# DietLog ™ for PalmPilot Handbook

You have made a firm decision to improve your diet and your health. Congratulations! DietLog for PalmPilot is a clinically tested and proven technology that will aid you in your quest.

This Handbook will guide you through DietLog installation and usage. Elaboration on the DietLog concept and tips for effective use are contained in the companion publication entitled *Quantitative Dieting.*

Copyright Notice

About Dietlog...

Dietlog for 3Com Palm Pilot

Version 1.03

© Softcare Clinical Informatics 1997
11832 Sunrise Dr NE
Bainbridge Island, WA 98110
visit us at http://www.dietlog.com

OK

The Handbook and the software to which it refers ("DietLog for PalmPilot") are are the property and copyrighted materials of SoftCare Clinical Informatics, and the title to, and to all copies thereof in any form, remains with SoftCare Clinical Informatics, Inc.
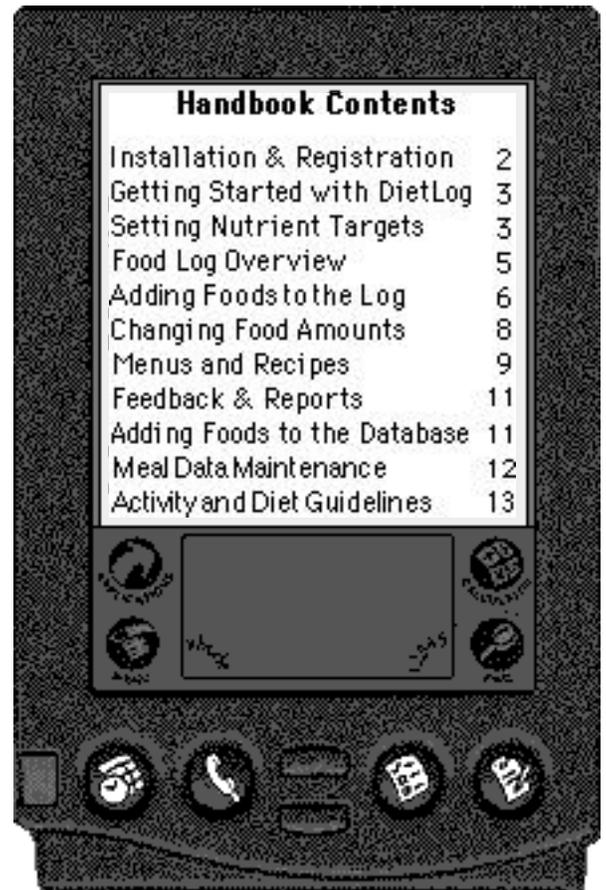
Limited Warranty

SoftCare warrants to the initial end user only that the Program will be capable of performing substantially as described in the Handbook for a period of 60 days from the date of receipt. You assume sole responsibility for the selection of the Program to achieve your intended results, and for the use and results obtained from the Program. SoftCare does not warrant that you will obtain any particular results from the use of the Program, nor does it warrant that the operation of the Program will be uninterrupted or error-free or that all defects will be corrected.

Disclaimer

THIS SOFTWARE AND HANDBOOK ARE PUBLISHED FOR PURPOSES OF GENERAL REFERENCE ONLY. THE INFORMATION CONTAINED THEREIN IS BASED ON CURRENT KNOWLEDGE, AND RECOMMENDATIONS MADE ARE APPROPRIATE FOR MOST CASES. THE INFORMATION IS NOT INTENDED TO SUBSTITUTE FOR CONSULTATION WITH A PROFESSIONAL HEALTH CARE PROVIDER. FOR TREATMENT AND ADVICE REGARDING YOUR SPECIFIC MEDICAL CONDITION, YOU SHOULD OBTAIN PROFESSIONAL ADVICE.

Read the Software License Agreement

YOUR RIGHT TO USE DIETLOG DEPENDS ON YOUR AGREEING TO BE TO BE BOUND BY THE TERMS OF THE LICENSING AGREEMENT WHICH ACCOMPANIES THE SOFTWARE. PLEASE READ IT. IF YOU DO NOT AGREE TO THE LICENSING TERMS, PROMPTLY NOTIFY SOFTCARE, INC TO RETURN THESE MATERIALS AND RECEIVE A REFUND.

