



Diet Cruncher for Windows

© Ross Marshall-Seeley, Way Down South Software 1999

Tutorial for Demonstration Version

(using a subset of the USDA food composition database)



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

E-Mail: information@waydownsouthsoftware.com

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

Contents

Tutorial	1
Entering the Diet.....	2
Locating food items by category.....	2
Entering a food item into the diet.....	2
Locating food items using 'Find Food'.....	2
Marking the end of a meal or day.....	3
Saving your diet.....	3
Opening a diet.....	3
End of Day Markers.....	3
Deleting food items.....	4
Inserting food items.....	4
Entry Screen - Instant Analysis.....	5
Printing from the Entry Screen.....	5
Exporting from the Entry Screen.....	5
Analysis of Diet.....	6
All Foods.....	6
Meal Summary.....	6
Meal Averages.....	6
Day Summary.....	6
Daily Average.....	6
Foodgroups as Amounts.....	6
Foodgroups as %.....	7
Printing the Analysis.....	7
The Nutrient Selection screen.....	7
Exporting the Analysis.....	7

Tutorial

Here is the diet you will enter and analyse.

Day 1

Breakfast

1 slice of white toast
5 ml of margarine/butter blend
250 ml of milk

Midday Meal

2 slices of raisin bread
10 ml of margarine/butter blend
5 ml of jam
300 ml orange juice

Evening Meal

1 porterhouse steak
1/2 cup pumpkin - boiled
3/4 cup potato - mashed
1/2 cup cabbage - boiled
1 pear - raw

Day 2

Breakfast

2 slices of white toast
10 ml of margarine/butter blend
250 ml milk

Morning Tea

3 biscuits
1 cup lemon tea

Midday Meal

1 cheeseburger
300 ml orange juice

Evening Meal

3 porterhouse steak
3/4 cup microwaved potato
1/2 cup peas

Entering the Diet

Locating food items by category

There are two methods for finding food items; the first method is to use the 'Category' lists and manually locate the food item, the second is to use the search facility.

You will use the 'Category' method to locate the first food item (1 slice of toast).

Click on the 'Category' menu, the category list will appear, you will see 'Baked Products' listed here.

Click on 'Baked Products' and the list of all the Baked products will appear in the top half of the screen.

Scroll down the list until you get to 'Bread, white, commercially prepared, toasted'.

Entering a food item into the diet

Click once on the 'Bread, white, commercially prepared, toasted' food item.

Note that the table on the right of the screen lists the name and common standard measure along with the composition per 100 gm.

The cursor will now be flashing in the amount box in the centre of the screen (if it isn't you can click once in the amount box to place the cursor there).

Type the amount of toast into this box (the common standard measure will help you estimate this amount if the weight or volume is not recorded).

Select the unit, either grams or millilitres by clicking on the appropriate button.

Once the food has been selected and the amount and unit have been entered, you can click on 'add to diet'.

The food item now appears in the bottom list - this is where you will build up a list of all foods in the diet.

Note that the right side of the screen now displays the composition data for the amount of food that was added.

The next food in the diet is margarine/butter blend - you will use the 'Find Food' function to find margarine in the database.

Locating food items using 'Find Food'

1. Click on the 'Category' menu and click on 'Find Food' (or press the F5 key). A dialog box will appear.

2. Type 'margarine' (without the quotes) into the dialog box and click 'Find'.
3. All occurrences of 'margarine' in the database will appear in the top list.
4. Click on 'margarine/butter blend', enter 5 mls and add this to the diet.

Use either the category method or the 'Find' method to locate and add 250 mls of milk.

Marking the end of a meal or day

This is the end of the breakfast - to indicate this you need to put a marker in the diet list.

Click on the pop-up menu in the middle of the screen (just to the right of the 'add to diet' button).

Click on 'End of Breakfast'.

The marker is placed in the diet list. Note that the right side of the screen changes to show the composition data for the Breakfast.

Saving your diet.

It is good practise to save your diet as you are entering it - just in case something does go wrong with the computer or its software.

To save your diet - click on the 'File' menu and click 'Save Diet'. A dialog box will appear asking you what you want to call your diet and where you want to save it.

Refer to your windows documentation for instructions on how to navigate around your hard disk with 'save' dialogs.

Opening a diet

The rest of the diet you are entering has been entered for you... you can open this diet file by clicking on the 'File' menu and clicking 'Open Diet'.

A dialog box appears - Select 'Example.dc' from the 'DCWin' directory and click 'OK'.

You will see the foods entered, separated by meal breaks and day breaks.

End of Day Markers

Scroll down the diet list until you see 'End of Day 1'.

Click on the end of day marker.

On the right side of the screen you will see the total composition data for the first day of the diet.

Scroll right down to the bottom of the diet - you will see that there is no marker at the end of the second day.

