

My Diet Wiz

Weight and Nutrition Management Software

Chapter 1. Getting Started

Installation

To install the software:

1. Close all applications (including *My Diet Wiz* if running).
2. Double-click on the *MyDietWiz-X.X.X-Setup.exe* file.
3. The setup program will ask you to select options. If you are unsure, you should accept the defaults.
4. Once installed, you can start *My Diet Wiz* from the **Start** Menu.

Registering the Software

Trying out the Software

To use the software in the **15 Day Trial** mode click on *OK* button on the Reminder dialog:



Registering the Software

To Register the program click on the *Enter Key* button:



This will open up the Enter Key dialog:



Here the registration *Name* and registration *Key* needs to be entered.

Note that for proper registration, both the name and key need to be entered as provided. For convenience and to prevent typos, it is recommended to copy and paste the key into the entry box.

Upon successful registration information entry a confirmation dialog will be displayed:



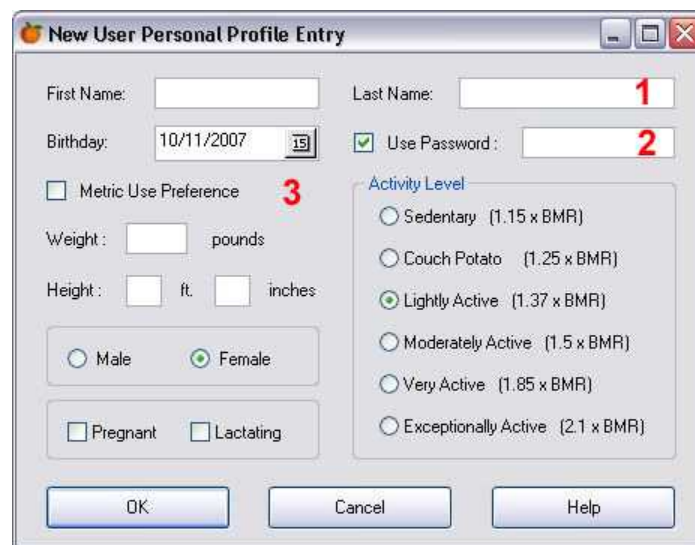
Note that if you do not get this confirmation message, registration was not successful, and needs to be done again.

Adding the First User

When the program is started, To enter the first user, on the *Sign in* screen click on the *Start as New User* Button:

The image shows a window titled "MyDietWiz Sign in". At the top, it says "my Diet Wiz" in a stylized font, followed by "Weight and Nutrition Management Software" and the version number "2.1.3". Below this is a "Name:" label followed by a text input field and a dropdown arrow. At the bottom, there are three buttons: "Start as New User", "Sign In", and "Exit".

This will open up the *New User Personal Profile Entry* screen:

The image shows a window titled "New User Personal Profile Entry". It contains several fields and options. "First Name:" and "Last Name:" are text input fields, with a red "1" next to the "Last Name:" field. "Birthday:" is a date picker showing "10/11/2007" with a red "15" next to it. There is a checkbox for "Metric Use Preference" with a red "3" next to it. Below this are "Weight:" and "Height:" fields with units "pounds" and "ft. inches" respectively. There are radio buttons for "Male" and "Female", with "Female" selected. There are also checkboxes for "Pregnant" and "Lactating". On the right, there is a section titled "Activity Level" with radio buttons for "Sedentary", "Couch Potato", "Lightly Active" (selected), "Moderately Active", "Very Active", and "Exceptionally Active". At the bottom, there are "OK", "Cancel", and "Help" buttons. A red "2" is next to the "Use Password:" checkbox, which is checked.

Here the user personal profile information is entered.

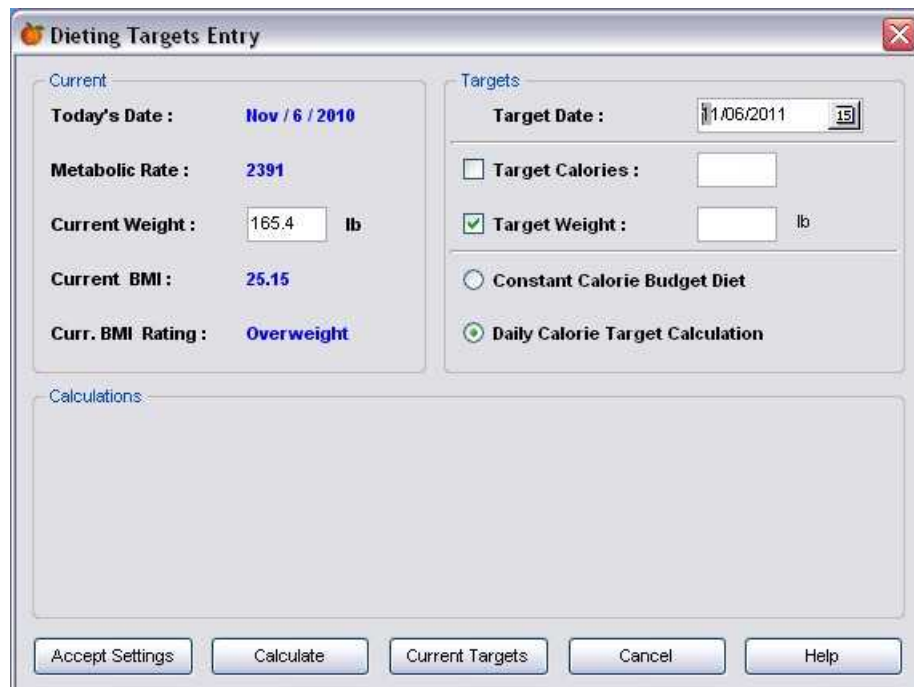
Last name (1) is optional.

To use a password when signing in, click on the *Use Password* check box. This will open up the password entry edit box (2).

If *Metric Use Preference* (3) is selected, *Weight* entry is changed to *kilograms*, *Height* entry is changed to *centimeters*, and the date format in program use is changed from *M/D/Y* to *D/M/Y*.

Setting Dieting Targets

After the new user personal profile is entered the *Dieting Targets Entry* screen opens up:



Here is where you set your Weight goal, Calorie plan, and the Date by which to reach the weight goal.

The program has two modes:

- *Constant Calorie Budget Diet*
- *Daily Calorie Target Calculation* (default)

To set the dieting targets, a *Target Date* needs to be chosen, and either *Target Calories* or *Target Weight* need to be entered. The other value is calculated automatically.

Daily Calorie Target Calculation

This is the default and recommended mode. In this mode the program determines your Metabolic Rate and Daily Calorie Target from your weight and food consumption history.

- **Target Calories** - Selecting and entering *Target Calories* will automatically calculate *Target Weight*. The *Target Weight* value is then used for ongoing daily target re-calculations.
- **Target Weight** - Select and enter *Target Weight* to set your desired weight goal.

Constant Calorie Budget Diet

If you desire to have your own predetermined calorie budget, select this mode.

- **Target Calories** - If you just want to use your own Calorie target, check *Target Calories* and enter your Calorie budget amount in the *Target Calories* edit box.
- **Target Weight** - If you want to use a constant calorie target, but want to have this determined by a desired target weight, check *Target Weight*, and enter the desired weight target. This will then automatically calculate the constant calorie target.

Calculate button - Once you have finished choosing your targets, click on the "Calculate" button to see the detailed calculation results of your settings:

Current

Today's Date : Nov / 6 / 2010

Metabolic Rate : 2391

Current Weight : 165.4 lb

Current BMI : 25.15

Curr. BMI Rating : Overweight

Targets

Target Date : 11/06/2011 15

☐ Target Calories :

☒ Target Weight : 150 lb

☐ Constant Calorie Budget Diet

☒ Daily Calorie Target Calculation

Calculations

Calorie Intake Target will be: 2244 Calories per day

Calorie Decrease per Day: 148 Calories

Weight Loss per Day: 0.04 Pounds , per Week: 0.3 Pounds

Target BMI will be: 22.81 , Rated as Normal Weight

Accept Settings

Calculate

Current Targets

Cancel

Help

Accept Settings buttons - When your are finished setting your targets, click on the *Accept Settings* button to complete the *Dieting Targets Entry*.

Changing Dieting Targets

The dieting targets settings can always be changed by clicking the *Target* toolbar button:



Or by selecting *Settings* -> *Set Dieting Targets*:



Changing Nutrient Targets

By default the program uses the USDA published *Dietary Reference Intakes* (DRI) for determining your daily nutrient goals. The DRI reference however does not give guidance for all the nutrients that are included in the program.

To set your own daily goals for these nutrients or to change the default settings, select *Settings -> Set Personal Daily Values*:



The *Personal Daily Values Settings - Energy Nutrients* screen will show:

A screenshot of the 'Personal Daily Values Settings' window, specifically the 'Energy Nutrients' tab. The window title is 'Personal Daily Values Settings'. It has two tabs: 'Energy Nutrients' (selected) and 'Other Nutrients'. Below the tabs, it says 'For a daily average of 2094 Calories, the following targets apply:'. The main area is divided into three sections: 'Main Energy Groups', 'Fat Groups', and 'Carbohydrates'. Each section has a vertical bar chart and a table of values. At the bottom, there are buttons: 'Reset to Defaults', 'Set to 2000 Calorie DV', 'Save', 'Cancel', and 'Help'.

Nutrient	Value	Percent of Total
Protein	98.69 g	18.85 %
Total Fat	61.94 g	26.62 %
Carbohydrates	285.5 g	54.53 %
Alcohol	0 g	0 %
Saturated	20.94 g	33.81 %
Monounsaturated	20.34 g	32.84 %
Polyunsaturated All	20.34 g	32.84 %
Polyunsaturated Omega3	1.68 g	2.7 %
Polyunsaturated Omega6	16.29 g	26.3 %
Trans Fat	0 g	0 %
Cholesterol	314.14 mg	0.81 %
Complex Carbohydrates	228.4 g	80 %
Sugars	57.1 g	20 %

To change nutrients which are not in the Energy Nutrients category, clicking on the *Other Nutrients* tab will show the following screen:

A screenshot of the 'Personal Daily Values Settings' window, specifically the 'Other Nutrients' tab. The window title is 'Personal Daily Values Settings'. It has two tabs: 'Energy Nutrients' and 'Other Nutrients' (selected). Below the tabs, there are three columns of nutrient settings, each with a 'Target Quantity' and a '%DRI' value. At the bottom, there are buttons: 'Reset to DRI Settings', 'Set to 2000 Calorie DV', 'Save', 'Cancel', and 'Help'.