Requirements

- A PalmPilot Personal or PalmPilot Professional ... OR ...
- A PalmPilot 1000 or 5000 that has been upgraded to 1 Mb memory & the Palm 2.0 OS.
- PalmPilot HotSync 2.0 Desktop Software installed on a Windows or Macintosh PC
- A HotSync Adaptor Cradle for your PalmPilot
- The DietLog for Pilot application program (DietLog.prc)
- The DietLog for Pilot basic foods database file (DLFoods.pdb)

Installation & Registration

- **Launch the PalmPilot Install Tool 2.0**

PalmPilot Install Tool

- **Select your Pilot User Name**

Look in:	Desktop		
My Computer	DietLog Handbook	New Folder (2)	
Network Neighborhood	Diet Web	PharmPad Pilot	
Backups	DietLog Pilot Pro	RNPad Pilot	
Comms	Food Databases	SoftCare	
Diet Suite	Menu Databases	Shortcut to Apps	
DietLog Pilot	New Folder	Wireless Pilot	

File name: Dietlog.prc   Open

Files of type: PalmPilot Databases (*.prc;*.pdb)   Cancel
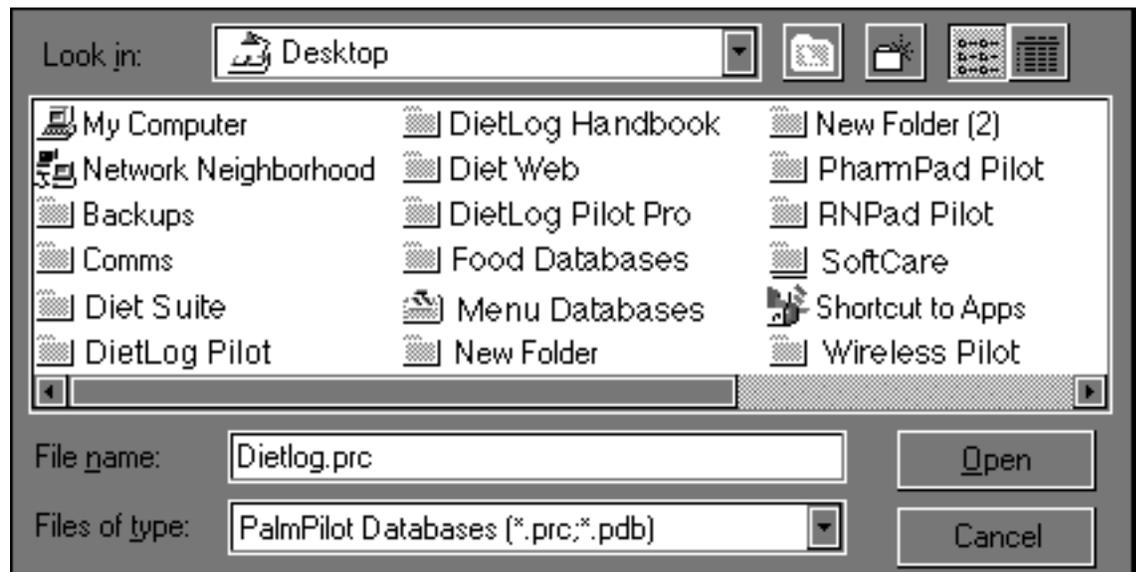
- **Use Browse to select the DietLog.prc file then click the "Install" button**

Ready to Install

File is ready to install. The next time you HotSync it will be loaded on your PalmPilot.

[Exit]   [Install Another File]
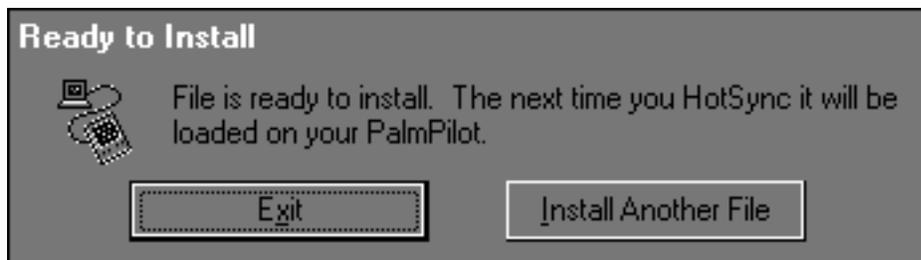
- **On "Ready to Install" dialog select "Install Another File" button**

- **Use "Browse" again to select the DLFoods.pdb file then click "Install" button, then "Exit"**

- **Perform a HotSync -- DietLog and its data will be installed onto your PalmPilot device**

- **Tap the DietLog icon in your PalmPilot device Applications drawer**

On first launching DietLog on your PalmPilot, you will be presented with a registration screen:

- **Enter the registration number provided to you**

- **Tap the "Register!" button** (Register!)
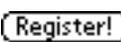
You are now ready to use DietLog for PalmPilot.

Dietlog Registration

Please enter the registration # from your manual or e-mail registration.

3a1554w |

(Cancel)   (Register!)

Getting Started

DietLog works with your personal health and fitness information to help you to create goals and nutrient targets. Upon first launching DietLog, you will be taken to the User Profile-Setup screen. Your PalmPilot User Name is at the top.

User Profile – Setup	Select Date Of Birth
User Jane Jones	◀ 1968 ▶

- Tap the birth date selector to view a calendar picker.

- Select the year of your birth (hold the pen down on the left arrow to scroll back quickly).

- Tap on your month of birth.

- Tap the day of the month on which you were born.

- Use the Sex picker to select your gender. If you are female, an additional picker appears and asks if you are pregnant or lactating (breast feeding).

