highlight bar indicates which item is selected, use the arrows or point and single click with the mouse to change the selection.   The folder control in the control bar displays the date of the currently selected item.

Foods Database Browse Window
  This window shows all the foods known to the system sorted initially by Name

  Double click a Food to modify its details.

  The Blue Highlight bar indicates which item is selected, use the arrows or point and single click with the mouse to change the selection.

  Drag a Food to the Log Window to add a Quantity to selected day/meal

Control Bar
  As you move the cursor over the buttons you will be shown a message in the status bar explaining what they do.

  One exception to this is the Folder control (the first button).   This will not show any help when the pointer is over this icon.

Status Bar
  This displays help and information messages

Control Bar and Menu Options

Control Bar Buttons

Add new Date to Log

Add new Log entry

Add new Ingredient

RDA dialog

Vitamin code dialog

Category code dialog

Find ingredient

Find next ingredient

Open or Create Log

Sort Ingredients

Print log or ingredients

Menu Options (from the left)

FoDa
  Open or Create Log
  Add new Log entry
  Add new Ingredient
  RDA dialog
  Vitamin code dialog
  Category code dialog
  Sort Ingredients
  Print log or ingredients

Search
  Find ingredient
  Find next ingredient

Window

 Switch Horizontal/Vertical Split
  This lets you arrange the two main windows to be split vertically or horizontally.

 Toggle fixed sizing
  When FoDa is started the windows are split 50/50.   You can adjust this by dragging the bar than separates the two windows.

  When the split proportion is adjusted by dragging the split bar this option will make the left window size fixed or a relative percentage of the main window size.

Help

Index
Puts you in the index of this help file

About
Pops up a dialog About FoDa

Add New Date to Log

📁 This button pops up a calender window.

Select the date you require and it will be selected or created.

Add New Log Entry

When this icon is clicked or menu selected, you will see a dialog that asks for details for the entry to be added to the day currently selected in the log window.

Use the *Radio Buttons* to select either a new entry for the selected Food, or a new heading.

You can also drag foods from the database and drop them in the log window to add log entries

Insert New Heading

If you select a new heading, this meal title will be inserted and used to total details of all foods subsequently added off this line in the log.

Insert new Food Eaten

If you choose to add a quantity of the selected food, this will be added to the selected day. If the line selected is a meal heading it will be added as a sub entry for that line, and totals for the meal will be updated.

Modify or Add New Ingredient

Selecting this *Menu Item*, pressing its *control button* or *double clicking* an existing ingredient will display a dialog prompting you to fill in several fields for the existing or new Food.

Ingredient Name:
  This must be a unique string which identifies the food.

Category:
  This is a combo box, either type a category name, or click on the arrow to the right of the field to drop down a list of available categories.

  Categories are set up in the <u>Categories dialog</u>, and define descriptions for the portion sizes entered later here.   You must assign a category if you want to store portion sizes

Protein:
  The quantity in grammes of Protein per 100 grammes of food.

Carbohydrate:
  The quantity in grammes of Carbohydrate per 100 grammes of food.

Fat:
  The quantity in grammes of Fat per 100 grammes of food.

Cost per Kilo:
  Enter the cost per Kilo, I have assumed Pounds and pence, but most currencies should produce a reasonable index in the Cost per calorie field.

Portion Sizes:
  Descriptions will be displayed above, if a category is selected.   You can the enter 5 quantities which you can select when you log foods eaten.   e.g. Size 1 egg = 70g

Vitamins, Minerals Etc.:
  You can store details of any micronutrient in a food.   These are displayed in a list box on the right of this section.

  A combo box field allows you to type or select a code (set up in the <u>Vitamins dialog</u>) and a quantity field.

  When you have filled in a code and quantity, press the ADD button, this will add the amount and code to the listbox.

  To delete a code, select the line in the listbox and press the DELETE button.

RDA Dialog

The target calories figure you enter here will be used when the log calculates whether the total of this days entries are above or below your RDA level.

The other values are for information only.

Use the Radio buttons to select the most suitable category for the persons diet being analysed.

Press the DEFAULT button, and the data will be set to the base level for that age/sex group.

You can then adjust any of the figures as you require.

Vitamins Dialog

Vit codes are used to define any micronutrient or additive you want to track, this could be E188, Salt, or Pantothenic Acid.   You may store a maximum of 20 vitamin codes per ingredient, from a maximum 1.5 million codes.

Enter New Vitamin

Think of a code to represent the micronutrient, then type its code description and unit of measure.

Other functions

Press the CANCEL button to abandon any changes made.

Press the OK button if you want to keep your changes.

Press the CLEAR button to update and erase all fields ready to add a new code.

To DELETE a record, select it in the combo box, then press the DELETE button.

Categories Dialog

Categories are used to group ingredients and define portion descriptions.

e.g.
You could have a category CEREAL, and in the descriptions you could have S.Bowl and L.Bowl to represent a small and large bowl of cereal

When adding a new cereal, you can measure and enter the actual average weight for a small and large bowl of this cereal

Enter New Category

Press CLEAR and type a code, and then fill in the descriptions, the data is updated as you type.

Other functions

Press the CANCEL button to abandon any changes made.

Press the OK button if you want to keep your changes.

Press the CLEAR button to update and erase all fields ready to add a new code.

To DELETE a record, select it in the combo box, then press the DELETE button.

Find Ingredient

 Find Ingredient

Pops up a dialog which asks you to enter a name to find.

The program will then locate that name anywhere in the ingredients database

 Find Next Ingredient

Locates the next occurrence of the name you entered.

Open or Create Log

This button or menu option will display a File open dialog.

Open new file

Select the directory, and type the name of the new file you want to open, this file will then be created and opened as a new FoDa log.

Open Existing File

Select the directory and file of the file you want to open.   The program checks if the file is a FoDa log, and will open it if possible.

Sort Ingredients

This button displays a dialog with radio buttons to select the order.

Select the order you want the ingredients window sorted in, and then click on OK the ingredients window will be sorted as specified.

Print Log or Ingredients

Printing is not available in this shareware version.

Please register your software!

General Information

FEATEN.DB
This is the file opened by default by the Eaten Log

FINGRED.DB
This is the ingredients database used by the Browser

Deleted Files
If you lose either of these files, simply reinstall FoDa and skip installation for every file except the ones you need

Windows Date Formats
If you change the windows date format while running FoDa you will need to quit and reload.   All formats are supported, but the log window only displays short years.

Register your copy of FoDa v2.0

The ShareWare concept.

This Shareware program is supplied on the understanding that, if you intend to keep this program for future use, you are required to register your software and pay the licence fee of £15 + £5 p&p for U.K. residents <or> $25 U.S. Dollars + $10 p&p for anywhere else

Once paid, the licence fee grants you the rights to keep one copy of the program on one computer at any one time, much the same as a book can only be in one place at one time. You may also keep one backup copy of the program.

At the moment, FoDa V2.0 has not got a printing facility, mainly because I'm just perfecting it.   When you register, your name will be added to our database and you will be sent an updated registered version of the software as soon as it is available

Please send your licence fee with your Full Name and OverLand Postal Address to:

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