Nutrient	Target Quantity	%DRI
Water (US fl oz)	125.1	100
Sodium (mg)	1300	100
Dietary Fiber (g)	30	100
Calcium (mg)	1200	100
Iron (mg)	8	100
Magnesium (mg)	420	100
Phosphorus (mg)	700	100
Potassium (mg)	4700	100
Zinc (mg)	11	100
Copper (mg)	0.9	100
Vitamin A (RAE)	900	100
Vitamin A (IU)	0	
Retinol (µg)	0	
Manganese (mg)	2.3	100
Selenium (µg)	55	100
Thiamin B1 (mg)	1.2	100
Riboflavin B2 (mg)	1.3	100
Niacin B3 (mg)	16	100
Pantothenic Acid (mg)	5	100
Vitamin B6 (mg)	1.5	100
Vitamin B12 (µg)	2.4	100
Vitamin C (mg)	90	100
Vitamin D (IU)	400	100
Vitamin E (mg)	15	100
Vitamin K (µg)	120	100
Fluoride (µg)	4	100
Choline (mg)	550	100
Folate Total DFE (µg)	400	100
Folate Total (µg)	0	
Folic Acid (µg)	0	
Food Folate (µg)	0	
Alpha Carotene (µg)	0	
Beta Carotene (µg)	0	
Beta Cryptoxanthin (µg)	0	
Lycopene (µg)	0	
Lutein+Zeaxanthin (µg)	0	
Caffeine (mg)	0	
Tryptophan (g)	0	
Ash (g)	0	

Target Quantity column

To set your own goals, enter into the *Target Quantity* box a value which is to be the 100% daily goal quantity for that nutrient.

%DRI column

The *%DRI* column is meant to be used as guide. It shows to what percentage the *Quantity* entry equates to the *DRI Recommended Intakes* reference.

Note that the *%DRI* box may not show a 100 percent value if the desired 100 percent target value entered is different from that calculated to the DRI reference.

Please also note that if the *Target Quantity* for a nutrient is left blank, the *Percent of Budget* bar charting on nutrient information displays will not show any value or bar.

Adding more Users

To add another user click on the *Start as New User* button on the *Sign in* screen:



Or select *File -> New User* while signed in under a different user:

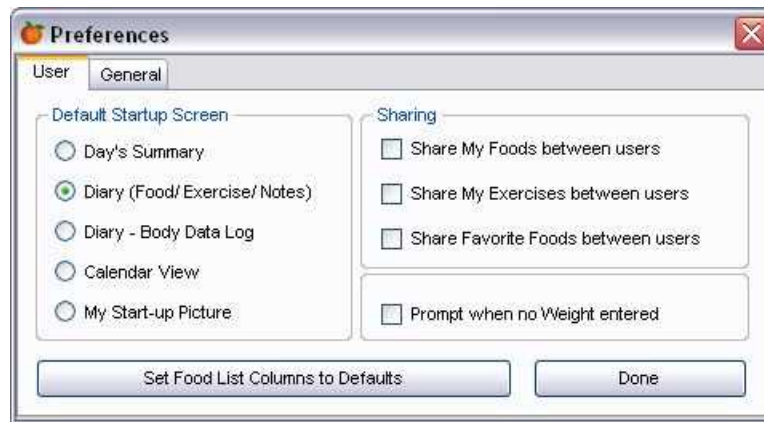


User Preferences

To access user preferences select *Settings* -> *Preferences*:



In the *Preferences* screen select the *User* tab to select user preferences.



Default Startup Screen - Here you can set which screen you will see first when you sign in to My Diet Wiz.

Available Screens are:

- Day's Summary
- Diary Food Log / Exercise Log / Notes
- Diary Body Data Log
- Calendar View
- My Start-up Picture

Selecting *My Start-up Picture* will set the program to show a user's own picture on startup. A new picture can be loaded when the *My Start-up Picture* selection is clicked on, or by right-clicking on the picture displaying area.

Share My Foods between users - When selected, all *My Foods* entered will be available to all users that have sharing enabled for *My Foods*. Deleting of shared *My Foods* entries can also be done by any user that has sharing enabled.

Share Favorite Foods between users - When selected, all *Favorite Foods* entered will be available to all users that have sharing enabled for *Favorite Foods*. Deleting of shared *Favorite Foods* entries can also be done by any user that has sharing enabled.

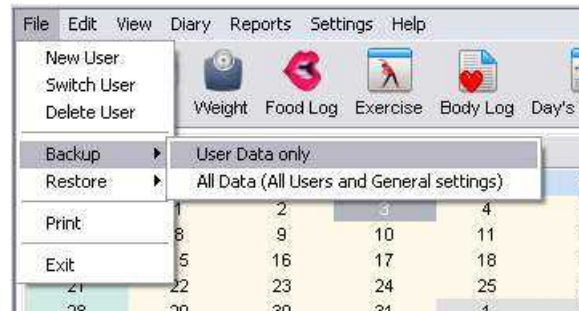
Share My Exercises between users - When selected, all *My Exercises* entered will be available to all users that have sharing enabled for *My Exercises*. Deleting of shared *My Exercises* entries can also be done by any user that has sharing enabled.

Prompt when no Weight entered - When selected, upon user sign in a check will be made to see if the user's body weight has been entered for that day, and if not, the *Weight Entry* dialog will open up.

Backing up and Restoring Data

Backing up User Data

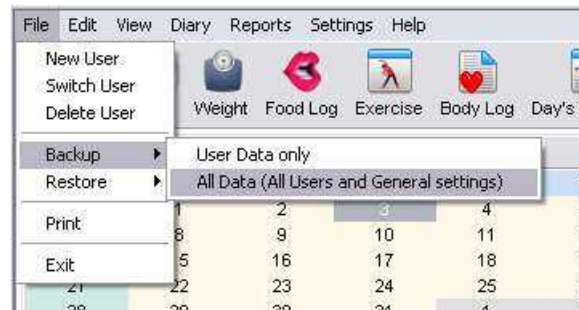
To backup a user's data, sign in to the the user that you want to backup. Then select *File -> Backup -> User Data only*:



Then save under file name and location of your choice.

Backing Up All Data

To backup all data of all users, including general settings of the program, select *File -> Backup -> All Data (All Users and General settings)*:



And save under file name and location of your choice.

Restoring Data

To restore a *User Data Only* or an *All Data* backup select *File -> Restore -> Restore Backup (User or All Data)*:



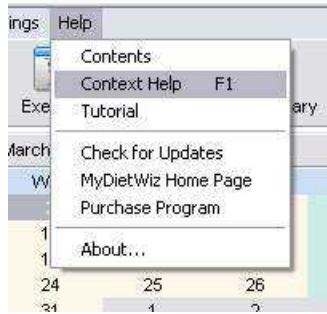
A file selection dialog will open. Select the Location and the Name that you gave the backup. Click to open the backup file, and the backup data will be restored.

Note: Restoring a user backup will only restore the user that was signed in at the time of a *User Data only* backup, even if restore of that backup is done signed in as a different user.

Accessing Help

Context Help is available at any time by pressing the **F1** key. This opens up Help for the presently showing screen.

Context Help is also accessible by selecting from the menu *Help -> Context Help*:



Clicking on *Help -> Contents* will open up Help at the start of the documentation.

Clicking on Help buttons in various screens will also open up the Help documentation for the presently showing screen.

Chapter 2. The Diary

The Diary

The Diary consists of a Food Log, Exercise Log, Day's Notes entry and Day's Picture entry which are accessed from the main diary page. The Diary also consists of the Body Log which is on a separate page.

The main Diary page:

November, 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

Diary for Saturday, November 6, 2010

Today

Food

Amount

Calories

Fat (g)

Carbs (g)

Protein (g)

Exercise

Minutes

Calories Burned

Click to add Picture

Save Notes

Load Image

Delete Image

Calories

0 of 2391

2391 remaining

Water

0 of 15.6 cups

15.6 cups remaining

Fat

0 of 70.7 g

70.7 g remaining

Saturated Fat

0 of 23.9 g

23.9 g remaining

Protein

0 of 112.7 g

112.7 g remaining

Carbohydrates

0 of 326 g

326 g remaining

Fiber

0 of 38 g

38 g remaining

Sugar

0 of 65.2 g

65.2 g remaining

Sodium

0 of 1500 mg

1500 mg remaining

Cholesterol

0 of 358.7 mg

358.7 mg remaining

The Diary Body Log page:

November, 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

Diary for Saturday, November 6, 2010

Today

Weight

65.4

Pounds

Body Fat

Percent

Estimate

Vital Signs

Blood Pres. Systolic

/

Diastolic

Resting Heart Rate

Measurements

Neck

inches

Bicep

Left

Right

inches

Forearm

Left

Right

inches

Chest

inches

Waist

inches

Hips

inches

Thigh

Left

Right

inches

Calf

Left

Right

inches

Medical Tests

Total Cholesterol

Blood Glucose

LDL Cholesterol

Prostate Specific Antigen

HDL Cholesterol

C-Reactive Protein

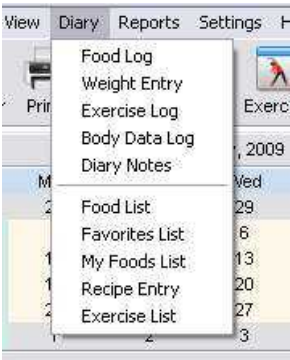
Save Entries

Get Previous

Moving Around

To Access the Diary

The Diary can be accessed by clicking on *Diary* menu item, and selecting the appropriate section:

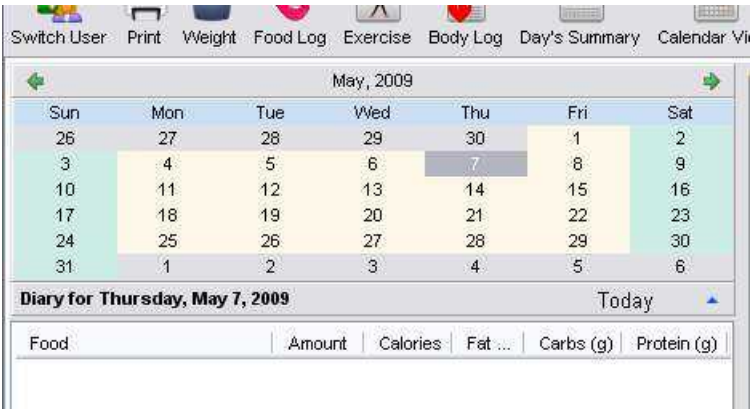


Or by clicking on the *Food Log*, *Exercise*, *Body Log*, *My Foods* and *Recipe* toolbar buttons:

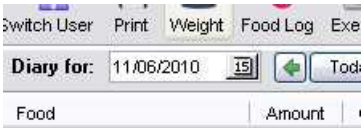


Changing the Diary Date

The Diary calendar can be set to show as an expanded calendar:



Or as a collapsed date edit box with a drop down calendar function:



With the collapsed calendar setting, the Diary date can be changed by entering a date in the date edit box, or by clicking on the Date Edit button, which will then open up a drop down calendar:



Another way to change the date with the calendar set to collapsed, is to click on the arrow buttons:

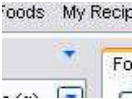


The *Left Arrow* changes the date backward one day at a time. The *Right Arrow* button changes the date forward one day at a time. The *Today* button sets the Diary date to today's date.