- Select the activity level that best describes your current lifestyle. (See page 13 for Guidelines).

- If you use metric units for measures like weight and height, tap to check the "use metric units" box, otherwise leave it blank.

- Tap the Height Line, and enter your height in inches (or centimeters if metric)

- Tap the Start Weight line, and enter your current weight in pounds (or kilograms if metric).

- Tap the Goal Weight line and enter the weight you would like to achieve (enter your current weight again if you want to maintain the same weight).

- When all information is entered, tap the "Nutritional Targets" button. If you have forgotten to enter any needed information, DietLog will remind you before you can exit the User Profile-Setup screen.

Setting Nutrient Targets

The second part of getting up and running with DietLog is to establish a set of personal nutrient targets or goals. DietLog helps to to analyze your diet for the 8 nutrients that are most important in attaining and maintaining health. Many of these, like fat and cholesterol, are nutrients that you want to limit in your diet. Others, like fiber and protein, you may want to assure yourself that you are getting enough. Calories are important because they are a measure of the total energy in your diet, and must be lower that the calories you burn through your basal metabolism and activities in order to lose weight.

When you first view the Set Nutrient Targets screen, the picker at the top will read "Current Targets". The calorie target you see is that which you require to maintain your current weight. The other targets are based in part on your maintenance calorie level and on the principles of a prudent diet (from Recommended Daily Allowances and similar nutritional guidelines). The total fat defaults to a moderate level--30% of total calories as fat. You may want to be more conservative. In fact, based on what you know about your health and your diet goals, you may want to modify some or all of the nutrient targets.

Set Nutrient Targets ⓘ

Starting with: ▼ Current Targets

(Calc) **Calories** (kcal) 2556
Calories from fat (kcal) 511
Total Fat (g) 56
Cholesterol (mg) 300
Sodium (mg) 2400
Carbs (g) 447
Fiber (g) 29
Sugar (g) 89
Protein (g) 63

(Cancel)   (Set Targets)

Starting with: ▼ | Current Targets
Calculated Calories
Weight Maintainence
DV 2000 prudent diet
DV 2500 prudent diet

• **Tap the targets "Starting With" picker**

You can start with a "DV" (daily values) 2000 or 2500 calorie level. These are the based on the Daily Values you find on food labels, the numbers against which food contents are compared to come up with the percentages you see. Daily Values, in turn, are based on prudent diet recommendations.

• **Tap the** (Calc) **button**

Calorie Target Calculator

Weight Change Goal ‑40
Daily Calorie Output 2556
Calorie Intake Target

pounds   Calories
per week   =   per day
  ▼ 1.5   1556

Daily Calorie Balance ‑1000
Weeks To Goal 20
% Calories from Fat ▼ 20%

(Cancel)   (Set Calorie Targets)

This will take you to a Calorie Target Calculator screen. This screen helps you to choose an appropriate level of calories for your weight goals. Based on your input on the Setup screen, a weight change goal is shown. A minus number indicates that you want to lose that much weight. A plus number means you want to gain. Your estimated output is shown for your body size and activity level. To calculate a calorie target:

• **Tap the pounds (or kg) per week selector**

pounds
per week

▼ | 0.0
0.5
1.0
1.5
2.0
2.5

• **Select a rate of change (lbs or kg per week to lose or gain)**

• **The calorie level need for that goal is shown** 1556

• **The weeks required to achieve the goal at that rate is shown**

• **Use these figures to adjust the rate of loss (gain) to match your goals**
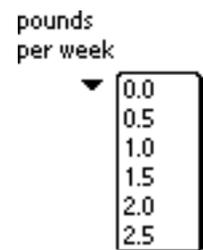
You may also want to change the relative amount of fat in your diet. The default is 30% of total calories derived from fat. To select a lower or higher value:

• **Tap the "% Calories from Fat" selector**

% Calories from Fat ▼ | 5%
10%
15%
20%
25%
30%
35%

• **Tap a different % to change to a higher or lower amount**

• **Tap the** (Set Calorie Targets) **button**
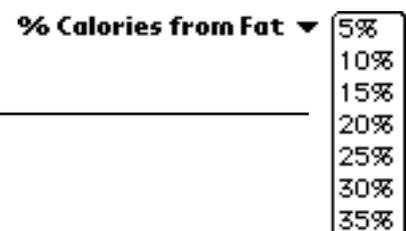
This last step will return you to the Set Nutrient Targets screen.

Set Nutrient Targets ⓘ

Starting with: ▾ Calculated Calories

(Calc)	**Calories** (kcal)	1556
	Calories from fat (kcal)	311
	Total Fat (g)	34
	Cholesterol (mg)	300
	Sodium (mg)	2400
	Carbs (g)	272
	Fiber (g)	17
	Sugar (g)	54
	Protein (g)	38

(Cancel)   (Set Targets)

The picker at the top should now read "Calculated Calories" with the new calorie targets inserted. The values of other nutrients may have changed as well. The Calories from Fat and the Total Fat (grams) reflect the calorie level and the % fat you entered on the calculator screen. Some other nutrient targets are based on total calories, and so they will change also. Others (like sodium and cholesterol) are based on prudent diet recommendations for all people, whether losing weight or not. So these will not change, unless you change them. The limits for energy producing nutrients (carbohydrate, fat, protein) are adjusted so that together those targets will be in accord with the total calorie level.

