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How to use this program.

This program is designed to help you eat a healthy diet. There are many benefits to eating healthy including lowering your risk of heart disease, and according to some authorities, lowering your risk of certain types of cancer.

Your doctor may have also suggested that you reduce your cholesterol intake to help prevent coronary artery disease, or he/she may have suggested that you reduce your sodium intake to help control your blood pressure.

Regardless of why you are using this program, eating a more healthy diet will help you feel and look better.

Diet alone is not the answer though. You must also combine your healthy diet with a program of regular aerobic exercise, approved by your doctor. The combination of healthy eating and regular exercise will add years to your life and vitality to every day.

Before starting any dietary change, or exercise program you must check with your physician for specifics.

This program can be useful in any program that your doctor has prescribed. There are several steps to changing your eating habits for life and this program can help you do that. The first step that you need to work on is a current food diary of what you are eating.

To keep a food diary you must enter everything that you eat, every day for a week. Eating habits are just that, we tend to eat the same things day after day out of habit and not necessarily because it is good for us. We can use our natural tendency for habitual behavior to eat healthier for a lifetime. After compiling your food diary for the first week, look at the foods that you are eating. Is your diet high in fat or protein? Is your diet high in sodium and cholesterol? Use the RDA guidelines to see where you fall on the healthy diet scale.

If you are using Heart Smart to reduce your calorie intake and lose weight, you would want to look at your diary for foods that are high in fat and consequently calories (calories by content). Replace high calorie, high fat foods with foods that are low in calories and fat. For instance, instead of potato chips, eat carrot sticks. After a three weeks of this replacement you will have developed a new healthier eating habit.

The same thing can be done for low cholesterol and low sodium diets. Replace those items high in those components with foods that are low in cholesterol or sodium. The important thing is to continue to replace unhealthy food choices with healthier food choices. It is also necessary to

continue to monitor your progress by keeping a food diary.

While you are working on changing your eating habits you should plan your weekly menus. Modify your first weeks diary, or select the Healthy Menu plan, and plan your meals for the next week. Post this menu on your refrigerator so that you have a constant reminder of what you are going to eat for the week. If you happen to eat something not on your menu then add it to your menu sheet and then to the program to see its effect on your overall menu plan.

Changing your eating habits is not easy. Unlike smoking or drinking alcohol we all have to eat to survive, eating is not a frivolous behavior. Another thing that you want to remember is that you do not want to feel like you are depriving yourself. It is OK to eat ice cream or cake as long as you do it in moderation. It is also important to reward yourself for doing well on your diet as long as the reward is not food. After you have lost 10 pounds (or stayed on your low cholesterol or low sodium diet for a month) go buy yourself a new pair of jeans, shoes, or something else that you have been wanting, you deserve it.

You will also need a good food book to use this program effectively. One of the best on the market is by Corinne Netzer:

The Complete Book of Food Counts
Published by Dell
Available at B. Dalton

A good book of food components will allow you to add items to the food list to meet your specific eating goals. The food item list is limited to 1200 items so if you run out of room you will have to delete those things that you will never eat.

You will also need a food scale. There are many food scales available on the market and it is not really important which one you choose. The least expensive is just as adequate as the most expensive. You do need to weigh your portions, if that is how the food is measured, though to maintain some semblance of accuracy in the food component calculations.

I want to thank Trisha McLain, Esther Morical, Terry Stahl, and Jeff Sparks for beta testing the program. Their invaluable assistance in testing the program is the reason Heart Smart is a quality product.

Mike Henning RN

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How to build a menu

Building a menu is as simple as dragging and dropping food items from the food item list to the menu day and meal you are building.

Select a day and meal with the tabs. Select a food item from the food item list and click and drag it to the meal list box. Repeat this for each item in the meal. You can have up to ten items in each meal.

You can change the serving size by clicking in the edit box and typing a number of servings, or you can use the + and - keys to change the number of servings by whole numbers. (If you are only going to have a fraction of a serving then you can use decimals to signify this; i.e., A serving size of 0.5 would mean half of the serving size in the food list.)

To delete an item from the meal just click and drag the item from the meal to the trash can.

Repeat the build process for an entire week and you have a weekly menu that you can use to create a shopping list and print (in the registered version) to post on your refrigerator.

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Changing the food item list

The food item list will hold up to 1200 food items. You can change the list by adding foods to the list or taking foods from the list. The information for the food item list can come from a nutrition book, or from a food label.