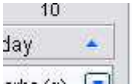
The expanded and collapsed calendar setting can be changed by the *Show Expanded Diary Calendar* menu item:



The calendar can also be expanded by the blue down arrow head:



Or collapsed by the blue up arrow head:

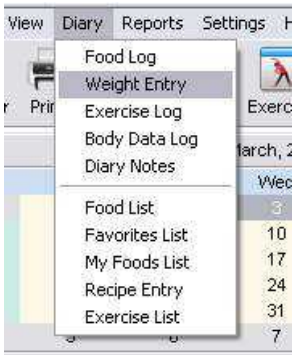


Weight Entry

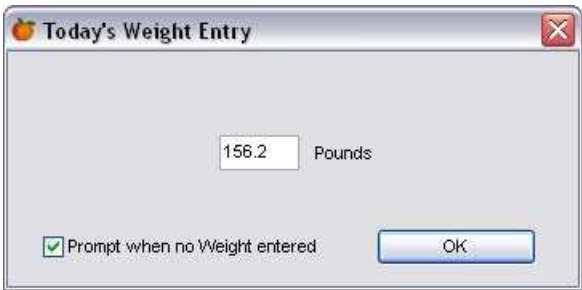
To log your body weight for the currently selected date, click on the *Weight* toolbar button:



Or select menu *Diary -> Weight Entry*:



The weight entry dialog will open up:



Prompt when no Weight Entered - When checked, the weight entry dialog will automatically show when no weight has been entered for a that day. This setting can be also changed in User Preferences.

A day's weight entry can also be made in the Diary Body Log section:



Diary Food Entry

Entering foods from the Main Food list, Favorite Foods or My Foods lists into the Diary can be done by the following ways:

- Drag the selected food from the appropriate food list into the Diary Food Log.
- Right-click on the food list selection and select *Add to Diary*.
- Click on the *Add to Diary* button in the applicable food list section.

In each case a *Food Log Entry* dialog will open up:

	Amount	Measure Unit
Selected Food	1	slice
Calories	45.54	kcal
Fat	0.53	grams
Carbohydrate	10.03	grams
Protein	2.09	grams

Meal Category: no meal selection

☐ Also add as Favorite

OK Cancel

Entry by Quantity

Enter *Quantity*. Calories, Carbohydrates and Total Fat will then be automatically calculated.

Entry by Calories

Enter *Calories*. Quantity, Carbohydrates and Total Fat will then be automatically calculated.

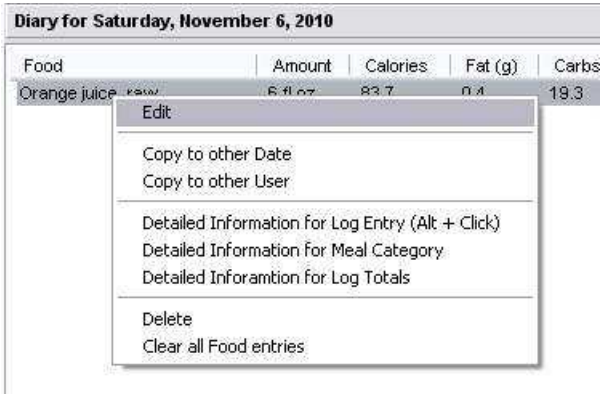
Meal Category - Select Meal Category if desired or leave at *no meal selection* if you do not want to categorize your food entries into meals.

Also add as Favorite - If you also want to add the selected Food with the entered Amount to Favorite Foods then select the *Also add as Favorite* check box.

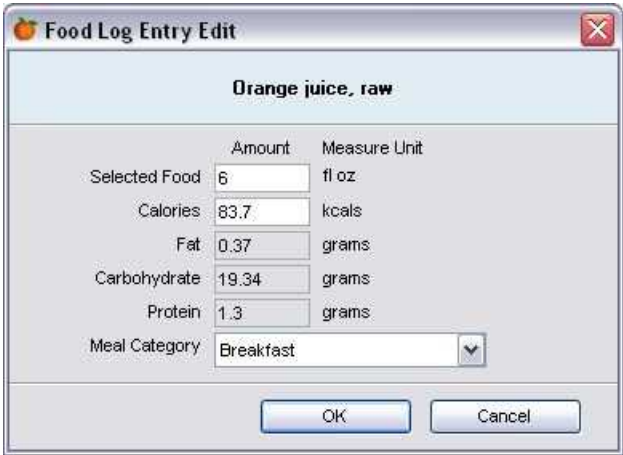
Click on the *OK* button to finish entering the Food into the Diary.

Editing Diary Food Entries

To edit foods entered into the Diary, either double-click on the diary food, or right-click on the selected diary food and select *Edit*:



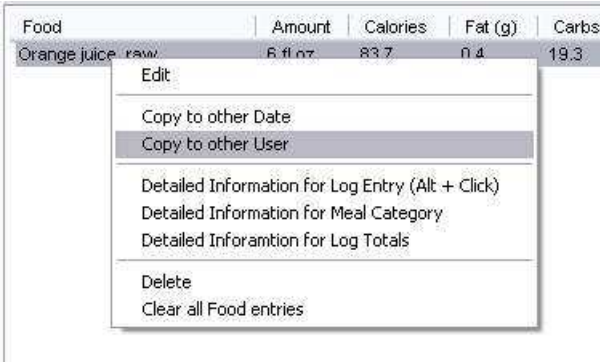
The *Food Log Entry Edit* dialog will open up:



As with normal food entry, the *Quantity*, *Calories*, and the *Meal Category* are changeable and can be edited.

Copying Food Entries to other Days or other Users

To copy Diary food entries to other dates or other users, right-click on the Diary food selection(s) and select *Copy to other Date* or *Copy to other User*:



A dialog will open up:



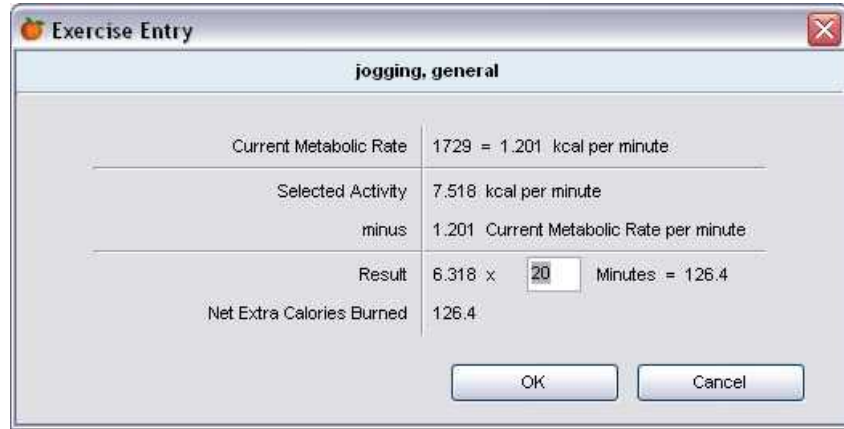
Select the Date and/or User you want to copy to, and click *OK* to finish copying the selection(s) to the other Date or other User.

Diary Exercise Entry

Entering an exercise from the Activity list into the Diary can be done by the following ways:

- Drag the selected activity into the Diary Exercise Log.
- Right-click on the Activity list selection and select *Add to Diary*.
- Click on the *Add to Diary* button in the Exercise tab.

In each case a Exercise Entry dialog will open up:



The dialog box is titled "Exercise Entry" with a red close button in the top right corner. Below the title bar, the text "jogging, general" is displayed. The main area contains a table with the following data:

Current Metabolic Rate	1729 = 1.201 kcal per minute
Selected Activity	7.518 kcal per minute
minus	1.201 Current Metabolic Rate per minute
Result	6.318 x <input type="text" value="20"/> Minutes = 126.4
Net Extra Calories Burned	126.4

At the bottom right, there are two buttons: "OK" and "Cancel".

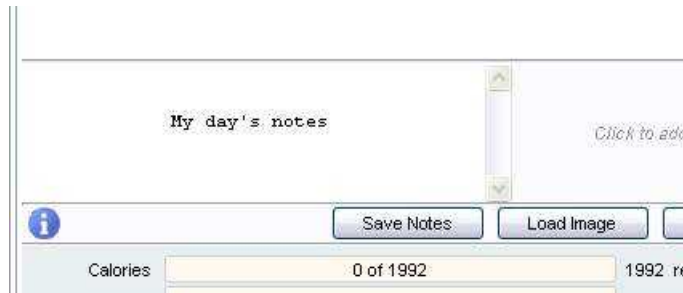
Minutes entry

Enter the minutes duration of the selected exercise in the edit box, and click on *OK* to finish entering the Exercise into the Diary.

Notes and Picture Entry

Notes Entry

The Notes section of the Diary allows you to enter your day's notes:



After making your note entries click on *Save Notes*, to make the entries or changes permanent.

