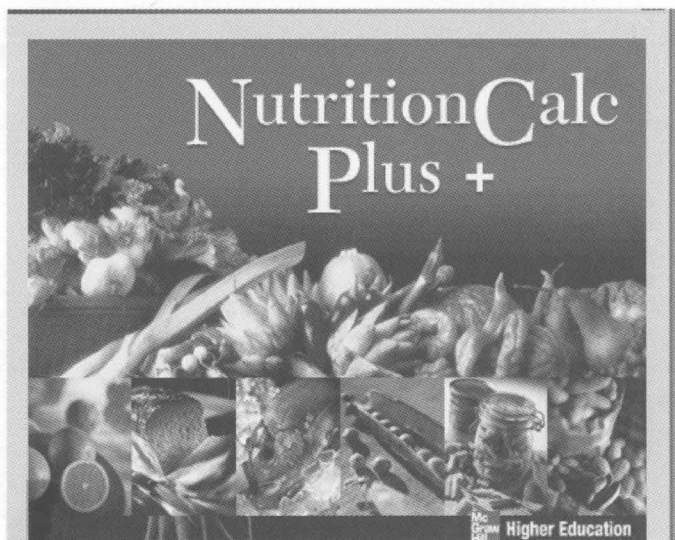


NutritionCalc Plus CD-ROM

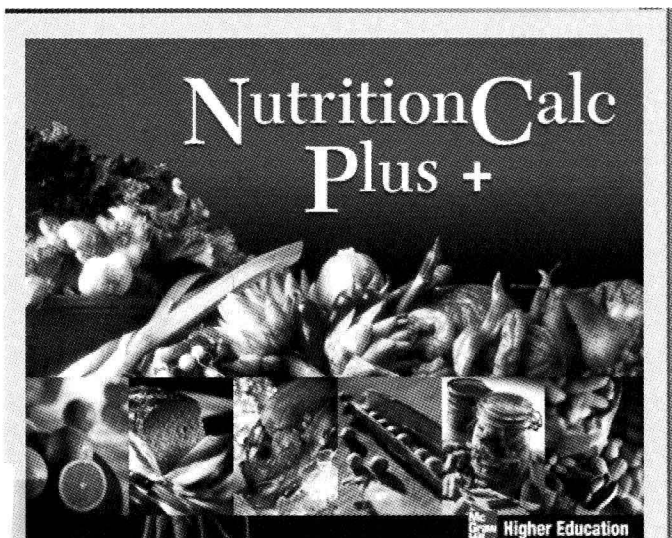
USER'S GUIDE



Technical Support
techsup@mcgraw-hill.com

NutritionCalc Plus CD-ROM

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The NutritionCalc Plus CD-ROM has been jointly developed by The McGraw-Hill Companies and ESHA Research, Inc.

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Getting Started ---NutritionCalc Plus

System Requirements:

- Windows(R) 95, 98, 2000, NT, XP
- 16 Mb RAM minimum
- 15 Mb free on hard drive

Installation Instructions:

1. Insert the NutritionCalc Plus CD-ROM into your CD drive. If the program does not self-start, select Start, then Run (or select File, then Run). Then select Setup on the CD file list.
2. Simply follow the on-screen instructions to complete installation.

Starting the Program:

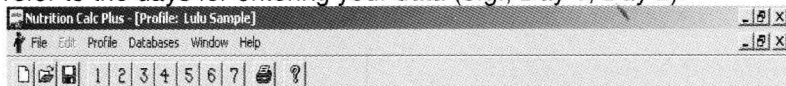
1. Double click the NutritionCalc Plus icon in your Program list. OR:
2. Select Start, then type in C:\Program Files\NCPlus
3. If you wish to save your personal data to a floppy disc, be sure to insert a formatted disc in the disc drive before opening the program. When the program starts, it will prompt you to enter where you want your data stored. Select your floppy disc drive.

Using the Program:

NutritionCalc Plus uses basic Windows navigation tools. If you are unfamiliar with Windows navigations features, please refer to your Windows documentation for instructions on opening and closing files, scrolling, etc. NutritionCalc Plus also includes handy pop-up boxes to guide you through the program and Help files.

Menu Bar at the top of the screen contains all the basic program functions of NutritionCalc Plus (e.g., Profile). Clicking on a function will open a drop-down list to select the option of your choice.

Icon Toolbar is directly below the Menu Bar and displays the most commonly used functions of the program. The numbered buttons refer to the days for entering your data (e.g., Day 1, Day 2).



Note: Opening a new active window will cause the first window to close. For example, the Profile window will close when you open the Foodlist window, and vice versa.

HELP functions are available to assist you throughout the program by clicking on the Help [?] button on the Tool Bar (far right).

Begin by Entering Your Profile

The program opens with a Welcome screen that asks you if you want to Start a New Student Record. On the Personal data screen, enter your name and use the Tab key to advance to the next fields. You can use the arrow to select from a drop-down menu for the Gender and Activity Level fields. When finished, click OK, which will bring up Your Profile of basic nutrient requirements.

 A screenshot of the "Personal" data entry window. The window has a title bar with "Personal" and a close button. Inside, there are several input fields: "Name:" with the text "Lulu Sample"; "Gender:" with a dropdown menu showing "Female"; "Activity:" with a dropdown menu showing "Lightly Active"; "Height:" with two input boxes for feet (5) and inches (6); "Weight:" with an input box for pounds (136); and "Age:" with an input box for years (20). To the right of these fields are four buttons: "OK", "Cancel", "24 Hour", and "Help". At the bottom left, there is a small icon and the text "Display English measures for profile".

Explanation of Activity Levels

You have the option of choosing between (1) average daily activity levels that match your typical daily activities OR (2) specifying the activities you typically perform in a 24-hour period.

Activity Levels

Sedentary: Sedentary people are sometimes under the care of someone else. People in this category perform a bare minimum of activity (e.g., watching TV, reading) almost all the time.

Lightly Active: Most office workers and white-collar professionals (e.g., lawyers, doctors, teachers, drivers, lab technicians, musicians, and housewives with mechanical appliances) are in this category. This activity level includes eight hours of sleep and 16 hours of sitting or standing. Three of the 16 hours must include light activity (e.g., walking, laundry, golf, and ping-pong), and one hour must be moderate active (e.g., tennis, dancing, brisk walk, and aerobics).

Moderately Active: Those who fall in this category include most people who work in light industry; the electrical, carpentry, and building trades (excluding heavy laborers); farm workers; commercial fishermen; and housewives without mechanical appliances. If you have an office or driving occupation, you may have to average 1.5 - 2 hours of exercise per day in order to be in this category.

Very Active: Full-time athletes, unskilled laborers, some agricultural laborers, military on active duty, some miners, and steelworkers are in this category.

Extremely Active: Lumberjacks, female construction workers, blacksmiths, heavy manual laborers, and coal miners are in this category.

24-Hour Activity Recall: Select 24-Hour Activity Detail from Activity drop-down menu and click OK. Type in the name of an activity, such as Dancing, then double click the type of dancing from the list shown. Enter the amount of time spent in minutes (e.g., 90 minutes) or in hours and minutes, separated by a colon (e.g., 1:30). Continue adding activities until you have a typical day's activities accounted for. Click OK.

Enter Your Student Information

Enter your information by tabbing through the boxes, then OK.

A screenshot of a 'Student Information' dialog box. It contains four text input fields: 'Student ID #' with the value '987654', 'Instructor's Name' with 'Dr. B. Fine', 'Class Days' with 'T/TH', and 'Class Time' with '10:00 am'. To the right of these fields are two buttons: 'OK' and 'Cancel'.

Can I Make Changes to My Profile?

Select Profile from the Menu Bar, then Personal, and you can make changes to your information. Click OK to save changes.

Can I Set Weight Gain or Weight Loss Goals?

Yes, select Profile, then Weight Gain/Loss. For example, if you would like to lose a pound a week, click the Loss button until the line above registers 1.0 pound per week. This automatically calculates a daily caloric goal to achieve your weight loss goal.

A screenshot of a 'Weight Gain / Loss' dialog box. At the top, it says 'Desired weight change: Loss 1.0 pounds per week'. Below this are two buttons: 'Gain' and 'Loss'. To the right are three buttons: 'OK', 'Cancel', and 'Help'. At the bottom, there is a table showing caloric intake calculations:

	Per Day
Original Recommended Caloric Intake:	2100
Change for desired weight:	- 500
Adjusted daily calories:	1600

How Do I Enter My Daily Food Intake?

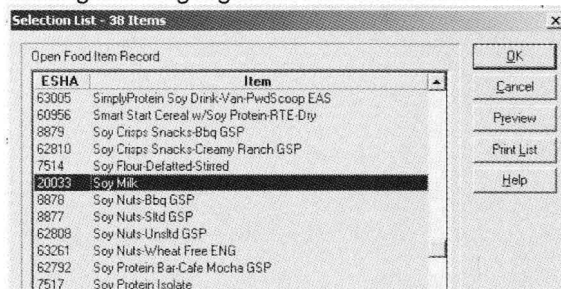
Select the 1 button on Icon Bar or select Daily Intake Day 1 from the Profile menu. Use the pop-up guides to help you enter foods.

Food Search Tips:

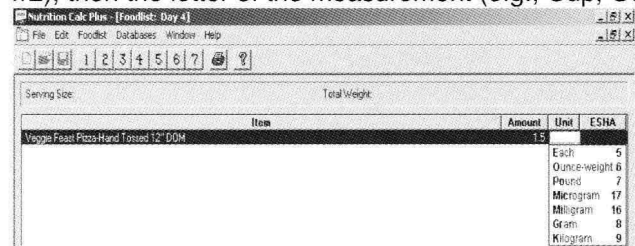
1. It is usually best to keep your searches simple. Instead of searching for *French cut green beans*, try using fewer words---*green beans* or even just *beans*.
2. If you are unsure how a food name is spelled, enter only a few letters: *broc* for broccoli.
3. Avoid using plurals (search for *egg*, not *eggs*).

How Do I Search for Foods?

Simply type in the name of the food (or a portion of the name). Select Enter and you will be given a list of the foods containing those letters. Scroll through the list until you find the food you are looking for. Highlight that food and click OK.



You then enter the amount of the food you have eaten. This is done in two steps. First, enter the numeric quantity (e.g., 2, 1.5, 1/2), then the letter of the measurement (e.g., **Cup, Ounce, Gram**).



Continue adding foods in this manner until you have entered all the foods you have consumed on Day 1. To enter foods for successive days, simply select the appropriate day (e.g., Day 2) from the Menu Bar and add all your foods for that day. You may enter foods for up to seven days.

Can I Preview a Food Before Adding to My List?

On the food Selection screen, click on a food and hit the Preview button on the left. You will be able to view information on the nutrients, source of calories, ratios and exchanges, and Pyramid. Note this information is based on the weight of the food shown at the top of the screen. To return to the Foodlist, click OK.

Preview Soy Milk

Weight: 100.00 g (3.53 oz-wt.) Water: 93%
 User Code: ESHA Code: 20033
 Source: USDA Standard USDA Code: 16120
 Database: C:\WCPLUS

Nutrients | **Source of Calories** | **Ratios and Exchanges** | **Pyramid**

Basic Components		Vitamins A-E		Iron	
Calories	33.00	Thiamin-B1	0.16 mg	Magnesium	19.00 m
Water	93.27 g	Riboflavin-B2	0.07 mg	Phosphorus	49.00 m
Protein	2.75 g	Niacin-B3	0.15 mg	Potassium	141.00 m
Carbohydrates	1.61 g	Vitamin-B6	0.04 mg	Sodium	12.00 m
Dietary Fiber	1.30 g	Vitamin-B12	0 mcg	Zinc	0.23 m
Fat - Total	1.91 g	Folate	2.00 mcg	Other	
Saturated Fat	0.21 g	Vitamin C	0 mg	Caffeine	0 m
Mono Fat	0.33 g	Vitamin D mcg	0 mcg	Alcohol	0 g
Poly Fat	0.83 g	Vit E-Alpha Equiv.	0.01 mg		
Cholesterol	0 mg	Minerals			
		Calcium	4.00 mg		

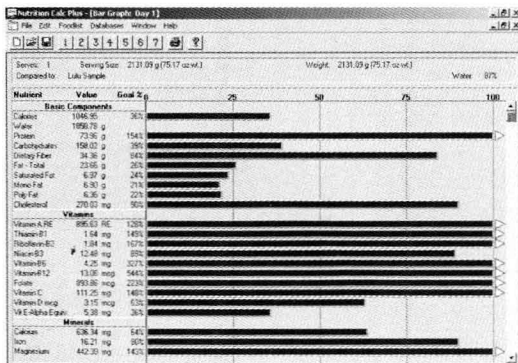
Can I Add or Change a Food in My Foodlist?

Select the appropriate day on the Menu bar. Click on the food you wish to change and make your entries. If you wish to add a food you had forgotten, place your cursor on the blank Item line, press the CTRL key and the letter *I* (for *Insert*). To delete a food, highlight it and press CTRL-D. Click the save icon when done.

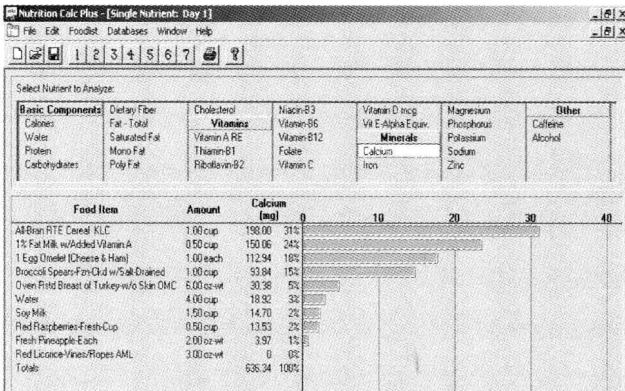
How Do I Create Reports?

Go to the Menu Bar, select Foodlist, then Analysis/Reports. You can then select from six different categories of reports:

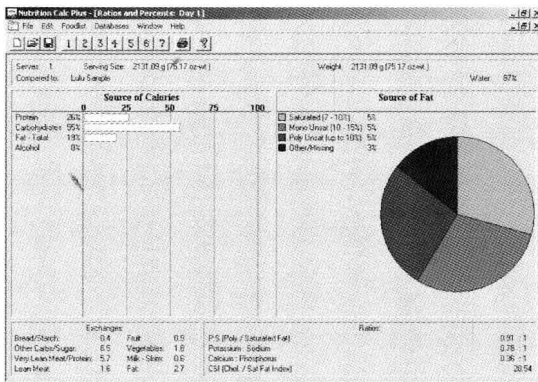
1. **Bar Graph:** Compares nutrient values from your Foodlist to nutrition goals calculated in your Personal Profile. Bars are only shown for those nutrients for which a recommended goal was established in your profile. Because there are no nutrient goals for certain nutrients, such as caffeine, the percentage appears blank and no bar is shown.



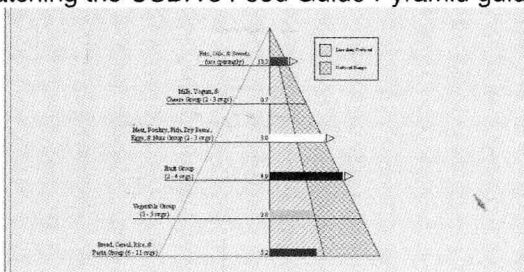
1. **Single Nutrient:** Analyzes the food sources for a single nutrient. Select the nutrient you wish to analyze, and you can toggle between a bar graph and a pie chart for that nutrient by double clicking on the graphs.



2. **Ratios and Percents:** Allows you to quickly see where the calories and fats in your diet come from. It also lists food exchanges and other ratios. You can toggle between bar graphs and pie charts by double clicking on the graphs.



3. **Pyramid:** Measures how close your Foodlist comes to matching the USDA's Food Guide Pyramid guidelines.



4. **Spreadsheet:** Shows values for all the nutrients in your Foodlist. Totals are calculated at the bottom of columns. You can use the scroll bar to view other nutrient columns.

Nutrition Calc Plus - [Spreadsheet: Day 1]

File Edit Foodlist Databases Window Help

1 2 3 4 5 6 7

Item	Weight (g)	Cals	H2O (g)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)
Broccoli Spears-Frn Ckd w/Salt Drained	184.00	51.52	186.92	5.70	9.84	5.52	0.20	0.03	0.01	0.00
1 Egg Omelet (Cheese & Ham)	78.00	156.41	51.58	10.92	2.12	0	11.36	4.51	4.36	1.00
All-Bran RTE Cereal KLC	60.00	156.00	1.80	7.50	44.40	19.20	1.99	0.32	0.44	1.00
1% Fat Milk w/Added Vitamin A	122.00	51.24	109.90	4.01	5.83	0	1.29	0.81	0.37	0.00
Water	946.24	0	945.29	0	0	0	0	0	0	0
Red Raspberries-Fresh-Cup	61.50	30.13	53.24	0.56	7.12	4.18	0.34	0.01	0.03	0.00
Oven Rstd Breast of Turkey w/o Skin DM	170.10	154.91	127.29	32.81	2.73	0	1.22	0.47	0.44	0.00
Red Lucerne-Vines/Ropes AML	85.05	297.68	10.55	2.13	72.29	0	0	0	0	0
Fresh Pineapple-Each	56.70	27.78	43.05	0.22	7.03	0.68	0.24	0.02	0.03	0.00
Soy Milk	367.50	121.28	342.77	10.11	6.65	4.78	7.02	0.79	1.20	0.00
Baby Carrots-Raw-Med	60.00	22.80	53.89	0.50	4.90	1.08	0.32	0.06	0.02	0.00
Fat Free Pasta Cacciatore Soup HVF	240.00	90.00	212.40	6.00	19.00	4.00	0	0	0	0
Medium Peach-E-Fresh-2.5" Diameter	98.00	42.14	85.91	0.69	10.88	1.96	0.09	0.01	0.03	0.00
7 Grain Bread-Slice	52.00	130.00	19.60	5.20	24.13	3.33	1.98	0.42	0.79	0.00
Thompson Seedless Grapes-Cup Measure	160.00	113.60	128.90	1.06	28.43	1.60	0.93	0.30	0.04	0.00
Totals	2741.09	1445.49	2359.47	87.41	245.35	46.33	26.97	7.75	7.78	0.00

5. **Nutrition Facts:** Displays your daily intake in terms of a Nutrition Facts panel (one serving = one day's foods). Your nutrient values are compared to the U.S. Label daily recommended intake values (which are different from RDA/RNI values shown on other reports).

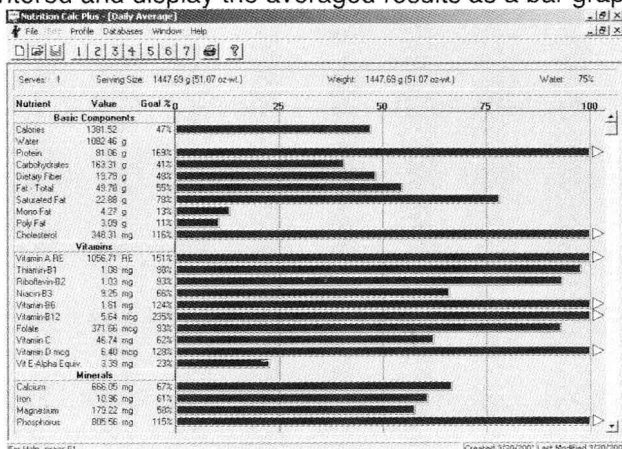
Nutrition Facts

Serving Size 1 (2741.09g)
Amount Per Serving
Calories 1445.49
Total Fat 26.97g 53.94%
Total Carbohydrate 245.35g 49.07%
Protein 87.41g 174.82%
Dietary Fiber 46.33g 92.66%
Sodium 7.75g 155.00%
Total Cholesterol 0.00g 0.00%
Saturated Fat 7.75g 155.00%
Trans Fat 0.00g 0.00%
Monounsaturated Fat 7.78g 155.60%
Polyunsaturated Fat 0.00g 0.00%
Vitamin A 0.00%
Vitamin C 0.00%
Calcium 0.00%
Iron 0.00%
Potassium 0.00%
Magnesium 0.00%
Zinc 0.00%
Copper 0.00%
Manganese 0.00%
Selenium 0.00%
Chromium 0.00%
Molybdenum 0.00%
Cobalt 0.00%
Nickel 0.00%
Vanadium 0.00%
Manganese 0.00%
Selenium 0.00%
Chromium 0.00%
Molybdenum 0.00%
Cobalt 0.00%
Nickel 0.00%
Vanadium 0.00%