To add an item to the food list select **Add Food Item** from the **Food Item** menu or select the speed bar. Enter the information requested in the dialog box. The convention used in the supplied food list for name is the major category such as cereal, the type, and the serving size; i.e., **Cereal, wheat flakes (1 oz.)**

To modify an item on the food list, select the item and then select the **Modify Food Item** menu item, or double click on the food item. The dialog box will come up with all of the information that exists on the food item.

To delete a food item from the list, select the **Delete Food Item** menu item or click and drag it to the trash can. The program gives you an opportunity to cancel the delete. If you continue with the delete, the food item is gone and can not be retrieved.

If you are a previous user of Heart Smart and have made entries into your CALORIE.DBT file you can add and update those items into the new program by selecting Merge Old CALORIE.DBT from the main menu. The program will let you browse to the location of your old file and then when you select OK the program will compare the old file to the new file and find items with different descriptions. The program will then ask if you want to enter these items into the new food list. If you say yes, the Add Food Item dialog box will appear and you will be able to enter the missing information. To assist you in seeing if the item needs to be added, the food item list will go to the position of the last less than compare of the food item.

Additionally, the Merge New FOODITEM.DBT action can be used to merge food item lists gotten from a second source. The procedure is the same as above except the food item list must be from version 4.0 of the Heart Smart Program.

You can cancel the process at any time by selecting the cancel button when a food item is presented. **While you are going through this process you will notice that some of the names of similar items have changed between the two versions of the programs and some of the items presented for change are in the current list with a slight difference in the description.**

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Using the food item planner

The food item planner is a convenient way to build a menu item from a recipe. Call the food item planner from the speed bar or the menu. Move the box to a convenient location. Drag food items contained in the recipe to the food item planner. When you have all of the recipe ingredients in the planner, set the number of servings that the recipe will serve.

Click on the Add button and the add food item dialog box will appear. The computed values for the food item will be filled in from the food item planner based on the number of servings. You will need to put in the food item name and the serving size.

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Weight graph

The weight graph is called up by clicking on the Weight item in the menu. This gives you a graph of your progress toward reaching your ideal weight. There is no time associated with the graph but usually you would want to keep a weight record by the week. An ideal weight loss for a week would be no more than two pounds maximum.

The right hand column contains the plan information. If your plan is to lose two pounds a week then you would start the plan column at your current weight then deduct two pounds for successive items in the table. When you weigh yourself for the current week you would enter that information in the left hand column. To see the graph information click on the update button.

In the registered version the graph can be printed.

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Comparison chart

The comparison chart compares your menu with the recommended dietary allowances. This chart has a graph for the meal that is selected, the day that is selected and the weekly figures. This graph provides you with a quick look at how you measure up to the RDA values.

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Food Pyramid

The food pyramid was designed as a convenient way for people to remember what is contained in a healthy diet. At the base of the pyramid are complex carbohydrates which should make up the bulk of your daily diet. As the pyramid rises the number of servings decreases. At the top of the pyramid are fats, oils, and sweets which should be used sparingly.



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The nutrients in foods

Vitamin C

Citrus fruits and juices, guava, broccoli, brussel sprouts, green pepper, strawberries, greens, tomatoes, cabbage

Vitamin B1

Pork, liver, organ meats, whole grain and enriched grains, nuts, dried peas and beans, eggs

Vitamin B2

Milk and dairy products, organ meats, eggs, enriched grains, green leafy vegetables

Vitamin B3

Kidney, liver, poultry, lean meat, fish, yeast, peanut butter, enriched and whole grains, dried peas and beans, nuts

Vitamin B6

Yeast, wheat germ, pork, organ meats, egg yolk, whole grain cereals, potatoes

Folic Acid

Green leafy vegetables, asparagus, broccoli, liver, organ meats, milk, eggs, yeast, wheat germ

Vitamin B12

Only food of animal origin: meat, fish, seafood, poultry, eggs, milk, dairy products

Vitamin A

Liver, egg yolk, fortified milk, dairy products, margarine, breakfast cereals, dark green and yellow vegetables, winter squash, carrots, broccoli, spinach, greens, peaches, apricots, cantaloupe

Vitamin D

Sunlight, fortified milk, margarine, breakfast cereals, butter, egg yolk, liver, fish liver oils