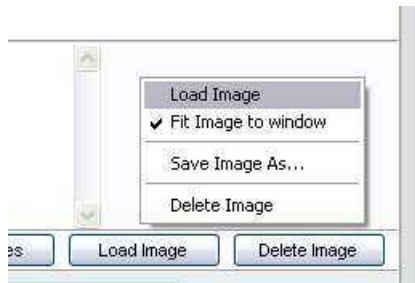
Picture Entry

The Picture section of the Diary allows you to enter a picture for that day:



Loading a picture can be done in the following ways:

- Click on the *Load Image* button.
- Click on the Image area.
- Right-click on the Image area and select *Load Image*:

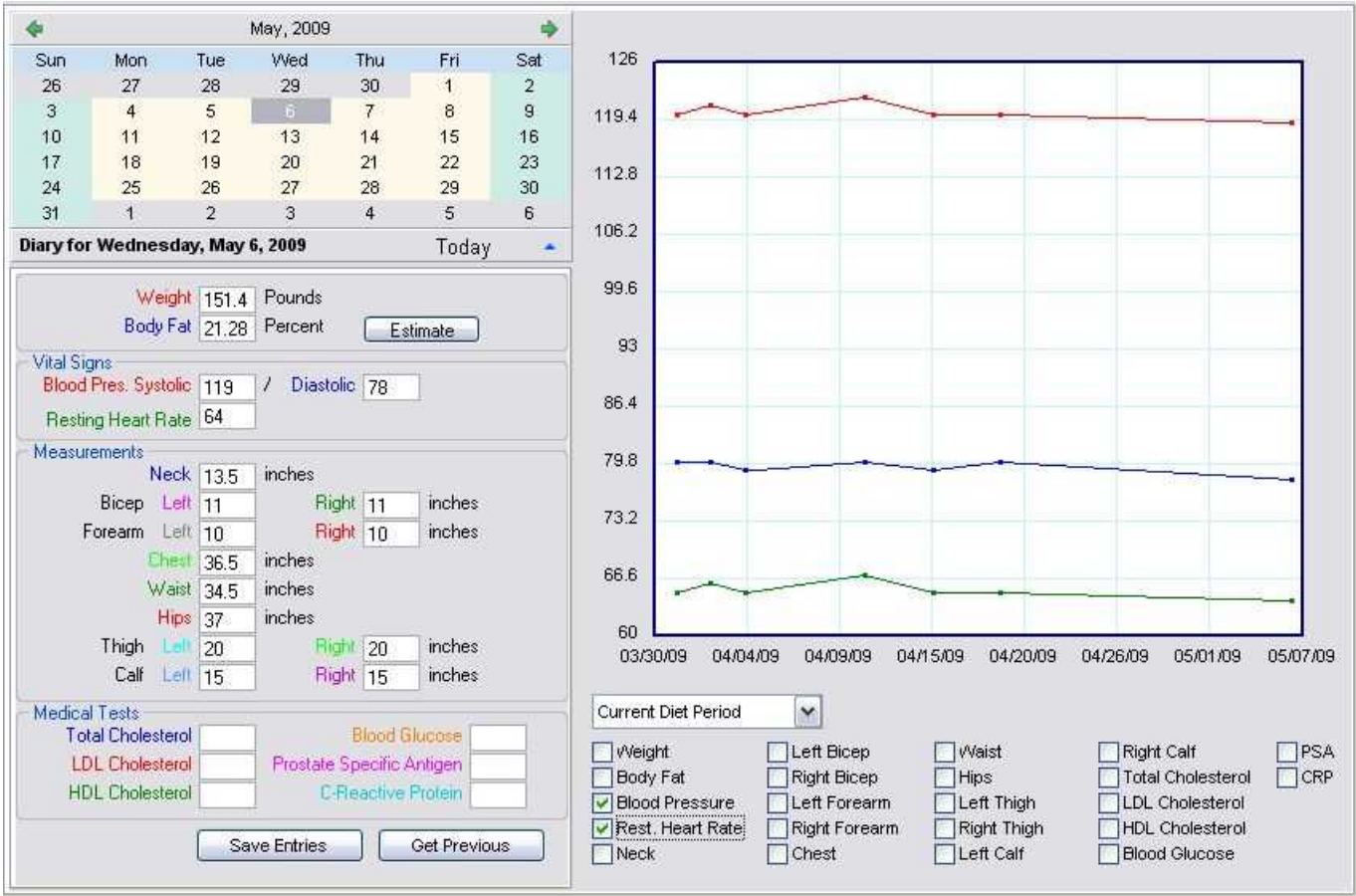


Note: Acceptable picture formats are *.bmp* , *.jpg* or *.jpeg*. Picture entry is limited to one picture per day.

Diary Body Log Entry



Click on the **Body Log** toolbar button to access the Diary Body Log screen:



Body Log data entry

To record data in the Body Log, enter values into the appropriate edit boxes.

To get the most recent previous entry for each given measurement, click on the *Get Previous* button.

To make your entries or changes in the body log permanent click on the *Save Entries* button.

The right side of the screen provides charting of the history of the various measurements. To see a chart of one or more given measurements, check the desired items. Items can be selected in any combination.



Weight may also be entered through the weight entry dialog, accessed by the **Weight** button.

Note: Except for weight entry, all data on the body data entry screen is optional, as only weight data is needed for calculations of Metabolic Rate and the daily Calorie Targets.

Chapter 3. Food Databases

Main Food List

The main food list is shown on *Foods* tab and can be accessed by clicking the Food Log toolbar button:



It is the default food list to show when accessing the Diary food log.

FoodsFavoritesMy FoodsRecipe EntryExercise

Search

in

All food groups

Clear

Name	Amount	Calories	Fat (g)	Carbs (g)	Protein (g)
Abiyuch, raw	0.5 cup	78.7	0.1	20.1	1.7
Abiyuch, raw	100 grams	69	0.1	17.6	1.5
Acerola juice, raw	1 fl oz	6.9	0.1	1.4	0.1
Acerola juice, raw	1 cup	55.7	0.7	11.6	1
Acerola juice, raw	100 grams	23	0.3	4.8	0.4
Acerola, (west indian cherry), raw	1 fruit without r	1.5	0	0.4	0
Acerola, (west indian cherry), raw	1 cup	31.4	0.3	7.5	0.4
Acerola, (west indian cherry), raw	100 grams	32	0.3	7.7	0.4
Adobo fresco	1 tbsp	48.8	3.8	3.3	0.4
Adobo fresco	1 cup	780.5	60.2	53.6	5.8

i

0.5

cup

Add To Diary

Add To Favorites

Amount

% of Budget

Calories 79 kcal	3%
Water 3.1 fl oz	2.5%
Fat 0.1 g	0.2%
Saturated Fat 0 g	0.1%
Protein 1.7 g	1.5%
Carbohydrates 20.1 g	6.2%
Fiber 6 g	15.9%
Sugar 9.7 g	15%
Sodium 22.8 mg	1.5%
Cholesterol -	
Calcium 9.1 mg	0.9%
Monounsat. Fat -	
Polyunsat. Fat -	
Omega3 Fat -	
Omega6 Fat -	
Trans Fat -	
Iron 1.8 mg	22.9%
Magnesium 27.4 mg	6.5%
Phosphorus 53.6 mg	7.7%
Potassium 346.6 mg	7.4%

Nutrition Facts

Serving Size 0.5 cup

Amount Per Serving

Calories 79

Calories from Fat 1

% Daily Value*

Total Fat 0.1g

0%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 22.8mg

1%

Potassium 346.6mg

10%

Total Carbohydrate 20.1g

7%

Dietary Fiber 6g

24%

Sugars 9.7g

Protein 1.7g

Vitamin A 2%

Vitamin C 103%

Calcium 1%

Iron 10%

Vitamin D 0%

Vitamin E 0%

Vitamin K 0%

Thiamin 0%

Riboflavin 0%

Niacin 0%

Vitamin B6 0%

Folate 0%

Searching for a Food

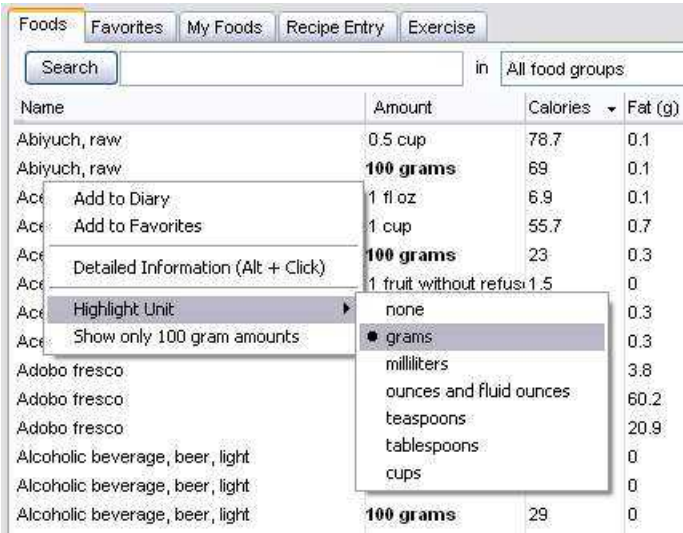
When entering a food name in the search box, the food list will automatically scroll, as the name is entered, to the nearest match in the food list *Name* column.

For a complete search through the whole *Name* field, click on the *Search* button.

Note: When typing into the search box or when using the *Search* function, the search is limited to the selected Food Group category. To search the whole food list the *All Groups* category needs to be selected.

Highlighting Units

To highlight particular measure units in the *Amount* column, right-click on the main food list or the recipe entry food list, and under *Highlight Unit* select the desired units:



Show only 100 gram amounts

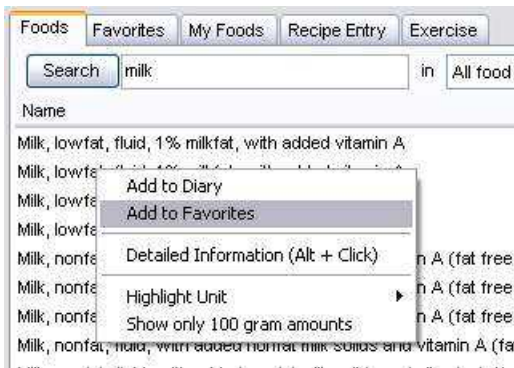
To show only 100 gram amount listings in the main food list, or the Recipe Entry food list, right-click on the list and select *Show only 100 gram amounts*:



Favorite Foods

Marking a food from the main food list as a *Favorite* food is useful for speeding up entry of often consumed foods.

To mark a food a *Favorite* food, right-click on the main food list and select *Add to Favorites*:



Or click on the *Add to Favorites* button:



To access the selected favorite foods, click on the *Favorites* tab:

Foods Favorites My Foods Recipe Entry Exerc	
Name	Amou
Bread, wheat	1
Milk, lowfat, fluid, 1% milkfat, with added vita...	8
Orange juice, raw	6

Entering your own Foods

If you find you want to enter your own Foods you can use the My Foods entry function.

My Foods Entry

To enter a new food, right-click in the My Foods list and select *Enter New Food*:



Or click on the *New Food* button inside the My Foods tab:



The My Foods entry screen will open up:

A screenshot of the 'My Foods Entry' dialog box. At the top, there are three input fields: 'Food Name:', 'Amount:', and 'Measure Unit:' (set to 'serving'). Below these is a large grid of nutrient input fields. Each field has a label, a 'Quantity' column, and a '%DV **' column. The nutrients listed are: Calories (kcal), Water (US fl oz), Protein (g), Fat Total (g), Saturated Fat (g), Monounsatur. Fat (g), Polyunsatur. Fat (g), Omega3 Fat (g), Omega6 Fat (g), Trans Fat (g), Cholesterol (mg), Carbohydrates (g), Dietary Fiber (g), Sugar Total (g), Sodium (mg), Calcium (mg), Iron (mg), Magnesium (mg), Phosphorus (mg), Potassium (mg), Zinc (mg), Copper (mg), Manganese (mg), Selenium (µg), Vitamin A (IU), Vitamin A (RAE), Retinol (µg), Thiamin B1 (mg), Riboflavin B2 (mg), Niacin B3 (mg), Pantothenic Acid (mg), Vitamin B6 (mg), Vitamin B12 (µg), Vitamin C (mg), Vitamin D (IU), Vitamin E (mg), Vitamin K (µg), Fluoride (µg), Choline (mg), Folate Tot. DFE (µg), Folate Total (µg), Folic Acid (µg), Food Folate (µg), Alpha Carotene (µg), Beta Carotene (µg), Beta Cryptoxanthin (µg), Lycopene (µg), Lutein + Zeaxanthin (µg), Caffeine (mg), Tryptophan (g), Alcohol (g), Ash (g), and Refuse (%). At the bottom of the dialog, there are three buttons: 'Save', 'Clear', and 'Cancel'. A footnote at the bottom left states: '** Daily Values as per 2000 calorie diet'.

