



Diet Cruncher for Windows

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Editing Foods in Diet Cruncher



Way Down South Software, P.O. Box 6311, Dunedin, New Zealand

E-Mail: information@waydownsouthsoftware.com

WWW: <http://www.waydownsouthsoftware.com>

Editing Foods

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

b. Select a food using the 'Category' menu.

This will display the food name, common standard measure, density, foodgroup and nutrients for this food.

c. Edit the Data

FoodName - cannot be edited.

Common Standard Measure.

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

Density - entered in gm/ml.

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

d. Save or Revert

Click the 'Save' button to write the edited values back to the data file.

Or

Click the 'Revert' button to revert all changed values to their original values.

e. Continue editing additional foods if required, then click 'Done'.

You should now check that the edited food is present in the appropriate category and the edited nutrient data is correct.