Vitamin E

Vegetable oils, wheat germ, whole grain products

Vitamin K

Dark green leafy vegetables, vegetables of the cabbage family, synthesized in the intestines from gut bacteria

Calcium

Milk and Dairy products, canned fish with bones, green leafy vegetables

Phosphorus

Milk and milk products, meat, poultry, fish, eggs, dried peas and beans, nuts, soft drinks, processed foods

Magnesium

Green leafy vegetables, nuts, dried peas and beans, grains, seafood, cocoa, chocolate

Sulfur

Salt, sodium containing preservatives and additives, processed foods,

canned meats and vegetables, condiments, pickled foods, soft water, ham, foods prepared in brine solutions, milk, meat, carrots, celery, beets, spinach

Potassium

Whole grains, legumes, fruits, leafy vegetables, broccoli, sweet potatoes, potatoes, meat, tomatoes

Chlorine

Salt

Iron

Liver, lean meats, enriched and whole grain breads and cereals

Iodine

Iodized salt, seafood, food additives, dough conditioners, dairy disinfectants

Zinc

Oysters, liver, meats, poultry, dried peas and beans, nuts

Copper

Liver, kidney, shellfish, grains, dried peas and beans, dried fruit, fresh fruit

Manganese

Whole grain, nuts, dried peas and beans, fruit

Fluorine

Fluoridated water, fish, tea

Chromium

Whole grains, meat

Selenium

Wheat, organ meats, other meat, seafood

Molybdenum

Liver, whole grains, dried peas and beans, organ meats

Cobalt

Organ meats

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Recommended Dietary Allowances - Guidelines

Diet consisting of:

60% Carbohydrates

30% Fat

10% Protein

Vitamins and Minerals

	Adult Male	Adult Female
Vitamin A	1000 RE	1000 RE
B1 (thiamine)	1.5 mg	1.1 mg
B2 (riboflavin)	1.7 mg	1.3 mg
B3 (niacin)	19 mg	15 mg
B6 (pyridoxine)	2.0 mg	1.6 mcg
B12 (cobalamin)	2.0 mcg	2.0 mcg
Folate	200 mcg	180 mcg
Vitamin C	60 mg	60mg
Vitamin D	10 mcg	5 mcg
Vitamin E	10 mg	8 mg
Vitamin K	80 mcg	65 mcg
Calcium	1200 mg	800 mg
Iodine	150 mcg	150 mcg
Iron	10 mg	15 mg
Magnesium	350 mg	280 mg
Phosphorus	800 mg	800 mg
Selenium	70 mcg	55 mcg
Zinc	15 mg	12 mg
Potassium	2000 mg	2000 mg
Sodium	500 mg	500mg

mg - milligram

mcg - microgram

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Using a template

The registered version of the program comes with two menu templates for a 1200 calorie and 1800 calorie diet. These templates use generic servings as a guide to your meal planning.

There are seven different generic items:

- Meat, eggs, poultry
- Bread
- Fat
- Fish
- Fruit
- Vegetable
- Milk

Meat, eggs, poultry - This item represents 1 oz. of meat or poultry, or one egg.

Bread - The bread item is a slice of bread or substitute such as a roll or potato.

Fat - A single fat serving such as a tsp. of margarine.

Fish - This item is 1 oz. of fish.

Fruit - The fruit is a single serving of fruit such as an apple, or ½ banana.

Vegetable - The vegetable serving is ½ cup of vegetables.

Milk - The milk serving represents a cup of 2% milk or substitute.

To use the template, replace the generic item with an item of your choice from the same type of food. For instance you could replace a meat serving with 1 oz. of beef. If you are using prepared foods, you may have more than one item. An example would be beef stew would be meat and vegetable servings.

As you add your specific item, delete the generic item by dragging it to the trash can.

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Low calorie diet

A diet low in calories can help you lose weight. **Before beginning a weight loss program you should check with your physician.**

To lose weight you must expend more calories than you take in forcing your body to convert stored calories (fat) to glucose for your body to use. To create a reduced calorie diet you need to find out your calorie usage rate. A pound of weight is about 3500 calories so if you wanted to lose a pound a week you would have to use 3500 more calories than you take in.

To compute this figure you would subtract 3500 from your weekly calorie count. The result of the subtraction is then divided by 7 to see how many calories a day you should average. Or you can deduct 500 calories from your daily calorie count.