The %DV column can be used to enter a nutrient by a known *Daily Value* (also known as *DV*). Calculation of the %DV column uses the *2000 Calorie Daily Values* reference.

Saving the entry

Minimum requirements for a My Foods entry are a *Food Name*, *Amount*, *Measure Unit* and *Calories*.

Editing My Foods

To edit an existing *My Food*, select a food and click on the *Edit* button, or right-click on the listed *My Food* and select *Edit Entry*:



Copying My Foods

To copy an existing *My Food*, use the *Edit* function. When the edit screen opens, change the *Food Name*, and save your change. This will create a new entry with the new name.

Note: If any one of Fat, Protein, Carbohydrates or Alcohol quantities are omitted or not entered correctly, *Calorie Distribution* charting will not show correctly. Also if the various applicable *Fats* are omitted or not entered correctly, *Fat Distribution* charting will not show correctly.

Entering your own Recipes

Recipe entry is another function which useful for making food logging more convenient. Instead of entering individual ingredients of your favorite dish or beverage each time, you can create a single Recipe made up of the different food ingredients.

Recipes differ from My Foods in that they are made up of other food list foods and are not made up of individual nutrient values like My Foods are.

To create a recipe out of foods which is are not listed in the recipe food list, first create the food(s) in the My Foods section. The newly entered My Foods will then show in the recipe

Entering a Recipe

To enter Recipes select the *Recipe Entry* tab:

The screenshot displays the 'Recipe Entry' tab in a software application. At the top, there are tabs for 'Foods', 'Favorites', 'My Foods', 'Recipe Entry' (selected), and 'Exercise'. Below these is a search bar with 'cream' entered and a dropdown for 'All food groups'. A table lists various cream products with columns for Name, Amount, Calories, Fat (g), Carbs (g), and Protein (g). One entry, 'Cream, fluid, half and half' with an amount of '1 tbsp', is highlighted. Below this table is a form for 'Recipe Name: My Coffee', 'Amount: 1', and 'Measure Unit: cup'. Another table, 'Recipe Ingredients', lists 'Coffee, brewed from grounds, prepared ...', 'Sugars, granulated', and 'Cream, fluid, half and half' with their respective amounts and units. At the bottom, there are buttons for 'Save Recipe', 'Add To Recipe', and 'Delete Entry'. A detailed nutrition facts panel is shown for the selected ingredient (1 tbsp of cream), listing nutrients like Total Fat, Cholesterol, Sodium, Potassium, and various vitamins with their respective amounts and percentages of daily values.

Name	Amount	Calories	Fat (g)	Carbs (g)	Protein (g)
Cream substitute, powdered, light	100 grams	431	15.7	73.4	1.9
Cream, fluid, half and half	1 fl oz	39.3	3.5	1.3	0.9
Cream, fluid, half and half	1 container, individu	19.5	1.7	0.6	0.4
Cream, fluid, half and half	1 tbsp	19.5	1.7	0.6	0.4
Cream, fluid, half and half	100 grams	130	11.5	4.3	3
Cream, fluid, half and half	1 cup	314.6	27.8	10.4	7.2
Cream, fluid, heavy whipping	1 fl oz	102.8	11	0.8	0.6
Cream, fluid, heavy whipping	1 tbsp	51.8	5.5	0.4	0.3
Cream, fluid, heavy whipping	1 cup, fluid (yields 2	821.1	88.1	6.6	4.9
Cream, fluid, heavy whipping	100 grams	345	37	2.8	2

Recipe Name: My Coffee
Amount: 1 Measure Unit: cup

Recipe Ingredients	Amount	Unit	Calories	Fat (g)	Carbs (g)	Protein (g)
Coffee, brewed from grounds, prepared ...	8	fl oz	2.4	0	0	0.3
Sugars, granulated	1.5	tsp	24.4	0	6.3	0
Cream, fluid, half and half	1	tbsp	19.5	1.7	0.6	0.4

Save Recipe Add To Recipe Delete Entry

1 tbsp Food List Selection

Nutrition Facts
Serving Size 1 tbsp
Amount Per Serving
Calories 19 Calories from Fat 16
% Daily Value*
Total Fat 1.7g 3%
Saturated Fat 1.1g 5%
Trans Fat 0g
Cholesterol 5.5mg 2%
Sodium 6.1mg 0%
Potassium 19.5mg 1%
Total Carbohydrate 0.6g 0%
Dietary Fiber 0g 0%
Sugars 0g
Protein 0.4g
Vitamin A 1% * Vitamin C 0%
Calcium 2% * Iron 0%
Vitamin D 0% * Vitamin E 0%
Vitamin K 0% * Thiamin 0%

Then enter foods from the food list into the *Recipe Ingredients* list.

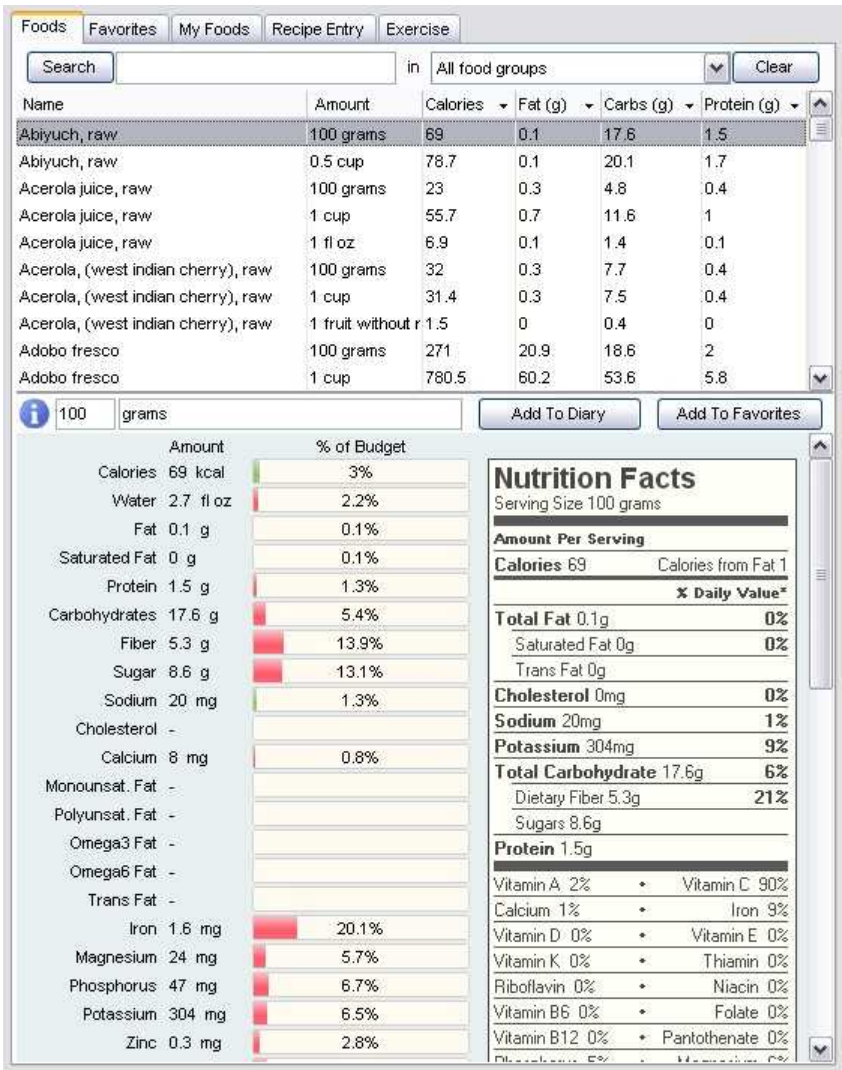
Adding a food to the *Recipe Ingredients* list can be done in the following ways:

- Drag a food from the food list to the *Recipe Ingredients* list
- Right-click on the food list and select *Add to Recipe*
- Click on the *Add to Recipe* button.

When you are finished entering all the *Recipe Ingredients* foods, and have entered the desired *Recipe Name*, *Amount* and *Measure Unit*, save your recipe by clicking on the *Save Recipe* button. The Recipe will then be saved and entered into My Foods.

Getting Nutrient Information on Foods

Nutritional Information on a selected Food can be read from the nutrient table and *Nutrition Facts* label display in the lower part of the selected food list page:



Nutrient table % of Budget column

Shows the consumption percentage of the daily recommended amount of the respective Calories or Nutrient.

Note: By default the *% of Budget* column only shows data for nutrients specified in the *USDA DRI* reference. You can set your own Budget targets for these nutrients at *Settings -> Set Personal Daily Values*:



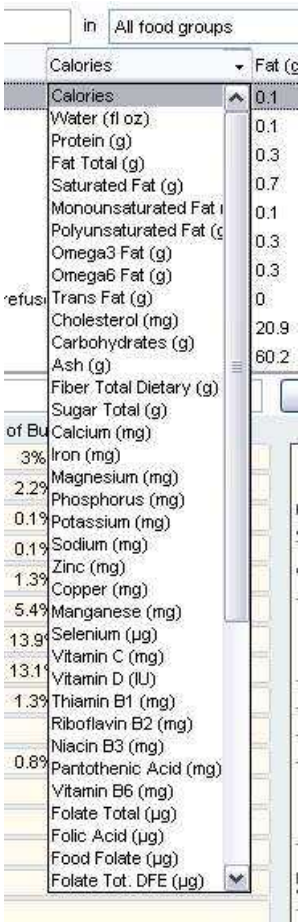
Nutrition Facts display

The Nutrition Facts display shows nutrient data in an easy to read, food label type format.


Note: The Nutrition Facts display function references the 2000 Calorie diet recommended Daily Values target guidelines, and not the DRI guidelines, or user's own Personal Daily Values settings.