Day 1

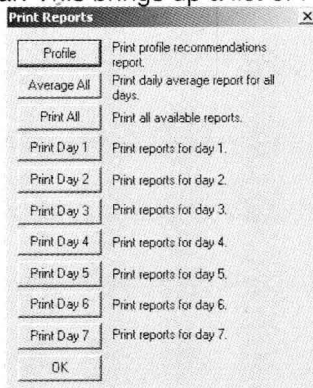
Can I Average Several Days of Intakes?

Go to your Profile screen (via Window if in the Foodlist view) and select Daily Average. This will average the intakes for all days you have entered and display the averaged results as a bar graph.



How do I Print My Reports?

First return to your Personal profile screen. This will be the cover page of your available reports. Next click on the Printer icon next to the Help (?) button on the Tool Bar. Or you can go to File, then Print on the Menu Bar. This brings up a list of Print Options:



1. **Print All Available Reports:** This will print reports for each day you have entered intakes. This includes your Profile (1 page), the Average (2 pages), and 4-5 pages (Bar Graph, Ratios and Percents, Spreadsheet, Pyramid) for each daily intake.
2. **Print Daily Intake for a Single Day:** Click on the Day Number, OK. This will print Foodlist, Bar Graph, Ratios and Percents, Spreadsheet, and Pyramid for that day.
3. **Print Profile Only:** Click on Profile, then OK. This report includes your personal/class information, average daily nutrient recommendations, and Body Mass Index (BMI).
4. **Print Average All:** Click on Average All, then OK. This two-page report averages those days for which you have entered data. This report includes your personal student information, Bar Graph, Ratios and Percents, and Pyramid data averaged over the days entered.
5. **To Print a Single Report or Screen:** To print a particular screen (the one you have active on your screen), simply click the Printer icon on the Tool Bar and click OK.

Note: The Print functions are based on *Windows* commands. For Printer settings, go to File, then Print Setup and select the appropriate Print options. Any print problems are usually resolved by referring to your *Windows* operating manual.

Other Functions of NutritionCalc Plus

Can I Add My Own Foods to the Database?

You can add up to 30 new foods to your database by clicking on Databases on the Menu Bar and selecting Add a New Food Item. On the Food Item Record screen enter the name of the food you are adding and its weight in grams. Then carefully enter all the nutrient information you have for the food (based upon the gram weight you have indicated). For manufactured foods, you may get some of this information from its food label. Leave nutrient values

blank if you do not know the value. Do not enter zero unless you are sure the nutrient value is zero. Click Save when done to add this food to your database.

Can I Edit a Food Once I've Added It to the Database?

Click on Databases, then Edit a Food Item. You can only edit those foods you have added to the database.

How Do I Save My Records?

The program automatically saves your records to the drive you selected (e.g., floppy drive) when you started the program (Personal Data Location screen). (You are also encouraged to click the Save icon on Tool Bar as you work through your entries.)

How Do I Access My Records When I Return to the Program?

When you open NutritionCalc Plus from your program list, select the Open an Existing Record button. Double click on your name to open your file record.

Can I Delete My Records?

You can delete your entire record only when all of the program windows are closed (when only the Menu Bar is visible). Go to File, chose Delete, then highlight the record you want to delete and press the Delete button in the window.

You can learn more about nutrition analysis by visiting the McGraw-Hill site: www.mhhe.com/nutritionanalysis. This site contains links to the nutrition information offered by various restaurants and food manufacturers, as well as information on Food Guide Pyramid calculations.

Also for NutritionCalc Plus technical assistance, email your questions to techsup@mcgraw-hill.com

For questions related to Windows operations (e.g., printing, scrolling), please refer to your Windows operating manual or contact your computer lab administrator.

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