For instance:

Your ideal weight is 170 pounds and you are very active
Basal rate - $170 \times 19 = 3230$
Weekly calories = $3230 \times 7 = 22610$
To lose one pound per week = $22610 - 3500 = 19110$
Average calorie intake per day = $19110 / 7 = 2730$

In case you are wondering why we are using ideal body weight instead of current body weight it is because you need to tailor your food intake to where you want to be and not where you are. So by using ideal body weight your losses in the beginning will be larger and taper down as you near your goal.

Your progress can be charted on the programs Weight graph. Your weight loss will also be enhanced by beginning a regular exercise program in addition to your diet.

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Diabetic diet

The Heart Smart nutrition planner can also be used for diabetics. **It is extremely important for a diabetic user to consult with his/her physician or dietitian before beginning any program of weight control.**

The American Diabetes Association uses an exchange diet with the following food exchange items:

- bread/starch
- meat
- milk
- fruit
- vegetable
- fat

The percentages of carbohydrates, proteins, and fats for the diabetic closely follow the percentages in the recommended dietary allowances found in the comparison graph.

In the past diabetics were told to stay away from simple sugars. This may no longer be true but you will need to check with you physician for his plan in your diabetic control. There is also evidence from the DCCT (Diabetes Control and Complications Trial) that multiple doses of regular insulin may help control your diabetes better and reduce the complications of insulin therapy. Again you will need to check with you physician for a plan specifically suited to your needs.

If you are a type II diabetic it may be possible for you to control you blood sugar through proper diet and weight control.

Above all, if you are a diabetic and you are using this program you need to check you blood sugar frequently. In the hospital we check the blood sugar levels of diabetics 4 times a day and often the doctor prescribes sliding scale insulin.

If you have questions about diabetic diet, further information can be obtained your local or state American Diabetes Association or your Edocrinologist. Consult the white pages of your telephone directory.

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Low sodium diet

A low sodium diet can help you control your blood pressure. In nursing school there is an axiom that says where the water goes there goes the sodium. So, if you are retaining water then you also are retaining sodium and if you are outputting water then you are also outputting sodium. If you have a high sodium diet then you will tend to retain water. That increases the amount of fluid in your blood stream and hence leads to high blood pressure (hypertension).

Your doctor may have prescribed a low sodium diet for you. A 2 gram sodium diet contains the amount of sodium found in 1 tsp. of table salt. The foods you would want to avoid on a low sodium diet include:

- cake mixes
- some cereals
- cornbread
- pancake mix
- prepared foods
- salted snack foods
- seasoned foods
- dried fruits
- brine cured foods
- canned vegetables
- buttermilk
- cheese
- pudding
- bacon
- canned meats
- fast food

Above all you want to avoid table salt. Before using salt substitutes you need to check with your physician because many salt substitutes contain potassium that can effect any cardiac medicine and diuretics that you are currently taking.

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Low cholesterol diet

A diet low in cholesterol is generally defined as a diet with less than 300mg of cholesterol per day. Cholesterol is only contained in animal products such as meat, eggs, cheese, and dairy products.

To maintain a low cholesterol diet you would want to exclude items such as:

- red meat
- eggs
- cheese
- milk products
- chocolate

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Shareware

Shareware distribution gives users a chance to try software before buying it. If you try a shareware program and continue using it, you are expected to register. Individual programs differ on details -- some request registration while others require it, some specify a maximum trial period. With registration, you get anything from the simple right to continue using the software to an updated program with printed manual.

Copyright laws apply to both Shareware and commercial software and the copyright holder retains all rights, with a few specific exceptions as stated below. Shareware authors are accomplished programmers, just like commercial authors, and the programs are of comparable quality. (In both cases, there are good programs and bad ones!) The main difference is in the method of distribution. The author specifically grants the right to copy and distribute the software, either to all and sundry or to a specific group. For example, some authors require written permission before a commercial disk vendor may copy their Shareware.

Shareware is a distribution method, not a type of software. You should find software that suits your needs and pocketbook, whether it's commercial or Shareware. The Shareware system makes fitting your needs easier, because you can try before you buy. Because the overhead is low, prices are low also. Shareware has the ultimate money-back guarantee -- if you don't use the product, you don't pay for it.

Disclaimer - Agreement

Users of **Heart Smart** must accept this disclaimer of warranty: **Heart Smart** is supplied as is. The author disclaims all warranties, expressed or implied, including, without limitation, the warranties of merchantability and of fitness for any purpose. The author assumes no liability for damages, direct or consequential, which may result from the use of **Heart Smart**.