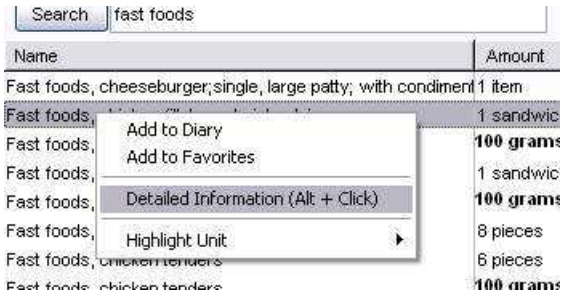
Food list columns display

Caloric and Nutritional information on foods can also be read from columns 3, 4, 5, 6 in the food list. What nutrients these columns show can be changed by clicking on the down arrow in the column headers:

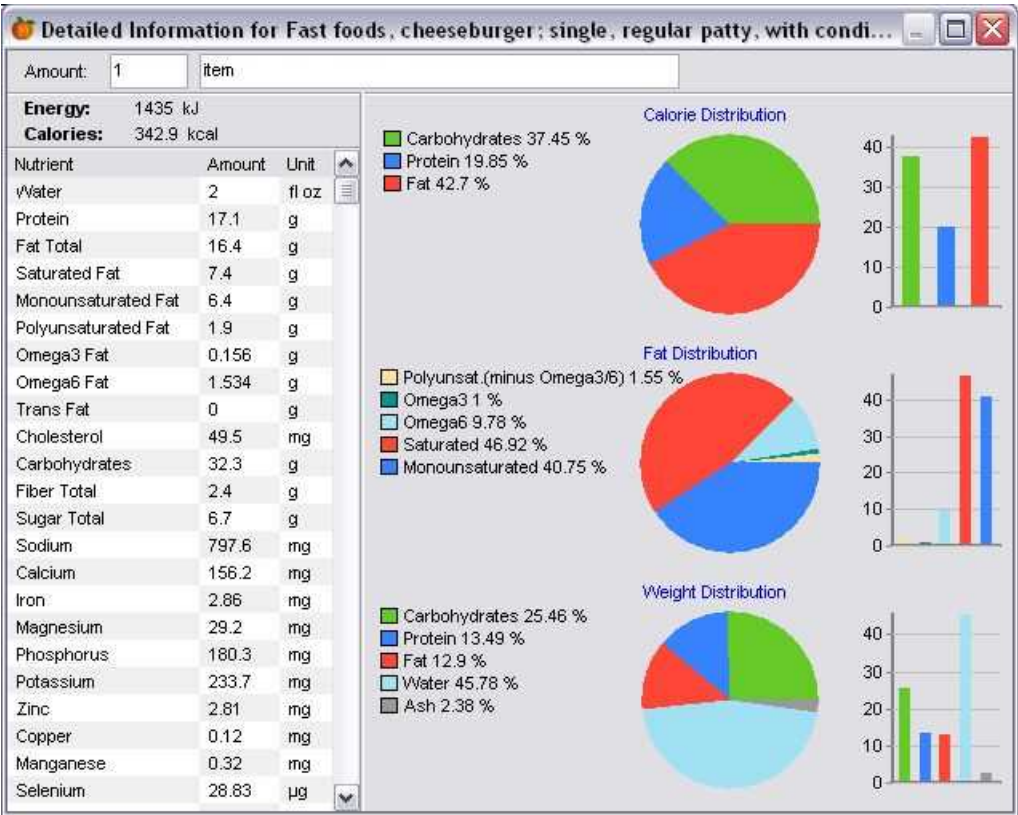


Getting more detailed information on a selected food can be done in the following ways:

- Having made a selection, click on the  icon.
- Hold down the "Alt" key and click on a food.
- Right-click on a food and select *Detailed Information*.



The *Detailed Information* screen will display:



The *Detailed Information* screen has information on all available nutrient data, and shows charts for *Calorie*, *Fat* and *Weight* distributions of a selected food.

Importing your own Database

My Diet Wiz has the capability to load two additional food databases.

There is no specific size limitation on the additional databases, the limit being your computer system memory. The running program memory footprint increases approximately 8.2MB per 1000 food entries.

The additional databases are automatically loaded at program startup. To load these, the following conditions and criteria have to be met:

- The data is *Text* data in a *Text File*.
- The Database files are named either "admff1.dat" or "admff2.dat" , and are to reside in the same folder as the *mydietwiz.exe* program executable resides in.
- One food entry and all its nutrient data per line, terminated by *Carriage Return + Line Feed* (CR,LF), or *Line Feed* (LF)
- Each food entry is to have a *Food Name*, and it is to be different from other food entries.
- Nutrient data is based on *100 gram* food amounts.
- All data values are separated by the *Caret* character "^" .
- A *Blank* or *Unavailable* value is to be represented as two consecutive carets ^^ , or by backward slash + letter N, i.e., ^\N^ .
- The data is arranged in the following Sequence and Format:

1. Food Name (maximum 200 characters)
2. Water (g/100 g)
3. Food Energy (kcal/100 g)
4. Protein (g/100 g)
5. Lipid Total (Total Fat) (g/100 g)
6. Ash (g/100 g)
7. Carbohydrates (g/100 g)
8. Total Dietary Fiber (g/100 g)
9. Sugar Total (g/100 g)
10. Calcium (mg/100 g)
11. Iron (mg/100 g)
12. Magnesium (mg/100 g)
13. Phosphorus (mg/100 g)
14. Potassium (mg/100 g)
15. Sodium (g/100 g)
16. Zinc (mg/100 g)
17. Copper (mg/100 g)
18. Manganese (mg/100 g)
19. Selenium (µg/100 g)
20. Vitamin C (mg/100 g)
21. Thiamin (mg/100 g)
22. Riboflavin (mg/100 g)
23. Niacin (mg/100 g)
24. Pantothenic Acid (mg/100 g)
25. Vitamin B6 (mg/100 g)
26. Folate Total (µg/100 g)
27. Folic Acid (µg/100 g)
28. Food Folate (µg/100 g)
29. Folate - Dietary Folate Equivalents (µg dietary folate equivalents/100 g)
30. Vitamin B12 (µg/100 g)
31. Vitamin A IU (IU/100 g)
32. Vitamin A RAE (µg retinol activity equivalents/100g)
33. Retinol (µg/100 g)
34. Vitamin E (mg/100 g)
35. Vitamin K (µg/100 g)
36. Alpha Carotene (µg/100 g)
37. Beta Carotene (µg/100 g)
38. Beta Cryptene (µg/100 g)
39. Lycopene (µg/100 g)
40. Lutein+Zeaxanthin (µg/100 g)
41. Saturated Fat (g/100 g)

[illegible]

Chapter 4. Activity and Exercise Database

Activities and Exercises List

The Activity/Exercise list can be accessed by clicking on the *Exercise* tool bar button:



Or by selecting the *Exercise* tab when the main Diary page is showing:

Foods		Favorites		My Foods		Recipe Entry		Exercise	
<div>Search</div>								<div>Clear</div>	
Activity	BMR x	Minutes	Calories Burned						
aerobic dancing, general	6.5	20	146.2						
aerobic dancing, high impact	7	20	157.5						
aerobic dancing, low impact	5	20	112.5						
aerobic dancing, step, with 10 - 12 inch step	10	20	225						
aerobic dancing, step, with 6 - 8 inch step	8.5	20	191.2						
airplane repair	3	20	67.5						
archery (sports, non-hunting)	3.5	20	78.7						
automobile body work	4	20	90						
automobile or light truck (not a semi) driving	2	20	45						
automobile repair	3	20	67.5						
backpacking	7	20	157.5						
badminton, competitive	7	20	157.5						
badminton, social singles and doubles, general	4.5	20	101.2						
bakery, general, moderate effort	4	20	90						
bakery, light effort	2.5	20	56.2						
ballet or modern, twist, jazz, tap, jitterbug	4.8	20	108						
basketball, game	8	20	180						
basketball, non-game, general	6	20	135						
basketball, officiating	7	20	157.5						
basketball, shooting baskets	4.5	20	101.2						
basketball, wheelchair	6.5	20	146.2						
bicycling, 10-11.9 mph, leisure, slow, light effort	6	20	135						
bicycling, 12-13.9 mph, leisure, moderate effort	8	20	180						
bicycling, 14-15.9 mph, racing or leisure, fast, vigorous	10	20	225						
bicycling, 16-19 mph, racing/hot drafting or >19 mph dra	12	20	270						
bicycling, <10 mph, leisure, to work or for pleasure	4	20	90						
bicycling, >20 mph, racing, not drafting	16	20	360						
bicycling, BMX or mountain	8.5	20	191.2						
bicycling, general	8	20	180						
bicycling, stationary, 100 watts, light effort	5.5	20	123.7						
bicycling, stationary, 150 watts, moderate effort	7	20	157.5						
Duration : 20		minutes	Calories burned : 146.2						
Add to Diary		New Exercise		Edit Exercise Delete Exercise					

Searching for an Exercise

When entering an activity name in the search box, the activity list will automatically scroll, as the name is entered, to the nearest match in the *Activity* column.

For a complete search through the whole *Activity* field, click on the *Search* button.

Entering your own Exercises

If you want to add your own exercise to the Activity list, you can use the My Exercise entry function.

To enter your exercise, right-click on the Activity list and select *New Exercise*:



Or click on the *New Exercise* button:



The *My Exercise Entry* dialog will open up:

My Exercise Entry

Exercise Name:

Duration: Minutes

Calories Burned:

BMR Multiplier:

Save Cancel Help

Enter the *Exercise Name* and two of the *Duration*, *Calories Burned*, *BMR Multiplier* variables (the third value will be calculated automatically).

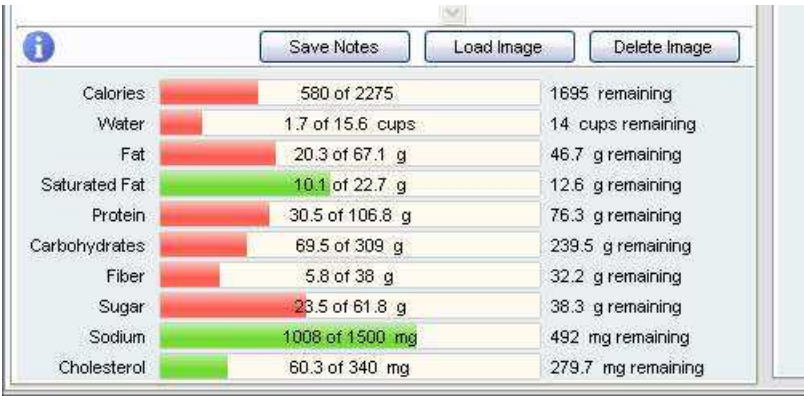
Then click on *Save* to finish the entry. The entry will be then be available in the Activity list.