You may want to change one or several of these targets to meet other health goals, or based on the recommendation of your physician or dietitian. For instance, you may be on a very low sodium diet for blood pressure, or a low protein diet for kidney problems. To change a nutrient target:

  • Select the entry line for the nutrient you wish to change   **Sugar** (g)   89

  • Use the writing area to enter a new number   **Sugar** (g)   50|

Once your personal nutrient targets are all set:

  • Tap the (Set Targets) button

The listed values for the nutrients now become your "Current Targets", and will be used in the food log. The screen will close, and you will be on a blank food log page. You can return to the Set Nutrient Targets screen at any time, to review or modify your goals and limits, by tapping the target button ◎ on the food log (main) screen.

🍎 Jan 1, 97 ◄ B S L S D S T ►

of
▾ calories   🔍 ▦ ◎ 🚹

🍽 Food Log Overview

The food log is where you will be planning meals, entering foods eaten, and reviewing nutrient totals for meals, snacks, and the whole day. Tapping on the logo in the upper left hand corner reveals the "About DietLog" screen, giving you the version number of your copy of DietLog for PalmPilot, and contact information. The top of the food log screen also has a date and meal selector. The log date is displayed.

  • Tap the meal selector to select the log for the current meal or snack   ◄ B S L S D S T ►

The box then shades to show you which meal or snack is selected. The sequence is B=Breakfast, S=Snack (morning), L=Lunch, S=snack (afternoon), D=Dinner, S=snack (evening), and T=Total (the whole day combined). Any food that is eaten between meals is considered a snack. If you eat more than one snack, say in the morning, you add them both to the morning snack log. You cannot add foods when the T is selected: the totals are for review only.

You change the displayed log date one of two ways:

- **Tap the arrows to the right and left of the meal selector (this scrolls back and forth by one day at a time)**

... or...

- **Tap the date `Jan 1, 97` to get a calendar picker**

- **Select a month and day on the picker to jump to that date**
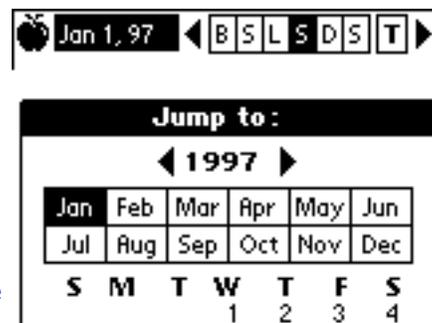
The food log has buttons (lower right) to take you to the Profile screen, Targets screen, Log Graph, and the Food/Menu Find tool. The bottom left of the log page has a nutrient picker and display areas for displaying food nutrient totals and totals compared to targets. The very bottom of the screen is a bar gauge comparing the currently selected nutrient to its target value.These are discussed below in the Reports section. First we will show you how to add foods to the log page.

Adding Foods to the Log

- **Tap the Find tool button** 🔍

There are two ways to retrieve a food from the database: by character string or using a hierarchical picker tool. Each has several search options. Let's try the default ("find food") by string search (either name or type) first. Try looking for "sour cream"

- **Select the food entry line & enter a string, e.g. "s-o-u"**

- **Tap the (Find) button**

The search result report appears, showing 75 matches for the "sou" string, most of them soups. Use your pen to scroll the matches screen (keep your pen on the screen and move it toward top or bottom of list). You will find sour cream. However, you might find it quicker to narrow down the search:

- **Tap the (Try Again) button**

- **This time try writing a longer string (e.g. "s-o-u-r")**

- **Tap the (Find) button**

- **Select the one that you are looking for (e.g. "sour cream-fat free") from the search results list**

- **Tap the (Show Food) button**

On the second try, there were only 12 foods found. Longer strings get you more specific lists.

You will now be on the Nutrition Facts screen. We will return to discuss this screen in a moment. For now, go ahead and tap the (Add To Log) button. This will take you back to the log page, with the first line filled in with the selected food.

Tap the 🔍 button again from the log page. This time search for a food by type only. "Type" is a description string that discriminates between different varieties, flavors, or brands of a food.