Heart Smart is a "shareware program" and is provided at no charge to the user for evaluation. Feel free to share it with your friends, but please do not give it away altered or as part of another system. The essence of "user-supported" software is to provide personal computer users with quality software without high prices, and yet to provide incentive for programmers to continue to develop new products. If you find this program useful and find that you are using **Heart Smart** and continue to use **Heart Smart** after a **30 day** trial period, you must make a registration payment of **\$19.95** to **Henning Associates**. The **\$19.95** registration fee will license one copy for use on any one computer at any one time. You must treat this software just like a book. An example is that this software may be used by any number of people and may be freely moved from one computer location to another, so

long as there is no possibility of it being used at one location while it's being used at another. Just as a book cannot be read by two different persons at the same time.

Commercial users of **Heart Smart** must register and pay for their copies of **Heart Smart** within 30 days of first use or their license is withdrawn. Site-License arrangements may be made by contacting **Henning Associates**.

Anyone distributing **Heart Smart** for any kind of remuneration must first contact **Henning Associates** at the address below for authorization. This authorization will be automatically granted to distributors recognized by the (ASP) as adhering to its guidelines for shareware distributors, and such distributors may begin offering **Heart Smart** immediately (However **Henning Associates** must still be advised so that the distributor can be kept up-to-date with the latest version of **Heart Smart**).

You are encouraged to pass a copy of **Heart Smart** along to your friends for evaluation. Please encourage them to register their copy if they find that they can use it. All registered users will receive a copy of the latest version of the **Heart Smart** system.

Henning Associates
Mike Henning
1710 Allied St. #36
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or
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Registration

To register this try before you buy program you can either click the Register button at the registration screen, or use the Register menu item. Your name and number must be entered exactly as provided from Henning Associates including the use of upper and lower case. Once registered your program will automatically enable the print features and disable the registration screen.

If you have not ordered the program and want to, click on the Order button in the registration screen or use the Order speed button and fill out the order form. The form can be sent by fax, e-mail, snail mail, or phoned in to the 800 number. See the order form and order form help for more information.

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Error Messages

Error messages are presented in dialog boxes. Some errors are fatal and will be presented with a Stop Sign. Other errors are warnings and will be shown with a Yield sign. Fatal errors will cause the program to halt and will exit. Warnings are to let you know that something is not right and the program will continue. Depending on the warning, continuing could cause unrecoverable errors in your data.

You must exit this program before turning off your computer to save current information. The program will not allow you to leave Windows without closing the program.

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Using Help

You will find that many of the screens presented in the Heart Smart program have context sensitive help. To use context sensitive help just depress the F1 key and the help file will be run and the specific help topic will be called up.

Every page in the help file has a return to index item at the bottom of the page to return to the table of contents. This can also be done by clicking on contents at the top of the help screen.

A highlighted underlined item will present a pop-up window with additional information. A highlighted item that is not underlined will jump to another topic.

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Exercise program

While a healthy diet is a key ingredient to a healthy heart it is not a total solution. In a recent study, researchers found that the incidence of fatal heart attacks in patients with previous cardiac injury was reduced substantially by taking part in a cardiac rehabilitation program. If exercise can help those people who have had previous infarctions, imagine how much more it can do for people whose heart has not been damaged.

In my other life as a nurse I work on a cardiac floor and it is amazing the difference in quality of life for those older adults that stay active and those that live a sedentary existence. While everyone in a hospital is sick, the seriousness of the illness is variable. As a rule, those patients that currently have an exercise program or have an active life that resembles an exercise program (i.e., they don't have a car and must walk to where they are going) are much less seriously ill than those who are couch potatoes.

Before you begin any exercise program you **must consult your physician to preclude a poor outcome your exercise program.**

Aerobic exercise is named after the way that the body produces energy. Our body can produce energy using oxygen or not using oxygen. In anaerobic exercise the body produces energy without oxygen. The switch by the body from aerobic to anaerobic is automatic and relates to your heart rate. If there is not enough oxygen being transported to the cells of your body then they will start using anaerobic metabolism. If there is enough blood, and hence oxygen, being transported to the cells then they can use oxygen for metabolism.