Chapter 5. Checking Your Progress


Diary Information

Diary Calorie and Nutrient Information

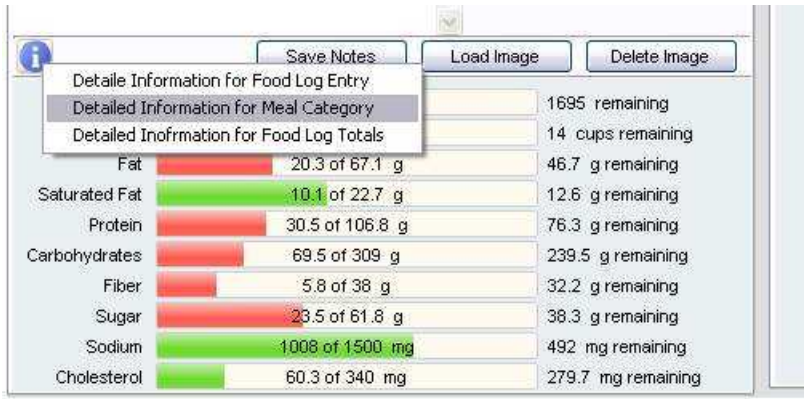
When the main Diary screen is showing, a short summary of Calories and Nutrients of the currently selected day is shown in the lower part of the diary pane:



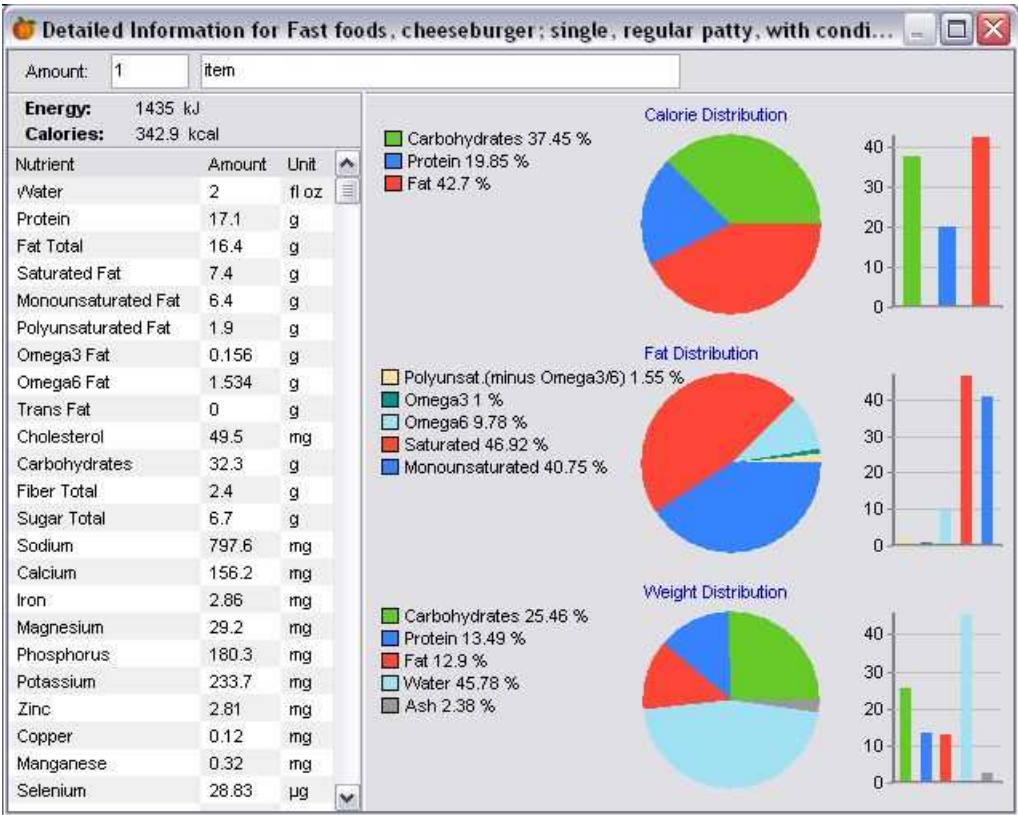
Detailed Diary Information

To get more nutrient information on foods entered in the Diary, click on the  icon. This will allow you to get more information for the following:

- An individual food log entry
- The totals of a food log meal
- The food log totals for the day



A selection from these will open up the Detailed Information screen:



Day's Summary

To show a summary for the current Diary date, click on the *Day's Summary* toolbar button:



Or from the menu select *Reports -> Day's Summary*:



This will show the *Day's Summary* screen:



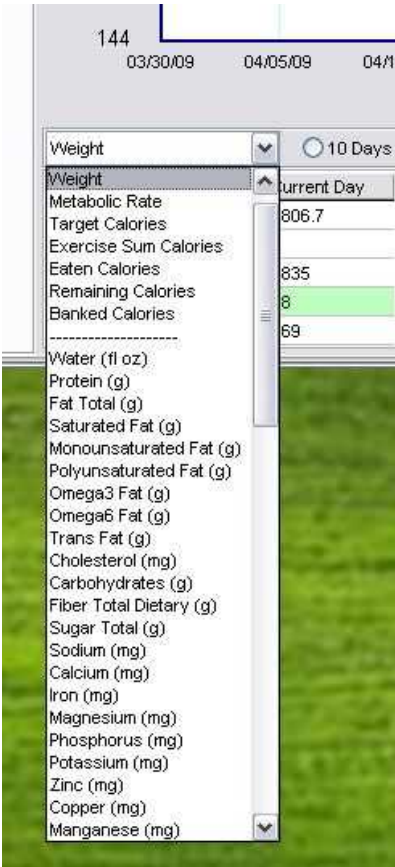
When *Weight* display is selected, the drawn lines represent the following:

- Red line reflects the user's weight progress.
- Blue line represents the projected weight progress at current rate of weight change.
- Green line represents the user's target weight plan.

The chart can be made to show either a progression *Line* or individual *Bars* by selecting the appropriate radio button in the upper left corner.

Different time spans can be set by clicking on the lower radio buttons.

The chart can be set to show the history of a specific nutrient or other measure items by selecting from the list box:



Calendar View



If you want to see your logged diary data in a calendar format, click the **Calendar View** toolbar button, Or from the main menu and select *Calendar View*:



This will show the Calendar View screen:

April 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Weight: 152.6 Eaten Cals: 1880 Total Fat: 61.1 Protein: 47 Carbohydrates: 282	30 Weight: 152.4 Eaten Cals: 1882 Total Fat: 78.9 Protein: 88.2 Carbohydrates: 214.4	31 Weight: 152.6 Eaten Cals: 1914 Total Fat: 78.7 Protein: 85.2 Carbohydrates: 223.7	1 Weight: 152.3 Eaten Cals: - Total Fat: - Protein: - Carbohydrates: -	2 Weight: 152.4 Eaten Cals: 1967 Total Fat: 74 Protein: 52.1 Carbohydrates: 251.1	3 Weight: 152.2 Eaten Cals: 1886 Total Fat: 65.5 Protein: 60.1 Carbohydrates: 216.8	4 Weight: 152.4 Eaten Cals: 1790 Total Fat: 69.4 Protein: 50.7 Carbohydrates: 238.6
5 Weight: 152 Eaten Cals: 1861 Total Fat: 78.4 Protein: 41.3 Carbohydrates: 247.1	6 Weight: 152.2 Eaten Cals: 1713 Total Fat: 59.6 Protein: 57.2 Carbohydrates: 223	7 Weight: 152.2 Eaten Cals: 1880 Total Fat: 61.1 Protein: 47 Carbohydrates: 282	8 Weight: 152 Eaten Cals: 1703 Total Fat: 55.3 Protein: 42.6 Carbohydrates: 255.4	9 Weight: 151.6 Eaten Cals: 1730 Total Fat: 56.2 Protein: 43.2 Carbohydrates: 259.5	10 Weight: 152 Eaten Cals: 1807 Total Fat: 58.7 Protein: 45.2 Carbohydrates: 271	11 Weight: 151.6 Eaten Cals: - Total Fat: - Protein: - Carbohydrates: -
12 Weight: 151.3 Eaten Cals: 1748 Total Fat: 69.5 Protein: 70.5 Carbohydrates: 215.5	13 Weight: 151.6 Eaten Cals: - Total Fat: - Protein: - Carbohydrates: -	14 Weight: 151.4 Eaten Cals: 1749 Total Fat: 60.5 Protein: 48 Carbohydrates: 245.8	15 Weight: 151.4 Eaten Cals: 1697 Total Fat: 55.2 Protein: 42.4 Carbohydrates: 254.6	16 Weight: 151 Eaten Cals: - Total Fat: - Protein: - Carbohydrates: -	17 Weight: 151.2 Eaten Cals: 2012 Total Fat: 69.9 Protein: 54.1 Carbohydrates: 282.6	18 Weight: 151 Eaten Cals: 1749 Total Fat: 60.5 Protein: 48 Carbohydrates: 245.8
19 Weight: 151.2 Eaten Cals: 1923 Total Fat: 85 Protein: 78 Carbohydrates: 221	20 Weight: 150.8 Eaten Cals: - Total Fat: - Protein: - Carbohydrates: -	21 Weight: 150.9 Eaten Cals: 1950 Total Fat: 84.9 Protein: 78.8 Carbohydrates: 224.4	22 Weight: 151 Eaten Cals: - Total Fat: - Protein: - Carbohydrates: -	23 Weight: - Eaten Cals: 2010 Total Fat: 87.3 Protein: 82.7 Carbohydrates: 230	24 Weight: 150.8 Eaten Cals: - Total Fat: - Protein: - Carbohydrates: -	25 Weight: 150.4 Eaten Cals: 1813 Total Fat: 78 Protein: 84.6 Carbohydrates: 202.8
26 Weight: 150.8 Eaten Cals: 1780 Total Fat: 57.9 Protein: 44.5 Carbohydrates: 267	27 Weight: 150.3 Eaten Cals: 1887 Total Fat: 83 Protein: 78.3 Carbohydrates: 215.8	28 Weight: 150.5 Eaten Cals: - Total Fat: - Protein: - Carbohydrates: -	29 Weight: 150 Eaten Cals: 1685 Total Fat: 73.4 Protein: 73.8 Carbohydrates: 188.7	30 Weight: 150.1 Eaten Cals: - Total Fat: - Protein: - Carbohydrates: -	1 Weight: - Eaten Cals: 1807 Total Fat: 72.9 Protein: 70.8 Carbohydrates: 221.8	2 Weight: - Eaten Cals: - Total Fat: - Protein: - Carbohydrates: -
<input checked="" type="checkbox"/> Weight (lb) <input type="checkbox"/> Metabolic Rate <input type="checkbox"/> Target Calories <input type="checkbox"/> Exercise Calories	<input checked="" type="checkbox"/> Eaten Calories <input type="checkbox"/> Remaining Calories <input type="checkbox"/> Banked Calories <input type="checkbox"/> Water (fl oz)	<input checked="" type="checkbox"/> Total Fat (g) <input type="checkbox"/> Saturated Fat (g) <input checked="" type="checkbox"/> Protein (g) <input checked="" type="checkbox"/> Carbohydrates (g)	<input type="checkbox"/> Fiber (g) <input type="checkbox"/> Sugar (g) <input type="checkbox"/> Sodium (mg) <input type="checkbox"/> Cholesterol (mg)	<input type="checkbox"/> Day's Notes <input type="checkbox"/> Day's Picture		

Data that can be shown includes Calories, basic Nutrients as well as your diary Notes and Pictures.

