



Diet Cruncher for Windows

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Setting Up Diet Cruncher with FOODfiles



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1. Setting up 'Diet Cruncher' with 'FOODfiles'

1. Install the FOODfiles according to the instructions supplied with your FOODfiles disk.
2. Start 'Diet Cruncher'
3. Click 'OK' to dismiss the information screen.
4. Select 'Setup Data - (NZ) FOODfiles' from the 'Edit' menu.
5. The 'Setup' dialog box will appear showing six steps needed to setup the food composition data.

6. Step 1: Create blank Food Composition Data File

Click the button labelled 'Create FoodComp.dat'. This will create a large (about 14Mb) file on your hard disk which will contain the food composition data.

7. Step 2: Import Food Names from 'names.ft'

Click the button labelled 'Import names.ft'. A dialog will appear asking you to locate the file 'names.ft' in the 'foodfile' directory. This will read in the food names from FOODfiles and incorporate them into the food composition data file.

8. Step 3: Import Common Standard Measures from 'csm.ft'

Click the button labelled 'Import csm.ft'. A dialog will appear asking you to locate the file 'csm.ft' in the 'foodfile' directory. This will read in the common standard measures from FOODfiles and incorporate them into the food composition data file.

9. Step 4: Import Composition Data from 'data.ft'

Click the button labelled 'Import data.ft'. A dialog will appear asking you to locate the file 'data.ft' in the 'foodfile' directory. This will read in the food composition data from FOODfiles and incorporate them into the food composition data file.

10. Step 5: Create blank Extra Food Composition Data File

Click the button labelled 'Create XtraComp.dat'. This will create a file on your hard disk which will contain the food composition data for any foods you add.

11. Step 6: Build Food Category Lists

If you are going to set up Diet Cruncher with the Foodfiles Supplements data you can skip this step - it is repeated at the end of the next section.

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.

12. Click the 'OK' button... Diet Cruncher is now ready to be used.

2. Setting up 'Diet Cruncher' with 'FOODfiles Supplements Data'

1. Install the FOODfiles - Supplements data according to the instructions supplied with your FOODfiles disk.
2. Start 'Diet Cruncher'
3. Click 'OK' to dismiss the information screen.
4. Select 'Setup Data - (NZ) FOODfiles Suppl.' from the 'Edit' menu.
5. The 'Setup' dialog box will appear showing six steps needed to setup the food composition data.
6. Step 1: Import Supplement Names from 'sname.ft'

Click the button labelled 'Import sname.ft'. A dialog will appear asking you to locate the file 'sname.ft' in the 'foodfile' supplements directory. This will read in the supplement food names and incorporate them into the food composition data file.
7. Step 2: Import Common Standard Measures from 'scsm.ft'

Click the button labelled 'Import scsm.ft'. A dialog will appear asking you to locate the file 'scsm.ft' in the 'foodfile' supplements directory. This will read in the common standard measures and incorporate them into the food composition data file.
8. Step 3: Import Composition Data from 'sdata.ft'

Click the button labelled 'Import sdata.ft'. A dialog will appear asking you to locate the file 'data.ft' in the 'foodfile' supplements directory. This will read in the food composition data and incorporate them into the food composition data file.
9. 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.
10. Click the 'OK' button... Diet Cruncher is now ready to be used.