Find...
A Food Menu Recipe
By Name Type Either
Sou| (Find)
Or... **Browse Database**
Category ▼ Select One
  Name ▼ Select Category
  Type ▼ Select Category
(Cancel) Pop On Off (New Food)

Search Results:
Food   Menu   Recipe
10 matches for "sou"
cherry, sour cnd water
cherry, sour frozen
chinese, sweet/sour chicken
corn, corn souffle
english muffin, sourdough
french bread, sourdough/baguette
Lean Cuisine Vege Side, potato sour
potato chips, sour cream &
(Cancel) (Try Again) (Show Food)

• Leave Find A **Food** selected
• Tap to select Find By **Type**
• Enter string, e.g. "s-o-u", again
• Tap the (Find) button
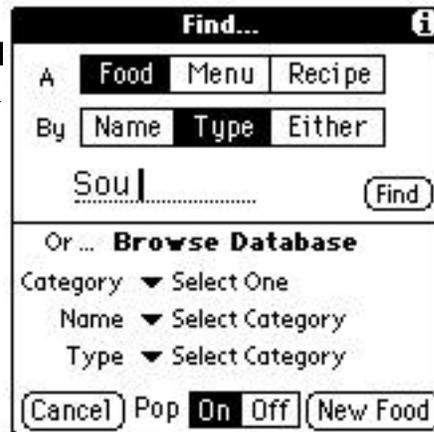
This time, only foods with "sou" in the description string, but not the food's name, appear on the Search Results list. In our example, most of the foods have "sour" in their type description. Tap "cancel" on the Search results screen, then tap the Find button on the log page again to return once more to the Find tool.

You can also constrain the string search by food name. If you try this with "sou" again, you will find 60+ names of soups in the database, and a few varieties of sour cream. As you use DietLog, you will begin to get a feel for what type of search is quickest and most exact for the food you want to retrieve. Below, we will discuss the use of the Menu and Recipe search tools.

Or... **Browse Database**
Category ▼ Select One
  Name ▼ Select Category
  Type ▼ Select Category
(Cancel) Pop On Off (New Food)

The second search tool uses a set of picker buttons that search through the foods database using a three-part hierarchy: Category--Name--Type. The pick lists that pop up can be used in a static or dynamic mode. In dynamic mode, when you make a selection (e.g. from "category") the resulting list (names) pops automatically from the name picker. This requires fewer taps than static mode, but you cannot go back and change your mind without starting the hierarchy over again. The "Pop" selector button at the bottom of the screen controls this behavior. The default is "on". Tap to "off" to make the selectors behave statically. Tap the Category picker and select the one that best fits the food you are looking for. A list of food names will automatically pop up from the food Name picker if pop mode is "on"; otherwise you would then tap the Name selector. Select the food you want. A list of Types for the food will automatically appear if pop is "on"; otherwise tap to pop the Type display.

Category ▼ misc
          alcoholic beverages
          beverages & juice
          bread, cereal & grain
          cuisine & ethnic
          dairy & egg

Name ▼ cream cheese
        creamer
        diet cheese
        egg omelet
        egg
        evaporated milk
        milk
        sour cream
        soy milk

Type ▼ fat free
        imitation
        light
        regular   Pop On Off

• Tap to select a Category (e.g. "dairy and egg"), then
• Select a food Name (e.g. "sour cream"), then
• Select a Type (e.g. "fat free") for that food from the Type list
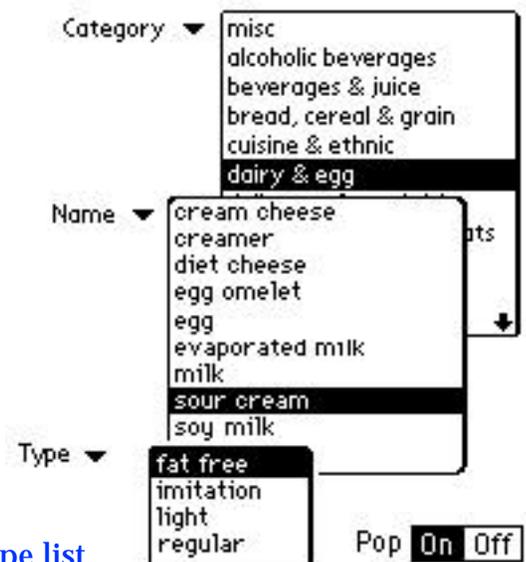
If you are in the pop "on" mode, and you tap anywhere outside the borders of a popped list, the pickers all return to the "select category" (i.e. starting) state, and you will need to begin the hierarchical search again, starting with a Category selection.

Another use for the Food Find tool is to examine foods during the meal planning process. You can even design meals in advance, then later make adjustments after you have eaten that meal.

Changing Food Amounts

You have already seen the Nutrition Facts screen that appears when you search for a food to add to the log. You can also bring up this screen by tapping on any food you have listed on your current log page. Notice that "Delete" and "Revise Log Entry" buttons are now present.

Nutrition Facts
sour cream, fat free
Serving Size ◆ 2 ▼ tbsp

Calories 20	Calories from Fat 0

▼ % User Target	
Total Fat 0	0%
Cholesterol 0	0%
Sodium 40	1%
Carbohydrate 3	1%
Fiber 0	0%
Sugar 2	3%
Protein 2	5%

(Done)(Delete)(Revise Log Entry)

The Nutrition facts screen has a default to the most common serving size for the food being viewed. You can change that to reflect what you actually ate, or plan to eat. Here's how:

- • Select the default serving size

Serving Size ◆ 2

- • Use the number writing area to enter a new value
- • Tap the ◆ button to recalculate

Serving Size ◆ 1

Nutrition Facts
sour cream, fat free
Serving Size ◆ 1 ▼ tbsp

Calories 10	Calories from Fat 0

▼ % User Target	
Total Fat 1	0%
Cholesterol 0	0%
Sodium 20	0%
Carbohydrate 0	0%
Fiber 0	0%
Sugar 1	1%
Protein 1	3%

(Done)(Delete)(Revise Log Entry)

Notice the nutrient values change to reflect the new serving size. You can also change the units of measure, using the selector next to the serving number. Note the recalculations.

ml	gm
tsp	mg
tbsp	oz
fl oz	ea
cup	piece
pint	serving
qt	

- • Tap unit selector to change units

Some foods (e.g. apple) are listed as "ea" or "piece" or "serving", just as on a food package label. These can be changed as well, since DietLog stores the weight of the food as part of the default serving information.

You may have noticed on food package labels the % column, which represents the relative amount that food will contribute to a diet. But what is it comparing the nutrient to? The standard reference is a DV (Daily Value) of 2000 calories. Some labels also list a DV for 2500 calories. Unlike a fixed, printed food label, DietLog is dynamic. Just above the % column on the Nutrient facts screen you will note a picker. The default text is % User target. This means that the comparison is to your personally set targets, which makes sense. However, you can also choose % DV2000 or %DV 2500 as the reference point for the % calculations. This allows you to match the virtual food label to one on a package. That way, if you notice differences, you may want to add a more specific food to your database for greater accuracy. Most of the basic foods in the database are generic; the particular brand you are eating may contain slightly different ingredients.

% User Target
% DV 2000
% DV 2500

- • Tap to select a different comparison standard

Nutrition Facts
sour cream, fat free
Serving Size ◆ 1 ▼ cup

Calories 158	Calories from Fat 0

▼ % DV 2000	
Total Fat 0	0%
Cholesterol 0	0%
Sodium 317	13%
Carbohydrate 23	6%
Fiber 0	0%
Sugar 15	22%
Protein 15	31%

(Done)(Delete)(Revise Log Entry)

After you have made any changes to the food amount or unit, you tap the (Revise Log Entry) button. You will return to the log page, and the change will be reflected in the line item and page nutrient totals. You would tap the (Delete) button to remove a food from the log entirely.

⬛ Menus and Recipes

In DietLog, menus and recipes are both stored collections of foods. A menu is typically an entire meal. A recipe represents foods combined together to make other foods. In fact, they are stored the same way in the database.

The value of this tool is that you can enter a meal or recipe once, then recall it without having to re-enter each food or ingredient separately. For instance, let's say you eat the same breakfast each day.You could enter it once, and save it as a menu. Then, simply recall that menu each day, rather than entering each food on the log. Another example Say each day at morning break you have a latte composed of 2 fl. oz coffee, 4 fl. oz nonfat milk, and 1 tsp of sugar. Enter it once as a recipe, then each morning you simply add it to your AM snack log. Here's how:

Starting from the food log ...

- Tap the 1st "S" (for AM snack)--make sure the log is blank
- Enter each ingredient of your latte or coffee recipe
- Tap the Find tool button on the log page 🔍

On the Find tool ...

- Select "Find A" [Recipe]
- Tap (New Recipe) button

A "Save Log Page as ..." dialog will appear.

On the Save dialog...

- Write a name for the recipe
- Tap (Save to Database) button
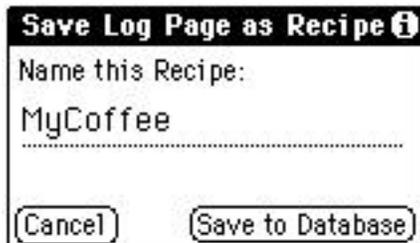
You have added a recipe to your personal DietLog recipe database.

To add a menu, you follow the same procedure. List some foods on a blank log page, tap 🔍 on the log page, but this time you select [Menu] on the Find tool. Then tap the (New Menu) button. On the "Save Log Page as Menu" dialog ...

- Write a name for the Menu
- Tap the (Save to Database) button

Retrieving a stored menu or recipe is very similar to finding a food and then adding it to the log. Start by selecting the meal to which you are going to be adding the menu or recipe.

You can add menus and recipes to log pages with foods already entered, or to blank pages. We will start with a blank log in this example.

Starting from the food log ...

> • Tap the 🔍 button on the log page

On the Find tool ...

> • Select "Find...A" **Recipe** "By" **Name**

> • Enter a few characters from the recipe name on the string search line and tap (Find)

Or...

> • Use the "Browse" picker tool to find recipe by name

On the resulting pop list ...

> • Select the recipe you are seeking

You will be returned to the log page, and the foods making up your recipe are added as line items. Tap on any ingredient to change an amount or unit using the Nutrition Facts screen.

Finding a stored menu is similar to finding a recipe. On the Find tool you would...

> • Select "Find...A" **Menu** "By" **Name**

> • Enter a few characters from the recipe name on the string search line and tap (Find)

In the case of menus, they are stored by the meal type they relate to. There is a two-level picker for the Browse tool:

> • Tap the "Browse" meal picker & select meal type

If you have Pop **On** Off selected the menu names list for the meal type will appear automatically. If Pop On **Off** is selected, you must tap the Name selector, then select your menu.

> • Select the Name of the menu you are seeking

You will be returned to the current log page, with the menu now added as line items.
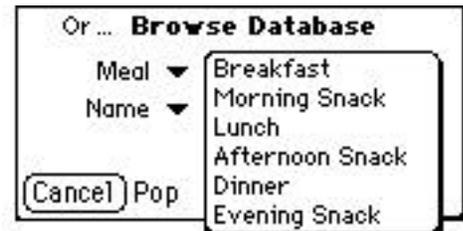
You may have noticed the By **Name** Calories option for both menus and recipes. This allows you to search for a meal or recipe according to how many calories you want to "spend". To use:

> • Tap to select "Find... A" Menu or Recipe "By Calories"

> • Enter a number on the Calories entry line

> • Tap the Find button

The pop list mechanism works the same as with other searches. The calorie constraint works with the string search only--the Browse database pickers will still show all menus and recipes.

🔳 Feedback and Reports

Once you have begun to fill in your food log, you will find a wealth of information available to help you make wise food choices, and to track your intake. Look again at the log page. Notice the gauge along the bottom: this is comparing your intake of the selected nutrient (default is calories) vs. your target amount for the day. Just above the gauge you will notice the amount and target for the selected nutrient. Along the left side of the list, you will see for each food the contribution it makes to the total. To change the nutrient being displayed:

- • Tap the nutrient selector   ▼ calories
- • Select a different nutrient to display   ▼ total fat

Notice the number totals column (left side of log page) and the goals comparison and progress to goal gauge (bottom of log page) change to reflect the calculations for the displayed nutrient.

You can create a custom detailed report for any nutrient for any day you have recorded your eating. As an example, say you want to see how evening snacks have been going over the past week in terms of fat intake. With total fat as the displayed nutrient, select PM snack on the meal indicator. Then use the date backward arrow to scroll through previous days meals. You can view what you ate, and how much fat each food contributed. This can help you to see how individual foods contribute to the intake of a nutrient of interest to you.

You can also create a report that looks at all the nutrients together, comparing each one to your target value for the day.

- • Tap the bar graph report button   ▥
- • Tap the display type picker on the upper right   ▼ Logged / Percent / Target
- • Select "Logged Amount", "Percent", or "Target"
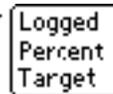
Just as with the log page itself, you can rapidly switch between meals, the daily total, and between log dates using the date and meal selector at the top of the screen. Tap the T (total) indicator to see how you are doing so far today for all nutrients vs. targets. Use the data back arrow to scroll through previous days.
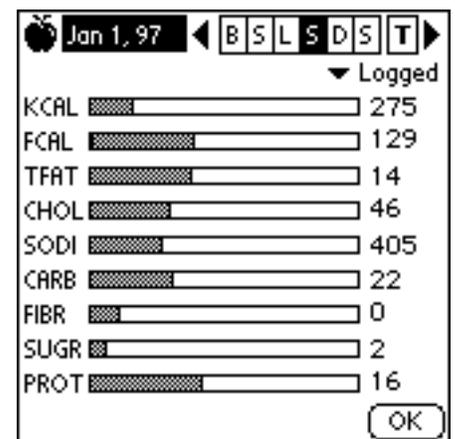
🔳 Adding Foods to the Database

The DietLog database can be expanded to include new foods. You will encounter foods not in the database, or foods you want to be more exact about, e.g. specific brand names for prepackaged foods. The process of adding a food is simple: use the information from the food's label (or other source) to add into your DietLog food database. Here's how:

- • Tap the Find tool button on the log page 🔍
- • Tap the [New Food]   button at the bottom of the Find tool

You will see the Add New Food entry screen appear. To enter your food:

Add New Food

Category ▼ nut, candy & snack
Food Name   potato chips
Type/Brand Tims jalapeno
Serving Size 1   ▼ oz
Weight in Grams 28
140 Calories   15 Carbs
9   Total Fat   1 Fiber
0   Cholesterol 0 Sugar
130 Sodium   2 Protein
(Done) (Zeros) (Add To Database)

- Tap the category selector--select an appropriate category
- Select the Food Name line & enter a name for the food
- Select the Type/Brand line and enter additional information
- Select the Serving Size line & enter a serving size
- Tap unit picker--choose the correct unit (as per food label)
- Select the Weight in Grams line & enter the weight (g)
  If you selected a liquid unit (e.g. fl.oz.) , the line will read
  Volume in ml. Liquids (e.g. soft drinks) are labeled this way
- Select each nutrient line in turn & enter the label value
- If any lines are blank, tap (Zeros) button to zero out the lines

When you are adding food names and Type/Brand descriptions, remember that the string search tool on the Find screen is case sensitive. In the example on the illustration above, the "T" in "Tims" is capitalized. If a did a string search restricted to type and write "tim" on the search entry line, this food would not appear on the found food items list.

When you have completed the Add New Food form...

     • Tap the (Add To Database) button

If you forget to enter a value, or if an entry value is invalid, you will see a warning describing the problem. You can then go back and make a correction. If all the required entry lines are valid, you will see a conforming dialog such as the one at right. If you change your mind about the category, name, or type you can cancel the addition and return to make corrections at this time. Once you are satisfied with the food listing...

     • Tap the (OK) button on the Adding Food dialog

Invalid Gram Weight

❌ Please enter the weight of the food in grams

(OK)

Adding Food

(?) Food name "potato chips" of type "Tims jalapeno" added to category "nuts, candy, & snacks".

(OK) (Cancel)

You will remain on the Add New Food screen after making the addition. Once you have completed all the additions you want to make, tap the (Done) button to return to your current log page.

🎞 Meal Data Maintenance

You may want to clear old daily food logs from your PalmPilot's memory. Here's how:

- Tap the round Menu button on your PalmPilot
- Select the DietLog "Function" menu
- Select the "Erase Meal Items" function

User	**Function**
Add New Food	✓F
Add New Menu	✓M
Erase Meal Items	✓E

On the Erase Meal Log dialog, you then:

- Select "All Meal Entries" option   OR
  Tap date to use calendar picker to select a "Prior To" date
- Tap the (Erase!) button

Delete Meal Log...

Erase ☐ All Meal Entries

or...

Entries Prior To: 12/1/97

(Cancel)   (Erase!)

All meals, or only those prior to the selected date, are removed from memory.

Guidelines : Choosing an Activity Level

Choose the level that most closely matches your lifestyle.

Sedentary

You lead a very quiet life, spending most of your time sitting or reclining. You walk only occasionally, and not very far. You may work at a desk sometimes, but don't have to move around a lot. Somebody else does most of the cooking and cleaning where you live.

Very Light

Your activities at home or at work requires little physical effort. You may cook and perform light housekeeping chores, but nothing very demanding. You do not walk much at all, and do not exercise or play sports except perhaps on rare occasions.

Light

You spend most of your work time at a desk or in a vehicle. You do no heavy lifting in your occupation. You may walk a fair amount to get from place to place, but usually less than 20-25 minutes in a typical day. You exercise or play sports occasionally, but averaging no more than 90 minutes a week.

Moderate

Your work involves some heavy lifting, heavy equipment operation, delivery, cleaning, or is otherwise physically demanding much of the time. Or, if you are more of a desk jockey, you work out, exercise, or play vigorous sports at least 3 times a week for a least an hour or so, and you try to work up a good sweat in doing so.

Mod Heavy

You have a somewhat physically demanding occupation (on the order of a road construction worker) and play a sport or exercise at least once weekly. Or perhaps your occupation is a little less demanding, but you exercise or work out 3-5 times a week for an hour or more, with vigor.

Heavy

You are an avid sportsman or dedicated to your fitness routine, working out 5-7 times per week for an hour or more. Or, you are a little more moderate in your exercise, on the order of 3-5 times a week, but you have a very demanding occupation with lots of heavy lifting (like a furniture mover), or near constant motion (perhaps a bicycle messenger).

Very Heavy

Get real! We are talking Olympic decathlete in training here. Or an occupation that is extremely demanding, on the order of a lumberjack working major overtime. Or both.

Dietary Guidelines

U.S. Dietary Guidelines

- Eat a variety of foods.
- Maintain healthy weight.
- Choose a diet low in fat, saturated fat, and cholesterol.
- Choose a diet with plenty of vegetables, fruits, and grain products.
- Use sugars only in moderation.
- Use salt and sodium only in moderation.
- If you drink alcoholic beverages, do so in moderation.

American Heart Association Dietary Guidelines

- **Total fat** should be less than 30% of calories
- **Saturated fat** should be less than 10 % of calories
- **Polyunsaturated fat** intake should not exceed 10% of calories
- **Mono-unsaturated fatty acids** make up the rest of the fat intake, about 10-15 % of calories.
- **Cholesterol** intake should not exceed 300 mg per day
- **Carbohydrate** intake should make up 55-60% or more of calories
- **Complex carbohydrates** should make up the majority of carbohydrate calories
- **Sugar** intake should be moderated
- **Fiber** should be 25-30 grams daily from foods, not supplements.
- **Protein** should provide the remainder of calories
- **Sodium** intake should not exceed 3 grams (3,000 mg) per day
- **Alcohol** consumption should not exceed 1 to 2 ounces a day
- **Total calories** sufficient to maintain a recommended body weight (unless weight loss needed)
- **Variety of foods** should be consumed