



Diet Cruncher for Windows

© Ross Marshall-Seeley, Way Down South Software 1999

Setting Up Diet Cruncher
with the USDA Nutrient Database



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

E-Mail: information@waydownsouthsoftware.com

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

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

1. Obtain the USDA Nutrient Database by going to the following web site...

<http://www.nal.usda.gov/fnic/foodcomp/Data/index.html>

Click on the Download link and download the ASCII version of the USDA Nutrient Database.

The database files are compressed using PKZip, which is also available from the USDA Nutrient Database Web site.

Once you have downloaded the database file, 'unzip' it.

2. Start 'Diet Cruncher'
3. Click 'OK' to dismiss the information screen.
4. Select 'Setup Data - USDA' 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 'FOOD_DES.TXT'

Click the button labelled 'Import Names'. A dialog will appear asking you to locate the file 'FOOD_DES.TXT' in the 'USDA' directory. This will read in the food names from the USDA database and incorporate them into the food composition data file.

8. Step 3: Import Measures from 'MEASURE.TXT' and 'WEIGHT.TXT'

Click the button labelled 'Import Measures'. A dialog will appear asking you to locate the file 'MEASURE.TXT' in the 'USDA' directory. Once this file has been read, a dialog will appear asking you to locate the file 'WEIGHT.TXT'. This will read in the food measures from the USDA database and incorporate them into the food composition data file.

9. Step 4: Import Composition Data from 'NUT_DATA.TXT'

Click the button labelled 'Import Data'. A dialog will appear asking you to locate the file 'NUTR_DEF.TXT' in the 'USDA' directory. Once this file has been read, a dialog will appear asking you to locate the file 'NUT_DATA.TXT'. This will read in the food composition data from the USDA database 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

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.