Why is this important to you? You can only convert fat cells to energy with aerobic metabolism. When your body has used up the available stores of energy in the form of carbohydrates, it begins to metabolize fat into energy for the body to use. In addition to burning fat by aerobic exercise, you also work your heart and develop collateral circulation. Collateral circulation are blood vessels that develop to oxygenate your heart and are in addition to the major circulatory system of the heart. If you have good collateral circulation then in the event you have an occlusion of a coronary artery the collateral circulation can continue to provide life giving oxygen to your heart muscle and minimize the damage.

Everyone's aerobic zone is different but as a rule, aerobic exercise occurs when your heart rate is between 60 and 80 percent of your age based maximum. To compute this number subtract your age from 220 and then 60 to 80 percent of that is your target range for aerobic exercise. (Sample).

An exercise program does not have to be elaborate. In the past, studies

have shown that aerobic exercise for 20-30 minute 3 times a week has a dramatic impact on overall health. More recent research has shown that for the best cardiac health this program should be extended to 5 times a week. Your program can include more than one type of exercise. The calories burned for each type of exercise will vary but if you are in the aerobic zone you will be doing your body and your heart good.

Will your aerobic threshold change? Yes, as you get more healthy and your body becomes more muscular your aerobic threshold will increase. This means that you heart rate can be higher and you will still not be in your anaerobic zone.

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Merging food item tables

For users of Heart Smart version 3.0 you can merge the information from your current food item table, CALORIE.DBT, to the new food item table. From the Main menu select **Merge old CALORIE.DBT**. You will be asked to identify the name of the file that you are going to merge by selecting the file in the open file dialog. The items from your current CALORIE.DBT will be compared with the current food item table. When a difference is identified you will be asked if you want to add the different item to the new food item table.

The formats for both programs are similar, but the description line in the new program is a bit shorter than the old program. This means that you will find a number of items from the old file do not match the same item in the new file. If you say no to the Add question then the search will continue. You can abort the operation at any time by selecting the cancel button.

You will also need to have information available about the carbohydrates, proteins, and sodium contained in items that you will be adding to the new food item list.

As time goes on I would expect that changes to the program, and updated food lists will become available. This information can be added to the new program by selecting **Merge new FOODITEM.DBT** from the Main menu. This action works exactly the same as merging an old food item table but all of the information needed to add the item should be present in the new food item table.

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Ordering Information

Order Methods

Henning Associates has tried to make registration as easy as possible. This new version of Heart Smart does not require a program update for registration, just a registration name and number. That information can be gotten by phone, e-mail, or snail mail, (of course registration over the phone or by e-mail requires a credit card). You can also fill out the registration form and mail it with your registration payment.

If you want to FAX the registration form you can easily do that by selecting your FAX/Modem as the Windows default printer. Call up the order form from the Main menu or the Registration window. Fill out the form completely, including the credit card information and then select **Print**. Your registration form will be printed on your FAX. Use our toll free number **(800-823-6896.)** If you include a FAX number with your address information I will FAX the registration information back to you or I will send it out by snail mail.

To order by e-mail, instead of selecting the **Print** option choose the **File** option. This will create a file named ORDER.TXT in your Heart Smart directory. Attach this file as a message to any of the e-mail addresses that are listed below. **If you are ordering by Internet it is best to include the file as your message text because there are so many different Internet attachment formats, not all of them are processed by every service.**

Cost

The cost for registering Heart Smart is \$19.95 plus \$2.95 for S&H. This price will get you a registration name and number provided by e-mail or phone. Additionally you will be sent a master diskette of the program with a confirmation of your registration information, including templates for a 1200 and 1800 calorie diet.

Site licenses for Heart Smart can also be purchased if you are going to have multiple users of the same copy of the program. This information will be furnished on request.

If you are a registered owner of Heart Smart and do not have access to an on-line service to get the updated version you can request a diskette for a S&H fee of \$5.00.

Support

The purchase of Heart Smart comes with lifetime support and lifetime free upgrades. I value your support and am always willing to talk with you about any problems you may be having or just to discuss enhancements you would like to see in the program. Your registration name and number will be good for the life of the program and will work on all future versions of the program. You will be notified of major upgrades to the program by mail so that you can look for it on the major networks. All Henning Associates shareware is currently available on the WWW at - <http://users.aol.com/mikerh1053/>.

Addresses

Henning Associates
1710 Allied St. #36
Charlottesville, VA 22903
voice/fax - 804-295-0554 or 800-823-6896

AOL - mikerh1053
CompuServe - 72176,2507
MSN - Henning_Associates
Internet - mikerh1053@aol.com
WWW - <http://users.aol.com/mikerh1053/>

Henning Associates is a member of the Association of Shareware Professionals (ASP). ASP wants to make sure that the shareware principle works for you. If you are unable to resolve a shareware-related problem with an ASP member by contacting the member directly, ASP may be able to help. The ASP Ombudsman can help you resolve a dispute or problem with an ASP member, but does not provide technical support for members' products. Please write to the ASP Ombudsman at 545 Grover Road, Muskegon, MI 49442-9427 USA, FAX 616-788-2765 or send a Compuserve message via Compuserve: Mail to ASP Ombudsman 70007,3536.

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RDA Guidelines

Diet consisting of:

60% Carbohydrates

30% Fat

10% Protein

Vitamins and Minerals

	Adult Male	Adult Female
Vitamin A	1000 RE	1000 RE
B1 (thiamine)	1.5 mg	1.1 mg
B2 (riboflavin)	1.7 mg	1.3 mg
B3 (niacin)	19 mg	15 mg
B6 (pyridoxine)	2.0 mg	1.6 mcg
B12 (cobalamin)	2.0 mcg	2.0 mcg
Folate	200 mcg	180 mcg
Vitamin C	60 mg	60mg
Vitamin D	10 mcg	5 mcg
Vitamin E	10 mg	8 mg
Vitamin K	80 mcg	65 mcg
Calcium	1200 mg	800 mg
Iodine	150 mcg	150 mcg
Iron	10 mg	15 mg
Magnesium	350 mg	280 mg
Phosphorus	800 mg	800 mg
Selenium	70 mcg	55 mcg
Zinc	15 mg	12 mg
Potassium	2000 mg	2000 mg
Sodium	500 mg	500mg

mg - milligrams

mcg - micrograms

Composition of Foods

1 gm carbohydrate	4 calories
1 gm protein	4 calories
1 gm fat	9 calories

Calorie usage rate

Depending on activity level, multiply ideal body weight in pounds by the appropriate number of calories.

Activity Level	Calories Used
Sedentary	11-12
Light	13-14
Moderate	15-16
Heavy	18-19

Food Labels

The new food labels give you the serving size and the values for that serving size. Additionally, the labels give you the percentages of the RDA for those food components based on a 2000 calorie diet. For use in this program you only need to know the values for the food components.

Nutrition Facts		Amount / serving	% DV*	Amount / serving	% DV*
Serving Size 1/2 cup (125mL) condensed soup		Total Fat 2g	3%	Total Carb. 3g	3%
Servings About 2.5		Sat. Fat 0.5g	3%	Fiber 1g	4%
Calories 70		Cholest. 10mg	3%	Sugars 1g	
Fat Cal. 20		Sodium 900mg	38%	Protein 3g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 8% • Vitamin C 25% • Calcium 2% • Iron 2%			

Calories for Various Exercise

Activity	Calories Burned per hour
Aerobics, light	345-445
Aerobics, moderate	425-550
Aerobics, step, moderate	625-825
Baseball	275-350
Basketball, easy game	400-500
Biking/cycling 6 mph	250-325
Cleaning	175-250
Dancing	325-425
Gardening, moderate	275-375
Golf, walking with bag	400-500
Hiking, moderate	275-375
Jogging/running 10 min/mile	575-750
Jogging/running 6 min/mile	900-1200
Laundry	175-250
Mowing, self-propelled mower	200-275
Nordic track, moderate	525-700
Racquetball, moderate	550-725
Shopping	200-275
Shoveling snow	375-475
Skiing, downhill	375-475
Stairmaster, 60 steps/min	400-500
Swimming, moderate	325-450
Tennis, moderate	375-475
Walking, 20 min/mile	175-250
Walking, 15 min/mile	225-300

Aerobic Zone

To compute your aerobic zone subtract your age from 220 and then multiply by 60% for the minimum and 80% for the maximum. A heart rate higher than 80% will push your body into the anaerobic zone. A heart rate lower than 60% of your maximum will not have as much beneficial effect.

Example for a 49 year old:

$$220 - 49 = 171$$

$$171 * .60 = 102 \text{ beats per minute (minimum)}$$

$$171 * .80 = 137 \text{ beats per minute (maximum)}$$