Enter the 'End of Day 2' marker now.

Note that the composition data is now displayed for the second day.

It is important to end the diet with an end of day marker. The daily average analysis calculates the total nutrient intake and divides it by the number of days - if the last day doesn't have a marker, the average intake will be calculated higher than it should be.

Deleting food items

There is an error in this diet - the orange juice has been entered twice in the midday meal in the second day.

Scroll up or down to find the midday meal in the second day.

Click on the second orange juice entry.

Choose 'Delete Item' from the 'Edit' menu

A dialog box will appear asking you to confirm that you want to delete the orange juice. Click 'Yes'

Inserting food items

The pear was left out of the evening meal on the first day.

Scroll up or down to find the evening meal on the first day.

Click on the 'End of Evening Meal' marker or any food within that meal.

Choose 'Insert Item' from the 'Edit' menu.

A gap will appear.

Enter 166 gm of pear - it will insert into the gap you created.

Now save the diet.

Entry Screen - Instant Analysis

Note that you can click on any item in the food list to instantly display the composition per 100gm. Clicking on a food item in the diet list displays the composition of the amount of the food item as entered in the diet. Clicking on a meal or day marker instantly displays the composition of that meal or day.

Printing from the Entry Screen

It is possible to print...

- The list of foods in a category or the results of a search. (Food List)
- The list of foods in a diet (Diet)
- The composition details - whether it be for 100gm of a food, for a specific weight of food entered in the diet or for the composition of a meal or day in the diet. (Details)

Choose 'Print' from the 'File' menu,

A dialog box will appear asking which part of the entry screen you want to print.

Select the information you want to print and click the 'Print' button.

Exporting from the Entry Screen

It is possible to export...

- The list of foods in a category or the results of a search. (Food List)
- The list of foods in a diet (Diet)
- The composition details - whether it be for 100gm of a food, for a specific weight of food entered in the diet or for the composition of a meal or day in the diet. (Details)

Choose 'Export' from the 'File' menu,

A dialog box will appear asking which part of the entry screen you want to export.

Select the information you want to print and click the 'Export' button.

Now we are ready to analyse the diet ...

Make sure you have saved the diet at this point.

Analysis of Diet

Choose 'Analyse Diet' from the 'Analyse menu.

A new screen will appear (after a short period of time) showing the analysis of all foods, all meals and all days.

This table has the foods, meals and days listed down the left hand side of the screen - scroll up & down to see all the diet.

Across the table is the weight and nutrient composition of all foods, meals and days in the diet - scroll left and right to see all the data.

Across the top of the window are listed the different possible analyses. Clicking on each of these buttons displays the appropriate analysis table.

All Foods

The 'All Foods' analysis lists all foods plus the meal and day breaks down the table, with the weight and nutrient composition data across the table.

Meal Summary

The 'Meal Summary' analysis lists all the meal (and day) breaks down the table, with the total weight and nutrient composition for each meal across the table.

Meal Averages

The 'Meal Averages' analysis lists the 7 possible meals down the table, with the average weight and nutrient composition of each of these meals across the table.

Day Summary

The 'Day Summary' analysis lists all the day breaks down the table, with the total weight and nutrient composition for each day across the table.

Daily Average

The 'Daily Average' analysis indicates the number of days in the diet, with the average daily weight and nutrient composition listed across the table.

Foodgroups as Amounts

The 'Foodgroups as Amounts' analysis lists the foodgroups down the table, with the weight and nutrient composition totals for each foodgroup listed across the table.

Foodgroups as %

The 'Foodgroups as %' analysis lists the foodgroups down the table, with the percentage contribution each foodgroup makes to the weight and nutrient composition listed across the table.

Printing the Analysis

The following analyses can be printed in their entirety:

Meal Averages

Daily Average

To print these analyses, simply click the 'Print' button.

The following analyses can be printed with five nutrients at one time (as they would, potentially, take a large number of pages to be printed in their entirety):

All Foods

Meal Summary

Day Summary

FoodGroups as Amounts

FoodGroups as %

The Nutrient Selection screen

If you print any of the Analyses listed above, you will be presented with the nutrient selection dialog. Select any five of the nutrients listed for your print-out simply by clicking the box next to the nutrient. If you wish to save these nutrients as your default nutrients for these types of print-outs, click the 'Set Default' button.

Exporting the Analysis

The analyses can be exported to tab-delimited files suitable for importing into a spreadsheet or database. You have the option of including 'header' information, i.e. column headings. If you are analysing a large number of diets and collecting the exported data in a spreadsheet, it is useful to export the first analysis with header information (to create the column headings) and then export the rest of the analyses without the header.

To export an analysis, click on the appropriate button to display the analysis table you want to export, choose whether you want to include the header information and then click the 'Export' button. You will be prompted for a file name for the exported data.