



Diet Cruncher for Windows

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Adding New Foods to Diet Cruncher



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Adding New Foods

Additional foods are added to the 'xtracomp.dat' file in the DCWin directory. For safe-keeping, It is important that you backup this file if you add new foods to Diet Cruncher.

a. Select 'New Data' from the 'Edit' menu.

b. Step 1: Find Unused FoodCode

Click the button labelled 'Find Unused FoodCode. This will locate the first unused food code in the xtracomp.dat file.

c. Step 2: Enter Data

FoodName

Common Standard Measure

FoodGroup - must be a value from "A" through to "Z"

FoodCode - this will be entered for you, the first part will be "*" to indicate a food added to "xtracomp.dat", the second part will be a number.

Density - entered in gm/ml.

Nutrients - click on the "?" alongside the nutrient name, this will enter the "?" into the box at the bottom of the screen. Enter the value in this box and click "^Change^". The value must be either a number, "?" or "Trace".

d. Step 3: Save or Clear

Click the button labelled 'Save' to save this new food item. If you do not wish to save the new food item, click 'Clear'.

e. Repeat Steps 1 - 3 if you wish to add more foods.

f. Step 4: Build Food Category Lists

Click the button labelled 'Build Food Lists'. This will scan through the main food composition file and the extra food composition file and gather up the food names in preparation for using Diet Cruncher.

g. Step 5: Done

Click the 'Done' button... You should now check that the new food is present in the appropriate category and the nutrient data is correct.