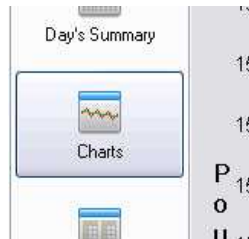
Note: While any combination of selections may be made, depending on size of the *My Diet Wiz* program window, not all selections may be visible. To see selections which are not showing, decrease the number of total selections, or increase program window size.

Charting

From the menu select *Reports -> Charts*:



Or when in the Reports section, click on the *Charts* button:



To show the Charts screen:



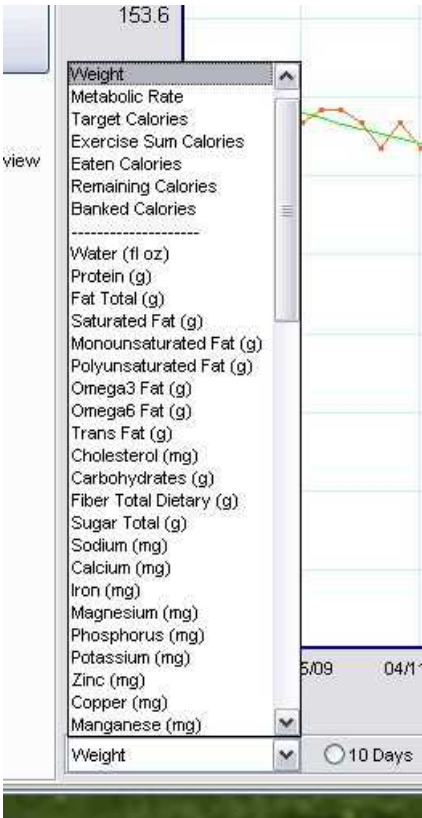
When *Weight* display is selected the drawn lines represent the following:

- Red line reflects the user's weight progress.
- Blue line represents the projected weight progress at current rate of weight change.
- Green line represents the user's target weight plan.

The chart can be made to show either a progression *Line* or individual *Bars* by selecting appropriate radio button in the upper left corner.

Different time spans can be set by clicking on the lower radio buttons.

The chart can be set to show the history of a specific nutrient or other measure items by selecting from the list box:

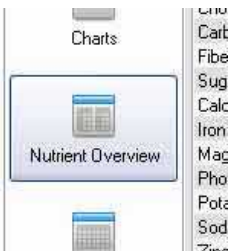


Overview of Nutrient Intake

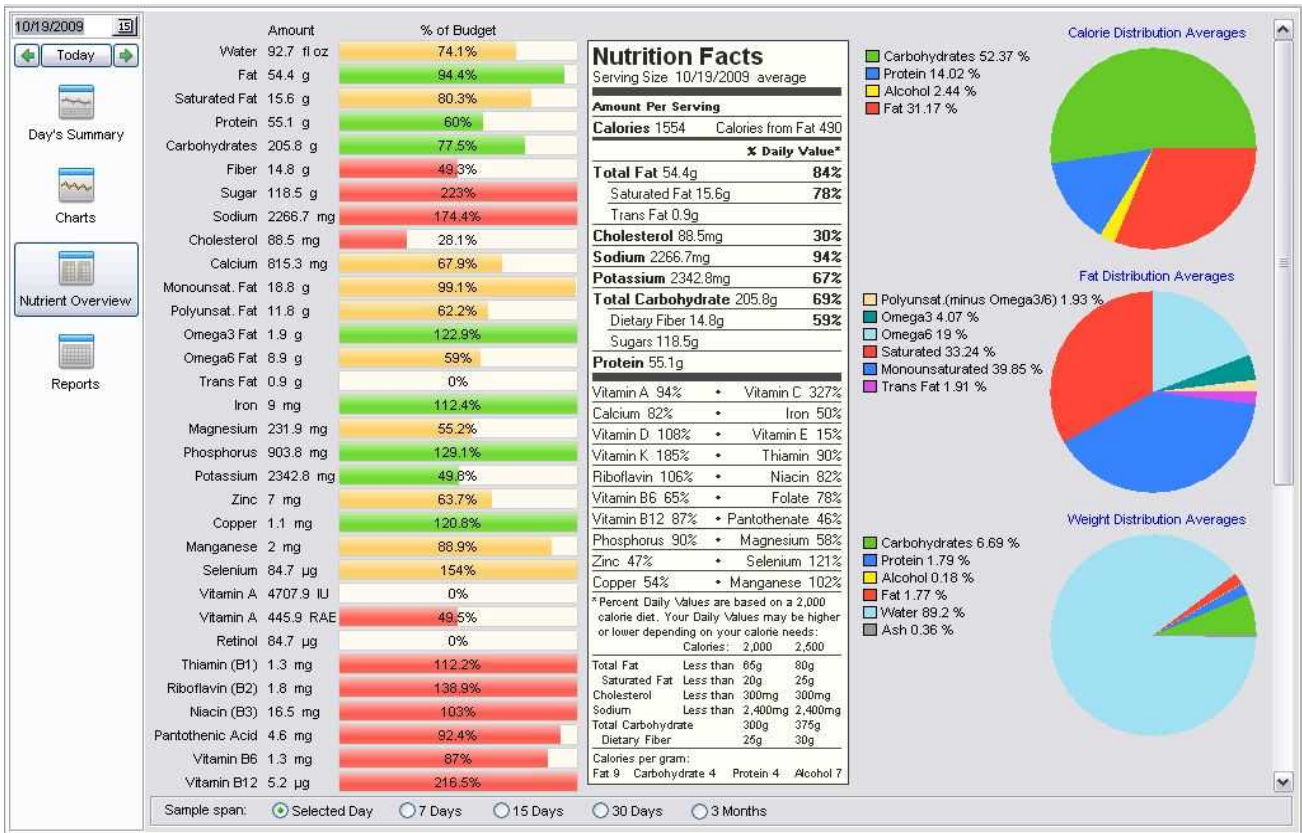
For a general overview of your nutrient intake history, select *Reports -> Nutrient Overview* from the main menu:



Or when in the Reports section, click on the *Nutrient Overview* button:



The Nutrient Overview screen will show:



Sample Span

The nutrient overview display presents data of averages of nutrients over selected spans of time. Only days with entries in the food log are included. Available sampling spans are:

- Selected Day
- 7 Days
- 15 Days
- 30 Days
- 3 Months

The date in the upper left date edit box determines the day of sampling for the *Selected Day* selection, and also determines the end date of the other sampling periods.

Nutrient table % of Budget column

Shows the consumption percentage of the daily recommended amount of the respective Calories or Nutrient.

Note: By default the *% of Budget* column only shows data for nutrients specified in the *USDA DRI* reference. You can set your own Budget targets for these nutrients at *Settings -> Set Personal Daily Values*:



Nutrition Facts Display

The Nutrition Facts display shows nutrient data averages in an easy to read food label type format.

Note: The Nutrition Facts display function references the 2000 Calorie diet recommended Daily Values target guidelines, and not DRI guidelines, or user's own Personal Daily Values settings.

Calorie Distribution Averages

The *Calorie Distribution Averages* pie chart shows data if available, for:

- Fat
- Carbohydrates
- Protein
- Alcohol

Fat Distribution Averages

The *Fat Distribution Averages* pie chart shows data if available, for:

- Saturated fats
- Monounsaturated fats
- Omega 3 Polyunsaturated fats
- Omega 6 Polyunsaturated fats
- Polyunsaturated fats (excluding Omega3 and Omega6)
- Trans Fats

Weight Distribution Averages

The *Weight Distribution Averages* pie chart shows data if available, for:

- Fat
- Carbohydrates
- Protein
- Alcohol
- Water
- Ash

Generating Reports

From the menu select *Reports -> Reports*:



Or when in the Reports section, click on the *Reports* button:



The Reports screen will show:

A screenshot of the 'Reports' screen. On the left, there are buttons for 'Day's Summary', 'Charts', 'Nutrient Overview', and 'Reports'. The 'Reports' button is selected. Below these buttons are date selection options: 'Report Start Date' (User Start, Current Diet Period Start, 03/30/2007) and 'Report End Date' (Today, 04/08/2007). Below these are seven column selection dropdowns: Column 2 (Weight), Column 3 (Metabolic Rate), Column 4 (Target Calories), Column 5 (Exercise Total), Column 6 (Eaten Calories), and Column 7 (Remaining Calories). At the bottom are buttons for 'Generate Report', 'Print Report', and 'Export Report to File'. The main area displays a table with the following data:

Date	Weight	Metabolic Rate	Target Calories	Exercise Total	Eaten Calories	Remaining Calories
03/30/2007	152.6	2120	1904.8	0	0	1904.8
03/31/2007	152.8	2120	1911.1	0	1761.2	149.9
04/01/2007	152.2	2098	1806.7	-28.4	1846.3	-39.6
04/02/2007	152.6	2147	1872.9	0	1967.3	-94.4
04/03/2007	152.2	2068	1802.6	0	2356.7	-554.1
04/04/2007	152.4	2142	1931.4	63.7	1789.7	141.7
04/05/2007	152	2122	1858	0	1861.3	-3.3
04/06/2007	152.2	2129	1888	32.7	1713.2	174.9
04/07/2007	152.2	2109	1831.9	0	1880	-48.1
04/08/2007	152	2099	1826.7	0	1954	-127.3

To do a Report

1. Select the *Report Start Date* and *Report End Date*.
2. Select the desired items of measure for Columns 2 to 7 from the drop down lists.
3. Click on the *Generate Report* button to generate the report from your selections.

Printing a Report

1. Select the *Report Start Date* and *Report End Date*.
2. Select the desired items of measure for Columns 2 to 7 from the drop down lists.
3. Click on the *Print Report* button.

Exporting a Report to a File

1. Select the *Report Start Date* and *Report End Date*.
2. Select the desired items of measure for Columns 2 to 7 from the drop down lists.
3. Click on the *Export Report to File* button.
4. The data is then saved as a Text file with the data being delimited by your choice of a *space*, *tab*, *caret*, *comma* or *double quote* character:

