



**Kath 's D t P a r**



# **Kathleen's Diet Planner**

## **Diet and Nutrition Software for Windows**

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*by Paul Lagasse' of The Better Byte Software Company Ltd.*

*Welcome to Kathleen's Diet Planner, a work in progress for  
10 years.*

*I hope this software can be of some benefit to you and that  
you find that it is the best nutrition and software package out  
there.*

*pl*



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**1 Introduction****1.1 Feature List**

Change Font Size

*Update Kathleen's Diet Planner 14.376 2007***KDiet 14.3: (Feb 19, 2007)**

- ☺ Rewrote the Help in HTML Help (.chm) so that it works in Vista.
- ☺ Changed the Favorites Food Database:
  - Now you can pick from other people's or plan's favorites.
  - Pick foods from "All Favorites" if you want to.
  - You can copy and paste favorites from one person or plan to another without having to export and import.
  - You can change the food's amount in your favorites by right-clicking and choosing "Change Amount of Food".
- ☺ Created a "Search and Replace" window. Easily search for a food in all meal days, all favorites or all recipe ingredients, and then replace multiple food items with a new food or a different amount of the same food. Real time saver for those whom are building many meal plans or those whom would like to change their multiple food items. (Thanks Tom!)
- ☺ Bug fix: Recipe name changes weren't being propagated to the detail ingredients. Fixed: Put in a Recipe Name change option to handle it.

**KDiet 14.2: (Jan 19, 2007)**

- ☺ Added a "Nutrient Averages" report. You can pick the date range, which nutrients to display and it will report the nutrient goals, nutrient averages, total nutrient along with a confidence level to indicate how many records have values for the nutrient..
- ☺ Fixed a bug: If you edited the METS in the Exercise Library for an exercise that you had chosen in the exercise editor drop down list, the new value for METS would not appear in the editor unless you selected a different record and then returned to the exercise you were on. Fixed.
- ☺ Expanded the page size in the shopping list to better accommodate the 255 byte food description. Was causing an exception on some systems.
- ☺ Redid the Shopping List: Put in the New Grid with Styles, added the ability to convert measures, redesigned the window. Before, when you added items to the Shopping list, it would add multiple entries for the same food if the unit was different for those same-name food entries. Now, all identical food items with different units of measure add into the first identical food while recalculating correctly the amount and grams for that unit of measure.

**KDiet 14.1: (Jan 6, 2007)**

- ☺ Changed the numeric grid fields so they are not exported to Excel as strings, but numbers in most grids. (Thanks Joern!)
- ☺ Fixed the 'alignment' so it works once again for numeric grid fields.
- ☺ Replaced the SpinEdits (which were cumbersome and slow) with Calc Edits (little calculators that you can use the mouse on) in the Favorites food editor, Food DB Editor and the Personal Nutrient Goals windows.

**KDiet 14.0: (Jan 1, 2007)**

- ☺ Upgraded the food database to USDA 19 and CNF 2005. Now contains **McDonald's, Wendy's and Burger King's** restaurant food items!
- ☺ Food Database now uses long food name descriptions. No more abbreviations!
- ☺ Added the **Potential Renal Acid Load (PRAL)** to the nutrient specifications (measure of acidity/alkalinity). Added PRAL to meals, charts, totals, reports and recipes.. You won't find this in any other Diet Application. PH balancing dieters and people concerned with bone loss will love this.
- ☺ Redesigned the DRI table. Users can now easily create customizable DRI (dietary reference intake plans) and overlay multiple plans on one person. New style grid, new format for fields and a new report.
- ☺ DRI Plans can now be saved to files and shared with other KDiet users.
- ☺ Redesigned the Percent Daily Values Plan Editor.
- ☺ Redesigned the Weight Plan in the people database. KDiet now calculates BMR based on Harris-Benedict and Mifflin-St Jeor formulas. Percent Body Fat, Lean Body Mass is now calculated with three methods (Army, Navy and YMCA).
- ☺ Daily Calories is now calculated with the METS method, the Harris-Benedict method and the Mifflin-St Jeor method.
- ☺ Added the **Waist to Hip Ratio**, which is the latest measure and most accurate predictor of future health problems (apparently).
- ☺ All personal calculations (BMI, BMR, Body Fat\* and Waist To Hip Ratio) can be added to the Help U Track in one click.
- ☺ Replaced the pictures in the Measurements window. Add Right Wrist to the measurements. Clarified the position of the waist in the pictures in the Progress Tracker.
- ☺ Did away with the temporary weight and measurements data entry boxes in the people database Weight Plan because people were complaining that KDiet did not remember those entries the next time they tried it.
- ☺ Measurements window now permits the user to quickly update their calories/fat/protein/carbs goals after a new batch of body weight and measurements are taken.
- ☺ Updated many reports to reflect the changes in the food database. (Now there are 153 nutrients).
- ☺ Added a Net Calories Quick Chart and a Net Calories Report.
- ☺ Due to overlapping descriptions of fatty acids and the additions of many more fatty acids, the fatty acids' names were condensed.
- ☺ Added the ability to plot your Nutrient Goals on the Progress Tracker Chart alongside of the regular nutrients.
- ☺ Added a routine to strip out Windows' Filename incompatible characters for most of the export routines.
- ☺ Redesigned the Pack and Re-Index Database maintenance program so it is simpler to use.

**KDiet 13.1:**

- ☺ Added the carry-through of the Find in the Food Database to the Advanced Find edit box
- ☺ Optimized the Advanced Find method so it is much faster.
- ☺ Fixed the "Find Ingredient" grid so you can double click on it to go to that recipe.

**KDiet 13:**

List of changes:

- ☺ Added the ability to enter nutrient amounts using a "Percent Daily Value" found on food labels - *based on a 2000 calorie diet*
- ☺ Added a Daily Value Plan editor containing the Reference Values for Nutrition Labeling entries for Canada and USA.
- ☺ Fixed the "Meal Day Totals with Weights (Current Person)" report so it is only for the current person.
- ☺ Added the ability to add the "Calculations for BMI, BMR, Percent Body Fat, Lean Body Mass etc" to the Help U Track for a historical perspective.
- ☺ Added a Diabetic report: you can choose which components to report on in chronological

order (Meals, Meds, Blood Glucose and Exercise)

- ☺ Corrected the captions on some Export from Progress Tracker windows.

### Older Changes:

#### 12.6

- ☺ Added the ability to copy and paste ingredients from one recipe to another.
- ☺ Added the ability to find ingredients within all recipes in the recipe chest.. See [Find Ingredient In Recipe](#)
- ☺ Added some meal plans. Added some meals from the meal plans to the Recipe Chest.
- ☺ Fixed some minor bugs (like tabbing in the Advanced find), and the exception you'd get if you had something in the notes field.
- ☺ Fixed the ini file saves for the gradient and labels' fonts in the Recipe Chest..
- ☺ Hooked up the meals reports so that they are called directly from the KDiet menu from the "Production Reports" in the Reporting Module.
- ☺ Added two new reports showing fats/protein/carbs in pie charts in percentages of calories..
- ☺ Added two pie charts to the Recipe Chest (percentages of fats/protein/carbs in grams and calories).

### Previous

- ☺ New style with choice of styles. Choose ultra flat, flat, standard or Office 11 styles for most grids, buttons and components.
  
- ☺ New grid. The new grid from DevExpress is packed full of features. This grid will sort, group, sum/average/high/low, is fully customizable and has a theme editor where you can customize nearly every aspect of the grid including colors and fonts! For a list of the new grid's features see [Grid Features](#)
  
- ☺ Progress Tracker Chart has been re-worked.
  - Quick Chart enables you to save charts and recall them with a few clicks (saves you from having to set up charts over and over again). Import and export Charts. Share your charts with other KDiet users. For more information see [Quick Charts](#)
  - New Date Span picker.
  - Choose to display Totals by time or detail for the nutrients and help u track items.
  - Add your own series to the chart and perform calculations with these new series such as "averages", "trends" and more.
  - Pick themes for your charts or customize the look and feel yourself.
  
- ☺ Choose which time format you prefer in most grids. (AM/PM, 24 HOUR and/or Show Seconds)
  
- ☺ Food Database
  - Now contains the new grid. Not only lets you customize the grid but will let you filter the grid with multiple conditions and then save the filter to a file and load it back in later!
  - Style editor with which you can pick colors and fonts.
  - Upper Panel has been re-worked and is now clearer and easier to view. Icons have been added to some buttons.
  - Advanced Find has been reworked. Now contains a progress bar.
  
- ☺ Main Meals grid
  - Add your own footers and group footers and then choose to display SUM/MIN/MAX/AVG in them.
  - Style Editor so you can customize the colors and fonts.
  - Option to keep the grouped grid fully expanded when switching from one day to another.
  - You can now change the row height separately from the column header height.
  - Food Group and Food Code have been added to the meal days table, ingredients and the data upgrade window.
  
- ☺ Totals Grid
  - New Grid with Style Editor
  - Totals Graph has been re-done.

- Right click on the column header to see the pop-up menu.

- ☺ Photo Album has been redesigned.
  - Contains a sizeable card view for easy viewing.
  - Contains a "Side by Side" viewing utility that lets you drag pictures to easily compare them in a side by side view
  - New! Slide Show. Customizable settings that let you display your pictures in a slide show.
  
- ☺ Person database
  - New style and design
  - Now displays both US and Metric measures at the same time
  - New spin buttons with a small increment (1) and large increment (10) for quick mouse action when setting goals.
  - Pick Ratio window has been redesigned
  - Sizeable Person Table so you can adjust the Person Name table as you like.
  
- ☺ Progress Tracker
  - New Grids
  - You can choose to omit nutrients with no goals from the Progress Tracker Report
  - You can choose to omit progress tracker tables with no entries from the Progress Tracker Report. (Thanks Rosie)
  - Add footers to any grid and show MAX/MIN/SUM/AVG if you like.
  - Style has be reworked.
  
- ☺ Report Builder Enterprise
  - The reporting utility has been upgraded from Report Builder Pro 7.04 to **Report Builder Enterprise v9.02**
  - Contains the "Calc" tab where you can code your own calculations in Pascal
  - Contains more help for the new functionality (see RAP help in the Reporting Module).
  
- ☺ Recipe Chest
  - New Grids and style
  
- ☺ Numerous other improvements which are too many to list here. If you are an experienced KDiet user, you will notice quite a difference.

#### **What's new in Kathleen's Diet Planner 11.4**

Version 11.3 would not import previous versions' data due to a bug in a memory table. This has been fixed.

#### **What's new in Kathleen's Diet Planner 11.3 Feb 27, 2005**

##### **USDA food database upgraded to version 17**

- Contains some McDonald's restaurant foods including the trans fats for their French fries!

##### **Specific Changes (quoted from USDA 17 documentation):**

We have made several major changes to the database since the last release, as listed below:

- Updated nutrient profiles for 14 legumes and legume products,
- Revised  $\alpha$ -tocopherol values in infant formulas to consider different activities of the all-rac and RRR forms of  $\alpha$ -tocopherol,
  - Added data for 19 Navajo foods and 71 Alaskan native foods as the first part of the American Indian/Alaskan Native Foods Database,
  - Expanded frozen novelties and ice creams to include no sugar added, light and 98% fat free brand name items,
  - Included brand name fast food data when analytical data were available through NFNAP, and
  - Added data, including trans fat levels, for 28 typical industrial oils, margarines, and

shortenings designed for use in commercial food products. These industrial products are described by oil source (soy, canola, etc.) and by recommended usage (filling fat, salad, and light frying, confection, etc.).

#### **Food Editor Window.**

Now you can add or edit foods in the favorites food database or the main food database in an easy editor window rather than having to scroll the grid in order to find foods.

#### **What's new in Kathleen's Diet Planner 11.2**

If you opened the Progress Tracker and ran the Progress Tracker Report, if you were displaying the Totals Grid in the main Screen, sometimes the totals did not reflect the current day. This has been fixed.

The zoom box on the progress tracker grid now defaults to a more visible color.

#### **What's new in Kathleen's Diet Planner 11.1**

☺ The Totals Graph and the Progress Tracker Chart have been upgraded. Now you can edit them and the changes will be saved. You can now pick themes so display the charts in varying styles. The print preview window will now print the title on the chart.

☺ Recipes will now scale properly if there is an entry in the "Source" and/or "Notes" fields.

☺ A chart has been added to the Recipe Chest's Recipe window. Now you can quickly and easily see the nutrient of each recipe as you scroll.

☺ The Glycemic Load calculation was missing the Fibre Total Diet g field in the calculation when it added the recipe header to a meal day. This has been fixed.

☺ If you used the convert measure function in the ingredients grid in the Recipe Chest and first used it in another window such as the food database or the favorites food database, it displayed the wrong item description in the top of the convert measure window. This has been fixed.

#### **What's new in Kathleen's Diet Planner 11**

1) Now contains the USDA 16 and CNF2001b foods databases

The list of changes for the foods database is this:

**The USDA 16 now contains these new fields which were added and populated:**

- a) Beta Carotene usda mcg
- b) Alpha Carotene usda mcg
- c) Beta Cryptoxanthin usda mcg
- d) Lycopene usda mcg
- e) Lutein usda mcg
- f) F18D2CLA usda g
- g) FA Tran Poly Tot usda g

**The following fields were changed:**

- a) Vit\_D\_mcg was changed to Vit\_D\_cnf\_mcg
- b) Vit\_A\_re was changed to Vit\_A\_cnf\_re
- c) Vit\_E\_Alpha\_Toc\_Equiv\_mg was changed to Vit\_E\_Alpha\_Toc\_Eq\_cnf\_mg
- d) Alpha\_Toc\_mg was changed to Vit\_E\_Alpha\_Toc\_mg.

#### **2) NEW FIELDS for V11**

Kathleen's Food Database now contains a **populated Glycemic Index field**, a **Glycemic Load field** which automatically calculates for you and a non-populated **PH\_Level field**.

You can import your old data from your current version and then upgrade your data to the latest level. For more info see [Upgrading Data](#)

**3) New HELP U TRACK table.** Now you can create your own fields to track. Have you ever wanted to track how many cigarettes you smoke or how many times you get a headache per month? Now you can! Create your own items and track them, chart them and report on them!

#### 4) Various enhancements

You can now change the font, color and number of header lines on most grids.

#### Feature List

##### **Design your own reports!!! Export to HTML, PDF, Excel, JPEG, RTF and more!!!**

Kathleen's Diet Planner now contains 35 pre-written reports and an end-user report builder with which you can build your own reports. Contains 31 example reports that you can use as a starting point. Also exposes the production reports so you can change them if you know what you are doing.

See [READ THIS](#)

The **food database** now contains the **USDA Release 17** (United States Department of Agriculture) and the **Canadian Nutrient file, 2001b**. There are **30,801 food entries**. There are **146 nutrients** in the food database. If the particular nutrient is specific only to the USDA foods database, the letters "usda" appear in the nutrient name as in "Folate Dfe usda mcg". If the nutrient is found only in the Canadian Nutrient File, you will see "cnf" in the nutrient name as in "Aspartame cng mg". You can filter the foods database and choose only from the USDA 17 or only from the CNF 2001b data if you so desire.

**Progress Tracker** Kathleen's Diet Planner now lets you track your weight, your goal weight, calories eaten, **ketosis levels (for you Atkins dieters)**, blood glucose, exercise, cholesterol and blood pressure. You can not only pick and choose which elements to display on the same chart, but you can easily produce a comprehensive report of your progress. The **progress report** can display all 146 nutrients alongside of your goals so you can compare whether or not you are getting the necessary vitamins, minerals, amino acids, fatty acids and other nutrients. It displays totals, averages and you can pick which date range to run the report on. Export and Import your Progress Tracker tables one at a time or all in one blow.

**Photo Album** Now you can take before and after pictures of yourself and store them in the Photo Album. You will be able to see the difference whether you are losing weight or gaining weight. Your latest picture will display for you on the weights tracking window.

**Manage your RDI, DRI or nutrient defaults yourself.** The recommended daily amounts are now in it's own table that you can edit yourself. The next time the recommended allowances change, you can change them too!

**Weight Plan** The Weight Plan in the people database section will determine your Body Mass Index, Basal Metabolic rate and suggest how many calories to eat per day to lose, gain or maintain your weight. It also calculates your body fat percentage and lean body mass.

**Supercharged grids.** Kathleen's Diet Planner now contains powerful grids that let you move columns, add and remove columns, scroll one part of the grid while keeping the other part stationary, group, sort and filter, and **export most grids to Excel, XML, HTML or text.**

**Metric Conversion.** You can build your meals with Canadian measures (milliliters, liters and grams) or American Measures (teaspoons, tablespoons, ounces, cups, pounds etc). Easily convert your measures from one to the other. There is also a Celsius to Fahrenheit conversion window.

**Recipe Chest.** The Recipe Chest is a welcome addition to the KDiet Meal Planner. Store recipes, build recipes in Canadian or American measures, analyse the nutritional content of your favorite recipes with 146 nutrients to peruse, email your recipes to friends or publish them on the web. The pictures are now saved as jpegs, so they occupy less space in the database. You can **export and import recipes** now so you can share them with others. **Use the Recipe Chest as a meal library.**

**Shopping Lists.** Create shopping lists from all your meals or all meals within a date range. Add foods from the Foods Database, the recipes, the meals or your favorites food database.

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Save your shopping list to HTML and email it to your shopping partner.

**Advanced Find.** In the Foods Database there is an Advanced Find feature. The Advanced Find will look through all food names in the Foods Database, and find the occurrences of search strings within the food names. For example, if you enter "baking soda" as the search criteria, it will find an entry called "leavening agents,baking soda". Note that the text "baking soda" is in the center of the description. If you enter "ver" it will find "game,beaver". No wildcard is needed as it searches for exactly the string you specify. All results are now displayed in a table so that you can see all results easily and quickly.

**Lots and lots of graphs, pie charts, bar charts** that automatically change when you add, remove or change the amounts in foods.

**Import/Export Feature** From the people database, you can export all tables for one person into one file. You can then email that file to someone else who owns Kathleen's Diet Planner, and they can load that person into their database!

## 1.2 Is this your first visit?

### Welcome!

Welcome to Kathleen's Diet Planner, a work in progress since 1997.

This program was designed and written by Paul Lagasse' of The Better Byte Software Company (me). I have tried to design the program so that it is easy to use and better than any one else's. I have also used this program myself and lost 60 lbs in the process. My personal data is no longer included in the demo download. If you want to see my data, send me an email and I will gladly let you have it.

If you find any bugs or have any suggestions, please feel free to send an email: [The Better Byte Software Company Support](#)

I have found that the Kathleen's Diet Planner has been an invaluable tool which has let me examine my daily intake of foods and compare it to my progress, or lack of it. It is very easy to see what factors are affecting weight loss when you can chart them on the same chart. I especially appreciate the ability to check my diet and determine if I'm getting enough zinc, calcium or fatty acids. Lately, I've been using it to examine my fibre intake. Seems like the more fibre I eat, the less likely I am to gain weight.

This latest version is getting to be quite a joy to work with. It does more, it is more customizable and it's usefulness has increased considerably. I like the Quick Charts and the ability to customize the grids with themes. You can also save a theme to disk and load it into another grid if you like. Actually, the Slide Show is kind of neat too. You can load as many pictures as you like and then let the show begin! Now I'm happy I figured out how to optimize the Advanced Find feature. Before, a search of the whole food database was taking 15 seconds. Now it takes 2 seconds!

The most recent addition has been the Potential Renal Acid Load, a measure of acidity/alkalinity. If your food consumption is too acidic, it leads to calcium loss and all the health problems associated with that. The addition of McDonald's foods to the foods database with the USDA 19 is quite nice too..

I wish you all the best in your endeavors to become more fit, lose weight, control your diabetes or increase your knowledge of nutrition.

pl  
Jan 2007

## 2 Getting Started


### 2.1 Steps to Creating a Meal

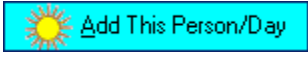
Change Font Size


#### Steps to Creating a Meal

To create a complete meal do the following:

**1) Add yourself to the people database** if you haven't been added yet. See [Adding a Person](#). Make sure you also input your nutritional goals. At minimum you should enter goals for calories, protein, fat and carbohydrates. If you don't, the goals will not appear in the goals pie charts, the graphs or the totals grid and graph.

**2)** Click on the  button on the Main Window. Select a person, a date and add any notes that you might want. For more complete information, see [Adding a New Day](#)

**3)** Click on the  button. A new day will be created.

**4)** Click on the  button, or select **Windows** and then **Foods Database** from the main menu. This will take you to the main foods database.

**5)** Pick a food by clicking once on it, or by making it current (selected). Adjust the quantity using the Quick Change Amount spinedits if you want.

**6)** Click on the  button.

**7)** Select the meal name and the time of the meal. Click on OK.

For more info, see [Adding a Food to a Particular Meal](#)

Close the foods database and return to the main window. Or, if you want to add more foods to your meal, repeat steps 5 to 7 on another food from the food database.

If you want to add a new meal name or change the existing ones, see [MealNames](#)


Now you can proceed with [Changing Food Amounts](#)

#### Alternate methods of creating meals:

- You can copy meals from previous days, or other persons' days or other meal plans. To do that, go to the other person/day or meal plan. Right-Click on a food in the meal you want to copy and select "Copy Current Meal". Now, go back to the meal you are working on, Right-Click and select "Paste".

- You can add a meal from the Recipe Chest. To do that, open the Recipe Chest, select a recipe and then choose "Add All Ingredients to Meal". All the ingredients to the recipe that you selected will be added to the meal and time you choose as separate ingredients. Very handy.

### How to add a Person or a new meal plan

1) From KDiet's main window, open the people database. Click on the people database  button.

2) From the People Database Window, Click on  to insert a new person.

3) Enter the person's name in the "New Person Name Entry Box" window.

4) Click on the "OK" button. You now have a blank new person or meal plan.

5) Click on the **Name and Address** tab . Type your information (address, phone etc) into the tab. Type in all or as many fields as you'd like. At minimum you need the person's name. (or meal plan's name).

6) Click on the **Personal Info** tab.

**You must enter all the information in this screen for people (not meal plans)**, except the occupation. All the data here is used at some time or another to calculate important calculations so please enter the information accurately. When you are finished, click on the check-mark in the NavigatorBar to save your changes.

Do not forget to choose your **Preferred Measure**. If you choose "English", the measures will be in Pounds, and inches. If you choose "Metric", the measures will be in kilograms and centimetres. If you have entered body weights and body measurements in one type of measure and then change your Preferred Measure to the other (English to Metric or vice versa), a conversion routine will kick in and convert all your data for you..

7) Click on the **Weight Plan** tab.

You should see this:

Name and Address	Personal Info	Weight Plan	Nutritional Goals	Medical Conditions
<b>Samantha Higgy</b>				
Chosen Dimensions				
<b>Age:</b>	50 years	3 months	<b>Neck:</b>	17.00 in
<b>Weight:</b>	195	Pounds on Tue, 2006-Dec-26	<b>Right Bicep:</b>	17.00 in
<b>Buttocks/Hips:</b>	44.00	in on Tue, 2006-Dec-26	<b>Right Calf:</b>	14.00 in
<b>Chest:</b>	36.00	in	<b>Right Forearm:</b>	8.00 in
<b>Height:</b>	69.00	in	<b>Right Thigh:</b>	18.00 in
<b>Lower Abdomen:</b>	45.00	in	<b>Right Wrist:</b>	7.50 in
		Height	<b>Waist:</b>	44.00 in
		5 ft 9.00 in		
		1 m 75.26 cm		
Step 1 Weight   Step 2 Measurements   Step 3 METS   Step 4 Activity Level   Step 5 Calorie Goal   Results				
Add Entry   Pick				
<p><b>Enter your body weight for today here</b></p> <p>2006-Dec-27, Wed      Goal Weight lbs      Actual Weight lbs</p> <p>2006-12-27      125.00      195.00</p> <p>Notes: _____ <input type="button" value="Add This Entry"/></p>				

The Chosen Dimensions group box at the top displays the age, weight and measurements that have been selected in the Steps below. Whenever you "Pick" a weight or measure, it makes that record current and that current record's data displays in Chosen Dimensions group box. This is important because when you click on the Calculate button in the Results tab, it will calculate your results based on the Chosen Dimensions. This enables to you perform results calculations on the full spectrum of historical data.. In other words, you can pick which Weight date to use the body Weight from and also the Measurements' date. So, you can go back to previous entries, find the matching dates for Weight and Measurement entries, and then calculate the Results for back then.

To complete the Weight Plan do this:

**8) Click on the Step 1 Weight tab below.**

- Click on the **Add Entry** tab below that.
- Enter your Goal weight and then your Actual Weight (how much your body weighs on a scale without clothes).
- Click on the "**Add This Entry**" button. (this adds a weight entry to the Progress Tracker's Weights Table) which then displays the weight in the "Chosen Dimensions" group box at the top of the window.

**9) Click on the "Step 2 Measurements" tab.**


- Click on the **Add Entry** tab below that.
- Enter your measurements into the edit boxes. As you go from one box to the other, a green line will appear in the image on the right (male or female) denoting exactly where the measurement should be taken.

Add Entry Pick


**Add your measurements for today here**

Date	Buttocks in	Chest in	Height in
2006-12-27	44	36	69
Lower Abdomen in	Neck in	Right Bicep in	Right Calf in
45	17	17	14
Right Forearm in	Right Thigh in	Right Wrist in	Waist in
8	18	7.5	44

Notes:

 Help

Your waist measurement should be taken at the smaller section of your natural waist, usually located just above the belly button. This is a required field, used in some calculations.



- Click on the **"Add This Entry"** button. (this adds your measurements to the Progress Tracker's Weights Table). The measurements will appear in the "Chose Dimensions" group box at the top of the window.

**10) Click on the "Step 3 METS" tab.**

- Enter the average number of minutes you spend performing the activities listed throughout the week for one day. For example, if you workout twice a week for 35 minutes each time, add the minutes up and divide by 7 (7 days in a week). So, you would enter 10 minutes in the Heavy category. If you are not sure exactly what to enter here, choose one of the preset buttons below (like "Sedentary", "Desk Job", "Laborer" or "Athlete") and see what the range of minutes is.

Then customize as you wish. The METS minutes is used to calculate how many calories you burn per day based on the METS (Metabolic Equivalents) for various activities.

**11) Click on the "Step 4 Activity Level" tab.**

- Pick your activity level by clicking on one choice below. The Activity Level is used for Harris-Benedict and Mifflin-St Jeor BMR and Daily Calories calculations.

**12) Click on the "Step 5 Calorie Goal" tab.**

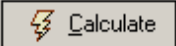
- If you want to lose 1 pound per week, select "decrease" in the first edit box, and "500" calories on the right. Shorting yourself of 3500 calories per week will cause you to lose one pound. (7 days @ 500 each = 3500 calories).. Do not put in a reduction in calories so as to cause you to eat less than 1200 calories per day. If you want, you can leave the fields here blank and then come back to them after calculating your results.. Then, recalculate your results after picking the Calorie Goal..

**13) Click on the "Results" tab.**

You should see this:

Step 1 Weight | Step 2 Measurements | Step 3 METS | Step 4 Activity Level | Step 5 Calorie Goal | Results

Weight on: Tue, 2006-Dec-26  
Measurements on: Tue, 2006-Dec-26

**Results** 

BMI | BMR | Body Fat | Waist to Hip Ratio | Daily calorie needs | Goal Calories

**BODY MASS INDEX**

Your BMI is \_\_\_\_

Legend	
Below 18.5	Underweight
18.5 -24.9	Normal
25 - 29.9	Overweight
30 and above	Obese


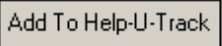
Based on Weight and Height

Note: See the "Weight on:" date and the "Measurements on:" date? They should be the same day or very close. When you enter in a new person and take the body weight and measurements, it should be from on the same day. That is the most accurate. Because you can go back to the "Step 1 Weight" and "Step 2 Measurements" tabs and pick which entry to use from which date (if you had lots of records in each table), you can mix and match weight and measurements. So, when you calculate your results, make sure those dates are the same, or, that the Weight date is the same as the Measurements date. The dates also appear on the "Chosen Dimensions" group box at the top. These dates change when you pick different entries from the Step 1 Weight or Step 2 Measurements tables.

14) Click on the  button. After doing so, you will see this:

Step 1 Weight | Step 2 Measurements | Step 3 METS | Step 4 Activity Level | Step 5 Calorie Goal | Results

Weight on: Tue, 2006-Dec-26  
Measurements on: Tue, 2006-Dec-26

**Results**  

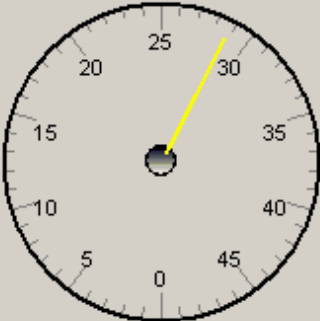
BMI | BMR | Body Fat | Waist to Hip Ratio | Daily calorie needs | Goal Calories

**BODY MASS INDEX**

Your BMI is **28.79**

Legend	
Below 18.5	Underweight
18.5 -24.9	Normal
25 - 29.9	Overweight
30 and above	Obese

Based on Weight and Height



These are your results. For more detail, see [Weight Plan](#)

15) Click on the "Goal Calories" tab in the lower page control. You will see this:

BMI | BMR | Body Fat | Waist to Hip Ratio | Daily calorie needs | Goal Calories

**Goal Calories Per Day** Your Current Calories Goal is: 2052.070 kcal [Update](#)

What will your goal calories per day be? Select one and click "Update"

Methods	Daily Calories needs	Action	Calories	Goal Calories per day	
<b>METS:</b>	<b>2052.07</b>	by	=	<b>2052.07</b>	<input checked="" type="radio"/> Choose me
<b>Harris-Benedict:</b>	<b>1909.65</b>	by	=	<b>1909.65</b>	<input type="radio"/> Choose me
<b>Mifflin-St Jeor:</b>	<b>1882.67</b>	by	=	<b>1882.67</b>	<input type="radio"/> Choose me

Here, you see three results for your Goal Calories, one based on METS, one on the Harris-Benedict method and the last on the Mifflin St-Jeor method.

16) Choose whichever result you like, or believe in the most, by clicking on the corresponding "Choose me" radio button.

17) Click on the [Update](#) button. Doing so will put your target Goal Calories in the Nutrient Goals tab (and the protein, fat and carbs in a conventional ratio).

18) If you want to save all your results to the Help U Track table, which permits you to chart all your results or report on them later,

click on the [Add To Help-U-Track](#) button that appears after calculating the results.

If you want to adjust your daily intake of calories, you can go back to "Step 5 Calorie Goal" and specify the number of calories you want to increase or decrease per day, and then click on the [Calculate](#) button again.. This is what it looks like after specifying a Calorie Goal. (note the word "decrease" and a calorie amount (500) appear):

Step 1 Weight | Step 2 Measurements | Step 3 METS | Step 4 Activity Level | Step 5 Calorie Goal | Results

**Results** Weight on: Tue, 2006-Dec-26 [Calculate](#) [Add To Help-U-Track](#)  
Measurements on: Tue, 2006-Dec-26

BMI | BMR | Body Fat | Waist to Hip Ratio | Daily calorie needs | Goal Calories

**Goal Calories Per Day** Your Current Calories Goal is: 2052.070 kcal [Update](#)

What will your goal calories per day be? Select one and click "Update"

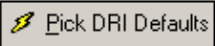
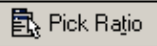
Methods	Daily Calories needs	Action	Calories	Goal Calories per day	
<b>METS:</b>	<b>2052.07</b>	decrease by	500 =	<b>1552.07</b>	<input checked="" type="radio"/> Choose me
<b>Harris-Benedict:</b>	<b>1909.65</b>	decrease by	500 =	<b>1409.65</b>	<input type="radio"/> Choose me
<b>Mifflin-St Jeor:</b>	<b>1882.67</b>	decrease by	500 =	<b>1382.67</b>	<input type="radio"/> Choose me

19) Next, click on the **Nutritional Goals** tab near the top.

You will see a window where you can specify what your daily goals are for the main nutrient


portions (fat, protein and carbohydrates) and the other nutrient values. These Goals will appear at the bottom of the totals grid in the main window (meal-day), in the totals charts and the progress tracker report. Notice that the calories, protein, carbs and total fats were also updated and the PCF ratio is the conventional 15/55/30 ratio as recommended by most government agencies.


Name and Address | Personal Info | Weight Plan | **Nutritional Goals** | Medical Conditions


**Samantha Higgy**   Goals for one day

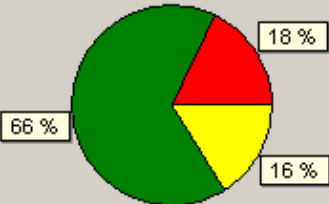
Basic | Vitamins | Minerals | Amino Acids | Fatty Acids | Other

Calories kcal  
1552.070

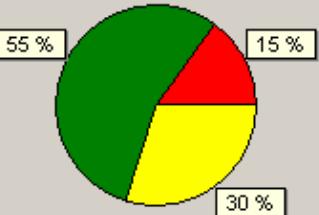
Protein g  
**58.203** 

Carbohydrates g  
**213.410** 






Total Fats g  
**51.736** 











Ratio in grams




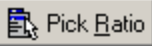
Ratio in Calories

Ash g  Cholesterol mg  Fibre Total Diet g  Fructose g  Galactose g 

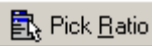
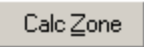
Glucose g  Lactose g  Maltose g  Mannitol g  Raffinose g 

Stachyose g  Sugars Total g  Theobromine g 


Water g 

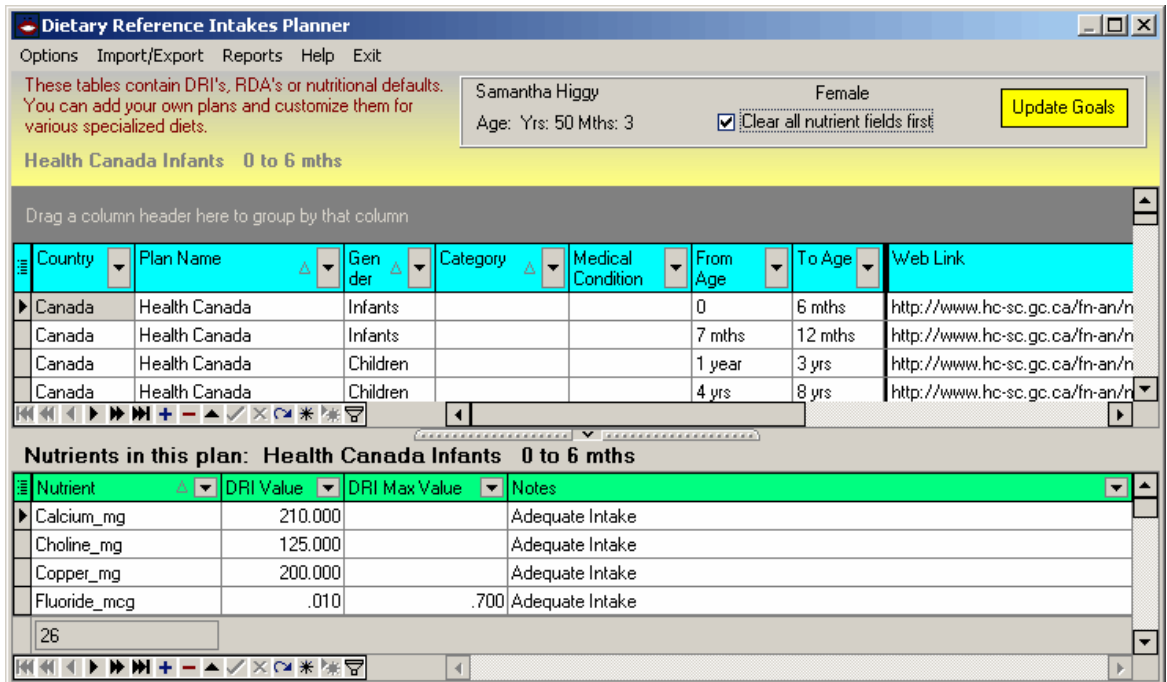
**20)** To change the Protein/Carb/Fat ratio, click on the  button and select what ratio of protein, fat and carbohydrates that you wish to eat. If you want to follow the standard ratio, click on the **15/55/30** button and then click on **OK**. The 15/55/30 means 15% of your daily calories from protein, 55% of your daily calories from carbohydrates and 30% of your calories from fat. Or, click on another ratio.

\*\*It is much easier to enter the number of calories into the "Calories kcal" edit box in the "Nutritional Goals" window and then **Pick the Ratio** rather than trying to adjust the ratio by using the spin edits on the Protein/Carbs and Fats edit boxes. You could spend a lot of time trying to get it right. It is much easier to enter 2000 calories into the "Calories kcal" edit box (or have it updated from the Weight plan) and then use the Pick Ratio feature...

*If you are doing the **Zone diet**, first enter the amount of protein that you are required to eat per day in grams in the protein g field. Then click on the  button and then click on the  button in the **Pick Ratio** screen. The Zone Diet bases its daily calories on the protein value so it has to be determined and entered before this will work. To determine how much protein you need try the Zone's home webpage.*

You can override any setting manually by either inputting the data directly or by using the spin edits to change the values. The pie charts will adjust automatically as you change the protein, fat or carbohydrates amounts.

21) Click on the  button. You will see the Dietary Reference Intakes Planner:



**Dietary Reference Intakes Planner**

Options Import/Export Reports Help Exit

These tables contain DRI's, RDA's or nutritional defaults. You can add your own plans and customize them for various specialized diets.

Samantha Higgy Female  
Age: Yrs: 50 Mths: 3  Clear all nutrient fields first **Update Goals**

**Health Canada Infants 0 to 6 mths**

Drag a column header here to group by that column

Country	Plan Name	Gender	Category	Medical Condition	From Age	To Age	Web Link
Canada	Health Canada	Infants			0	6 mths	http://www.hc-sc.gc.ca/in-an/n
Canada	Health Canada	Infants			7 mths	12 mths	http://www.hc-sc.gc.ca/in-an/n
Canada	Health Canada	Children			1 year	3 yrs	http://www.hc-sc.gc.ca/in-an/n
Canada	Health Canada	Children			4 yrs	8 yrs	http://www.hc-sc.gc.ca/in-an/n

**Nutrients in this plan: Health Canada Infants 0 to 6 mths**

Nutrient	DRI Value	DRI Max Value	Notes
Calcium_mg	210.000		Adequate Intake
Choline_mg	125.000		Adequate Intake
Copper_mg	200.000		Adequate Intake
Fluoride_mcg	.010	.700	Adequate Intake

26

The top grid contains DRI plans. The bottom grid contains the DRI values for various nutrients for each plan. When you click on a plan in the top grid, the bottom grid will show the nutrients in that plan. It is a master-detail relationship.


22) Find the plan you wish to use in the top grid and click on it to make it current. If the person is male, find a male plan for the right age group. The person's again and gender appear in the gray box on the upper right corner to make it easier to find the corresponding plan.

23) When you have found the proper DRI plan (and clicked on it to make it current), click on the **Update Goals** button. Doing so will update the current person's nutritional goals with the values found in the plan that you have chosen. For more info see [The DRI Planner](#).

24) Adjust any remaining goals if so desired. Go through each nutrient goal tab and enter or change any goals that you may have.

To save your changes, click on the check mark in the NavigatorBar

25) After you are done, click on the **Medical conditions** tab and enter any medical conditions that you may have. This section is informational only and is not used in any calculation in the program.

Click on the  near the top and you will find a screen where you can insert a picture of yourself. To insert pictures, see [Photo Album](#)

Now you can proceed to enter new days for the person that you've just added... see [Adding a New Day](#)

## 2.3 Weight Plan

Change Font Size

### Weight Plan

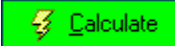
For step by step instructions on how to fill in the Weight plan, see [Adding a Person](#)

The purpose of the Weight Plan is to determine how many calories you want to eat per day in order to achieve your desired results. The weight plan calculates your BMI, BMR, **Total Body Fat** and **Total Lean Body Mass**, Hip to Waist Ratio, Daily Calories and the Goal Calories.

The weight plan starts out by displaying the "Chosen Dimensions". When you select or enter a value for any of the dimensions in any of the steps, the new data will appear in the "Chosen Dimensions" box.

Name and Address	Personal Info	Weight Plan	Nutritional Goals	Medical Conditions
<b>Samantha Higgy</b>				
Chosen Dimensions				
<b>Age:</b>	50 years	3 months		<b>Neck:</b> 17.00 in
<b>Weight:</b>	195	Pounds	on Tue, 2006-Dec-26	<b>Right Bicep:</b> 17.00 in
<b>Buttocks/Hips:</b>	44.00	in	on Tue, 2006-Dec-26	<b>Right Calf:</b> 14.00 in
<b>Chest:</b>	36.00	in	Height	<b>Right Forearm:</b> 8.00 in
<b>Height:</b>	69.00	in	5 ft 9.00 in	<b>Right Thigh:</b> 18.00 in
<b>Lower Abdomen:</b>	45.00	in	1 m 75.26 cm	<b>Right Wrist:</b> 7.50 in
				<b>Waist:</b> 44.00 in
Step 1 <b>Weight</b>   Step 2 Measurements   Step 3 METS   Step 4 Activity Level   Step 5 Calorie Goal   Results				
Add Entry   Pick				
<p><b>Enter your body weight for today here</b></p> <p>2006-Dec-27, Wed      Goal Weight lbs      Actual Weight lbs</p> <p>2006-12-27      125.00      195.00</p> <p>Notes:</p> <p><input type="text"/></p> <p><input type="button" value="Add This Entry"/></p>				

For example, if you select or enter a different weight from Step 1, the new value will appear in the readout. If you enter new measurements, they will also appear in the "Chosen Dimensions"

box. When you click on the  button in the Results tab, the values for the calculation are taken from the "Chosen Dimensions" box. You change the weight and measurements in the "Chosen Dimensions" box by "Pick" ing the records in the Weight table and the Measurements table. When you first enter a new person, they don't have any records in the Weights or Measurements tables, so you have to add a record to each table. So, you click on the "Add Entry" tab, enter your info and then click on the "Add This Entry" button.

After tracking your weight and measurements for a while, you will have many entries in the Weights and Measurements tables. You can pick which record to use for the Chosen Dimensions by clicking on a record. Here is an example:

Name and Address | Personal Info | **Weight Plan** | Nutritional Goals | Medical Conditions

**John Applegate**

Chosen Dimensions

<b>Age:</b>	51 years	0 months	<b>Neck:</b>	16.50 in
<b>Weight:</b>	177.5	Pounds on Thu, 2006-Jun-01	<b>Right Bicep:</b>	13.50 in
<b>Buttocks/Hips:</b>	42.00	in on Sun, 2006-Dec-17	<b>Right Calf:</b>	14.75 in
<b>Chest:</b>	42.00	in	<b>Right Forearm:</b>	11.25 in
<b>Height:</b>	68.50	in	<b>Right Thigh:</b>	22.75 in
<b>Lower Abdomen:</b>	45.00	in	<b>Right Wrist:</b>	7.25 in
			<b>Waist:</b>	44.00 in

Height: 5 ft 8.50 in / 1 m 73.99 cm

Step 1 **Weight** | Step 2 Measurements | Step 3 METS | Step 4 Activity Level | Step 5 Calorie Goal | Results

Add Entry | Pick

**Instructions: Pick your weight by clicking on a record in the weight table below**

Date	Actual Weight	Goal Weight	Measure	Notes
Sun, 2006-Dec-17	195	150	Pounds	
Fri, 2006-Dec-15	195	150	Pounds	real
Thu, 2006-Jun-29	168	150	Pounds	
Tue, 2006-Jun-27	166	150	Pounds	
Wed, 2006-Jun-07	174	150	Pounds	
Tue, 2006-Jun-06	174.5	150	Pounds	That's better..
Mon, 2006-Jun-05	175	150	Pounds	
Sun, 2006-Jun-04	175.5	150	Pounds	Ooops!!
Sat, 2006-Jun-03	176	150	Pounds	
Fri, 2006-Jun-02	176.5	150	Pounds	Working pretty good..
<b>2006-06-01</b>	<b>177.5</b>	<b>150</b>	<b>Pounds</b>	<b>Start of Diet</b>

By clicking on the 2006-06-01 record, it puts the 177.5 Pounds in the Chosen Dimension box at the top. It also puts "Thu, 2006-Jun-01" next to the Weight label.

Next, go to the "Step 2 Measurements" tab and pick a Measurements date (preferably the same date as the date on which the Weight was taken). Here is an example:

Name and Address | Personal Info | **Weight Plan** | Nutritional Goals | Medical Conditions

**John Applegate**

Chosen Dimensions

<b>Age:</b>	51 years	0 months	<b>Neck:</b>	15.25 in
<b>Weight:</b>	177.5	Pounds on Thu, 2006-Jun-01	<b>Right Bicep:</b>	12.75 in
<b>Buttocks/Hips:</b>	40.00	in on Thu, 2006-Jun-01	<b>Right Calf:</b>	14.00 in
<b>Chest:</b>	41.50	in	<b>Right Forearm:</b>	10.75 in
<b>Height:</b>	69.00	in	<b>Right Thigh:</b>	22.50 in
<b>Lower Abdomen:</b>	42.00	in	<b>Right Wrist:</b>	7.25 in
		Height	<b>Waist:</b>	39.00 in
		5 ft 9.00 in		
		1 m 75.26 cm		

Step 1 Weight | Step 2 Measurements | Step 3 METS | Step 4 Activity Level | Step 5 Calorie Goal | Results

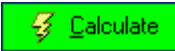
Add Entry | Pick

**Instructions: Pick your measurements row by clicking on a record in the Measurements table below**

Date	in/cm	Height	Buttocks	Neck	Chest	Lower Abdomen	Right Bicep	Right Calf
Sun, 2006-Dec-17	in	68.50	42.00	16.50	42.00	45.00	13.50	14.00
Fri, 2006-Dec-15	in	68.50	42.00	16.50	42.00	45.00	13.50	14.00
Thu, 2006-Jun-29	in	69.00	38.00	14.00	37.00	33.00	12.75	15.00
Wed, 2006-Jun-21	in	69.00	39.00	14.00	37.00	34.00	12.75	15.00
Wed, 2006-Jun-07	in	69.00	39.00	15.00	40.50	41.00	12.75	14.00
▶ Thu, 2006-Jun-01	in	69.00	40.00	15.25	41.50	42.00	12.75	14.00

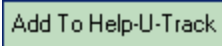
Navigation icons: Home, Back, Forward, Print, Refresh, Stop, Help, Search, etc.

Here, I've picked Jun 01, 2006 as the measurements date. Notice that measurements (Buttocks/Hips, Chest, Height... Waist) have been put into the "Chosen Dimensions" box. Also, that date now appears next to the "Buttocks/Hips" label.

Now, if you click on the "Results" tab on the right and hit the  button, your results will be calculated using the Weights and Measurements from Jun 01, 2006.

One word of caution: If you use the KDiet Planner for many years, if you go back and perform a Weight Plan on very old entries, the age may be different. The age is used in some calculations, but it is rounded to the closest year. If your age has changed by more than 1 year, then, to be accurate, you could go back and change your Birthdate to be the same date as when you are doing the calculations on. A better idea is this: When you calculate your results, save your results to the Help U Track and then you can use the Help U Track to report on your results. You can then also use the Progress Tracker's Chart to plot your historical results.

### How to use the Help U Track to track your results

After you've calculated your results, you will see this button appear:  If you click on this button, and say "Yes", these items will be added to the Progress Tracker's Help U Track table:

## Kathleen's Diet Planner

Drag a column header here to group by that column

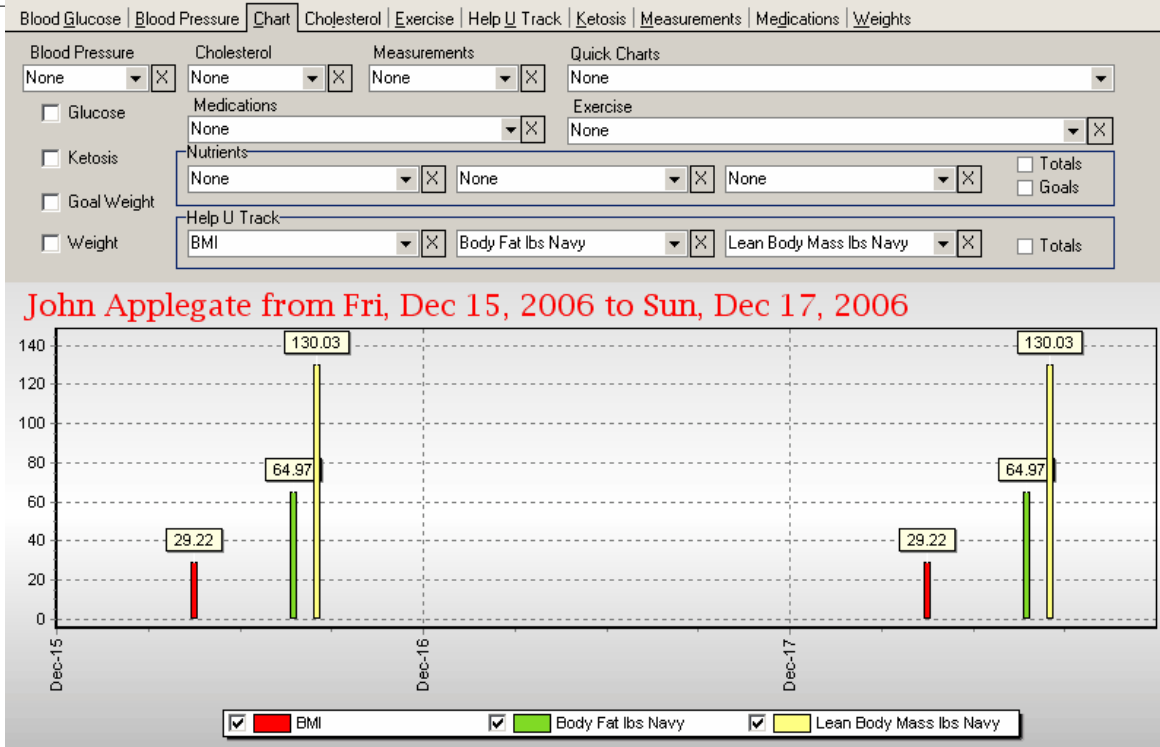
Date	Time	Field Name	Number	Notes
Sun, 2006-Dec-17	11:30 AM	BMR HB Hourly	75.370	Hourly BMR Harris-Benedict
Sun, 2006-Dec-17	11:00 AM	BMR MSJ	1721.950	Basal Metabolic Rate Mifflin-St Jeor
Sun, 2006-Dec-17	12:00 PM	BMR MSJ Hourly	71.750	Hourly BMR Mifflin-St Jeor
Sun, 2006-Dec-17	01:00 PM	Body Fat % Army	35.241	Body Fat Percent Army Method
Sun, 2006-Dec-17	12:30 PM	Body Fat % Navy	33.318	Body Fat Percent Navy Method
Sun, 2006-Dec-17	01:30 PM	Body Fat % YMCA	37.097	Body Fat Percent YMCA Method
Sun, 2006-Dec-17	04:00 PM	Body Fat lbs Army	68.721	Body Fat in lbs Army Method
Sun, 2006-Dec-17	03:30 PM	Body Fat lbs Navy	64.969	Body Fat in lbs Navy Method
Sun, 2006-Dec-17	04:30 PM	Body Fat lbs YMCA	72.340	Body Fat in lbs YMCA Method
Sun, 2006-Dec-17	08:30 PM	Calories kcal Goal	2170.610	Goal Calories from the Nutritional Goals section
Sun, 2006-Dec-17	09:45 PM	Carbohydrates Calories Goal	1195.667	Carbs Calories Goal from the Nutritional Goals section
Sun, 2006-Dec-17	09:30 PM	Carbohydrates g Goal	298.917	Carbs g Goal from the Nutritional Goals section
Sun, 2006-Dec-17	07:30 PM	Daily Calories HB	2170.610	Daily Calories to maintain weight Harris-Benedict Method
Sun, 2006-Dec-17	07:00 PM	Daily Calories METS	2547.400	Daily Calories to maintain weight METS Method
Sun, 2006-Dec-17	08:00 PM	Daily Calories MSJ	2066.340	Daily Calories to maintain weight Mifflin-St Jeor Method
Sun, 2006-Dec-17	10:15 PM	Fat Total Lipids Calories Goal	650.292	Fat Total Lipids Calories Goal from the Nutritional Goals se
Sun, 2006-Dec-17	10:00 PM	Fat Total Lipids g Goal	72.255	Fat Total Lipids g Goal from the Nutritional Goals section
Sun, 2006-Dec-17	02:30 PM	Lean Body Mass % Army	64.759	Lean Body Mass Percent Army Method
Sun, 2006-Dec-17	02:00 PM	Lean Body Mass % Navy	66.682	Lean Body Mass Percent Navy Method
Sun, 2006-Dec-17	03:00 PM	Lean Body Mass % YMCA	62.903	Lean Body Mass Percent YMCA Method
Sun, 2006-Dec-17	05:30 PM	Lean Body Mass lbs Army	126.279	Lean Body Mass in lbs Army Method
Sun, 2006-Dec-17	05:00 PM	Lean Body Mass lbs Navy	130.031	Lean Body Mass in lbs Navy Method
Sun, 2006-Dec-17	06:00 PM	Lean Body Mass lbs YMCA	122.660	Lean Body Mass in lbs YMCA Method
Sun, 2006-Dec-17	09:15 PM	Protein Calories Goal	324.651	Protein Calories Goal from the Nutritional Goals section
Sun, 2006-Dec-17	09:00 PM	Protein g Goal	81.163	Protein g Goal from the Nutritional Goals section
Sun, 2006-Dec-17	06:30 PM	Waist To Hip Ratio	1.048	

28

(Date = Sun, 2006-Dec-17) Customize...

There, you see all possible results which were calculated for you in the Weight Plan, including your current "Calories kcal Goal". Note: The date that is used as the Help U Track date is the date the Weight was taken on. The times have been evenly spaced so the entries don't crowd other entries..

To plot your results in the Progress Tracker's Chart, click on the Progress Tracker's "Chart" tab and then pick which items to display in the "Help U Track" drop downs.



Here, I have chosen BMI, Body Fat lbs Navy, and "Lean Body Mass lbs Navy". Also, try the "Help U Track" report. It will let you pick which items to report on and even group them by item, or date.

### Updating your Goal Calories

Periodically, you might want to reassess your goal calories. If your body weight has changed and your measurements are no longer the same, you could expedite your weight loss by re-adjusting your Goal Calories. This is very easy to do.

- 1) From the Measurements tab in the Progress Tracker, first click on the [Calculate Progress Results](#) button. The results frame will open up.
- 2) Click on the [Calculate](#) button. Your results are calculated:

**Measurements** John Applegate

**Results**

Weight on: Sun, 2006-Dec-17  
Measurements on: Sun, 2006-Dec-17

[Calculate](#) [Add To Help-U-Track](#)

---

BMI | BMR | Body Fat | Waist to Hip Ratio | Daily calorie needs | **Goal Calories**

**Goal Calories Per Day** Your Current Calories Goal is: 2547.400 kcal [Update](#)


What will your goal calories per day be? Select one and click "Update"

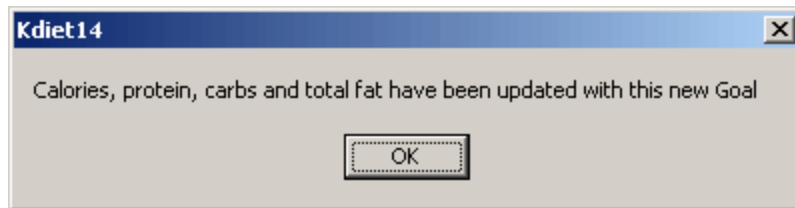
Methods	Daily Calories needs	Action	Calories	Goal Calories per day	
<b>METS:</b>	2547.4	decrease by	500	= 2047.4	<input checked="" type="radio"/> Choose me
<b>Harris-Benedict:</b>	2170.61	decrease by	500	= 1670.61	<input type="radio"/> Choose me
<b>Mifflin-St Jeor:</b>	2066.34	decrease by	500	= 1566.34	<input type="radio"/> Choose me

[Hide Results](#)

Notice the label where it says: "Your Current Calories Goal is: 2547.400 kcal" right under the "Goal Calories" tab. This is your current calories goal. But, also notice that the "Goal Calories per

**Kathleen's Diet Planner**

day" have all changed to lower amounts now that your weight and measurements have changed. If you want to update your calories goal to the newly calculated amount, pick one method's result (click on the "Choose me" radio button you want) and then click on the  button. You will see this message:




Now, if you open the people database and look at your Calories in the Nutrient Goals section, you will see that it has been updated. The protein, fats and carbs have also been updated according to your chosen ratio..

**\*\*Note:** You can also choose which records to use for the calculation of the results by going to the Weight table in the Progress Tracker and by clicking on a record, and then by going to the Measurements table in the Progress Tracker and by clicking on a record in that grid. The dates from the records that you choose will appear in the "Results" frame at the top. (Weight on: and Measurements on: labels). So, it is possible to do historical calculations in this way too.

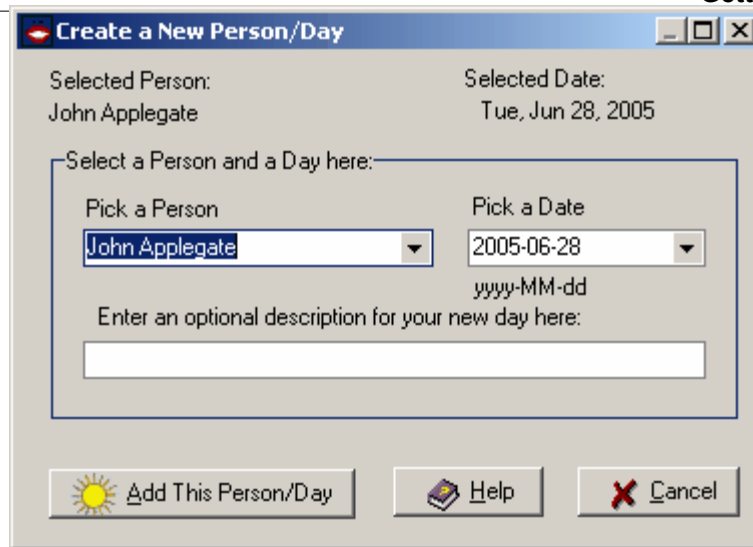
## 2.4 Adding a New Day

### How to Add A New Day

1) Click on the  button from the Main Window near the top.

*You can also select **Create a new day** from the "People" menu selection in the main window or **Alt-N** will also bring the New Day screen up.*

You will see this window:



Selected Person: John Applegate

Selected Date: Tue, Jun 28, 2005

Select a Person and a Day here:

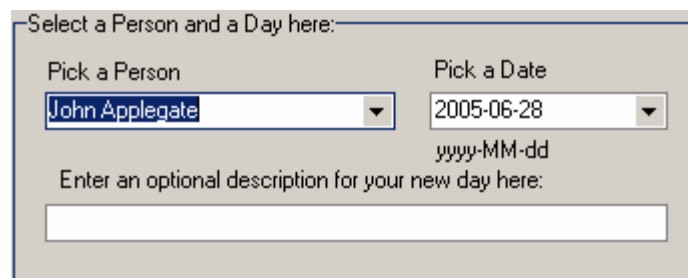
Pick a Person: John Applegate

Pick a Date: 2005-06-28  
yyyy-MM-dd

Enter an optional description for your new day here:

Buttons: Add This Person/Day, Help, Cancel

2) **SELECT A PERSON.** The Person Combobox now shows the current person as a default. If you want to select someone else, click on the small box inside the Person Combo Box and a list of people will appear. You can scroll up or down in this list. To select a person click on the desired name. That will put the name in the display field and the list will disappear. To select a person from the drop-down combo box, you must first have added that person to the People Database.



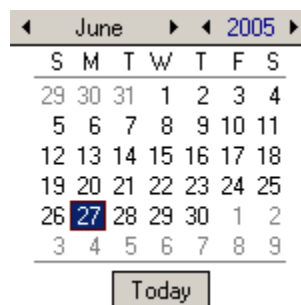
Select a Person and a Day here:

Pick a Person: John Applegate

Pick a Date: 2005-06-28  
yyyy-MM-dd

Enter an optional description for your new day here:

3) **SELECT A DATE.** Click on the Date Combo Box's small box on the right. A calendar will appear. From here you can select any day in any year for which you wish to create a meal plan. Double Click on the desired date or click once on the desired date and then click on OK and the calendar will close and the selected date will appear in the display field of the date combo box. This date picker defaults to today.




June		2005				
S	M	T	W	T	F	S
29	30	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

Today

4) **Enter an optional description** in the field below if you so desire. Maybe something like "Today I start a healthier life", or "Start of Diet". This message will appear near the top of the main window.

### 5) SAVE THE DAY FOR THAT PERSON.

Click on the  button.

The new record will be created and the window will close. Now you are ready to add foods from the Foods Database.


Note: If you do not wish to add the record after selecting a person and a date, closing the window will not update the database.

Now you can proceed with [Adding a Food to a Particular Meal](#)

## 2.5 Adding a Food to a Particular Meal


### How to add a food to your day

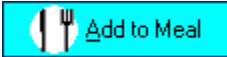
In order to add a food to day, you must first have created a new day for someone. Then, when you are displaying that day in the main meals grid (main screen), do the following:

Click on the  button, or select **Windows** and then **Foods Database** from the main menu. This will take you to the main foods database.

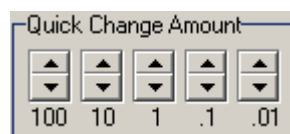


Using the **Find Box**, start typing a food name and the food database's grid will progress to the first entry it finds. If you want to search the entire database

for a word or partial word, try the  button (Advanced Find). Here you can search for series of letters within all food descriptions. Example: an advanced find for "bear" will bring up "game, bear, cooked". When you find the food you want, if you click once on it, the Advanced find window will close and you will be focused on the selected food in the food database.

Click on the  button to add the food to your day. You can also double click on the food to add it to your day.

If you desire a different amount in your meal, use the **Quick Change Amount** spin edits to adjust the amount before adding it to the meal.



The Quick Recalc spin edits will increase or decrease the amount of food by the corresponding value. You can see the new gram weight, the protein amount, the fat and carbs as you spin the edits to change the amount. If you change the amount using the spin edit and then add the food to your meal, it will add the amount that you set using the spin edits. It will also add that amount if you add the food to a recipe or to your Favorites.

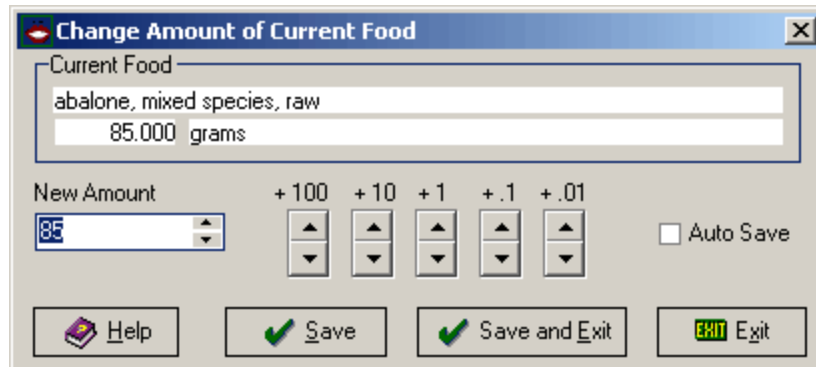
When you try to add the food to your meal, a box will appear where you can select the meal and the time. Select the meal and the time of day. Then click on the **OK** button.

From the main window, if you right click on the grid, a pop-up menu will appear. Using this menu, **you can also copy a food, copy a meal or copy a whole day**. After copying, **you can paste whatever you've copied into a new day** or the same day.

If you choose the **Multi-Select Row** option in the meals grid, you can **select multiple consecutive rows** by using the SHIFT -Mouse Click combination, or select non-consecutive rows using CTRL-Mouse Click. After, if you right-click on the selected record(s), you can "Copy Selected" and then paste into other days, or parts of the meal grid.

## 2.6 Changing Food Amounts

To change the amount of food in your meal, double click on a food in the meals grid or right-click to bring up the pop-up menu. Select **Change Amount of Food** from the pop-up menu. You will see:



To change the amount of a food in the meal grid do this:

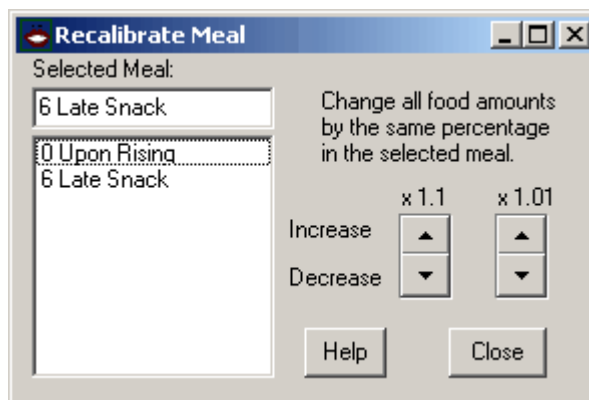
- 1) Type in the new amount or use the spin-edits to increase or decrease the amount
- 2) Click on the Save button or the Save and Exit button.

If you check the "**Auto Save**" checkbox, your new amount will automatically post to the meal grid where you will be able to view the changes in the pie charts and totals grid immediately.

If you do not choose the "Auto Save" option, when you click on the "Save" button or the "Save and Exit" button, the changes will be saved to the meal grid at that time. Saving your change allows you to see the differences in the pies and totals grid. If your computer is slow you might prefer to have the "Auto Save" unchecked. That way you can use the spin-edits and not have to wait on the pie charts and totals grid redisplaying the updated totals while you adjust the amount.

### To change the food amounts in one meal, all at the same time:

Select "**Recalibrate Meal**" from the pop-up menu. To activate the pop-up menu, right-click on the meals grid. You should see this:



## Kathleen's Diet Planner

Click once on the meal that you want to scale. That will put the meal name in the "Selected Meal" box. Next, click on a spin edit button once.

Note: this may take a while if you have a slow computer. There are 146 nutrients per food, and if you have a lot of foods in the meal, well, it could be slow.

**WARNING:** You cannot change the nutrient values for a food by typing directly in the grid. In order to change the amount of a food in a meal, you must use one of the two methods listed above.

## 3 Foods Database

### 3.1 USDA 19 & CNF2005

Kathleen's Diet Planner contains the USDA 19 foods database (United States Department of Agriculture). For more info, see their website by clicking on this link:

[USDA 19 Food Database](#)

It also contains the Canadian Nutrient File 2005. For more info, see their website by clicking on this link:

[Canada Nutrient File Website](#)

Not all foods from both databases have all of the nutrients' values entered.

If a food does not have a nutrient value, a blank will appear in the grid (null). A blank will also appear in the individual food item chart. When you see a zero (0) in a grid (except in a totals grid), it means that "it has been determined that this food contains zero amounts of the particular nutrient". If you see a blank, it means that the particular nutrient value for this food has not been determined.

**NOTE:** A zero means you know for sure that this food does not contain the particular nutrient. A blank means that the food might or might not contain that particular nutrient but it has not been determined.

When a chart is displaying totals, if there are no values, a blank entry will appear. If there was a zero, the total will show a zero. Because totals consist of adding non-values (nulls) and values along with zeroes, you cannot say for sure that the total amount of a particular nutrient is entirely accurate. For this reason, the progress tracker report's Full Nutritional Report section will show you how many foods had data for a particular nutrient as in:

Protein\_g Total: 1169.96. Daily Average: 167.14. Values found for 178 out of 178 food items.

Protein\_g Goal: 76.64

In the foods database and some of the grids, you will see a column called [Source](#). This field will contain the food's source (which database it came from). It will display either CNF 2005 or USDA 19. If you add your own food to the foods database, the word CUSTOM will appear in the Source field. That permits you to keep track of where the food item came from. This is important because you can sort and filter most grids including the foods database grid so that you can see only one database. For more info see [Food Database Features](#)

**Note:** [The Glycemic Index field and the Glycemic Load field were added to Kathleen's Diet Planner Food database in a previous version. They did not come with nor are part of the USDA or CNF foods databases. These fields were added after the fact and populated with Glycemic Index information from various sources including Rick Mendosa's "GI\\_GL\\_Carb\\_Data" table found here: \[Rick Mendosa's Web Site\]\(#\)](#)

[I would like to thank Rick for giving The Better Byte Software Company permission to use his](#)

data!

In this database, I've added the Potential Renal Acid Load (PRAL). The PRAL is an indication of a food's acidity or alkalinity. The more acid a food is, it causes bone loss. If you balance your diet out with alkaline foods, you can prevent bone loss. There are more and more books and websites emerging on PH balanced dieting and the merits..

## 3.2 Food Database Features

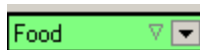
Change Font Size

### Food Database Features

**43,455 food entries with 153 nutrients per food, 70 meg database**

The Food Database window now contains the new grid. The only thing it will not do is group. However, it will do everything else that the other grids do.. For a complete list of grid features see [Grid Features](#)

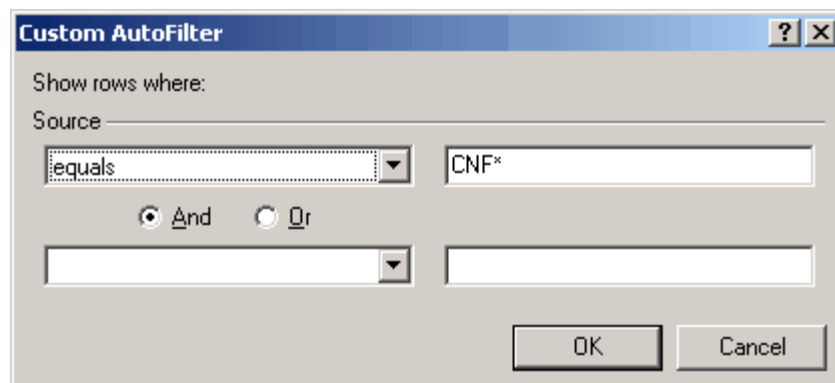
To **sort** the food database on a particular column, **click once on the column header** and wait. If you click again on that column header, it will re-sort the column in the opposite direction. An small triangle will appear indicating that the column is being sorted:



To **filter** the food database, click on the filter box in the column header. You should see:

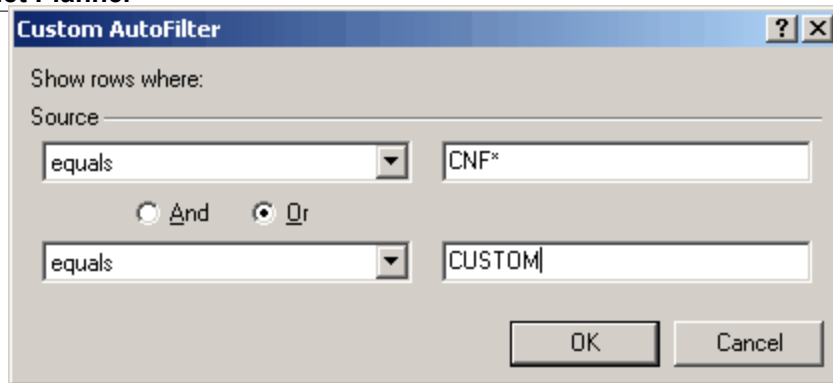


Click on the (Custom) choice. You should see:



This is the food database's filter box. A wildcard (\* - asterisk) is permitted following some text. In the example above, I am going to filter the foods database on the [Source](#) column by using "CNF2005". So, I type the CNF immediately followed by the asterisk.

I could also include all CUSTOM records by using the second condition on the bottom as in:



When the food database grid is filtered, an X along with the filter statement appear at the bottom left of the grid:

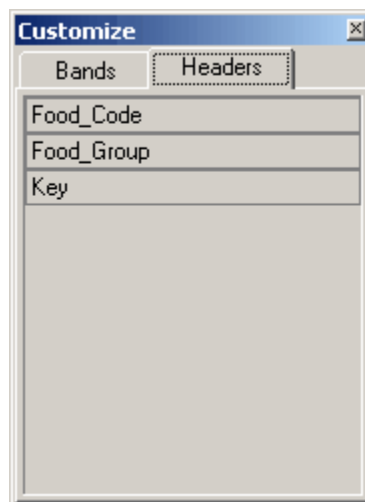


To cancel the filter, click on the X.

This grid now contains a complex filtering system. For more information about complex filtering see [Grid Features](#) . You can even save your filters to a file and load them back in later..

#### Other Features:

**Add or Remove Columns** If you drag a column header away from its location, it will disappear. This is called "removing a column". If you right-click on the grid, a pop-up menu will appear where you can choose "Add or Remove Columns". When you click this selection, a small box will appear:



This box contains the columns which have been removed. You can drag a column out of the Headers tab of this box and place it on the grid. That is called "adding a column". You can also add or remove Bands. The Bands on the food database's grid denote the divisions of nutrients. You will find "Basic", "Vitamins", "Minerals" etc in the row directly above the column headers in the grid. Each Band is sorted alphabetically.

For an alternate method of quickly adding or removing columns see [Grid Features](#)

**Movable Columns** Nearly all grids permit you to move any column to another location. To move a column, drag it to it's new location using the mouse. Little green arrows will appear to show you where you can drop the column.

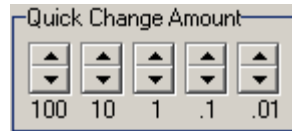
**Fixed Grid Area** Nearly every grid in Kathleen's Diet Planner has a non-scrolling region which is

indicated by a darker line somewhere on the grid. Any column to the left of this line will not scroll is you perform a horizontal scroll. Any column to the right of this line will move if you perform a horizontal scroll.

**Use Metric Exact** See [Converting Units of Measure](#)

### Quick Change Amount

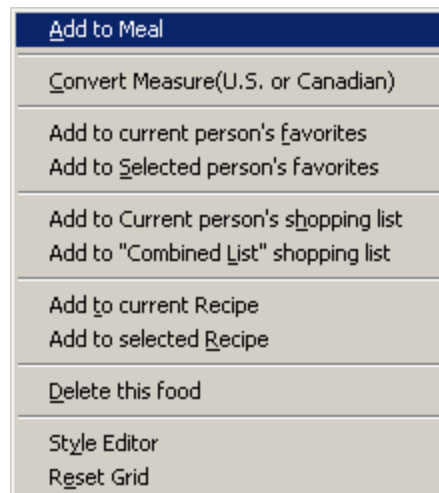
If you desire a different amount in your meal, use the **Quick Change Amount** spin edits to adjust the amount before adding it to the meal.



The spin edits will increase or decrease the amount of food by the corresponding value. You can see the new gram weight, the protein amount, the fat and carbs as you spin the edits to change the amount. If you change the amount using the spin edit and then add the food to your meal, it will add the amount that you set using the spin edits.

### Grid Pop-Up Menu

If you right-click on the grid in the foods database, you will see:

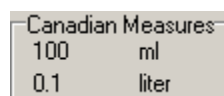


From here, you can add the current food to the favorites food database, the shopping list or the recipe. Each menu choice works on which food is current in the food database grid.

**Food Groups** The food database is divided up into 24 food groups. You can either display all categories (by selecting "All Categories" in the food group drop-down list) or display one category. If you select a single category in the Advanced Find screen, the food database will also display only the selected food group.

Sometimes this is tricky because if you select one food group, and then forget that you are looking only at one group, when you try to find a certain food that is not in that group, you will not find it.

**Measures Display** If you position the food database grid on a record that is recognizable, that is, the amount is grams, or ml or oz, the program will display the Canadian Measures and the American Measures in the top of the window:



American Measures	
20.29	tsp
6.76	tbsp
3.38	fl oz
0.42	cup
0.21	pint
0.11	quart

For more info see: [Converting Units of Measure](#)

### 3.3 Favorites Food Database

#### The Favorites Food Database



\*\* The favorites food database window has been changed starting in Kdiet 14.3. Before, when you picked a person in the "Whose Favorites" drop-down list, it would make that person current on the meal day grid (main window). Now, the current person does not change when you pick a person from that drop down list. The current person, whose meals you are on, is displayed directly above that drop down list. In the example below, the current person (or plan) is "Hypoallergenic Diet 3500 Kcals". This new change permits you to pick favorites from other people or plans in order to build your meals.

Person	Food	Amount	Unit	Grams g	Protein g	Carbohydrates g	Fat Total Lipids g	Ash g
John Applegate	asparagus, boiled, drained	8.20	spears	123.000	2.952	5.055	.271	.
John Applegate	atkins advantage bar almond fudg	1.00	bar	60.000	21.000	9.000	8.000	
John Applegate	atkins chocolate peanut butter ba	1.00	bar	60.000	19.000	12.000	12.000	
John Applegate	beans, snap (italian, green or yellc	1.00	cup	123.932	2.231	9.394	.260	
John Applegate	beef loin, strip loin (new york) stez	9.35	oz	265.002	78.414	000	13.542	3.

Each person has a "Favorites Food Database" that they can add their favorite foods to and then use those foods to build their meals.

To display the Favorites food database you can either click on "Windows" and then "Favorite



Foods Database", or click on the button on the main window. The Favorites Food database window will open and display the current Person/Day's favorites.

There are five ways to add foods to a person's Favorites Food Database:

#### **Add foods from meals**


1) Right-click the mouse on the main window's meals grid. Select "Add to --->" and then "Favorites Food Database".

The current food will be added to the current Person/Day's favorites.

-OR-

#### **Add foods from the Food Database**

2) Open the Food Database. Find a food. Right click on that food and a pop-up menu will appear. If you select "Add to current person's favorites", that food will be added to the current person's Favorites. The current person is whomever you have displayed in the main window's meals grid.

You can also simply click on the  button.

If you want to add that food to someone else's favorites, right click on the food database grid and choose "Add to selected person's favorites". A little window will appear where you can select which person's favorites to add the food to. Both of the aforementioned menu selections also appear in the Foods Database window's menu.

#### **Add foods yourself**

3) **You can add your own foods to the Favorites Food Database.** To add a new food, click on "New or Edit Food" from the main menu. The new Food Editor will appear. To add a new food, click on the '+' in the NavigatorBar. You must enter an "Amount" otherwise the program won't be able to perform calculations and scaling..

-OR-

#### **Copy and Paste**

4) You can copy and paste favorites from other people or plans. To do that, pick the person or plan you wish to copy in the drop-down list at the top left. Next, select some records (use click or SHIFT-Click or CTRL-Click). Then right click and choose "Copy Selected Favorites". After that, pick the person or plan you wish to paste the favorites into using the same drop-down list at the top left. Right click on the grid and choose "Paste from Favorites Copy".

-OR-

#### **Import/Export**

5) You can export your favorites to a file and then import them back in under a different person. To do so, use the "Import/Export" menu selection in the Favorites' menu. When loading the favorites back in, any duplicates will be imported so if you have different measures for the same food, they will still be imported. For more info see [Import Export Favorites](#)

To add foods to your meals from the Favorites window, you can either double-click on the food, or display the "Show Spin Recalc and Pie" option under "View" and use the "Add To Meal" button. If you change the amounts in the "Quick Change Amount" section of the window, the changed amount will be added to your meal instead. For example, if you change the amount from 1 to 2 (cups), 2 cups will be added to the meal.

## 3.4 The Favorites Food Editor

### The Favorites Food Editor

The Favorites Food Database and the main Food Database now contain their own food editors. They permit you to easily add a food without having to scroll the grid in order to find the nutrients that you are trying to edit data for.

When you click on "New or Edit Food" from the favorites food database, you will see the window pictured above.

The current food from the Favorites food database is displayed when this editor opens. If you want to browse the data click on the > in the NavigatorBar (or the |<, < or >| buttons). You will see the various records in the Favorites Food Database.

#### How to add a new food

When the Favorites Food Editor is open, click on the '+' in the NavigatorBar That will insert a new record. After doing so, enter the food's name, the Source, the Food Code (if it has one) and the rest of the fields that you have information for. **YOU MUST ENTER AN AMOUNT AND A UNIT AND THE GRAMS.** Without these fields, nothing will work properly. It is highly recommended that you also enter the Protein, Total Fats, Carbs and Calories. All other fields are optional.

If you know that a food has zero quantity of a particular nutrient, enter a '0' (zero). If you do not know whether or not the food has a quantity of a particular nutrient, leave the field blank. Blank means that a value has not been determined. Zero means that it has been determined that the food does not have any amount of that particular nutrient.

When you are finished adding (or editing) the food, click on the check mark in the NavigatorBar to save your changes. If you do not, and you scroll to another record, your changes will be automatically saved. If you close the food editor with changes pending, you will be prompted as to whether or not you wish to save your changes.

If you have a food label and it does not list the exact amount of nutrient on the label, only the percent daily value, see [Percent Daily Value Editor](#)

## 3.5 The Food DB Editor

### The Food DB Editor

The Food Database now contains a Food Editor. This is a window where all the fields in one food are displayed in a tab control, permitting easy data entry (rather than having to scroll a grid looking for particular nutrients).

Although you can add foods to the food database, I recommend adding your own foods to the Favorites Food Database instead. The Favorites food database permits you to export and import foods, whereas the food database does not. The Favorites Food Database permits you to find your foods a lot faster than the Foods Database. The Favorites Food Database Grid has more features than the sql style grid in the Food Database. (You can't group the Foods Database Grid, but you can with the Favorites Food Database). If you absolutely need the new food in the Food Database, you can always add it from the Favorites Foods database later (right click and then "Add to Food DB").

The Food Database Editor is very similar to the Favorites Food Editor. For information on the Editor, see [The Favorites Food Editor](#)

## 3.6 Percent Daily Value Editor

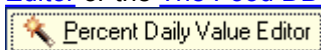
### Percent Daily Value Editor (Based on the food labels and a 2000 Calorie diet)

**Note: This editor is an aid to helping you discern the amounts of nutrients found on food labels. The amounts here should not be used for your daily goals as they are amounts based on a 2000 calorie diet and are meant to be a base for food labelling standards only. Your individual needs might be quite different from the values found on food labels. If you want to determine your individual RDI's (or how much of what nutrient you should be getting per day), see [Managing Nutritional Defaults](#) and then set them up from the people database.**

The Percent Daily Value editor is a tool that let's you add a food's nutrient to the favorites or the food database using the percent daily values found on food labels. This editor will let you input the percent daily value into the "% Daily Value" column and when you save the change, either by clicking on the check mark in the NavigatorBar or by clicking on a different record, the amount of nutrient will be calculated for you based on the percentage that you entered in the "Daily Value" column.

### How to update a food in the Favorites or the Food Database

1) The Percent Daily Value Editor is found on both food editors, from the [The Favorites Food Editor](#) or the [The Food DB Editor](#). To activate it, you click on this button:





**from the chosen food editor.** Once you click on that button, you will see:

**Percent Daily Value Food Editor**

Pick a Daily Value plan here:  
 USA Reference Values for Nutrition Labelling (4 yrs. or more)

aaa test  
 1.00 cup

Update Amounts in Food             Help      **EXIT** Close

Nutrient	Amount	Daily Value	% Daily Value
Fat_Total_Lipids_g	32.500	65	50
FA_Sat_Total_g	10.000	20	50
Cholesterol_mg	150.000	300	50
Carbohydrates_g	150.000	300	50
Sodium_mg	1200.000	2400	50
Potassium_mg	1750.000	3500	50
Fibre_Total_Diet_g	12.500	25	50
Protein_g	25.000	50	50
Vit_A_iu	2500.000	5000	50
Vit_C_mg	30.000	60	50
Calcium_mg	500.000	1000	50
Iron_mg	9.000	18	50
Vit_D_iu	200.000	400	50

33

## 2) Pick a Daily Value plan here

You bought a food from the grocery store and cannot find it in the foods database. You look on the food label and the food label says that the food contains 20% of the required daily value for calcium based on a 2000 calorie diet. You add the food to the food database or your favorites food database and you realize that the amount of calcium is in milligrams in KDiet, but listed as a percent on the food label. So how much calcium is "20% of your required daily based on a 2000 calorie diet"?

If the food is found in stores in USA, select the "USA Reference Values for Nutrition Labelling (4 yrs or more)" from the drop down list.

If the food is found in stores in Canada, you have to determine if the food is meant for someone under 2 years of age or over 2 years of age. Then, depending on the answer, you would select either of the Canadian plans: (The Canadian plans start with "Canada")

Canada RDI for 2000 calorie diet Person 2 yrs or older  
 Canada RDI for 2000 calorie diet Child less than 2 yrs  
 USA Reference Values for Nutrition Labelling (4 yrs or more)

## 3) Enter the % Daily Value

- Find the nutrient in the rows in the grid. If it is not there, then there is no "Daily Value" (based on a 2000 calorie diet) for food labels.
- Enter the "Percent Daily Value" found on the food label into the "% Daily Value" column for the nutrient you are on. For example, this is for Calcium:

Protein_g	25.000	50	50
Vit_A_iu	2500.000	5000	50
Vit_C_mg	30.000	60	50
Calcium_mg		1000	
Iron_mg		18	
Vit_D_iu	200.000	400	50

If the food label says 20% enter 20 in the Calcium\_mg "% Daily Value" field in the grid:

Protein_g	25.000	50	50
Vit_A_iu	2500.000	5000	50
Vit_C_mg	30.000	60	50
Calcium_mg		1000	20
Iron_mg		18	
Vit_D_iu	200.000	400	50

Next, save your change (click on the check mark in the NavigatorBar or click on the next row).

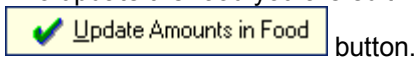
The "Amount" of calcium in mg will be calculated and put into the Amount column for you:

Protein_g	25.000	50	50
Vit_A_iu	2500.000	5000	50
Vit_C_mg	30.000	60	50
Calcium_mg	200.000	1000	20
Iron_mg		18	
Vit_D_iu	200.000	400	50

In this case, 20% of the USA plan for calcium is 200.

#### 4) Update the food you are editing or adding

To update the food you are editing with the "200.00 mg of Calcium" click on the



button.

You can edit the values that are found in the Daily Values Plans. To do so, see: [Daily Values Plans For Food Labels](#)

\*\* Please keep in mind that the percent values found on food labels are not all that accurate due to rounding errors and other factors.

## 3.7 USDA food abbreviations

### Food Abbreviations

There is no longer any need for food abbreviations in KDiet 14 because I've put in the 255 character long food name into all the tables. You shouldn't find any more abbreviations in any food name! Dec 2006 pl.

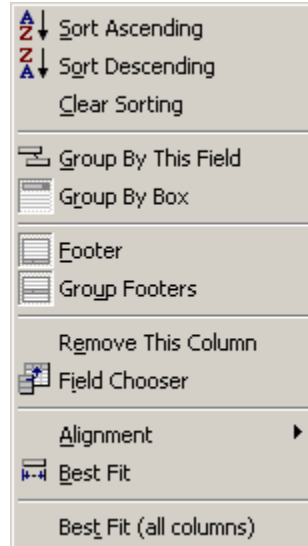
## 4 Super Grid Features

### 4.1 Grid Features

#### Grid Features

##### Column Header pop-up Menu

If you right-click on a column header in the grid, a pop-up menu will appear.



##### Sort Ascending

Sorts whichever ColumnHeader you right-clicked on in an ascending order..

##### Sort Descending

Sorts whichever ColumnHeader you right-clicked on in a descending order..

##### Clear Sorting

The sorting for all columns in the grid will be cleared.

*Note: Sorting on multiple columns can be performed by holding the SHIFT key down and left-clicking the mouse on a column header. Choosing the "Clear Sorting" menu choice will clear the sorting from all of the columns in the grid.*

##### Group By This Field

The column header that you right-clicked on will be moved to the grouping area (group by box) at the top of the grid. If the grouping area is not being displayed, this selection will first display the grouping area.

Here is an example of a grouped grid:

Time	Food	Amount	Unit	Gra...	Source	Prot...
Meal : 1 Breakfast						
8:30 AM	coffee, brewed, prep w/tap h2o, d	.500	cup	118.500	USDA 14	.120
8:30 AM	splenda sugar replacement	.200	packet	.200	USER	.000
8:30 AM	water, bottled, perrier	2.000	cup (8 fl oz)	474.000	USDA 14	.000
8:30 AM	pork, cured, bacon, ckd, brld, pan	5.310	medium slices,	33.630	USDA 14	10.248
8:30 AM	egg, chicken, whole, fresh/frozen,	2.000	large egg	100.000	CNF 2001	12.310
8:30 AM	salad drsng, mayo type, reg, w/sal	1.000	tablespoon	14.700	USDA 14	.130
				741.030		22.808
+ Meal : 3 Lunch						
+ Meal : 5 Supper						
+ Meal : 6 Late Snack						
GRAND TOTALS COUNT: 18				1425.127		149.610

To group on "Meal", simply drag the meal column into the darker region directly above the grid (group by box).

To ungroup the grid, drag the Meal column Header away from the darker region and release the mouse.

You can group on more than one column. Dragging additional columns into the group by box will group the grid in the order of the items which you place there.

To expand a group, click on the "+" button. To shrink a group, click on the "-" button.

**To expand all groups, right-click on the grid and pick "Expand all Rows".**

**To collapse all groups, right-click on the grid and pick "Collapse all Rows".**

**Note: The previous two options only appear in the popup menu when the grid is grouped.**

Notice that each group has it's own total in the group footer. There is also a grand total at the bottom of the grid in the footer.

### Group By Box

The "group by box" is the dark row at the top of the grid where you can drag a ColumnHeader into and it will group the grid on that field. If you cannot see the Group by Box, checking this menu item will display it.

### Footer

If you select this option, the very bottom of the grid will display a region called a footer. If you right-click on a footer, a popup menu will appear where you can choose calculation options. The appropriate options appear based on the column's data type. For example, if you click directly under the "Food" column on the footer, the SUM, MIN, MAX and AVG options will be disabled because this is a text field and you cannot perform those types of calculations on text fields. If you clicked directly under the "Calories\_Kcal" column on the footer, then those options would appear. In other words, you can SUM numeric fields but not text fields. The options are enabled based on the data type.

### Group Footers

Group Footers appear directly under the group when a grid is grouped. They are similar to Footers in that they also have a popup menu with calculation options.

### Remove This Column

Choosing this option will remove the column from the grid.

When you save the grid to Excel, HTML, XML or to a text file, only the columns that are visible

will be exported. So, if you remove a column, it will not be saved to the Excel, HTML or XML file that you create. You can also quickly add or remove columns (See Quickly Add or Remove Columns below).

### Field Chooser

If you removed a column, you can add it back in by selecting this menu choice. When you do, a box will appear from which you can drag the ColumnHeader back onto the grid into the column header row. (Two little green arrows appear where you can drop it).

### Alignment

You can align the contents of all fields in a column. Your choices are Left, Right or Center.


### Best Fit

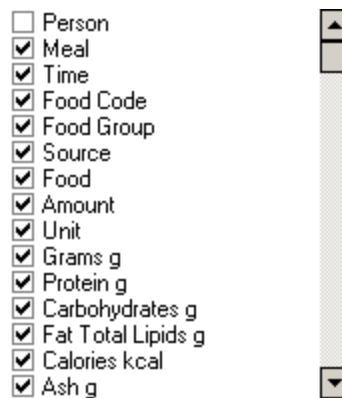
The column width will be expanded so that the full text in the column header as well as the column's rows will be visible.

### Best Fit (all columns)

Same as Best Fit except will perform it on all columns. Note: When performing this function on any of the food grids (meals, Food DB, Favorites, Recipes etc), it takes a while. Please remember that there are 146 columns and the process must also read all data in the grids too..

### Quickly Add or Remove Columns


There is another way to quickly add or remove columns. Simply click on the upper left corner of the grid (box with 5 little lines in it:  Meal) and a drop down list will appear:



If you uncheck a field, it will no longer appear in the grid. If you check the field, it will appear in the grid.

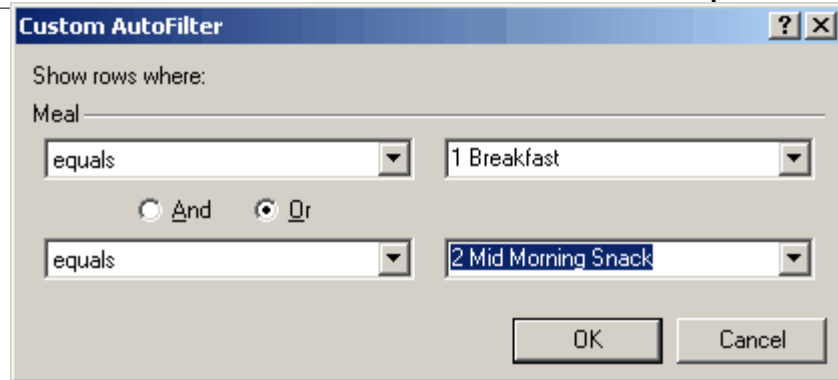
### How to filter the grid

To filter the grid means to display on those records which conform to your selection criteria. You can filter the meal grid on Meal and display only the foods from Breakfast (if you wish). To do so you could do this:

a) Pick a column (like Meal) and click on the little box to the right of the column header:  That is the filter box.



c) The filter drop-down-list will appear. Here you have two choices. You can either select which meal to filter the grid with by clicking on it with the mouse, or you can choose (Custom). If you choose (Custom), you will see this next filter box:

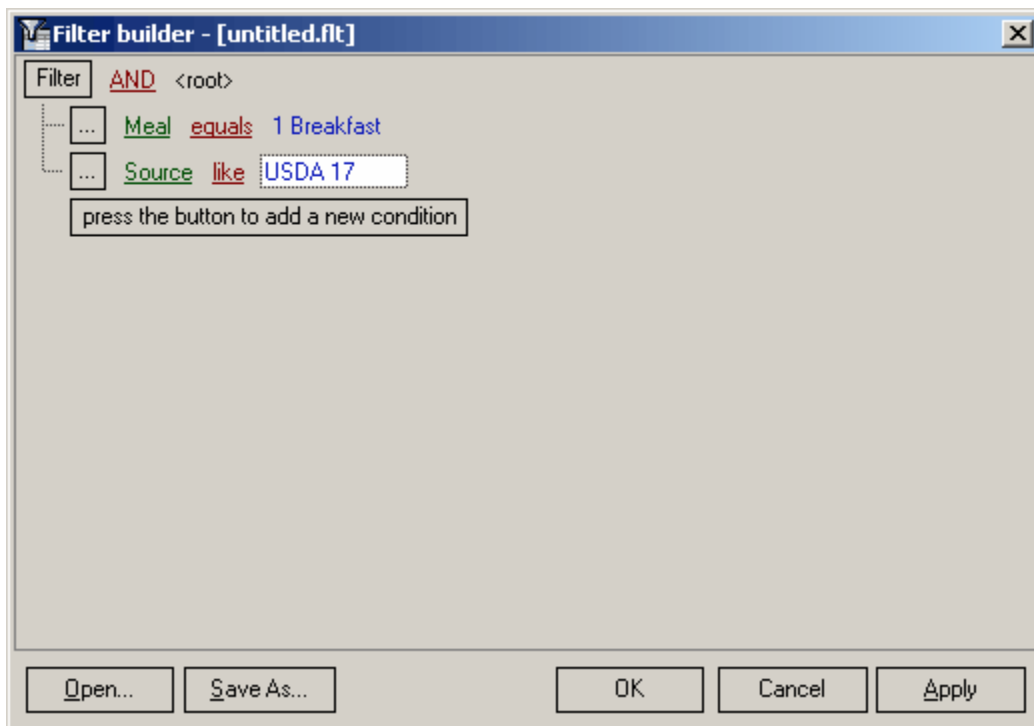


In this example, I have chosen to filter the meal grid on Breakfast and Mid Morning Snack. I chose the meal names from the drop down lists in each line.

When you filter the grid, the filter criterion appears at the lower left hand corner of the grid. If you click on the X there, the grid will lose the filter criterion and become unfiltered. To unfilter the grid, you can also click on the filter box and select (All). You will then see all records in the grid once again.

### Complex Filters

You can also filter a grid using the more complex filter found on the NavigatorBar . When you click on that filter button you will see the filter dialog that looks like this:



To add a new condition to the filter, click on the "press the button to add a new condition" button. To save your newly built filter, click on the "Save As" button. To load saved filters from disk, click on the "Open" button.

### How to select multiple records in a grid

Most grids in KDiet are already set to be multi-select grids. That is, you can select multiple rows by either using SHIFT-CLICK or CTRL-CLICK. However, on some grids, such as the meal grid, you have to turn this feature on. To do so, do this:

- a) **Right click on the meal grid**

b) Select "Multi-Select Mode".

If the "Multi-Select Mode" is not present in the popup menu, then either the grid has been permanently set to be multi-select, or it has been deactivated because it is not needed.

After having done so, you can click once on a record with the mouse. This is the starting point. After that, if you hold the SHIFT key down and click again on another record a few rows down, all the records in between will be selected.

If you want to select non-consecutive rows, use CTRL-Mouse-click.

When a record is selected, it will appear **dark blue**.

If you select records and then Save to Excel, XML or HTML, only the selected records will be saved.

To stop the Multi-Select Mode, right click on the grid and uncheck the "Multi-Select Mode" from the pop-up menu.

To delete selected records, use that option in the pop-up menu on the grid if it exists. Otherwise, click on the delete button in the NavigatorBar for that grid.

#### **How to save the Meal Grid to Excel, XML, HTML or text.**

You can save most grids to Excel, XML or HTML (web page). To do so do this:

- a) Right click on the grid to bring up the pop-up menu.
- b) Select "**Save Grid to Excel, HTML, XML or Text**" from the pop-up menu if it exists.

**The default is to save to Excel.** If you want to save to HTML, select that file option in the "save as type" drop-down list in the save dialog box that will appear. You will find the other file types in that drop down list as well. Select the one you wish and click "Save". If you save to a file, you will be prompted as to whether or not to open the application which corresponds with your file-type. If you save to HTML, you will be prompted as to whether or not you wish to view the file using your browser... etc.

#### **You can move columns in the grid**

To move a column to a new location in the grid, drag the column header to a new location in the column header row. Two little green arrows will appear on places where you can drop the ColumnHeader. Not only can you move a column header to a new horizontal location, but in the banded grids, you can move the column to a new vertical location. Again, two little green arrows will appear as you drag the column header.

#### **Crazy Column Headers**

You can drag columns around and reposition them in strange places. To do so, try dragging a column header around another column header. Green arrows appear to locations where you can drop the columns. Here is an example of stacking the column headers:

# Exercise Library



Drag a column header here to group by that column

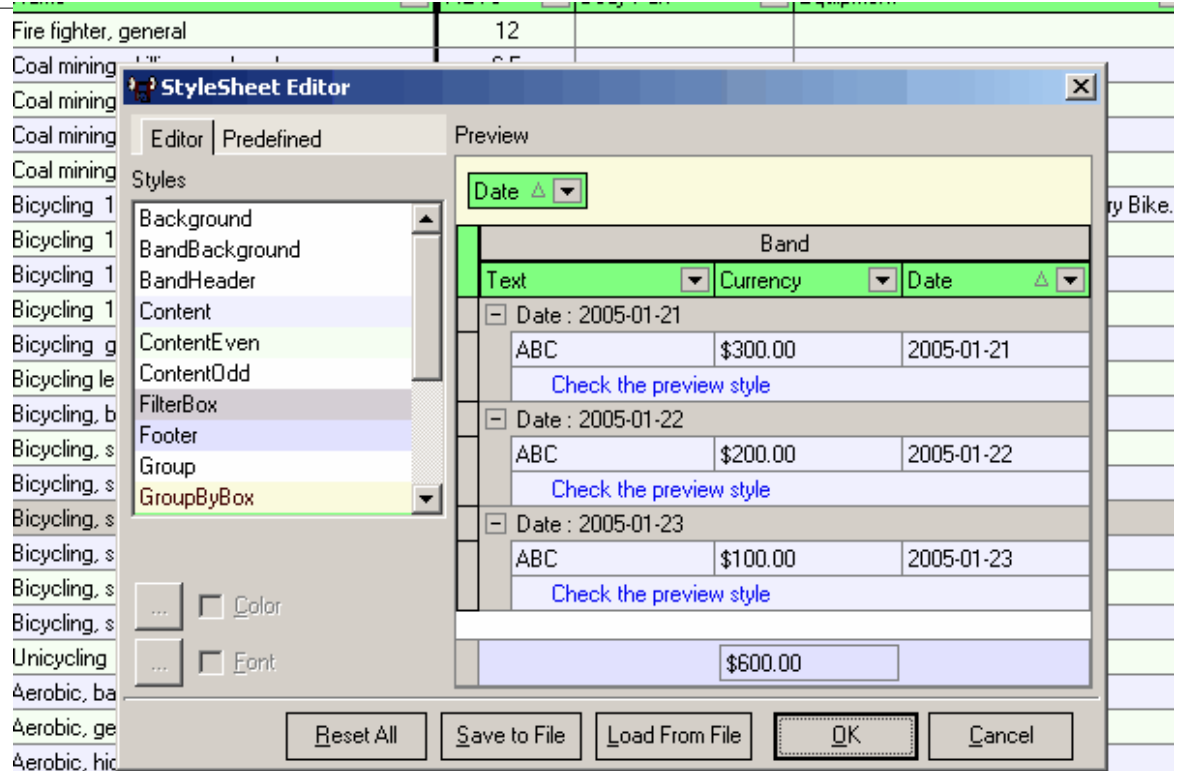
Name	METS	Body Part
Sub Category		
Activity Type		
Fire fighter, general	12	
Work		
Coal mining, drilling, coal, rock	6.5	
Coal Mining		
Work		
Coal mining, erecting supports	6.5	
Coal Mining		
Work		
Coal mining, general	6	
Coal Mining		
Work		
Coal mining, shoveling coal	7	
Coal Mining		
Work		

## Style Editor

Most all grids in the Fitness Planner let you edit the colors and fonts. If the grid has been set up to do so, it will have a choice in it's main body pop-up menu called "Style Editor". To see it, right click on a data row inside the grid.

4	Lower Body	
8.5	Lower Body	
5	Lower Body	
5		
6		
6		

The selection is called the **style editor**. It contains a preview area where you can customize the look of the grid. You can also pick from Predefined Themes, or save and load themes to disk. This is the style editor:



To customize one aspect of the grid (like the even rows), click once on the "ContentEven" item in the "Styles" list box. Then, click on the color or font button below. Select your new color or font and click OK.

### More Features

Most grids let you resize the row. To resize the row, click on the crack between the rows at the left hand side of the grid in the indicator column (small column on the left of the grid). Then, drag the mouse downwards.

Most grids will automatically resize the header row to display the complete header text. When you scrunch the columns closer together, you will see this.

### If you get into trouble with grid customizations

So you lost a field, really hate the current grid's style or don't want to adjust every column size again. If you want to return the grid back to it's default state, right-click on a cell inside the grid (not on the column header) and select "Reset Grid" or "Reset Grid to defaults" from the grid's body pop-up menu. Choosing that option will undo all the changes you've done to the grid including colors, fonts, sizes, hidden fields etc.

## 5 The Progress Tracker

### 5.1 The Chart

#### 5.1.1 The Progress Tracker Chart

##### The Tracking Chart - charting your progress.

The chart has been designed to permit you to display various items at the same time on the same chart so that you can look at and compare items with others. For example, you could plot

your ketosis levels and carbohydrate intake and see the direct relationship between the two.


The chart will automatically open on the current month. If you want to check different time spans, [click on the drop down list under the "Pick Date Span" label on the left:](#)

The default is to display one month starting from the current month going backwards. You have many options for time spans in the drop down box (Pick Date Span):



If you click on [One Day](#), the current day will be plotted along with the hours in the chart's bottom. If you select [Two Months](#), you will see the current month and the previous month plotted on the chart.

If you want to plot a 'custom' time span, select "Custom" from the drop down list. Then, select a starting date in the "From" date picker (which will appear) and select the ending date in the "To" date picker. Your custom date span will plot automatically on the chart.

To jump to the next or previous time period, use the  buttons. If you have selected [One Day](#) in the drop down list, these buttons will take you one day previous or one day next. If you have selected [One Month](#) from the drop down list, the buttons will take you to the previous month or the next month. No matter which selection you have selected, those buttons will adjust the time span accordingly.

To plot any item, first make sure that you have entries for that month in whichever table they should exist in. For example, if you want to plot calories in June, make sure you have entered meals for June.

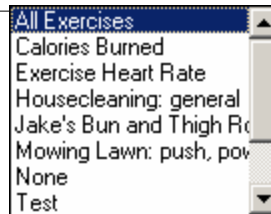
If you want to plot exercise in July, make sure you have entered some exercises in the exercise table for July.

To plot the weight entries from the weight table, click on the  Weight so that the check mark is checked. To display your goal weight, click on the  Goal Weight check box.

To plot ketosis, click on the  Ketosis check box.

To plot Blood Glucose readings, click on the  Glucose check Box.

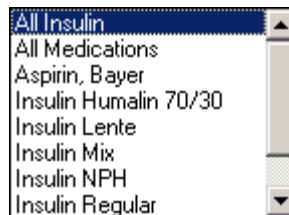
To plot exercise, click on the Exercise Combo Box. You will see:



From here you can select one exercise to plot, All Exercises, Calories Burned or Exercise Heart Rate. Whatever exercises you perform and log into the exercise table will appear in this list so you can plot them.


### Plotting Medications

If you are a diabetic and you are tracking your Insulin, you can plot your glucose levels and your medications on the chart. If you enter your Insulin medications with a name starting with "Insulin" as in "Insulin 50/50" or "Insulin General", you can plot just your Insulin medication on the chart. Use [All Insulin](#) from the drop down list. The All Insulin selection will plot all you medications whose names start with "Insulin".



All medications that you enter in the Medications table will appear in this drop down list. You can plot one medication, all medications or just all insulin. *Note: only the medications you've actually used (and entered in the medications logger) appear in the drop down list.*



Likewise, to clear the chart of Weights, ketosis, or glucose, uncheck the "X" boxes.

If you want to clear the entire chart at once, click on the  button near the top right of the window. .

You can plot one measurement or all measurements at once. Click on the measurements drop-down-list and select either the measurement (waist, buttocks etc) or select All to plot all measurements at once.

Blood Pressure and Cholesterol also have the "All" option to plot all values at once.

The three lower drop-down-lists allow you to pick nutrients from your meals to display in the chart. There is no "All" selector in those drop-down-lists because there are just too many nutrients to plot at the same time...

If you want to see the marks on the values in the chart, click on the  button. A mark is the little yellow label that shows the value: . When plotting medications, the medication name will appear in the mark.

You can also copy the chart to the Windows Clipboard (main menu selection), print the chart or full-screen the chart.

To zoom into a specific area of the chart, left-click the mouse and drag it to the right and down. To undo the zoom, left-click the mouse and drag it to the left and up and release the mouse. *There is also a menu selection to undo the zoom.*

To scroll the chart up, down left or right, try right-clicking and dragging on the chart grid .

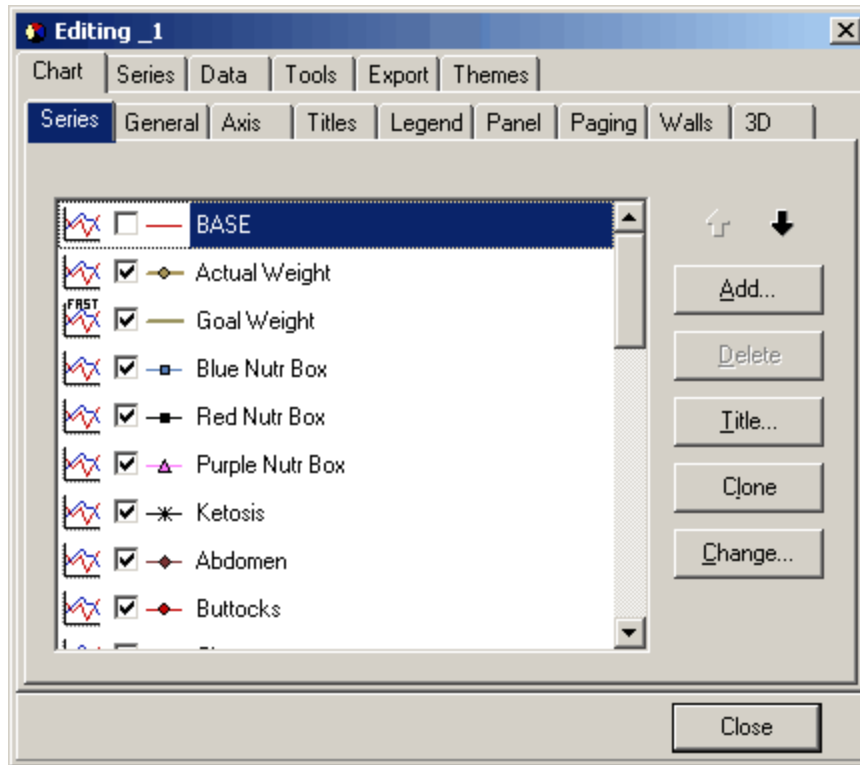
For information about **chart themes** or customizing the look and feel of the chart see [Chart Themes](#)

For information about how to add a series to the chart see [Adding a Series](#)

Next topic is [Tracking your weight](#) (click here)

## 5.1.2 Editing the chart

### Editing The Progress Tracker Chart



You can now edit the chart. All of the changes such as the style, fonts, colors, item positions and more will be remembered the next time you start the Progress Tracker. Even the series' colors, widths etc. To edit the Progress Tracker's chart right-click on the chart and select "Edit Chart" from the pop-up menu.

If you get into trouble or want to undo all changes you've done to the chart, click on "Options" from the Progress Tracker's main menu, then select "Reset the Chart". The Progress Tracker will close. The next time you open the Progress Tracker, the chart's settings will be returned to the defaults.

If you edit the chart and want to save the chart to recall it later, use the [Quick Charts](#)

For information about adding your own series to the chart see [Adding a Series](#)

## 5.1.3 Adding a Series

### Adding a Series to the Progress Tracker Chart

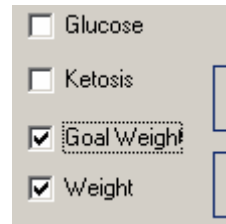
The new Chart (TeeChart 7.04) permits you to add your own series to the chart.

---

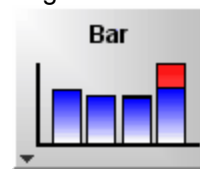
**How to add a new series to the chart**

In this example, we are going to add a new series to the chart called "Left To Lose". It will be a calculation of how much weight you have left to lose before you reach your goal weight.

- 1) Open the Progress Tracker and reset the Chart
  - Right click on the chart and select "Reset the Chart".
- 2) Open the Progress Tracker again. This time the chart is stock. Pick a theme if you'd like. For more info see [Chart Themes](#)
- 3) Click on the "Weight" checkbox to display the person's weight in the chart.
- 4) Click on the "Goal Weight" checkbox to display the person's goal weight in the chart.  
It should look like this:

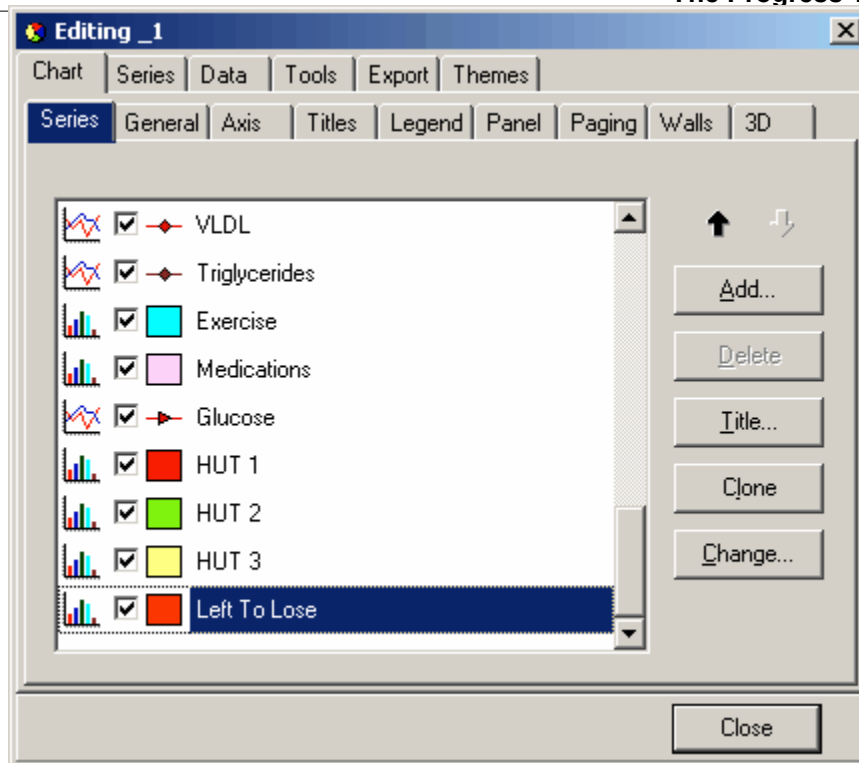


- 5) Right click on the chart and select "Edit Chart"
- 6) Click on the "Add" button in the chart editor. The "Add" button is on the upper right side of the [Editing the chart](#) picture..
- 7) Choose the bar series by double clicking on it :

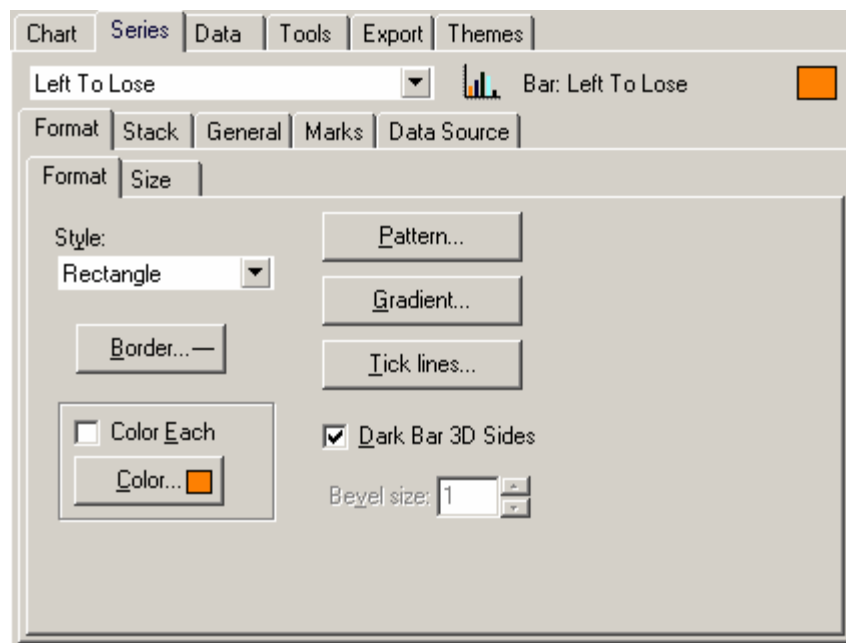


- a new series will appear at the bottom of the series list. Scroll down to see it. In my case it is called "Series 5".

- 8) Click on the "Title" button and change the new series name to "Left to Lose".
- 9) Double click on the color box and change the color to orange. (optional)  
It should now look like this:

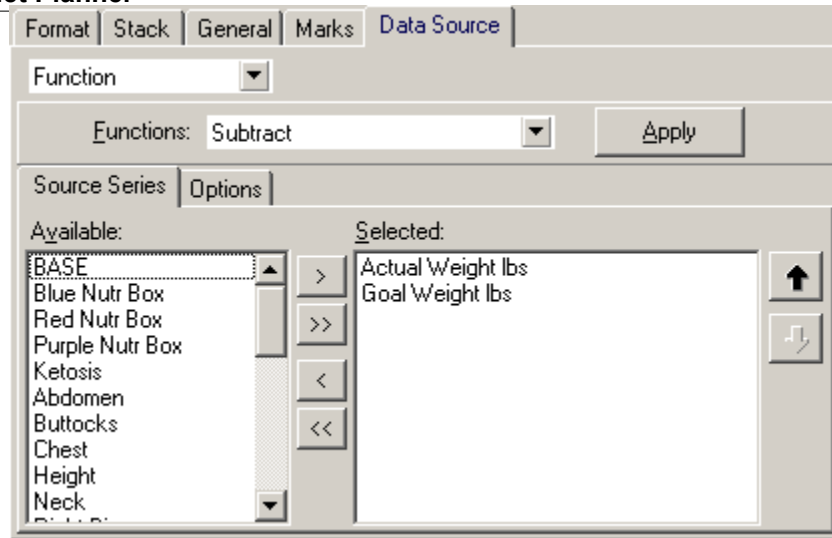


10) Double click on the "Left To Lose" series or click on the "Series" tab at the top. You will see this:



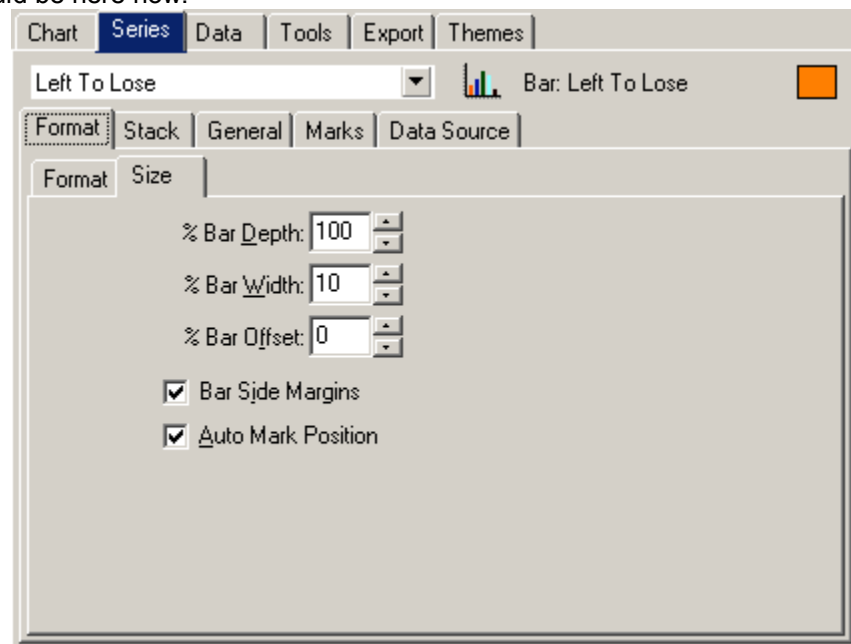
- 11) Click on the "Data Source" tab.
- 12) From the drop down list (without a title) that says "random" select "function".
- 13) From the second drop down list that says "Functions:" select "Subtract".
- 14) From the Source Series tab, double click on the "Actual Weight" and "Goal Weight" items. Make sure you add the "Actual Weight" item first because the subtract function will subtract the second item from the first..

Your chart editor should now look like this:



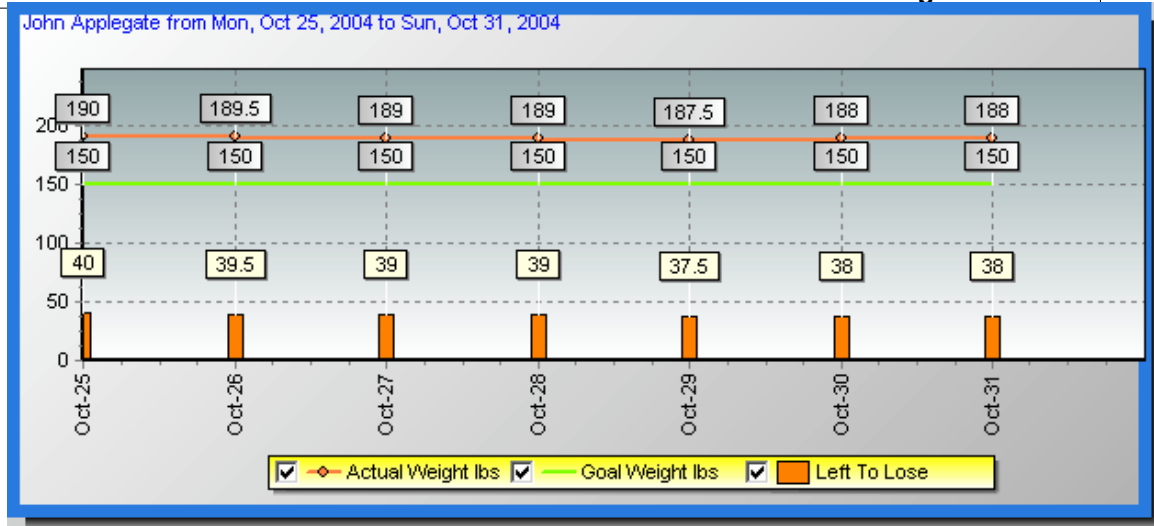
- 15) Click on the "Apply" button.
- 16) Click on the "Marks" tab.
- 17) Under the "Style" tab, change the "style:" field from "label" to "value".
- 18) Click on the "Format" tab in the second row of tabs. (Note we are going to change the bars' widths, not the Marks format).
- 19) Click on the "Size" tab below it.

You should be here now:




- 20) Change the 70% to 10% in the "bar width" spin edit.
- 21) Close the chart Editor. (Click on "Close" at the bottom).

Your chart should look like this:



Now, before you close the Progress Tracker or do anything else, save this chart as a Quick Chart. To save it as a quick chart do this:

- 1) Click on the  icon in the Progress Tracker's Chart tab.
- 2) Select "Save as New Quick Chart".
- 3) Give your chart a name. Call it "Left To Lose".
- 4) Click "Ok". That's it. Your new quick chart is now saved in the Quick Chart Table.

For more info about the Quick Chart feature see [Quick Charts](#)


Remember, if you get into trouble you can reset the progress tracker chart by right-clicking on the chart and selecting "Reset The Chart".

### Important notes

If you add a series to a chart then close KDiet, the next time you open KDiet and display the Progress Tracker Chart, that series will still be there. If you want to get rid of it you can do three things:

1) Pick another quick chart to display. Picking a quick chart will clear the chart of all series before displaying the quick chart.

2) Reset the chart. To reset the chart, right click on the chart and select "Reset the Chart". Resetting the chart will return the chart back to it's original defaults.

3) Click on the  on the top right panel. This button has been changed so that it clears all added series too now. This button clears all series but does not reset the chart's style.

If you add a series to the chart which is a function of another item on the chart, you have to display that other item in order that the calculated series display. In other words, if you add a series called Average Weight, and make it a function of the "Weight" series, unless you display the "Weight" on the chart, the "Average Weight" won't display. However, if you add a series to the chart which is a result of a calculation based on two fields, you don't have to display those fields in order for the calculated field to appear on the chart. (For example, the "Left to Lose" series is like that).

## 5.1.4 Chart Themes

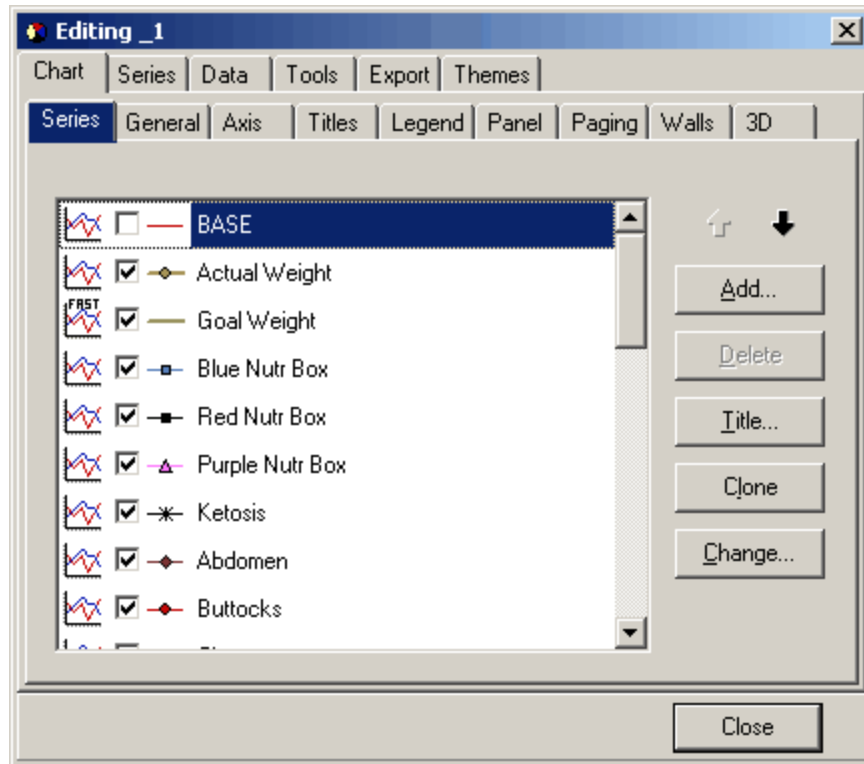
### Chart Themes

Some of the charts have the ability to pick themes or customize the look and feel of the chart. The progress tracker chart is one of them.

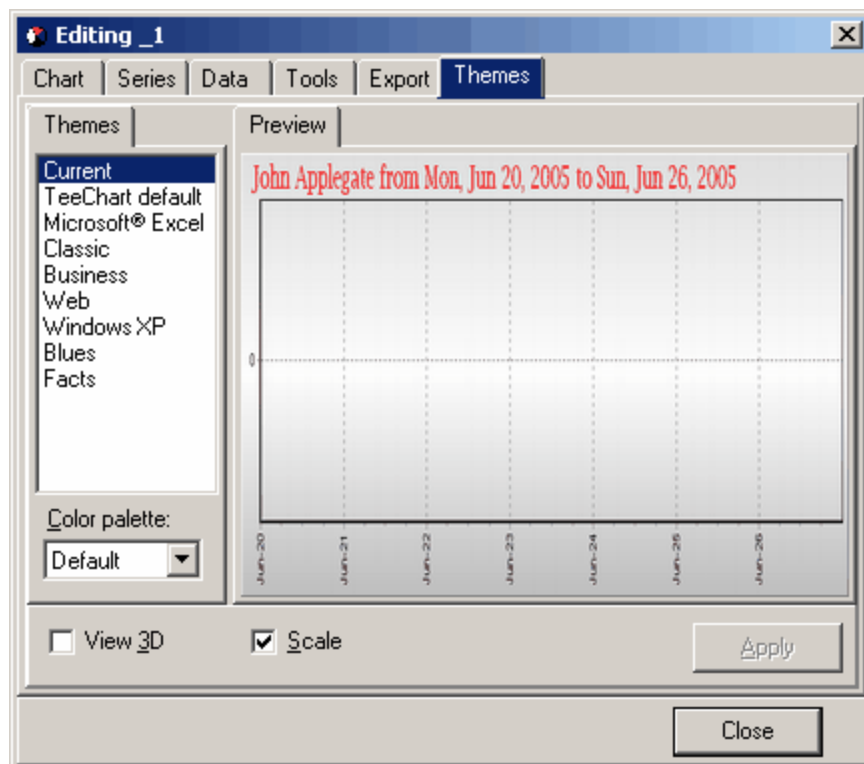
### How to pick a theme

- 1) Right click on the Progress Tracker's Chart.
- 2) Select "Edit Chart"

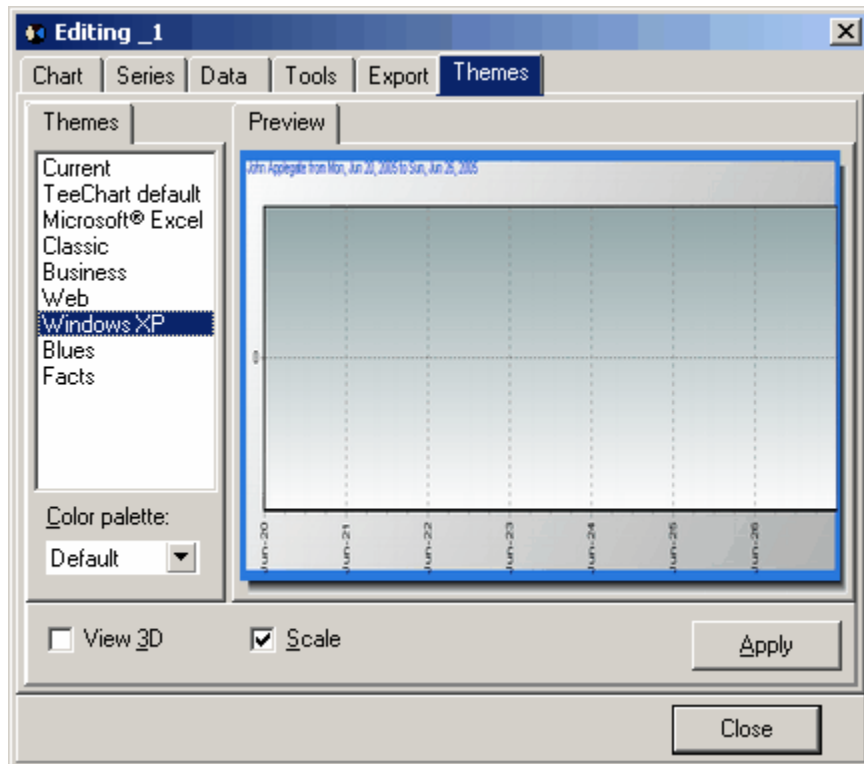
You will see the chart editor:



- 3) Click on the "Themes" tab on the first row on the right. You will see this:



4) Pick a theme by clicking on it. Here, I have selected the Windows XP theme:



5) Click on the "Apply" button and close the Chart Editor.

When you apply a theme to the Progress Tracker chart, the theme will be remembered the next time you start up the Progress Tracker. This is accomplished through the use of an "ini" file. Basically, it saves the dimensions, colors and fonts (and series) to a file on your hard drive and then reads those dimensions back in the next time the chart is created. If you want to reset the chart back to the original factory delivered style, right click on the chart and choose "Reset The Chart". Resetting the chart will delete it's ini file and close the Progress Tracker. The next time you open the Progress Tracker, the chart will be reset.

Themes are very versatile in the sense that you can pick a theme and then edit aspects about the chart to suit your tastes. For example, you could pick the Windows XP theme and then change the panel gradient's colors, the title's font or color, or virtually anything about the chart.

For more information about editing the chart, see [Editing the chart](#)

For information about adding your own series to the chart see [Adding a Series](#)

For information about storing and retrieving your customized charts see [Quick Charts](#)

## 5.1.5 Quick Charts

### Quick Charts

Have you spent hours constructing different charts? First you display the weight and goal weight, then you clear them and display the blood glucose readings. Then, you clear the chart and display the calories burned from all exercises.. This takes time..

New Feature! Now you can save and restore your customized charts! For example, you could create a chart displaying fat, carbs and protein and include the blood glucose readings with your

own colors, fonts and style and then save it to the Quick Chart table. After doing so, you can pick that chart from the Quick Chart drop-down list to display it again. You could save all your charts and quickly display them, easily and quickly. You can also add a series to a chart and save it as a quick chart. So, if you created a chart with the weight and goal weight, and added a series to calculate the "Weight left to lose", you could save it as a quick chart and then recall it later. Build it once, use it over and over again.

You can even save your quick charts to files and share them with other KDiet users!

If you have changed the chart's theme or edited certain aspects of the chart such as the title, legend, color, gradient etc, you can save your chart to the Quick Chart Table. Doing so enables you to recall it at a later time.

For information about picking chart themes see [Chart Themes](#) For information about editing the chart see [Editing the chart](#)

### How to display a Quick Chart

To display a quick chart do this: *(in the Progress Tracker's Chart tab)*

1) Click on the drop-down list button in the Quick Chart ComboBox (contains "Left To Lose - Space Theme" in this example):

You will see the saved Quick Charts there.

- Exercise with Exercise Label and Value
- Left Axis starts at zero
- Left To Lose
- Left To Lose - Space Theme
- Left To Lose 3D
- Left To Lose From 13.2
- Margaret's Favorite
- Net Calories (Eaten - Burned)
- None
- Nutrients and Nutrient Goals
- Nutrients and Nutrient Goals - Golf Theme
- Paul's Typical Chart
- Potential Renal Acid Load (measure of acidity/alkalinity)
- Prot Carb Fat XP Style Totals
- Prot/Carb/Fat XP Style NO TOTALS

2) Pick a Quick Chart.

### How to save your chart as a Quick Chart

- 1) Click on the "Quick Charts" menu selection in the Progress Tracker's main menu.
- 2) Select "Save as New Quick Chart".
- 3) Give your chart a name
  - you will be prompted for a name for your chart. Try to give it a meaningful name describing aspects about the chart to make it easy to associate the chart.
- 4) Click "Ok". That's it. Your new quick chart is now saved in the Quick Chart Table.

### How to replace a Quick Chart

So you've created a new chart with several nutrients, a customized theme and your own colors. You've recalled it and are displaying it in the main chart. But now, you've decided that you prefer the legend on the top. So, you edit the chart and move the legend to the top. Instead of saving the edited chart to a new name and deleting the old one, you can simply replace the recalled chart. Here is how:

- 1) Click on the "Quick Charts" menu selection in the Progress Tracker's main menu.
- 2) Select "Replace Current Quick Chart".

Replacing a Quick Chart copies the current chart's attributes over top of the Quick Chart whose name appears in the drop-down list Quick Chart picker..

### How to delete a Quick Chart

- 1) Click on the "Quick Charts" menu selection in the Progress Tracker's main menu.
- 2) Select "Delete Current Quick Chart".

### How to delete many Quick Charts at once

- 1) Click on the "Quick Charts" menu selection in the Progress Tracker's main menu.
- 2) Click on "Quick Chart Manager".
- 3) Select multiple quick charts from the grid that appears in the Quick Chart Manager.
- 4) Click on the delete button in the NavigatorBar at the bottom left of the grid.

For more info see [Quick Chart Manager](#)

### Restore Date Span Type

Storing a chart as a quick chart also stores the Date Span Type along with the chart's attributes. If you create a chart and display a date span of one month, the next time you recall the chart, it will set the Date Span in the chart to one month. If you do not want the Date Spans restored (you prefer to keep the date span at one day, for example), you can uncheck the "Restore Date Span Type" menu selection.

- 1) Click on the "Quick Charts" menu selection in the Progress Tracker's main menu.
- 2) Uncheck the "Restore Date Span Type" menu item.

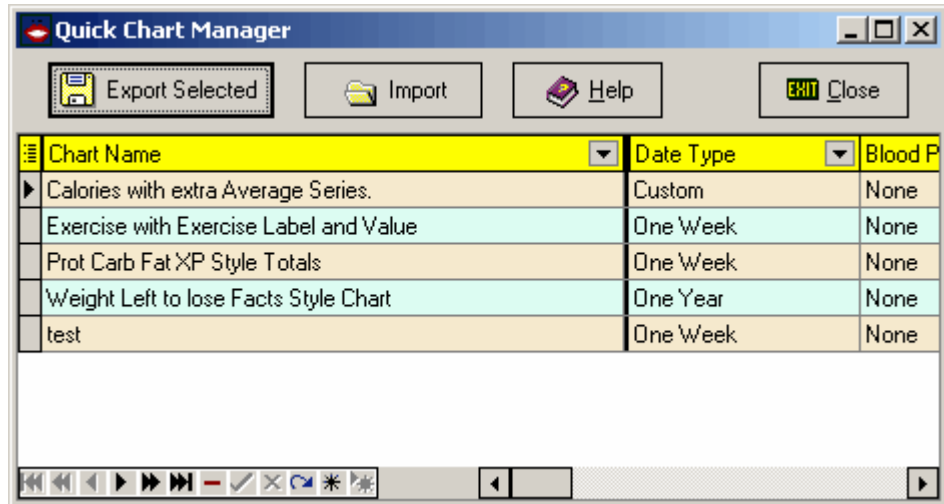
For more information about the Quick Chart Manager see [Quick Chart Manager](#)

### Other considerations

If you recall a quick chart which displays items in the Help U Track, Exercise or Medications tables, and the person you are on does not have entries for any of those items, they will not be plotted on the chart. For example, if a quick chart was stored with "Number of Cigarettes Smoked" in the Help U Track, and the current person does not smoke, they won't have any entries in their Help U Track for "Number of Cigarettes Smoked". In that case, that entry won't even appear in the Help U Tracks' drop down lists. If you need to verify which fields the current Quick Chart is trying to display, open the [Quick Chart Manager](#) and check.

\* Note: I deleted the Quick Chart graph button and moved the Quick Chart menu to the main menu because too many people were missing the Quick Charts menu items. It was too hard to tell if it was a button.. Now, there is no question. The Quick Chart menu is there for all to see.. pl

### The Quick Chart Manager



The Quick Chart Manager enables you to delete multiple quick charts, change quick chart names and import or export quick charts to a file.

It will not let you edit the rest of the fields in the records. If you want to edit a quick chart, display it in the Progress Tracker's Chart and then replace the current quick chart..

#### To save one or more quick charts to a file do this:

- 1) Select one quick chart in the grid by clicking on it
- OR
- 1) Select multiple quick charts in the grid using SHIFT-CLICK or CTRL-CLICK.
- 2) Click on the "Export Selected" button.
- 3) Give the file a name.
- 4) Click on OK.

#### To load a quick chart file do this:


- 1) Click on the "Import" button.
- 2) Navigate to where your file is.
- 3) Select it and click on "Open". A quick chart file has a file extension of "\*.qc1".
- 4) After the file is loaded, go through the entire Quick Chart Manager grid looking for names with a long number in them. Those are the quick chart names that were duplicated. If you'd like you can change the names to something more meaningful.

Note: Loading a Quick Chart file loads duplicates. Any quick charts with the same name as a quick chart in your database will have the current date and time appended to the name so you can distinguish which chart names were duplicated.

The Quick Chart Manager Grid is customizable. For more information see [Grid Features](#)

## 5.2 Tracking your weight

### Tracking your weight with the Progress Tracker

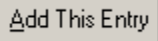
From the Main Screen, click on the  button. This will start the Progress Tracker.

Select the **Weights** tab. You will see the Weights table along with your most current picture. This screen is where you enter your daily weights.

When you first go to the Weights tab, the Date, Goal Weight and Actual Weight are defaulted as follows: The Date is the current date. The Goal Weight and Actual Weight is what you entered for yourself in the people database.

If you insert an entry, the next time you open the Weights tab, the values for Goal Weight and Actual Weight will default to whatever was entered last. The Date will always default to the current date.

**To add your first weight record**, enter your Actual Weight for today and then click on the

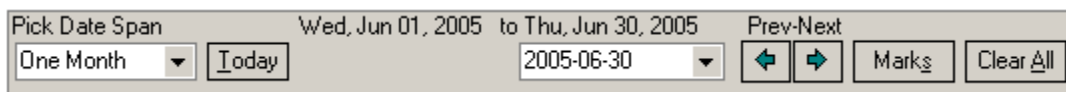
 button.

You are allowed only one weight entry per day. **Your must weigh yourself every day** and log it in the Weight table. Otherwise, you will not be able to analyze your daily caloric intake and compare it to your weight. If you don't log your weight every day, you won't be able to compare your carbohydrate intake to your weight loss/gain. Despite what other Diets may say, if you are going to determine what is causing you to lose or gain weight, you must weigh yourself every day at the same time and log it.

To display your Weight progress in the chart do this:

1) Select the **Chart** tab. *Make sure you have entered some weights in the Weights Table beforehand.*

2) Select the month and year for which you have entered some Weight readings.



3) Click on the Weights check box:  Weight

You should see your weights plotted on the chart.

If you specified Pounds for the Measure when you entered your personal information in the people database, the measures on the Weight screen will be in pounds. If you specified kilograms, then the measures on the Weight screen will be in kilograms.

If you right-click on the Weights grid, a pop-up menu will appear. From here, you can save the whole Weights table to **Excel, HTML, XML or a text file**. **Saving to Excel, HTML etc also lets you print the table.**

The Weight table is sorted on date descending so you will always see the most recent date's entry without having to scroll to the bottom of the grid. If you don't like that, you can sort the grid on whichever column you'd like by clicking on the header.

If you right-click on the top panel, a color dialog box will appear where you can set the panel's color.

The weights grid is the new grid. For more info about this powerful grid, see [Grid Features](#)

Next topic is [Ketosis Tracking](#)

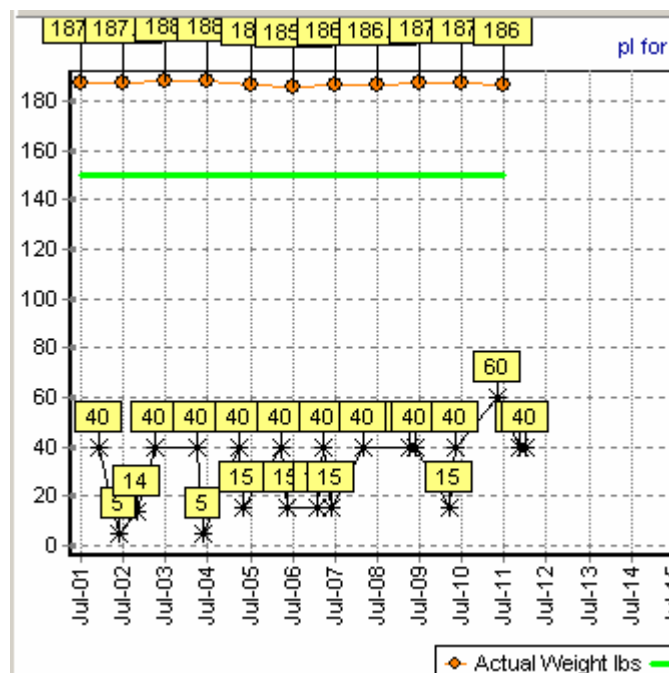
### Ketosis Tracking

I first learned about [ketosis](#) tracking from watching a TV commercial about the Atkins Diet. The offer included a free ketosis testing kit so that you could check when your body was actually burning fat! The idea is that, when your body burns fat, ketones are released into your urine. The more ketones you have in your urine, the more fat you are burning. (This Ketosis is not to be confused with ketosis acidosis which is a dangerous condition that diabetes may cause).

I bought some Ketostix from the drug store. A bottle of 50 was \$6.95. When I'm in ketosis, the pad on the end of the disposable stick turns purple. Far out! I've been tracking my Ketosis for months now. It's amazing! After being in Ketosis for about one month, I decided to eat an ice-cream cone, and bang, my ketosis level went down to a '5' a few hours later. It had been between 40 and 80 mg/dL before that. Before I started the diet, the sticks would stay the same. No ketosis. For more information, go out and buy the latest Dr. Atkins diet book or check out the website at [Atkins Center](#).

To track your ketosis, go out and buy some ketostix from your drug store. Test yourself and enter your results in the Ketosis Table.

If you want to chart your Ketosis, go to the Chart tab, select the correct month, and click on the ketosis check box.  Ketosis You will see the ketosis readings being plotted. Here the readings are in mg/dL because they are much easier to see on the chart. They are the black stars connected by the line...



If you right-click on the Ketosis grid, a pop-up menu will appear. From here, you can add or remove columns, or save the whole Ketosis table to Excel, HTML, XML or a text file.

The Ketosis table is sorted on date descending so you will always see the most recent date's entry without having to scroll to the bottom of the grid. If you don't like that, you can sort the grid on whichever column you'd like by clicking on the header.

If you have multiple ketosis readings per day, you can group the same day's entries together by

dragging the Date column header into the grouping area just above the grid. To ungroup, drag the Date column header back into the grid or somewhere else.

If you right-click on the top panel, a color dialog box will appear where you can set the panel's color.


The ketosis grid is the new grid. For more info about this powerful grid, see [Grid Features](#)

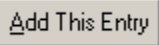
Next topic is [Measurements Tracking](#)

## 5.4 Measurements Tracking

### Measurements Tracking

It is a great idea to track your measurements because you could be gaining muscle and losing fat but you'd never know it by looking at your weight. Also, to determine your BMR, Percent Body Fat and Percent Lean Body Mass, you must have at least one measurement entry.

To track your measurements, start up the progress tracker screen  and click on the Measurements tab.

One by one, measure your body part and enter the values in the data entry boxes above. When you are finished, click on the  button.

If you right-click on the Measurements grid, a pop-up menu will appear. From here you can save the whole Measurements table to Excel, HTML, XML or a text file, access the Style Editor or reset the grid back to its defaults.

To plot your measurements on the chart, go to the **Chart** tab and select all or one measurement from the Measurements drop-down-list.



The Measurements table is sorted on date descending so you will always see the most recent date's entry without having to scroll to the bottom of the grid. If you don't like that, you can sort the grid on whichever column you'd like by clicking on the header.

If you chose 'inches' for the measure of your height in the People Database setup, then the measurements in this screen will appear in inches. If you chose centimeters, then centimeters will appear in this screen.

### Calculate Progress Results

For information about calculating your results (BMI, BMR, Body Fat, Hip To Waist Ratio etc) see [Weight Plan](#)

### Panel Colors

If you click on the top panel, a color dialog box will appear where you can set the panel's gradient colors.

The Measurements grid is the new grid. For more info about this powerful grid, see [Grid Features](#)

Next Topic: [Blood Pressure Tracking](#)

## 5.5 Blood Pressure Tracking

### Tracking you Blood Pressure and Heart Rate

It is a good idea to track your blood pressure and heart rate.

Go out to your nearest pharmacy or drug store and purchase a blood pressure tester today. I did. I don't regret it. I bought the kind that does everything automatically: it inflates and deflates all by itself and gives you your systolic and diastolic as well as your heart rate.

I learned that my systolic pressure was a little high, so I cut out the Montreal Beef Spice I was putting on my steak, and it went down. I think the Montreal Beef Spice has too much salt... The blood pressure tester is also very handy for taking your pulse. Immediately following my exercise, I check my blood pressure and obtain my heart rate.

To add a new blood pressure reading in the Blood Pressure table, go to the "Progress Tracker"



and click on the "Blood Pressure" tab.

In the "New Readings" group-box:

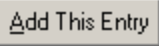
The date will default to today.

Change the time if you need to. It defaults to the current time.

Enter the Systolic Reading.

Enter the Diastolic Reading.

Enter the Heart Rate.

Click on the  button.

You can add as many readings per day as you like.

If you want to group your readings by day, drag the date's column header into the darker grouping area. You will see:

Date	Time	Systolic	Diastolic	Heart Rate
- Date : Fri, 2002-Jul-12				
	09:29 PM	116	70	85
- Date : Wed, 2002-Jul-10				
	05:29 PM	121	76	92
- Date : Sun, 2002-Jul-07				
	07:00 PM	127	73	87
	07:53 AM	114	78	85
+ Date : Sat, 2002-Jul-06				

To ungroup the grid, drag the date column header out of the darker area just above the grid and release it.

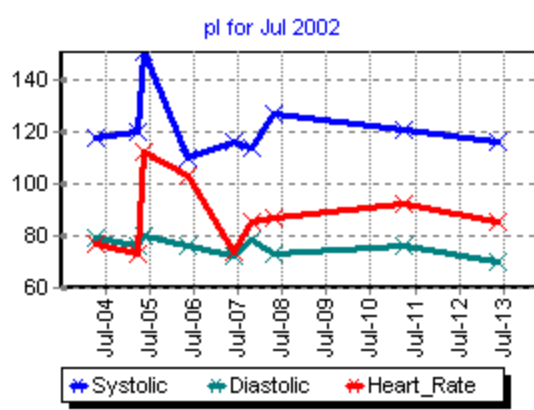
To sort the grid, click on a column header.

The Blood Pressure grid is the new grid. For more info about this powerful grid, see [Grid Features](#). With this grid you can add a footer or a group footer and add a calculation of your pick (MAX/MIN/SUM/AVG).

### CHART

To plot the Blood Pressure readings, click on the "Chart" tab. In the Blood Pressure combo-box, select "All" to see all three (Systolic, Diastolic and Heart Rate). Or, pick one to display from the drop-down list.

Clicking on the  next to the Blood Pressure combo-box will clear the Blood Pressure readings from the chart.



If you click on the top panel, a color dialog box will appear where you can set the panel's color.


Next Topic: [Cholesterol Tracking](#)

## 5.6 Cholesterol Tracking

### Tracking your Cholesterol

Before you start any diet, exercise routine or change of routines in your life, isn't it a good idea to get your cholesterol levels checked?

If you decide to get your cholesterol levels checked, enter your results in the cholesterol table. To add an entry do this:

- 1) Start up the "Progress Tracker" 
- 2) Click on the "Cholesterol" tab.
- 3) In the New Readings box at the top of the screen, do the following:
  - 3) Enter the date when you had the cholesterol test done.
  - 4) Enter the LDL reading. (Low Density Lipoprotein.)
  - 5) Enter the HDL reading.
  - 6) Enter the VLDL reading.
  - 7) Enter the Triglycerides reading.
- 8) Click on the  button.

Because getting your cholesterol checked is not a thing you do many times a day, there is only one entry allowed per day and there is no time field.

### CHART

To plot all or one of your cholesterol readings on the chart, select the appropriate selection in the Cholesterol drop-down-list in the chart screen.

If you click on the top cholesterol panel, a color dialog box will appear where you can set the

panel's colors.

The Cholesterol grid is the new grid! For more info about this powerful grid, see [Grid Features](#). With this grid you can add a footer or a group footer and add a calculation of your pick (MAX/MIN/SUM/AVG). If you right-click on the grid and choose "Style Editor" you can customize the grid's colors, fonts and style..

Next Topic: [Exercise Tracking](#)

## 5.7 Exercise Tracking

### Exercise Tracking

This is where you can track exercise or all of your daily activities. To use it, fill in the edit boxes in the top edit panel and then click on the [Add This Entry](#) button :

**Progress Tracker**  
Options Import/Export Progress Report Reports Quick Charts Help Exit

John Applegate

Blood Glucose | Blood Pressure | Chart | Cholesterol | **Exercise** | Help Track | Ketosis | Measurements | Medications | Weights

**Exercise** John Applegate

Enter your exercise for the day here

Sun, Dec 03, 2006 Time Exercise METS: 2.000 H: 0 m: 15

2006-12-03 05:00 PM Driving not a semi 15 (Minutes)

Distance or Weight Sets Reps Notes

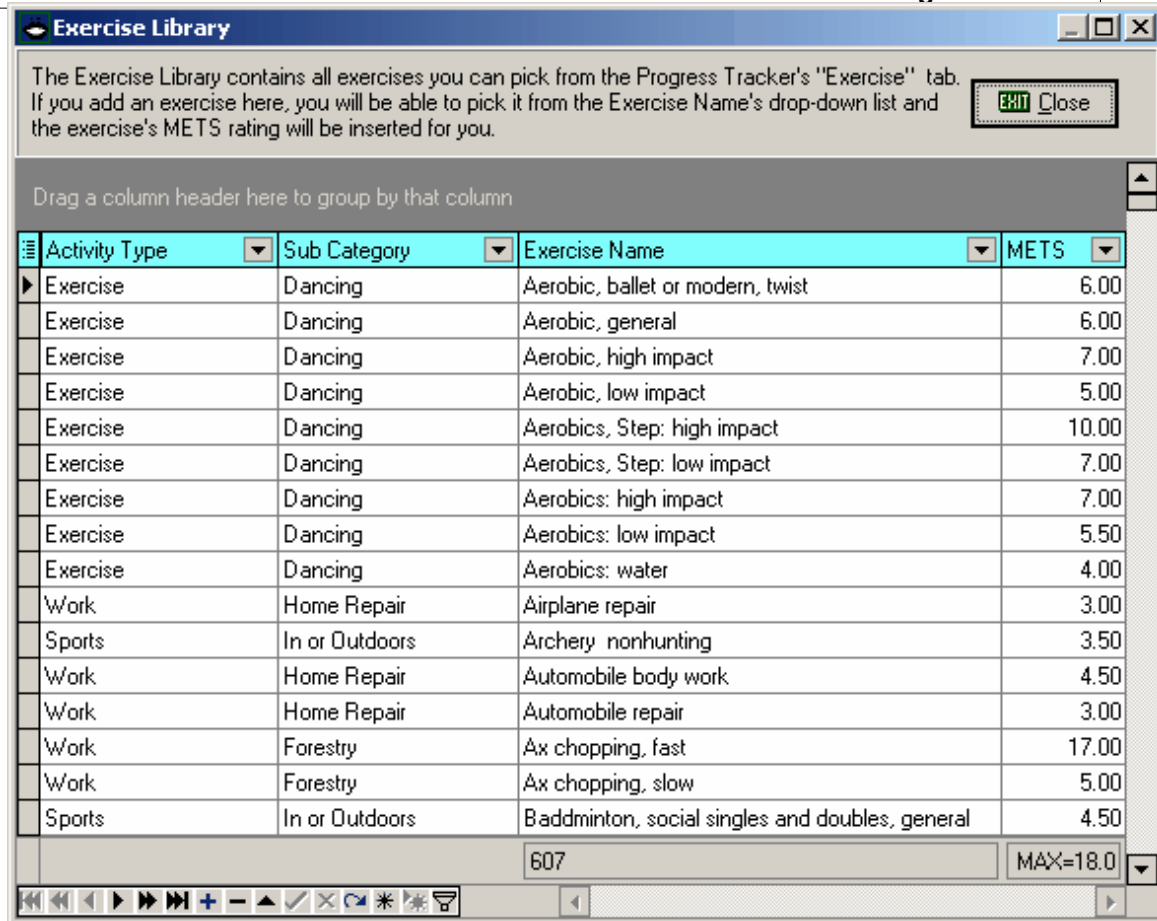
Heart Rate Target Heart Rate Zone (BPM) From: 101 To: 118

Manage Exercise Library Help Replace This Entry Add This Entry

Date	Time	Exercise	Duration In Minutes	Heart Rate	Calories Burned	METS	Notes
Date: Sun, 2006-Dec-03							
Sun, 2006-Dec-03	10:20 PM	Watching TV	40		74.47	1.250	
Sun, 2006-Dec-03	10:00 PM	Bathing	20		56.59	1.900	
Sun, 2006-Dec-03	07:30 PM	Computer Work	150		418.87	1.875	
Sun, 2006-Dec-03	06:30 PM	Walking - playing with kids	60		257.42	4.000	
			80	6360.00	AVG=3.54	13899.08	

The exercise tracking screen comes with its own table of exercises. To access this table, click on the [Manage Exercise Library](#) button.

You will see:



Whenever you pick an exercise from the drop down list in the Exercise tab, it is getting them from the Exercise Library.

Whenever you enter an exercise, the program will calculate the calories burned based on the last weight entry that you entered in the weight table and the METS rating of the exercise. See [Tracking your weight](#) for more info on the Weights table.

The calories burned is now based on METS. METS is short for metabolic equivalents. There is a lot of information about METS on the web...

#### Fields found in the Progress Tracker's Exercise Table:

**Date** This date always defaults to today. If you want to change it, click on the small button or type a new date in.

**Time** If you click on the spin edits, it will increase or decrease the starting time. If you want to increase or decrease minutes, click on the minutes part as in :  and then the spin edits will increase or decrease the minutes. The normal time is displayed above the spin edit. This is the time that the exercise was started. To change the format of the time, right click on the grid and choose "Time Format". You can pick "AM/PM", "24 HOUR" and whether or not to display the seconds.

**Exercise** The Exercise field has a drop-down-list from which you can pick the exercise that you've performed. It will automatically display exercises when you start typing the exercise. The list is managed by clicking on the [Manage Exercise Library](#) button and proceeding from there.

If you type an exercise that is not in the exercise table, you will be prompted as to whether or

not you would like to add the exercise. If you say yes, you will be presented the Exercise Management screen where you can enter the exercise.

**Be sure to input the exercise's METS rating or else the program will not calculate calories burned.**

**Duration in Minutes** If you mowed the lawn and it took 30 minutes, enter 30 in the field. If you are working out in a gym and you are performing various exercises, you can do one of two things: 1) Enter the total workout time and keep the list of exercises that you do elsewhere, or 2) Enter each exercise that you do and allocate the time based on each exercise.

For example, you could enter Bench Press as an exercise and put it in for 10 minutes. Then you could enter Situps for 8 minutes. Then, PushUps for 5 minutes. etc... Actually, a better idea is to get the [Fitness Planner](#), and build your workouts with all the detail. Then, when you enter the workout into KDiet, just enter the total minutes for the workout and pick the activity called "Weight lifting free weight, nautilus or universal type , vigorous effort" or, if you did not give that much effort, the "Weight lifting free weight, nautilus or universal type , light or moderate" entry.

**Distance or Weight** This field is informational only; it is not used in any calculation. You can enter whatever you'd like here.

**Sets** If you are weight-lifting or performing exercises that require sets, you can enter the number of set required in this field. For example, sometimes you might perform 3 sets of 20 repetitions. Enter the '3' in this field.

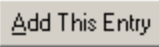
**Reps** Repetitions are how many times you perform an exercise in a set. If you perform 10 lifts in one set, enter 10 in this field.

**Notes:** The notes field is where you can enter various notes about your workout or exercise.

**Heart Rate** You should always monitor your heart rate when you exercise and make sure that it does not exceed the max heart rate. Your Min and Max Target Heart Rate is displayed for you in this group-box:

Target Heart Rate Zone (BPM)	
From: 104	To: 122

When you exercise and when you are finished exercising, take a few seconds and take your pulse. Enter the average pulse or resultant pulse in the heart rate field. When you create a progress report, if you exceed your target heart rate, a warning will appear on the report.

When you are finished entering all fields click on the  button to add your new exercise record.

### How to Edit an Exercise History Record.

So you entered an exercise record but now you'd like to change the duration because you really spent 60 minutes, not 30 minutes. And, you'd like the calories burned recalculated for you. This is what you can do:

- 1) Double click on the exercise record in the exercise grid. That will put the contents of that record in the top edit area.
- 2) Change the information you'd like to change (in this case, change the minutes from 30 to 60).

3) Click on the 

Doing so will update the record that is focused in the grid. It will also recalculate the calories burned.

### Tracking All Activities For One Day

A popular thing to do is to track all your activities for a day and then calculate the Net Calories (Calories Eaten subtract Calories Burned). If the Net Calories is a negative amount, you should lose weight. If the Net Calories is positive, you have eaten more calories than you have burned and will gain weight. Kathleen's Diet Planner lets you easily copy one day's worth of exercises and then paste them into a new day. This serves as a template that you then only have to tweak, making tracking all your activities easier.

To begin to track all your activities you must build at least one day to use as a template. Start with sleeping. Since we are tracking the activities for one day, start counting how many minutes you've slept since midnight. For example, if you were sleeping from 12:00 am midnight until 7:00 pm, that is 7 hours, or (7 X 60 = 420) minutes.

- Enter 420 minutes into the Exercise Tracker for Sleeping.

Next, what did you do when you awoke? Did you spend 30 minutes in the bathroom grooming? If so,

- Enter 30 minutes into the Exercise Tracker for Showering, or "Sitting or Standing Grooming".

After that, did you drive to work? If so,

- Enter 30 minutes for "Driving, not a semi".

Did you eat breakfast at work? If so,

- Enter 15 minutes for "Eating, sitting".

Did you then work at a desk from 8:15 am to 12:00 noon? If so,

- Enter 225 minutes for "Sitting, writing deskwork".

Keep on entering your activities for the whole day like that. If you went to bed at 11:00 pm, don't forget to add 1 hour more for sleeping.

The total number of minutes must add up 1440. An easy way to tell if you've got that total is to group the exercise grid on "Date", add a group footer and add a Sum to the group footer for the "Duration In Minutes" column. To add a group footer, right click on a column header and select that option from the pop-up menu. To add a SUM to the group footer, right-click on the group footer and select "SUM".

Here is an example of a day's worth of activities which total 1440 minutes:

Date	Time	Exercise	Duration In Minutes	Heart Rate	Calories Burned	METS	Notes	
Date : Sun, 2006-Dec-03								
Sun, 2006-Dec-03	12:00 AM	Sleeping	420		469.13	.750		
Sun, 2006-Dec-03	07:00 AM	Sitting or standing grooming	40		148.93	2.500		
Sun, 2006-Dec-03	07:40 AM	Driving not a semi	20		59.57	2.000		
Sun, 2006-Dec-03	08:00 AM	Eating sitting	15		33.51	1.500		
Sun, 2006-Dec-03	08:15 AM	Standing talking or talking or	15		40.21	1.800		
Sun, 2006-Dec-03	08:30 AM	Computer Work	210		586.42	1.875		
Sun, 2006-Dec-03	12:00 PM	Driving not a semi	15		44.68	2.000		
Sun, 2006-Dec-03	12:15 PM	Eating sitting	30		67.02	1.500		
Sun, 2006-Dec-03	12:45 PM	Driving not a semi	15		44.68	2.000		
Sun, 2006-Dec-03	01:00 PM	Computer Work	240		670.19	1.875		
Sun, 2006-Dec-03	05:00 PM	Driving not a semi	15		44.68	2.000		
Sun, 2006-Dec-03	05:15 PM	Cooking or food preparation	30		111.70	2.500		
Sun, 2006-Dec-03	05:45 PM	Eating sitting	15		33.51	1.500		
Sun, 2006-Dec-03	06:00 PM	Watching TV	30		55.85	1.250		
Sun, 2006-Dec-03	06:30 PM	Walk run playing with childre	60		357.43	4.000		
Sun, 2006-Dec-03	07:30 PM	Computer Work	150		418.87	1.875		
Sun, 2006-Dec-03	10:00 PM	Bathing	20		56.59	1.900		
Sun, 2006-Dec-03	10:20 PM	Watching TV	40		74.47	1.250		
Sun, 2006-Dec-03	11:00 PM	Sleeping	60	0	79.61	.900		
			19		1440.00	MAX=0.00	3397.04	AVG=1.84
			80		6360.00	AVG=3.54	13899.08	

Notice that this person burned a total of 3397.04 calories during this 24 hour period.

After you've entered one day's worth of activities, multi-select that day's records (or rows) and

right-click and copy them. Next, right-click on the grid and select "Paste". You will see a dialog appear that will enable you to select the date and parameters to use when creating your new day's activities.

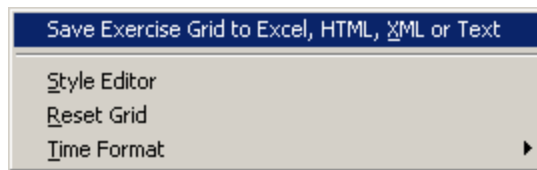
For more information see [Paste Exercise](#)

After pasting in the activities from your one day, you can easily adjust or tweak the activities in the new day to reflect your activities for that day. An easy way to adjust an activity in the new day is to double click on it, which will put that row's data in the top edit panel. From there (the top edit panel) you can adjust minutes or even change the activity. After, click on the "Replace this Entry" button to overwrite the record in the grid.

Once you have a day's worth of activities and you've entered your food intake for that day, you can use the Progress Tracker's chart to plot net calories, or try the "Net Calories Report"..

#### More features:

Nearly all grids will let you export the grid to Excel, HTML, XML or text. To do so, right-click on the grid and select



You can sort, group, filter and Add or Remove Columns from the exercise grid. For more info see : [Grid Features](#)

If you click on the top Exercise panel, a color dialog box will appear where you can set the panel's gradients' colors.

Next Topic: [Blood Glucose Tracking](#)

## 5.8 Paste Exercise

### Paste Exercise

The ability to copy multiple exercise entries in the Exercise grid and then paste them back in was added to KDiet. So, if you itemize a work day with all your activities, and you do pretty much the same thing every day, you can copy a whole day's worth of records and easily paste them into a new day.

*\* In order to paste records back into the Exercise grid, you must first have copied one or more entries in the Exercise grid.*

When you paste copied rows back in, you will see this:

### Paste into which date?

Enter a date to paste the copied exercise rows into. If you enter a new date, the pasted records will contain the new date. If you select an existing date (already in the Exercise grid), then those records will be appended to the existing date.

### Calculate Calories Burned

If you want KDiet to calculate how many calories you've burned on the records that you are pasting in, you should check the "Calculate Calories Burned" check box. A group box will appear where you can enter your body weight for the date you are pasting into. Enter your body on that date here. If you do not want KDiet to calculate the Calories Burned for the records you are pasting, then uncheck the "Calculate Calories Burned" check box.

If you do not calculate your calories burned when you paste the records back in, you can always recalculate your calories burned at a later time by doing this:

- 1) double click on the record that you would like to calculate the calories burned on. That will put that record in the top editor panel.
- 2) Click on the "Replace This Entry" button. The calories burned will be recalculated based on the most recent weight in the weight table.

### Clear the following fields before pasting

If you check any of the check boxes in this group, the selections you've chosen will have their values cleared before pasting. They will appear blank in the grid. This is handy if you are copying and pasting an exercise which had a heart rate, or notes etc., which was applicable to the date you copied from, but no longer applicable to the date you are pasting into.

## 5.9 Blood Glucose Tracking

### Tracking your Blood Glucose Levels.

For \$10.00 you can purchase a blood glucose monitoring kit from your local pharmacy or drugstore. I bought mine at London Drugs. It is the One Touch Ultra. It is really not that painful to prick your finger. But, there is great comfort in knowing that your blood sugar levels are normal.

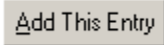
The standard measures for Blood Glucose monitoring are either mmol/L or mg/dL. These measures appear in the drop down list for the Measures field. However, if you have a different measure that you are using, simply type it in the field. All of the progress screens display the last entry when you start up the screen, so you won't have to re-type

the new measure every time you add a new record (unless you change measure). Oh yes, don't change measure. If you do, go back and manually convert all readings in the table to the new measure. Otherwise, the progress report will not be accurate and you won't be consistent when you are charting your results.

To track you blood glucose levels:

- 1) Start the Progress Tracker. 
- 2) Click on the Blood Glucose tab.

**In the New Readings group box:**

- 3) Enter the date of the reading.
- 4) Enter the time.
- 5) Enter your reading for Glucose.
- 6) Enter any notes you might want to enter.
- 7) Click on the  button.

If you click on the top Blood Glucose panel, a color dialog box will appear where you can set the panel's gradients' colors.

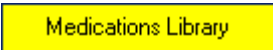
Next Topic: [Medications](#)

## 5.10 Medications

### Medication Tracking

You can keep track of which medications you take every day here. If you enter medications in here, they will appear grouped in the progress report.

In order to be consistent and help when you chart your medications, all medications must be picked from the medication drop-down-list. The drop-down list is populated from the Medications Library. If you add a medication to the Medications Library, you will be able to pick it from the drop-down list.

To manage the medications table, click on . Duplicates are allowed in this table so that you can have the same medication but in different amounts. To insert a new record, click on the '+' in the Navigatorbar at the lower left-hand corner of the grid.

To print just the medications progress tracker grid, you can export it to Excel, HTML, XML or text. (Right-click and select your menu choice).

If you are a diabetic and you are tracking Insulin, when you enter Insulin names in the Medications Table (Manage Med Names Table), make sure to put the word "Insulin" at the start of the medication name. Then, you can use the "All Insulin" selection in the chart's medications drop down list to plot only your Insulin medications. Also, select [One Day](#) from the Chart Timelines box to see the hours of the day on a single day. The One Day choice will display individual entries with their proper time positions!

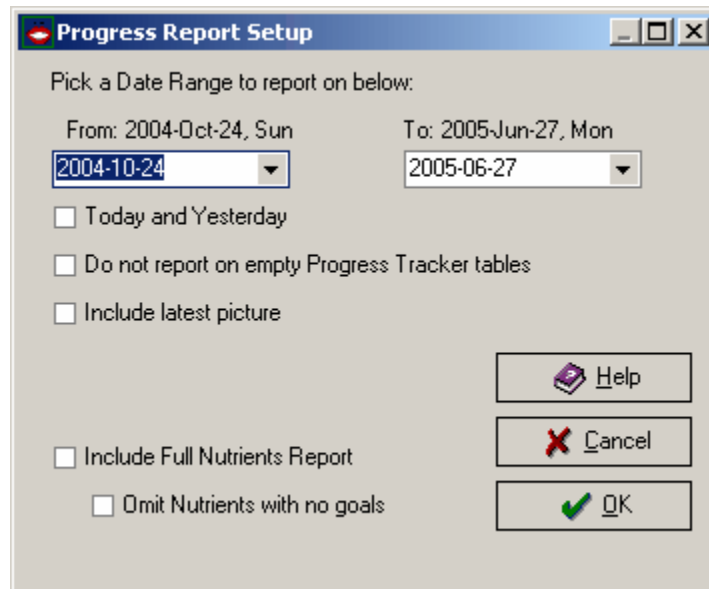
The Medications grid is the new grid which lets you edit the style and customize it like you like it. See [Grid Features](#) for more info.

*If you click on the top Medications panel, a color dialog box will appear where you can set the panel's color.*

Next Topic: [Progress Report](#)

## 5.11 Progress Report

If you click on the "Progress Report" menu selection in the Progress Tracker Window, this window will appear:



### Progress Report Options

#### Date Range

The progress report will report on data entered within the date range that you select. The default dates in the FROM and TO date fields are based on the first entry's date in the weight table and the last entry's date in the weight table. You can select which date range to use by clicking on the pop-up buttons in each date field. If you want to run the report on Today and Yesterday, check that check box in this window.

#### Today and Yesterday

If you check this box, yesterday will be put in the "From" date and today will be put in the "To" date.

#### Do not report on empty Progress Tracker tables

If you check this box, if you have no entries in any of the progress tracker tables, no information about the empty tables will be shown on the report. So, if you've never entered your Blood Sugar (for example), no mention of it will appear in the Progress Tracker report.

#### Include latest picture

If you have a picture in the photo album, you can include it in your report. To do so, check the "Include latest picture" check box. When you do so, a spin edit will appear where you can specify what size to make the picture on the report..

#### Include Full Nutrients Report

To include all nutrients for each food from your meals in the report, check the Include Full Nutrients Report check box. The Progress report will then produce a section containing a readout of all 138 nutrients.

#### Omit nutrients with no goals

If you include all nutrients, but don't want to see nutrients for which you haven't set any goals, then check this box. The Progress report will then show only the nutrient analysis for those

nutrients that you've specified goals for in the Goals section of the people database.

Beware: If you have no data in a particular table and you select a date range for which there is no data, you will get a "no data" message instead of the report portion of that item.

If you select all options to run the report on and include the Full Nutrient report, the report may take some time to complete. It takes about 10 seconds to run this report on my PC which is a 1.7 ghz processor. Wait until the hourglass cursor disappears before trying to do something else if you are running this report.

A progress report is a comprehensive report based on all of the data that you've entered. Here is an example of John Applegate's report for 2 weeks with all nutrients:

### PROGRESS REPORT

John Applegate from: Thu, 2006-Jun-01 to: Thu, 2006-Dec-28.

Your current Goal Weight is 150 Pounds

Your weight on Thu, Jun 01, 2006 was 177.5 Pounds.

Your weight on Sun, Dec 17, 2006 is 195 Pounds.

You have gained 17.5 Pounds!

You have averaged a gain of 0.09 Pounds per day!

At this rate, you will not reach your goal.

**BUT, YOU CAN DO IT IF YOU TRY HARDER!!!**

BMI, BMR, Body Fat, Lean Body Mass, Hip to Waist

Note: If there are no measurements entered on your chosen start date or end date,

the next closest date with measurement entries will be used.

Your starting BMI (Body Mass Index) on Thu, Jun 01, 2006 was 26.21

Your starting BMR (Basal Metabolic Rate - Harris-Benedict) was 1706.04

Your starting BMR (Basal Metabolic Rate - Mifflin-St Jeor) was 1650.51

Your starting Percent Body Fat, Navy Method was 30.73% or 54.54 lbs

Your starting Percent Body Fat, Army Method was 32.92% or 58.43 lbs

Your starting Percent Body Fat, YMCA Method was 34.55% or 61.33 lbs

Your starting Percent Lean Body Mass, Navy Method was 69.27% or 122.96 lbs

Your starting Percent Lean Body Mass, Army Method was 67.08% or 119.07 lbs

Your starting Percent Lean Body Mass, YMCA Method was 65.45% or 116.17 lbs

Your starting Waist to Hip Ratio was .98

Your ending BMI (Body Mass Index) on Sun, Dec 17, 2006 is 29.22

Your ending BMR (Basal Metabolic Rate - Harris-Benedict) is 1808.84

Your ending BMR (Basal Metabolic Rate - Mifflin-St Jeor) is 1721.95

Your ending Percent Body Fat, Navy Method is 33.32% or 64.97 lbs

Your ending Percent Body Fat, Army Method is 35.24% or 68.72 lbs

Your ending Percent Body Fat, YMCA Method is 37.10% or 72.34 lbs

lbs Your ending Percent Lean Body Mass, Navy Method is 66.68% or 130.03

lbs Your ending Percent Lean Body Mass, Army Method is 64.76% or 126.28

lbs Your ending Percent Lean Body Mass, YMCA Method is 62.90% or 122.66

Your ending Waist to Hip Ratio is 1.05

Your Daily Calories Goal is 2047.4 which consists of 76.64 grams of protein,

68.12 grams of fat and 281.94 grams of Carbohydrates.

You have recorded 7 days worth of records out of a possible 211 days.

You have eaten a total of 12552.42 calories!

Based on 7 entries, you have eaten an average of 1793 calories per day.

Averages for this time period based on 7 recorded days are:

Average Protein eaten per day: 167.14 grams.

Average Carbohydrates eaten per day: 31.67 grams.

Average Total Fat eaten per day: 109.8 grams.

Average Grams Percents are:

Protein g % is 54.16

Carbohydrates g % is 10.26

Fat Total Lipids g % is 35.58

Average Calorie Percents are:

Protein calories % is 37.49

Carbohydrates calories % is 7.1

Fat Total Lipids Calories % is 55.41

Average Total Dietary Fiber eaten per day: 12 grams.

Average Atkins Net Carbs eaten per day: 20 grams.

Average Cholesterol eaten per day: 849 grams.

Average Ketosis for 10 entries for that time period is 34.5 mg/dL

Number of days when your Ketosis was Zero: 2

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**Measurements Progress:**

You have recorded 6 days worth of measurements during this time period  
Your lower abdomen has increased by 3 in.  
Your buttocks/hips have increased by 2 in.  
Your chest has increased by 0.5 in.  
Your height has decreased by 0.5 in.  
Your neck has increased by 1.25 in.  
Your rightbicep has increased by 0.75 in.  
Your rightCalf has increased by 0.75 in.  
Your rightforearm has increased by 0.5 in.  
Your right thigh has increased by 0.25 in.  
Your waist has increased by 5 in.  
Your right wrist has not changed.

**Blood Pressure Report:**

Out of 8 readings in 211 days, your blood pressure averages are as follows:

Average Systolic Pressure: 120.88  
Average Diastolic Pressure: 75  
Average Heart Rate: 81.75

**Cholesterol Report:**

Out of 2 readings in 211 days, your cholesterol averages are as follows:

Starting Values: LDL = 12 HDL = 22 VLDL = 27 Triglycerides = 43  
Most Recent Values: LDL = 10 HDL = 20 VLDL = 30 Triglycerides = 40  
Average Values: LDL = 11 HDL = 21 VLDL = 28.5 Triglycerides =

41.5

Your LDL (Low Density Lipoprotein) has decreased by 2  
Your HDL (High Density Lipoprotein) has decreased by 2  
Your VLDL (Very Low Density Lipoprotein) has increased by 3  
Your Triglycerides have decreased by 3

**Exercise Report:**

From Thu, 2006-Jun-01 to Thu, 2006-Dec-28 you have exercised on 8 days.

You have exercised for a total of 6300 minutes or 105 hours.

You have exercised for an average of 787.5 minutes per day on those 8 days.

You have burned a total of 13819.47 calories by exercising.

You have burned an average of 1727.43 calories.

Your average Heart Rate during exercising was 3.58 beats per minute.

**Blood Glucose Report**

Assuming that you used the same measure for all of your blood glucose entries,

out of 26 recorded readings, your average blood glucose reading was 5.47 mmol/L.

Your lowest blood glucose reading was 4.4 mmol/L.

Your highest blood glucose reading was 6.2 mmol/L.

### Medications Report

Medication: Aspirin, Bayer in mg

Total amount taken in 3 recorded day(s) is: 1500 mg

Average amount taken in 3 recorded day(s) is: 500 mg

### Help U Track Report

Help U Track Item: BMI xBody Mass Indexz

Grand Total for 2 recorded day(s) is: 58.44

Average amount for 2 recorded day(s) is: 29.22

Help U Track Item: BMR HB xBasal Metabolic Rate Harris-Benedictz

Grand Total for 2 recorded day(s) is: 3617.68

Average amount for 2 recorded day(s) is: 1808.84

Help U Track Item: BMR HB Hourly xHourly BMR Harris-Benedictz

Grand Total for 2 recorded day(s) is: 150.74

Average amount for 2 recorded day(s) is: 75.37

Help U Track Item: BMR MSJ xBasal Metabolic Rate Mifflin-St Jeorz

Grand Total for 2 recorded day(s) is: 3443.9

Average amount for 2 recorded day(s) is: 1721.95

Help U Track Item: BMR MSJ Hourly xHourly BMR Mifflin-St Jeorz

Grand Total for 2 recorded day(s) is: 143.5

Average amount for 2 recorded day(s) is: 71.75

Help U Track Item: Body Fat % Army xBody Fat Percent Army Methodz

Grand Total for 2 recorded day(s) is: 70.48

Average amount for 2 recorded day(s) is: 35.24

Help U Track Item: Body Fat % Navy xBody Fat Percent Navy Methodz

Grand Total for 2 recorded day(s) is: 66.64

Average amount for 2 recorded day(s) is: 33.32

Help U Track Item: Body Fat % YMCA xBody Fat Percent YMCA Methodz

Grand Total for 2 recorded day(s) is: 74.19

Average amount for 2 recorded day(s) is: 37.1

Help U Track Item: Body Fat lbs Army xBody Fat in lbs Army Methodz

Grand Total for 2 recorded day(s) is: 137.44

Average amount for 2 recorded day(s) is: 68.72

Help U Track Item: Body Fat lbs Navy xBody Fat in lbs Navy Methodz

Grand Total for 2 recorded day(s) is: 129.94

Average amount for 2 recorded day(s) is: 64.97

Help U Track Item: Body Fat lbs YMCA xBody Fat in lbs YMCA Methodz

Grand Total for 2 recorded day(s) is: 144.68

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Average amount for 2 recorded day(s) is: 72.34

Help U Track Item: Calories kcal Goal ~~x~~Goal Calories from the Nutritional Goals sectionz

Grand Total for 2 recorded day(s) is: 4341.22

Average amount for 2 recorded day(s) is: 2170.61

Help U Track Item: Carbohydrates Calories Goal ~~x~~Carbs Calories Goal from the Nutritional Goals sectionz

Grand Total for 2 recorded day(s) is: 2391.33

Average amount for 2 recorded day(s) is: 1195.67

Help U Track Item: Carbohydrates g Goal ~~x~~Carbs g Goal from the Nutritional Goals sectionz

Grand Total for 2 recorded day(s) is: 597.83

Average amount for 2 recorded day(s) is: 298.92

Help U Track Item: Daily Calories HB ~~x~~Daily Calories to maintain weight Harris-Benedict Methodz

Grand Total for 2 recorded day(s) is: 4341.22

Average amount for 2 recorded day(s) is: 2170.61

Help U Track Item: Daily Calories METS ~~x~~Daily Calories to maintain weight METS Methodz

Grand Total for 2 recorded day(s) is: 5094.8

Average amount for 2 recorded day(s) is: 2547.4

Help U Track Item: Daily Calories MSJ ~~x~~Daily Calories to maintain weight Mifflin-St Jeor Methodz

Grand Total for 2 recorded day(s) is: 4132.68

Average amount for 2 recorded day(s) is: 2066.34

Help U Track Item: Fat Total Lipids Calories Goal ~~x~~Fat Total Lipids Calories Goal from the Nutritional Goals sez

Grand Total for 2 recorded day(s) is: 1300.58

Average amount for 2 recorded day(s) is: 650.29

Help U Track Item: Fat Total Lipids g Goal ~~x~~Fat Total Lipids g Goal from the Nutritional Goals sectionz

Grand Total for 2 recorded day(s) is: 144.51

Average amount for 2 recorded day(s) is: 72.25

Help U Track Item: Lean Body Mass % Army ~~x~~Lean Body Mass Percent Army Methodz

Grand Total for 2 recorded day(s) is: 129.52

Average amount for 2 recorded day(s) is: 64.76

Help U Track Item: Lean Body Mass % Navy ~~x~~Lean Body Mass Percent Navy Methodz

Grand Total for 2 recorded day(s) is: 133.36

---

Average amount for 2 recorded day(s) is: 66.68

Help U Track Item: Lean Body Mass % YMCA ~~x~~Lean Body Mass Percent  
YMCA Methodz

Grand Total for 2 recorded day(s) is: 125.81

Average amount for 2 recorded day(s) is: 62.9

Help U Track Item: Lean Body Mass lbs Army ~~x~~Lean Body Mass in lbs  
Army Methodz

Grand Total for 2 recorded day(s) is: 252.56

Average amount for 2 recorded day(s) is: 126.28

Help U Track Item: Lean Body Mass lbs Navy ~~x~~Lean Body Mass in lbs  
Navy Methodz

Grand Total for 2 recorded day(s) is: 260.06

Average amount for 2 recorded day(s) is: 130.03

Help U Track Item: Lean Body Mass lbs YMCA ~~x~~Lean Body Mass in lbs  
YMCA Methodz

Grand Total for 2 recorded day(s) is: 245.32

Average amount for 2 recorded day(s) is: 122.66

Help U Track Item: Protein Calories Goal ~~x~~Protein Calories Goal from the  
Nutritional Goals sectionz

Grand Total for 2 recorded day(s) is: 649.3

Average amount for 2 recorded day(s) is: 324.65

Help U Track Item: Protein g Goal ~~x~~Protein g Goal from the Nutritional  
Goals sectionz

Grand Total for 2 recorded day(s) is: 162.33

Average amount for 2 recorded day(s) is: 81.16

Help U Track Item: Waist To Hip Ratio ~~x~~

Grand Total for 2 recorded day(s) is: 2.1

Average amount for 2 recorded day(s) is: 1.05

### Nutrients and Goals Report

Protein\_g Total: 1169.96. Daily Average: 167.14. Values found for 178 out of 178 food items.

Protein\_g Goal: 76.64

Carbohydrates\_g Total: 221.69. Daily Average: 31.67. Values found for 178 out of 178 food items.

Carbohydrates\_g Goal: 281.94

Fat\_Total\_Lipids\_g Total: 768.59. Daily Average: 109.8. Values found for 178 out of 178 food items.

Fat\_Total\_Lipids\_g Goal: 68.12

Ash\_g Total: 135.39. Daily Average: 19.34. Values found for 170 out of 178 food items.

Daily Goal for Ash\_g not specified.

...

## 5.12 Import Export Progress

### Progress Tracker Import Export

If you want to export a person, all their meals, favorites, pictures and progress tracker tables in one easy step, use the [Import Export All](#) feature.



If you want to pick and choose which tables to save individually to separate files, then use this feature.

You can save all the tables in the Progress Tracker to files, one by one. Then, you can email those files to someone else whom has Kathleen's Diet Planner and they can load those files into their database. This is handy if, for example, you want to save only your weight table to a file. Or maybe your Ketosis table.

If your doctor or nutritionist owned a copy of Kathleen's Diet Planner, you could email your latest weights, ketosis and more to them, and they could load your latest data into their database to do analysis and examination using the powerful charting tool. Or, you could email the exported files to yourself at work and then load them onto that copy!

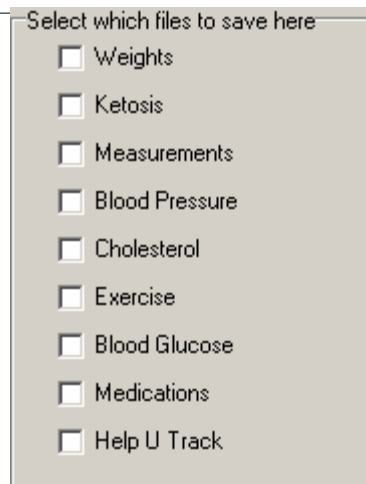
You can also use this feature as a backup system; save your tables to disk and store the disk in a safe place.. Then, if your hard drive crashes, re-install Kathleen's Diet Planner and "import" the saved files...

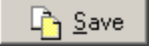
### How to save the Progress Tracker tables to files

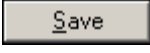
1) Start the Progress Tracker. Either click on the  button from the main screen (this will put you into the Progress Tracker on the person whose day is displayed in the meal grid) or click on the **People Database**, select the person you wish and then click on the  **Progress** button.

2) Click on the **"Import/Export"** menu selection from the Progress Tracker's main menu.

3) Select which tables you wish to export by clicking in the checkboxes. Here, I have selected Weights and Ketosis to export:



4) Now click on the  button. A dialog box will appear for the Weights export first. Create a directory and call it "ProgressFiles". Change to that new directory.

5) Click on the  button. The Weights table has now been saved to a file. The filename is defaulted to the current person's name and the word "Weights".

6) Because, in the example above, I selected Weights and Ketosis, the Ketosis Save Dialog will appear next. Follow the same steps and save the Ketosis table to a file.

For each table you select, the Save Dialog will appear, enabling you to select which folder to save to, and to specify the file name.

### How to import (load) a saved Progress Tracker file

It is a good idea to Export your tables (instructions above) before performing a **Load from file**. That way, you have a backup of the table, in case you make a mistake and clobber the data... To Export your tables, see the instructions above for "How to save your Progress Tracker tables to files".

Once you have saved your tables, you may try to Import or **Load from file**.

From the Progress Tracker's Import/Export screen do the following:

- 1) Click on the **Import (load from file)** tab.
- 2) Select which files you would like to import by checking the checkboxes.
- 3) Determine which Option you would like. You have three options:

#### a) **Don't Overwrite Duplicates**

If you want to make sure that you preserve your original table, this selection will not clobber (or replace) any existing records in your database table. If the table has a date field in it, if the program finds an identical date record in the table, it will not load the record with the same date from the file. If the table has a date and a time, it will not load the record with the same date and time from the file. If the program doesn't find an identical record, it loads the record from the file into the table.

#### b) **Overwrite Duplicates**

If you choose this option, if the program finds a record in the table which has the same date and/or date and time, it will first delete that record in the table and then load the record from the file. If it doesn't find an identical record, it loads the record from the file into the table.

#### c) **Delete entire table before loading**

## Kathleen's Diet Planner

Confused? You simply want to load the file because it contains all the data you need? You don't care what is in the current table or there is no data in it? Then choose this option. The program will first delete the entire table and then load the records from the file. This option is a complete replacement of the table.

4) Check the option you would like.

5) Click on the  button.

6) Navigate to the directory (or folder) where you have saved the Progress Tracker exported files.

7) Read the top of the "Open" dialog box to find out which file you should be selecting. If you are loading the Weights file, "**Please select a Weights file to load**" will appear at the top of the dialog window. You can/must load only one file at a time.

If you have selected multiple files to load, one by one, the dialog box will appear and prompt you for the proper file to load. For example, if you selected Weights and Ketosis to load, first the Weights Load dialog will appear. Once that file is loaded, the Ketosis Load dialog screen will appear. If you selected all files, one by one, each appropriate dialog screen will appear. You can cancel at any time and the process will stop.

## 5.13 Help U Track

### Help U Track

Have you ever wanted to track how many cigarettes you smoke? How about your body temperature or how many headaches you get per month? Have you ever wanted to figure out if something in your diet is causing those headaches? Now you can!

Kathleen's Diet Planner now contains a "Help U Track" window where you can **create your own items in order to track them**. The Help U Track will permit you to create your own items, chart those items on the chart and report on them. There are two reports, one grouped by date then item, and one grouped by item and then date.

The Help U Track window is found in the Progress Tracker window.


The Help U Track system consists of a window where you pick which items to track from the "Field Name" drop-down list box and another window where you create items to track. There are some default fields that were created for you, but you can create any item that you'd like to track.

### How to create a new item to track

***In this example I will show you how to add and track an item called "Feeling of accomplishment" which you rate on a scale from 1 to 10, 10 being the highest feeling of accomplishment.***

1) Open the Progress Tracker window.

2) Click on the "Help U Track" tab in the Progress Tracker. This is the Help U Track Table where your daily entries go.

3) Click on the  button. The Help U Track Table Management window will open. This is where you add your own items that you wish to track to the defaults table. Adding your item to the defaults table has two benefits:

a) After adding it here, you simply pick it from the "Field Name"'s drop-down list in the Help U Track window.

b) The main thing is consistency. If you want to track an item, make sure it is always spelled the same. *If you do not spell the item the same when you add it to your Help U Track table, it will show as two different items on the chart and in the reports.* To make sure your item is always spelled the same way, you enter it into the "Help U Track Library" table and then pick it every time from the Help U Track window instead of typing it in.

4) Click on the '+' in the NavigatorBar That will insert a new blank record in the table.

5) Type in the Category. This is a required field. It helps you to organize the items you wish to track and helps identify and qualify the item you are tracking. In this case, type in "Self Esteem" as it's category.

6) Type in the "Field Name". This is the item that you want to track. In our case, type in "**Feeling of accomplishment**".

7) Leave the field called "Number" blank. Or, if you want to have a numeric default appear each time you pick this field from the Help U Track window, enter a number here. For this example, leave it blank.

8) In the "Notes" field, type in some explanatory notes about the scale that this item will use. For example, you could type in " 1 = low 10 = high ". This qualifies the number that you will enter and will appear in the reports to further help you realize the meaning of the number. You could also type in "1 = low 100 = high" if you want to use a larger scale that will be seen more readily on the chart. For this example type in " **1 = low 10 = high** ".

9) Save your changes by clicking on the checkmark in the NavigatorBar

10) Close the Help U Track Library window.

11) From the Help U Track window click on the "**Field Name**" drop-down list. Select your new item called "Feeling of Accomplishment". Notice that the other fields are updated with the default info.

12) Change the value in the "Number" field to '8'. We will rate this at level '8' (quite a feeling of accomplishment but nothing to get too excited about).

13) Click on the  button.

Congratulations, you have just created an user-defined field and entered a tracking occurrence in the Help U Track!

### SOME POINTERS ABOUT THE HELP U TRACK

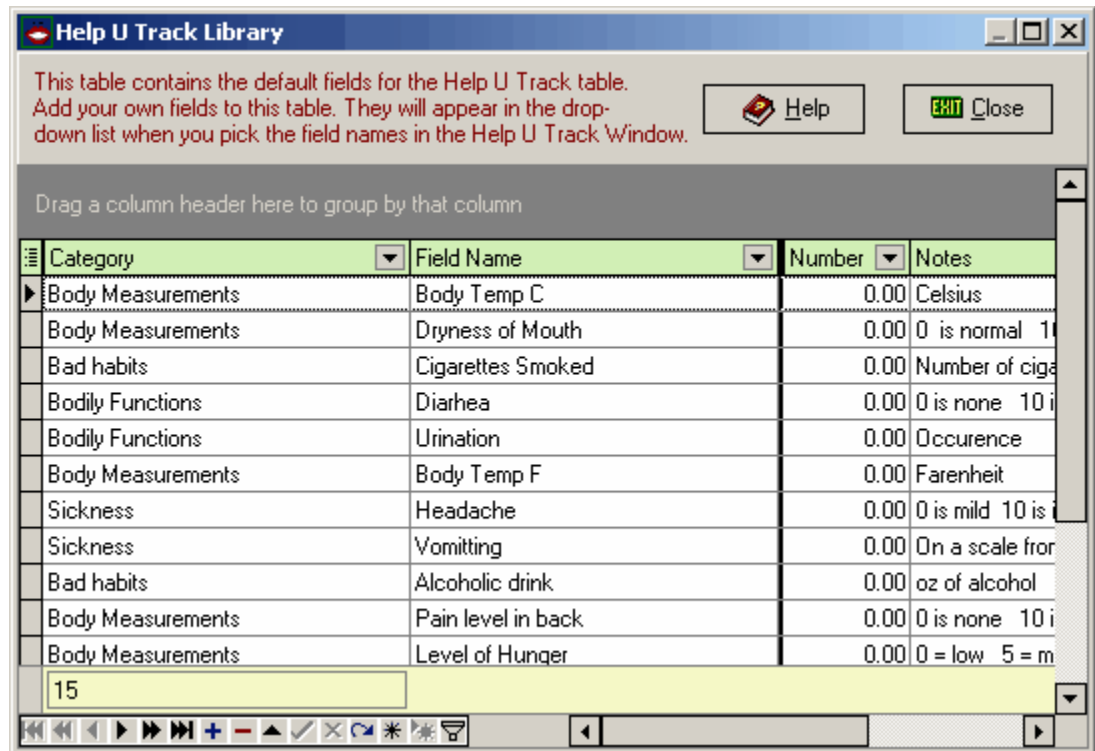
☺ There are 3 boxes with which to chart Help U Track items. They appear on the lower section of the fields picker just above the chart. You can compare 3 Help U Track items at once on the same chart as well as the other items' selections.

☺ When you create the item's scale, if at all possible, make the numeric range large enough so that it can be easily seen on the chart. For example, don't use a scale of ".1 to .5". Better to use a scale of 1 - 10, or even 1 to 100. You can use a small scale if you really have to, but when you start comparing other items to it, such as body weight or calories burned, the plots will appear too small to be seen on the chart unless you zoom into them on the chart..

## 5.14 Help U Track Library

### Help U Track Library

The Help U Track Library is where you can add your own items to track.



The **Category** is information only. It is meant to help you organize your fields into meaningful placements.

The **Field Name** is what you pick from the Progress Tracker's Help U Track drop down list.

Most of the time you can leave the "**Number**" field at zero. If you want a default to appear every time you pick a certain field, you can enter it in here.


The **Notes** is where you can input notes about the field. For example, you could further qualify the Number field by saying "1 is low, 10 is high", or something further describing and giving more meaning to the Number...

The Help U Track Library grid is the new style grid. For more info about this powerful grid, see [Grid Features](#)

## 6 The Recipe Chest

### 6.1 All about the Recipe Chest

#### The Recipe Chest

If you click on  from the main window, the Recipe Chest will open up.

The **Recipes** tab grid contains the recipes' names and information about the recipe such as Nationality, Category and Key Ingredient. It also contains the total nutrients in each recipe.

The **Ingredients** tab contains the recipe text section, where you can paste in a recipe or type it. It also contains a graphic control where you can display and manage pictures. The Ingredients grid is where you add the ingredients to the recipe. Ingredients can be added from the foods database or the Favorites database.

As you add foods into the current recipe, the nutrient values of each food are automatically totalled for you and placed in the Recipes grid. Do not enter nutrient amounts yourself in the **Recipes** grid because they will be wiped out when you add a food to the ingredients grid.

### How to build a recipe

1) Find the recipe on the internet. To open your browser you can click on the "Web" menu selection in the main menu. Select the text of the recipe and copy it with your browser. To select the text, drag the mouse over the text in your browser. To copy text, right-click the mouse on the selected text, or choose "Edit Copy" from the menu. Sometimes CTRL-C works in some browsers.

If there are ingredients in the text that you've copied, leave them there so you can read them when you add the ingredients from the foods database. This is also handy if you want to have both U.S. and Canadian measures in your recipe.

2) Go to the Recipe Chest in the Kdiet Meal Planner. From the main menu, click on the "New Recipe" menu choice. This will insert a blank record with a default of 1 serving into the Recipe grid. You can also click on the '+' in the navigator bar. in the Recipe Grid, or make the Recipe grid current and press the "Insert" key on your keyboard.. This also inserts a new blank record (recipe).

3) Type in the Recipe name. Click on the "check mark" in the navigator bar. to save your changes.


4) Click on the "Ingredients" tab near the top and then paste the recipe that you copied into the larger white text box in the Recipe Chest's [Ingredients](#) area. To paste the text in, right click inside the larger text box and select "Paste from Clipboard". Go back to the Recipe tab.. Make sure your recipe is current (click once on it if it isn't).

5) Select the Nationality from the drop down list box in the Recipes' grid. If the Nationality that you need is not in the drop down list box, you can add it using the "Manage tables" menu selection under "Tools". Then, the next time you use the drop down list box, the nationality that you added will be on the drop down list. This also applies to Category and Key Ingredient. Do the same for the Category and Key Ingredient.

6) Fill in the rest of the information about the recipe. If you scroll the **Recipes** grid horizontally, you will see other information fields that you can fill. If you fill in the Website field and then right click on the recipe grid (topmost grid), a menu selection will appear where you can automatically start your browser and go to that website.

7) Click on the check mark in the NavigatorBar to save your changes.

8) **Adding a picture** Go back to the web page where you found the recipe and see if there is a picture. If there is, if you are using Internet Explorer as your browser, you should be able to right click on the picture and then copy it. If you can, go back to the Recipe Chest's Ingredients tab, right click on the smaller white box (picture box) and "Paste from ClipBoard". Some pictures are nice to see. If you enter too many large pictures into the database, it will slow performance and increase the database file sizes dramatically. Try sticking to small pictures. **NEW** This version of the KDiet Meal Planner now stores pictures as JPEG files so it uses less disk space!

9) Click on  from the Recipe Chest's Ingredients tab. The foods database will appear. Find a food. If you want to use metric measures, make sure the "Use Metric exact" check box is checked on the foods database window. To add that food to the recipe, click on the

**Add to Recipe** button. You can also right click on a food in the foods database and select the "Add to current Recipe" menu option. If you want to add an alternate amount of the desired food, use the "Quick recalc" functions while viewing the Canadian or American measures display. These amounts change as you recalc.

Then, click on **Add to Recipe**. The recalc'd amount will be added to the recipe.

10) Add each and every ingredient in the same way.

11) Once you have built the recipe, click on the "Add Recipe Header to Meal" button in the Recipes tab to add the recipe Header as one record to your current meal. Or, click on "Add All Ingredients to Meal" to add all ingredients separately.

**When you add a Recipe Header or All Ingredients to a meal, only 1 serving will be added to the meal.** If your recipe contains 6 servings, what will be added to the meal will be scaled down to one serving. Use the recalc box on the main meals grid (main screen) to adjust your servings after having added it to the meal grid.

The Favorites database grid also has the right click popup menu which will permit you to add foods to the current recipe.

### Adding a Recipe to a meal

You have two choices for adding a recipe to meal.

1) You can **add the recipe Header**. To do so, first make the recipe you'd like to add current (so it is selected or displaying it's ingredients). Then click on the **Add Recipe Header to Meal** button. You will end up with one new entry in the meal which starts with the word "Recipe" as in "Recipe: Bacon Cheeseburger Quiche".

2) You can **add all the ingredients** in a recipe to a meal. This is handy if you make a Recipe called Breakfast but want to see all the individual components in the meal. Seeing the individual components in a meal is handy if you want to change parts for that day only. For example, if one day you ate three eggs instead of two, simply add all ingredients and then recalc the number of eggs in the meal.

To add all ingredients in a Recipe to a meal, click on the **Add All Ingredients to Meal** button.

### You can use the Recipe Chest like a meal library if you like.

The Recipe Chest can be used like a meal library. If you eat pretty much the same meals every week, store a meal as a recipe! Then you can add the ingredients to your meal quickly and easily.

### To store a meal into the recipe table do this:

1) From the main meals grid, **copy the meal you'd like to store**. To copy the meal, right click on the main meals grid and select "Copy Current Meal". Or, if you like, you can use the "Copy Selected Rows". The main idea is that whatever you copy from the meals grid can be pasted into a Recipe.

2) Open the Recipe Chest and **Create a new Recipe**. (Click on the '+' and enter your data). Call it your preferred meal name (like Joe's Lunch - Salad or whatever). Make sure you enter the number of servings. Save your Recipe Header changes.

3) Go to the Ingredients Tab for the new Recipe (meal) that you've just added. Right click on the Ingredients Grid. Select **"Paste From Meal Copy"** from the pop-up menu. That will put anything you've copied from the meal grid into your Recipe.

The next time you want to enter that meal into your day, open the recipe chest, find the meal and then add it to your day!

### Share your recipes

Now you can export and import recipes. This means you can save any recipe to a file and then load it back into the recipe chest. To find out how, click on [Import Export Recipe](#)

### The Recipe Chest's Special Features: Tools

**Convert Measures -U.S. or Canadian.** Look under "Tools" or right click a food in the Ingredients grid. If you choose this menu selection, a window will appear where you can select an alternate measure. All possible alternate measures appear in this window. Weights can only be converted to weight, and volume can only be converted to volume. If you try to convert a food item which does not have "teaspoon, tablespoon, gram, cup, lb, oz, etc" in the unit, you will be given the option of using the gram weight instead. For fluids, this is not always recommended because it can get awful confusing to see fluids in pounds or ounces. Try to keep weights as weights and volumes as volumes.

The **Convert Temperature** menu selection is a window where you can convert Celsius to Fahrenheit and vice versa. Some recipes have only Fahrenheit or Celsius, so you may need to know what the converted temperature might be.

**Filter the Recipes** - To filter the Recipes Grid, right click on the grid. Pick the "Group and Sort" option. Click on the Column Headers' filter box. Proceed. See [Food Database Features](#) for more info on filtering.

The Font menu selection will let you choose the font of the text area where the main instructions go.

Getting to be a pro? Don't need hints? Then click on "Hide Hints" and the hints will disappear.

**Manage tables** lets you add or delete the items which show up in the drop down list box in the recipe grid for Nationality, Category and Key Ingredient. You see these lists if you click on the little box that appears in the recipe grid in each of these columns.

The **Refresh Totals** menu selection does exactly that. It adds up all ingredients from the Ingredients grid and puts them in the recipe grid for that recipe. Although this is done automatically whenever you add or delete an ingredient from the Ingredients grid, you might want to try this button for the fun of it, or if you don't trust the totals for some reason.

**Scale this recipe** -adjust servings Do you have a recipe that feeds 6 people but you want to make it for 4 people? You can always scale the recipe. Sometimes scaling a recipe does not always work well because the cooking times may have to be altered as well. And, some of the ingredients may appear funny, such as "half an egg". However, if you must scale the recipe, select this menu selection and enter the new number of servings. All ingredients in the recipe will be scaled to the new proportion.

**Find Box** The Find Box is case sensitive. When you start typing in this box, your will be placed on the nearest matching recipe name in the recipe grid.

If you want to see all recipe titles in one window, choose "Select Recipe" from the "Tools" menu. A full window will appear where you can easily see all recipe names. To go to that recipe, double click on the desired recipe name. NOTE: If you have filtering on, you will only see the results of the filter in this window. To see the whole table, deactivate the filter.

Right clicking on most every component in the Recipe window will produce a popup menu with more selections. Some features you will find here include Print, Font, Add to various places and more.

Recipe: When you add the recipe to your meal, the program inserts "Recipe: " in front of the recipe's name. Do not change the name. When a food name which has Recipe: at the start of the

food's description appears in the shopping list, you can right click it and you will see a menu option which will retrieve all ingredients for that recipe from the Recipe Chest. If you change the recipe's title from "Recipe: Chocolate Pie" to "Chocolate Pie" it will not work. As well, having the "Recipe: " text before the food's name shows you that it is a recipe which can be found in the Recipe Chest.

**Internet access** In the top recipe grid there is a field called "Internet". If you type in a web address (URL) here, save the change, and then right click on it, you will see a menu selection called "Go To Webpage". If you choose this option, your browser will open and automatically go to that webpage.

Sometimes you have recipes with two parts, like Cake and Icing. It is nice to keep the ingredients separate in the Ingredients grid. To do so, for all the Cake's ingredients, add "Cake" for those ingredients that belong to the Cake, in the "Notes" field in the Ingredients grid. After, for the ingredients that belong to the Icing, put "Icing" in the "Notes" field. Doing so will permit you to keep both sections identifiable and permit you to have identical ingredients but for separate parts of the recipe in the grid at one time. The Ingredients grid is keyed on Food, Amount, Unit and Notes.

Most changes in each grid as well as window size and position will be remembered the next time you start the application. If you move a column to a different position, the next time you start the Recipe Chest that column will still be in it's new position.

**Reports** You can print your recipe, save it to a file, convert it to HTML or a selection of other outputs such as pdf or XLS.

There are several ways to print a recipe:

- 1) Choose "Reports" from the Recipe Chest's menu.
- 2) Select a report such as "Current Recipe (Short Form).
- 3) When the report displays, click on the printer icon to print it.

Note: You can also print the report to various formats including pdf and XLS. To do so, check the "Print to File" checkbox in the print dialog and then select the type of file you wish to create from the "Type" drop-down list. There are many types.

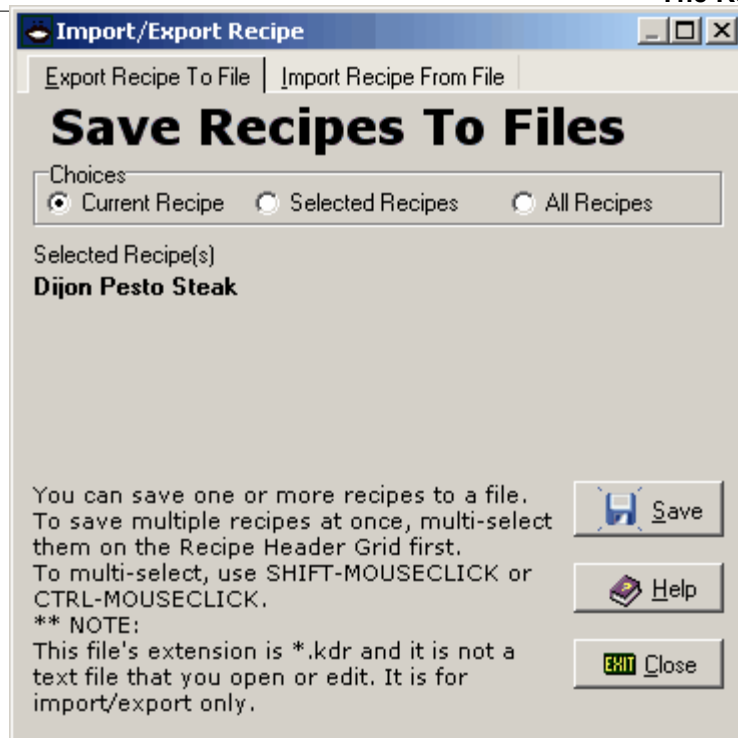
As well, you can design your own reports using the **Reporting Module**. To access it click on "Reports" from the Recipe Chest's menu and then select "Reporting Module". If you have experience with report writers, you might not need to read the help because it is not that complicated. If you have no experience, please read the manuals (included) before attempting to create or modify any reports.. For more info see [Report Designer](#)

## 6.2 Import Export Recipe

### Sharing Your Recipes

You can now export (save to file) and import (load from file) recipes to and from Kathleen's Diet Planner.

If you go to the Recipe Chest and click on "Import/Export" from the main menu, you will see:



From this dialog window, you can save the current recipe to a file. Or, if you put the recipe header grid in multi-select mode (right-click on grid), you can select multiple recipes using CTRL-CLICK. Then, when you save the recipes, select the second check-box which says "Selected Recipes". One by one, each recipe you selected will be exported to separate files. The last option will export all of your recipes without having to select any.

You can then email that file to someone else who has a copy of Kathleen's Diet Planner, and they can load it in. Likewise, if someone emails you a recipe, you can now load that recipe into the Recipe Chest. Or, if you want to copy recipes, simply save it to a file and then load it back in. After that, change the name on the second copy if you like. In the Recipe Chest, you can have duplicate Recipe Names if you so desire..

Saving a recipe to a file will dump the whole recipe including the food items, instructions and even the picture.

**Once again, saving to a file will create a file with a \*.kdr file extension. You can only load a \*.kdr file into the Recipe Chest..**

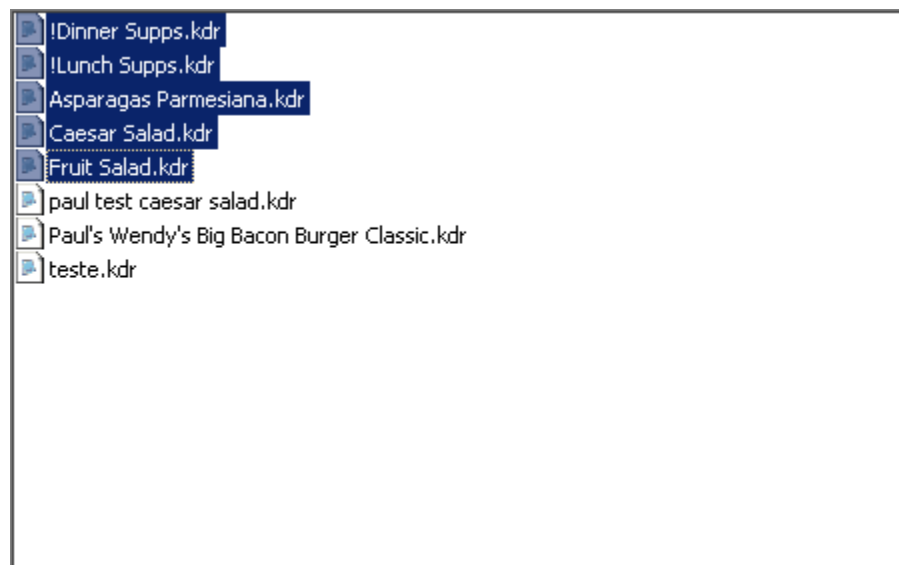
### Loading multiple recipes at one time

To load multiple recipes at one time do this:

- 1) Start the Recipe Chest
- 2) Click on "Import Export" from the main menu
- 3) Click on the "Import Recipe From File". You will see this:



In the Open Dialog, select multiple recipes using **SHIFT-CLICK** or **CTRL-CLICK**.  
Example:



That will load 5 recipes at once!

## 6.3 Manage Recipe Defaults

### Managing the drop down lists in the Recipe Chest

In the Recipe Chest's Recipes grid there are three drop down combo boxes that appear when you try to edit the Nationality, Category and Key Ingredient fields. The items that appear on each of

the drop down combo boxes lists are actually in their own tables and can be edited. To edit the values that appear in each of these drop down lists, select "**Manage tables**" under "**Tools**" in the Recipe Chest.

From here, you can change, add or delete entries. Any changes you perform will appear in the drop down lists in the combo boxes in the Recipe Grid. It is important that these values are used when updating the Recipe grid's Nationality, Category and Key Ingredient fields because these fields are used for filtering. If you are consistent with your entries, you will have greater accuracy when you filter the Recipe database.

To add an entry in any of the three tables, click on the '+' in the NavigatorBar. To save your changes, click on the check mark in the navigator bar.

## 6.4 Find Ingredient In Recipe

### Find Ingredient in Recipe

So you are building recipes or meals into the Recipe Chest, and there are ingredients that you use frequently. Instead of going back to the food database and finding them all over, if you've used that ingredient in a previous recipe, you can use the "Find Ingredient in other recipes" menu option. When you find a recipe with that ingredient in it, you can then copy it using the "Copy This Ingredient" menu option. Or, you can go to that recipe to check it out. As one customer put it, "I want to find all recipes with a certain food in them because that's what I have left in the fridge.."

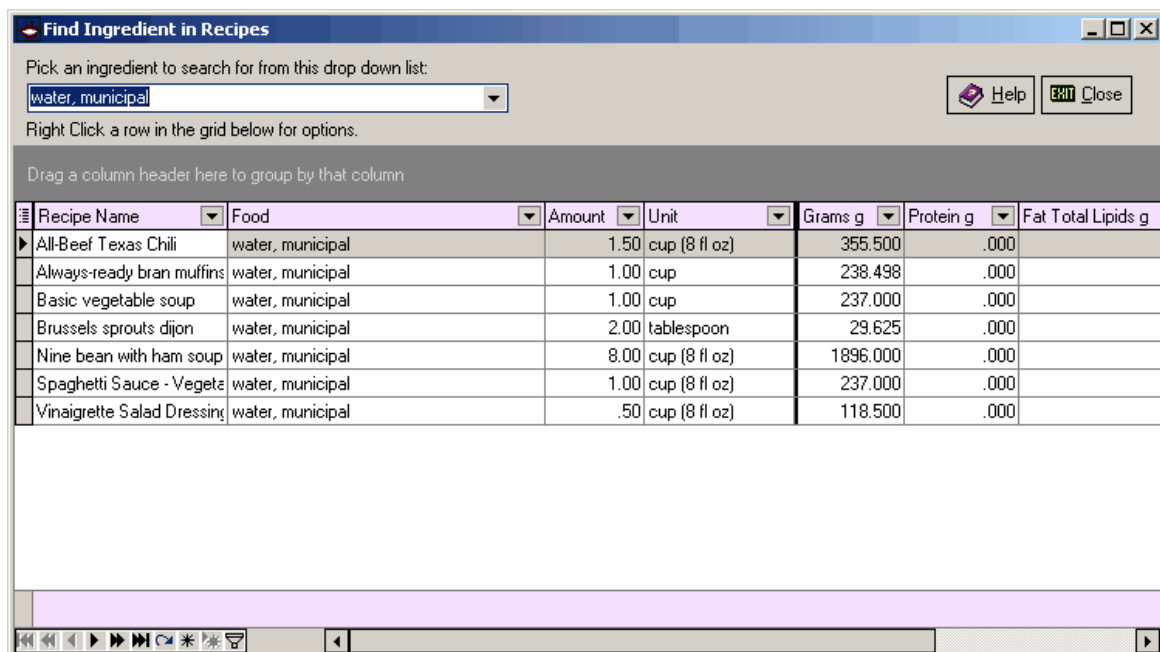
#### How to find an ingredient in all the Recipes

- 1) From the main menu in the Recipe Chest, select "Tools"
- 2) Next, select "Find Ingredient"
- 3) In the submenu, select "Find Ingredient in Other Recipes".

- OR -

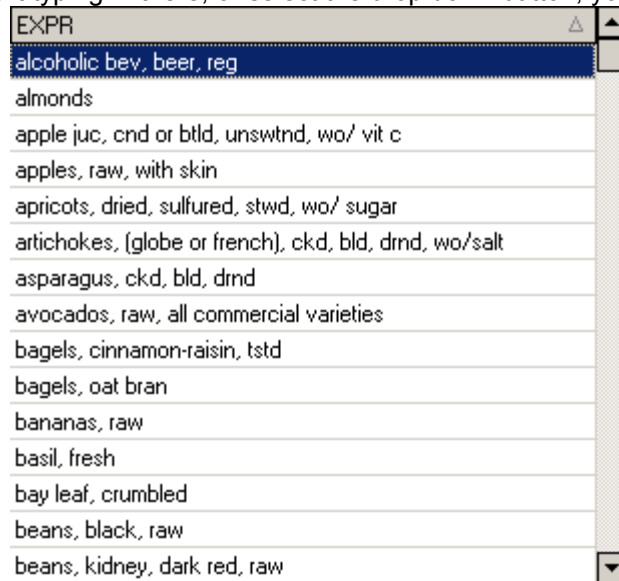
- 1) From the Ingredients grid in the Recipe Chest, right click on the grid and select "Find Ingredient in Other Recipes".

This window will appear:



The drop drop down box will contain all distinct ingredients from all the recipes in the Recipe

Chest. If you either start typing in there, or select the drop down button, you will see the list:



When you select an ingredient from this list, the bottom grid will display all recipes that contain that ingredient. You have to click on a row or use the downarrow to select a row in order for it to perform the "Find".

After performing the "Find", you have two options, which are available by right-clicking on an ingredient in the grid:

- 1) You can copy the ingredient to the ingredient clipboard. If you do this you will be able to paste the ingredient into a recipe that you are building, or any recipe. (to paste the ingredient into a recipe, from the Ingredients grid, you right-click and select "Paste from Copied Ingredients".
- 2) You can go to the recipe that you select. To do that, right click on the ingredient in the grid and select "Go To Recipe".

Sometimes, when I'm working on a recipe or meal in the Recipe Chest, I want to bookmark that recipe, find an ingredient in another recipe and then come back to the recipe I was working on. There are two ways to do this (both options do the same thing):

#### **How to remember a recipe, go to another one and then return:**

- 1) You can click on the "Save Bookmark" button in the Recipe Header's NavigatorBar, find the other recipe and then, to come back to the recipe you were working on, you can click on the "Goto Bookmark" button in NavigatorBar.

- OR -

- 2) You can right click on the ingredient in the ingredients grid and select "Remember This Recipe". After, to return to the recipe you were working on, right click on the ingredients grid and select "Go To Remembered Recipe".

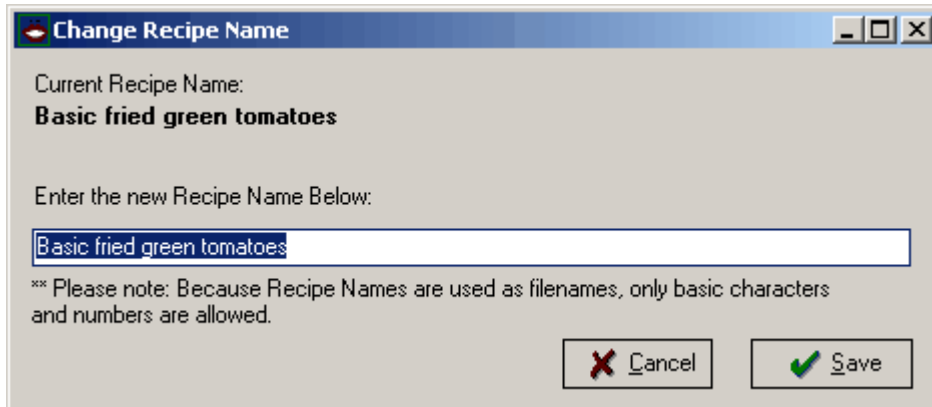
Both of these options also appear in the Recipe Chest's main menu under "Options" and the "Find Ingredient".

## **6.5 Change Recipe Name**

### **How to Change a Recipe's Name**

To change a Recipe's Name, right-click on that recipe in the recipe grid and then select "Change Recipe Name".

A dialog window will appear. It looks like this:



To change the Recipe Name, type in the new recipe name in the text edit box. Then, click on the "Save" button.

\*\*Please note:. Because recipe names are also used as filenames when exporting the recipe to a file, you cannot put special characters into the recipe name such as \ ! @ # \$ % ^ & \* ( ) \x{} . Recipe names can consist of the alphabet and numbers only.

## 7 Reports

### 7.1 Archive Reader

#### Archive Reader


From the main menu, you can access the "Archive Reader". An archive is a completed report which has been save as an archive to a file on disk.

Using the Archive Reader, you can load the report and view it or print it.

Why use the archive reader? Archiving a report gives you a snapshot of the data at that time. When you archive a report, the data inside the report is saved as it is at that time. When you load it back in, you can view the report as it was at the time it was created. Whenever you change your nutritional goals, for example, you could archive the Nutritional Goals report and then you could go back and see what your goals were and how they've changed over time..

You can also archive a report, email it to someone and they could load it into their Archive Reader to view or print the report.

**To archive a report, do this:**


- 1) Print the report (click on the  icon in any report).
- 2) Check the "Print to File" check box in the print dialog.
- 3) Select "Archive File"
- 4) Choose a destination path by clicking on the browse button below.
- 5) Type in the file name and click on "Save".

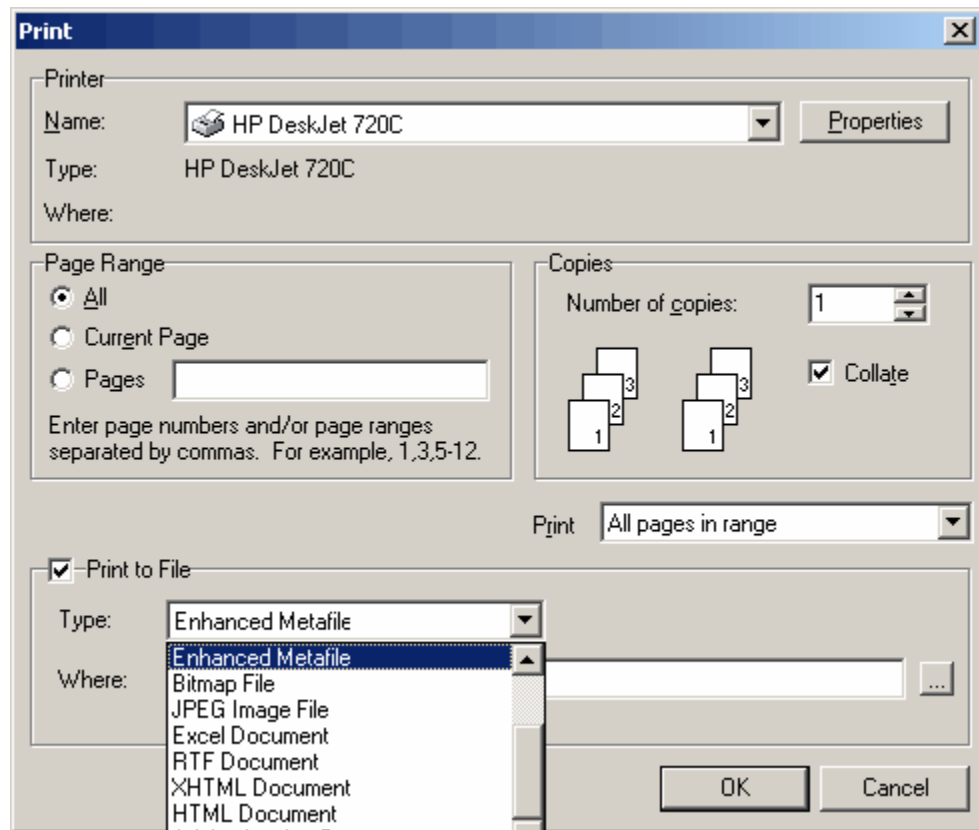
**To load an archived report do this:**

- 1) Select "Archive Reader" from the main window.
- 2) Navigate to the archive file you wish to view and select it. Click on "Open".  
The archive reader will open and display your report.

## 7.2 Exporting Reports

### Exporting a report to PDF (Adobe Acrobat) Excel, HTML (web page), Rich Text (rtf), JPEG, BMP and more...

Most reports have the capability of exporting the finished report to a file. To access this feature, first choose a report and "print preview" it. Then, select the  print button as if you were going to print the report. A **print dialog** box will open. Check the "Print to File" check box at the bottom of the dialog. Select the file format that you would like to produce the report in from the drop-down list:



Each file format contains a dialog with which you can customize your export. After you click "OK", the relevant dialog will appear before printing to a file.

### Export file formats

#### Archive file

See [Archive Reader](#)

#### Text File

**The text file export does not work for the pre-written reports. If you want to use this feature, you must open the report designer, select a report and then open the report in design mode.**

In order that the text export work, you must first set it up. To set up the text file export, do this:

- 1) Open the Report Designer (button which says "Design your own reports".
- 2) Select a report (or create a new report)
- 3) From the Report Designer, click on "File"
- 4) Click on "Print to File Setup" from the menu.

You will be presented with a window where you can specify which fields to export.

- A) Specify the file name and location in the first dialog box
- B) Specify the file type in the second box.

C) Click on a band to select it (such as detail). The selectable fields (components) will appear in the components box below.

D) Add the desired fields (components) to the box on the right.

5) Close that dialog and print the report. When the print dialog appears, select "Print to File".

6) Choose "Text File" in the Type box.

7) Click on "Ok". The text file will be created in the directory that you had specified.

#### **Report Emulation Text File**

This option prints a text file which formats the same as the original report. It does not handle graphics or graphical formatting. Use it for simple text reports.

#### **Windows Metafile**

This option exports each page of the report as a series of Windows Metafile graphics, one per page. You can pick a background and scale the output image.

#### **Enhanced Metafile**

Same as Windows Metafile but it is enhanced. It produces a smaller file size than the regular Windows Metafile.

#### **Bitmap File**

Popular graphic format which you can edit using many popular graphics editing programs including "Paint" which comes with Windows\*

#### **JPEG File**

Smaller graphic file which is popular for web pages due to it's smaller size.

#### **Excel Document**

Export your report or custom report to Excel, a Microsoft spreadsheet program. There are many options and it is somewhat finicky if there are many embellishments in the report. For the best export, create a report of only detail lines and give each field enough space.

#### **RTF Document**

An RTF document exports formatted text as well as graphics into one file which can be opened by Word or other sophisticated word processors. Results look very good.

#### **XHTML Document**

This is a web page export but with more features than the regular HTML web page.

#### **HTML Document**

This is the regular web page export. You have many choices including navigator bars and an option to export the whole report into one page or several. Images are exported too.

#### **Adobe Acrobat Reader Document**

This is a popular document format which is also known as the pdf file. There are many options with this export and it does a really good job.

## **7.3 READ THIS**

### **IMPORTANT !!! READ THIS**

The reporting module now contains all production reports in the Designer section of the reporting module. **This has some implications that you should understand.**

The **Production Reports** folder contains the production reports that Kathleen's Diet Planner uses.

It also contains the reports that are called from the "Pre-Written Report" menu. These are the same reports in both cases.

1) If you delete any reports from the **Production Reports folder**, when you try to call them from Kathleen's Diet planner using the menu selections in Kathleen's Diet Planner, it will try to call the report that you deleted and will not work.

2) If you change any reports in the **Production Reports folder**, when you call them from Kathleen's Diet Planner menu selections, you will get the changed report. If you call them from the **Pre-Written Reports** menu selections, you will get the changed report. The benefits of this are that you can change the production reports (if you know what you are doing) and then the menus will call the changed reports.

If you want to experiment with a report, copy the production report into another folder in the reporting module and then experiment on that report. You can also save a report to a file on disk and then load it into a new report later.

If you accidentally delete a production report, you can always load it back from file, or have someone else email the report (which has been saved to a file) to you. You can then load it back into the production report. As long as the report name is the same as the name the menu choices are calling, the menu choices will call the correct report.

## 7.4 Report Designer

### Report Designer

You can build your own reports. Kathleen's Report Designer comes with 27 example reports that you can use as starting points to build your own reports.

To learn about Report Builder and how to build reports, read the manual.


To read the manual, you will need Acrobat Reader. The manual is included in Kathleen's Diet Planner installation routine.

To read the manual, click on



Read "Learning Report Builder" Manual (pdf)  
Download "Learning Report Builder"

To build a report, click on the



Design your own reports

button.

### Some points about the Report Designer

1) Due to popular demand, we have added the Data tab in the Report Designer. All stock data tables can be accessed from inside the Design component either under "Report" then "Data" for the main report, or under "View" and then "Tool Bars" and then "Data Tree". In order to customize your own tables, use the DATA tab in the report designer and then click on "File" and then "New". Pick either the Query Wizard or the Query Designer. There you can specify tables, fields, joins, grouping, sorting, filtering and even edit your own SQL. The version of SQL that is used is SQL2 from Advantage Database. Click to visit their website: [Advantage Database Website](http://www.advantagedatabase.com) (www.advantagedatabase.com)

2) You will find a "Person\_DB" table and a "Person\_DB2" table in the data selections. The second table, which ends with a '2', is a duplicate of the first table which is linked in a master-detail with the first table. This was created so that you can have large reports with many fields from just one table. See the "Nutritional Goals" report for an example. In that report, there were too many fields to fit on one page, so sub-reports were created using the Person\_DB2 table. This formation permits you to use subreports to keep reporting on the same large record in the table without looping through all people in the table (characteristic of sub-reports).

## 7.5 Reports

### Reports

Kathleen's Diet Planner contains many pre-written reports as well as a **report designer** that you, the end-user, can use to **build your own reports!**

The reporting module now includes the **DADE data tab** in the report designer. Not only can you build reports from existing tables, you can now create your own tables or views and build reports from those views. Using the Query Wizard or the Query Designer, you can build tables and then customize the view or data contents by sorting, filtering, linking views to other views and more!

Are you an expert? You can even edit your own SQL and build the views exactly like you want them. Uses Advantage Database SQL2.

**Export your recipes to a web page!!!** see [Exporting Reports](#)

### Features

#### Run reports for all people or one person


When you first open the reporting module, you will see a grid of names on the left of the window. If you click on one name, that makes it current. If you then click on the

Use this person only checkbox, any report (that is person specific) that you run will be for that person only. This applies to reports such as the Personal Data, Nutritional Goals, Meal-Days, Progress Tracker and Photo Album reports. This also applies to any reports you build using the Report Designer depending on which tables you choose (if the report is based on a table which is specifically people data.).

#### Pre-written reports

**Kathleen's Diet Planner Reporting module contains many pre-written reports.** To access the pre-written reports, click on a "Reports" menu selection from any window in Kathleen's Diet Planner. The reporting module will start. From the main menu in the reporting module, you can select any report you desire.

#### Build your own reports

From the reporting module, click on  and the report designer will open. From here you can build your own reports. The manual for Learning Report Builder, the award winning report designer, is under "Help" from the main window before you start the report designer.

#### Export your reports

Export almost all reports to Excel, HTML, XHTML, JPEG, RTF, BMP and more. See [Exporting Reports](#)

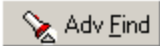
#### Separate program.

The reporting module is a separate program which can be started from your desktop.

## 8 Other Items


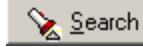
### 8.1 Advanced Find

**Advanced Find** (in the Foods Database)

In the Foods Database, if you click on the  button, you will be presented a window where you can search the entire foods database for a string or partial string. This feature has been optimized for speed. Before, it would take 15 seconds on a Pentium IV 1.7 ghz PC. Now it takes at most 2 seconds.

If you've selected [all categories](#) in the food groups drop down list, your search will search through the entire foods database. If you select a food group such as [beef products](#), the search will only search that food group (a lot faster).

**To perform an advanced find do this:**

- 1) Type in the word or phrase such as "beav" (no quotes).
- 2) Hit Enter, tab then Enter, or click on the  button. *You can also type ALT-S (the underscore on the 'S' denotes a hot-key).*
- 3) One by one, each food description will be searched from beginning to end for matches to the word or phrase you are looking for.
- 4) When the search has finished, if you have had any results, they will appear in the table. If there were no results, the table will be blank. You can tell when a search is finished by seeing if the  button is grayed or not.

#### Some rules

Do not use the "\*" (asterisk) as a wild card. There is no wild card. There is no need for a wild card as the search function will pull out any matching sequence of letters from all entries. In other words, if you do a search for "read", it will pull out "bread, white..." and "breads, white" and "dressing, breaded chicken".

If you know what you are looking for, that is, you know which food group the item belongs to, select that food group first from the food group drop-down list before you do the search. The search will be faster.

After you have your results, clicking once on the result will close the window and take you to that entry in the foods database.

If you want to sort your results, click once on the desired column header. You can also filter your results enabling you to pick the food from a filtered result set. .

You can **Group and Sort** the results table. For more info see [Grid Features](#)

You can also **Add or Remove Columns**. To remove a column from the grid, drag the column header that you pick away from it's location (say 2 inches up) and release it. It will disappear. To put the column back in the grid, right-click on the grid, select **Add or Remove Columns**, and then drag the column name back into the grid.

Searches cannot be cancelled due to the new construction of the Advanced Find window..

Please remember that if you find you are searching for a particular food often, you can always add it to your Favorites food database where you will be able to locate it much more quickly. See [Favorites Food Database](#)

## 8.2 Auto Fit Totals Grid

### Auto Fit Totals Grid

From the main menu in the main window, if you select "**Options**" you will see "**Auto Fit Totals Grid**".

If you check this menu selection the **Pie Chart Panel** and the **Totals Panel** at the bottom of the window will automatically resize when you scroll from one day to another, showing you all rows for all meals in the day.

I prefer this setting because it will adjust automatically if I am comparing Day Totals from one day to another. If you don't like it (it tends to jar the screen whenever you paste days or load days), then simply uncheck it. You can always manually adjust the size of the pie chart panel and Totals Grid Panel manually by dragging the blue line up or down.

Note: Displaying the Totals Grid slows down the performance of the application because everytime you edit a food's amount or change day, the totals have to be re-calculated. If you want to speed up the application, try not displaying the Totals Grid, or only display the Totals Grid when you need to compare totals with your daily goals. Otherwise, you can group the meal grid on meal and see totals for each meal and totals for the day with. See [Grid Features](#) to find out how to group and sort the meal grid.

## 8.3 Backups

**You are responsible for backing up your data files.** Regularly copy all files in the \data directory to another directory. Then, if you accidentally corrupt the data files you can simply copy those files back into the Data directory and keep going from there. If you do not do this, should your data files corrupt and the packit.exe program can't fix them, you will have to re-install the program. At the very least, save some of your best meals to disk using the import/export menu selection under "Files". Then you can load them back if you have to re-install the programs. ( *note: the database that Kathleen's Diet Planner uses is known for it's stability* )

If you installed the KDiet Meal Planner to c:\KDiet12\ there will be a subdirectory called \data.

To backup your database do this:

- 1) Close the KDiet Meal Planner. It cannot be running when you copy the database files.
- 2) Create a new directory. Call it KDietBackup\_July\_1\_2005
- 3) Copy all the data files from the directory (folder) called c:\KDiet12\data to the new directory.

For more info about the packit.exe program see: [Packing the Database](#)

## 8.4 Bits and Bytes

### Basal Metabolic Rate

Your Basal Metabolic rate is the number of calories that you need to eat per day in order to maintain your current weight at your current level of activity. If you lead a sedentary life, you will require fewer calories than if you exercise vigorously every day.

### Body Mass Index

Your Body Mass Index is a number which represents a measure of fitness based on your age, body weight and height. The normal range is between 19 to 24. A reading of 25 to 29 means that you are at risk of developing health problems due to excess weight. Any reading over 30 is considered "grossly obese". A reading of less than 19 means that you are underweight and this can also pose health hazards.

## 8.5 Converting Units of Measure

### Converting Units of Measure

How to convert a food's unit of measure:

- 1) Right click on the food in almost all grids.
- 2) Select "Convert Measure (U.S. or Canadian) *or in some grids it will say "Convert Measure (English or Metric)".*
- 3) The Convert Measure window will appear. Click on the radio button of the unit of measure that you desire. This places the desired unit of measure in the "New" boxes below.
- 4) Click on the "Update" button.

Valid units of measure are:

cup  
fl oz  
grams  
kg  
liter  
ml  
oz  
pint  
lb  
quart  
tablespoon  
teaspoon

If the "Unit" in any food item is not one of the above, the measures conversion routine will not recognize the unit and will not be able to convert it. Furthermore, the exact unit of measure must be the first word in the "Unit" field and there should be no leading blanks. Example, the conversion routine will work on all of these: "cup", "cups", "cup (8 fl oz)", "cup of soup" and "cupboard". As long as the three first characters are "cup", the conversion routine will think it's a "cup". This applies to all units of measure.

When the conversion routine can recognize a unit of measure, all the other units of measure that it can convert it into appear in the "Convert Measures" window as well as the "Canadian" and "American" measures boxes on the USDA Foods Database Window.

If the conversion routine cannot recognize the unit of measure, it will give you a message saying that it cannot recognize the unit and will ask you if you want to use the gram weight instead. This is fine if you have a "fillet" or a "whole turkey". Convert it to the gram weight and then convert it to "oz" if you want the equivalent in ounces. If you convert fluids to their weight, though, it could get to be quite confusing after a while.

On the Foods Database window you will find a check box which says "**Use Metric exact**". If you check this box, the metric measure for the current food will appear in the quick recalc display boxes. If you check this box and then add a food to a meal, to a Recipe or to the Favorites food database, the food's amount and unit will appear in metric. If you do not want to use metric units

of measure, make sure the "Use Metric exact" check box is unchecked.

Converting to and from Metric The foods database grid, the Favorites grid and the Recipe grid all have the popup menu selection called "Convert measure(U.S. or Canadian)" This option can be found under "Tools" or by right-clicking on the most food grids. If it is a recognizable unit of measure, the equivalent measures will appear in the Conversion Window under either Volume or Weight. Example, if you are sitting on a food which has a unit of "cup" and you open the conversion window, you should see the equivalent unit of measures in teaspoons, tablespoons, cups, quarts and milliliters and liters. If you are sitting on a food which is in "oz" or "grams", you should see grams, kilograms, ounces and pounds. If it cannot convert the food's unit of measure you will be prompted as to whether or not you would like to convert the unit of measure into grams. Every food in the database has a gram value.

To convert Celsius to Fahrenheit or vice versa, use the "Convert Temperature" menu selection under "Tools" in the "Recipe Chest".

## 8.6 Daily Values Plans For Food Labels

### Daily Values Plans For Food Labels

These are the plans that you pick from when you use the [Percent Daily Value Editor](#)

Ever wonder what the percent daily values found on food labels are based on? They are based on plans created by government departments. You will find three plans in this grid. To see the documents from which they came from, scroll the grid all the way to the right and then click on the "Web Link" button in the grid for the corresponding plan. Your browser will open and take you to the web site..

If you click on the "Manage % Daily Values Plans" from either food editor (found in [The Favorites Food Editor](#) and [The Food DB Editor](#) ) you will see the Percent Daily Value Plan Editor:

**Percent Daily Value Plan Editor**

Reports Exit

Plan: **USA Reference Values for Nutrition Labelling (4 yrs or more)** EXIT Close

MASTER: This table contains the DRI's for the "Percent Daily Values" found on Food Labels. The values entered here should be based on a 2000 calorie diet. Help

Description	WebLink	Notes
Canada RDI for 2000 calorie diet Child less than 2 yrs	<a href="http://www.inspection.gc.ca/english/fssa/labeli/guide/ch6e.shtml#6.1">http://www.inspection.gc.ca/english/fssa/labeli/guide/ch6e.shtml#6.1</a>	...
Canada RDI for 2000 calorie diet Person 2 yrs or older	<a href="http://www.inspection.gc.ca/english/fssa/labeli/guide/ch6e.shtml#6.1">http://www.inspection.gc.ca/english/fssa/labeli/guide/ch6e.shtml#6.1</a>	This is the notes
USA Reference Values for Nutrition Labelling (4 yrs or more)	<a href="http://www.cfsan.fda.gov/~dms/flg-7a.html">http://www.cfsan.fda.gov/~dms/flg-7a.html</a>	...

DETAIL: Enter all nutrients and their daily values for the selected plan here:

Nutrient	Daily Value	Notes
Calcium_mg	1000	USDA is "1 gram" which is 1000 mg.. You need this in mg..
Carbohydrates_g	300	
Cholesterol_mg	300	
Copper_mg	2	
FA_Sat_Total_g	20	Fatty Acids Saturated Total
FA_Trans_Total_g	0	There is no daily value for Trans Fat. NONE is best.
Fat_Total_Lipids_g	65	
Fibre_Total_Diet_g	25	Remember this is based on a 2000 calorie diet..
Folate_Total_mcg	400	
Iron_mg	18	

This table contains three plans used by the food labelling industry, two are Canadian and one is America. You can add your own Country's too if you want.

You can edit this table. To add your own plan, click on the "+" button in the NavigatorBar in the top grid, and enter your information. Then, click on the "+" button on the bottom grid and pick the nutrient from the drop down list that will appear in the Nutrient column's cell.

So, if the RDI for food labelling changes in the future, you can update them here, or create your own..

### Behaviours

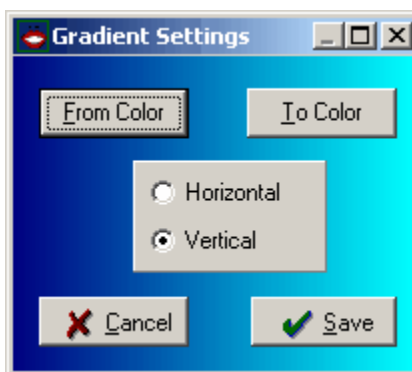
Only have Nutrients in the Detail grid for which you have Daily values. Do not enter Nutrients and then leave the "Daily Value" field blank.

To print any or all plans, click on "Reports" from the main menu.

To see where the plans came from, click on the "Weblink"'s elipsis button in the row you want.

## 8.7 Gradients and fonts

### Gradients and fonts



### How to customize a gradient

Kathleen's Diet Planner now contains customizable gradients (color panels consisting of two colors which go from one color to the other is a series of steps producing a blend between the two colors).

**All gradients can be customized.** To change the color of the gradient in any window, **Double-Click on the gradient.**

A dialog box will open up where you can select the "From Color" and the "To Color". You can also select which direction to make the gradient point(left to right, or horizontal, and top to bottom, or vertical). All gradient changes or customizations will be remembered the next time you open the KDiet or the Reporting Module.

### How to customize a font for text sitting in a gradient.

In the panels which contain gradients, **you can change the font of any text fields** that are sitting on the gradient. To change the font color, **Double-Click directly on the text.** . A font dialog box will open where you can change the color of the font, as well as other characteristics about the font. You can select a different font, bold it, underline it and more. The next time you open Kathleen's Diet Planner or the Reporting module, the changed font will be remembered.

## 8.8 Import Export Person All Tables

### Import Export Person All Tables

You can now export a person along with all their meals, pictures, all Progress Tracker tables and their Favorites into one file in one easy step. You can then load that file back into Kathleen's Diet Planner.

Why do this?

1) **Backups** If you save yourself to a file (say on disk or a CD) and your computer crashes the hard drive, you can (after replacing your hard drive) load your data back into the newly installed program.

2) **Transfers to Laptop.** If you own a PC and a laptop, you could export yourself to a file and then load yourself into Kathleen's Diet Planner on your laptop. Or, if you have a PC at home and one at Work, periodically, you could simple export yourself from the Home PC, email the file to yourself at work and presto, you would have all your most recent data at work.

3) **Share your data.** Email yourself to a friend, support buddy, doctor or nutritionist. They can then load you into their database, review your goals, meals and progress and give you feedback.

### Exporting All Tables for one person

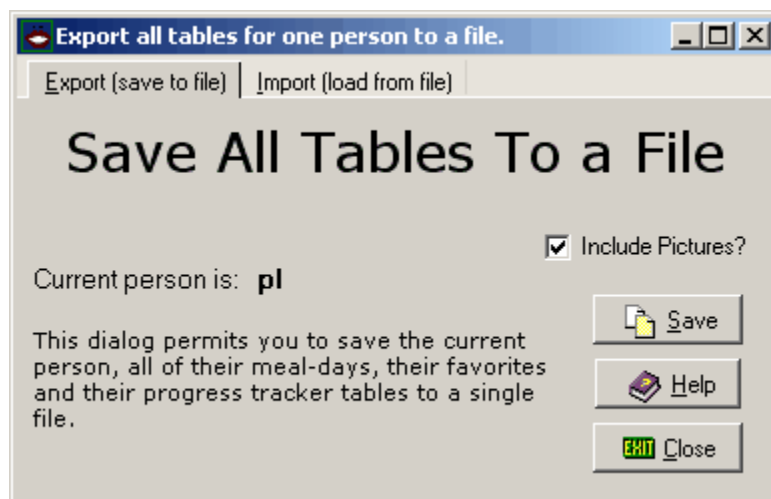
#### How to save All to a file:

a) Open the People Database. Click once on the person in the left-hand-grid . This makes the person current. The Export routine saves the current person to a file.

b) Click on "**Import/Export**" from the People Database window.

c) Click on "**Import/Export Person - all tables**"

A window will open where you can select Export (save to file) or *Import (load from file)*:



If you want to save your pictures as well, make sure the "Include Pictures" checkbox is checked.

d) Click on the "Save" button.

A dialog box will open where you can select the directory where you want to save the file to. If this is the first time you are saving a person to a file, make a new subdirectory and call it "People Exports". Go to that directory and save the file there... That way you will have your files organized and you will know where they exist on your hard drive.

If the person you are saving has lots of data (say 9 months worth of meals, lots of weight entries, ketosis entries and favorite foods, saving the person's ALL to a file could take a long

## Kathleen's Diet Planner

time. On a Pentium IV, 1.7 ghz PC, it takes 44 seconds to save my data (which is around 6 meg in size). On a slower PC, it will take a lot longer. Do not interrupt the process while it is running. If the person you are trying to save to a file has over 1 meg's worth of data, you will receive a warning screen which warns you that it might take a while. (But this is still faster than exporting each table separately..)

### Importing All Tables for one person

#### How to Load a file which contains a person and all their tables:

- a) Open the People Database
- b) Click on "Import/Export" from the People Database window.
- c) Click on "Import/Export Person - all tables"
- d) Click on the "**Import (load from file)**" tab. This is where you can load a person's file.
- e) Click on the "Load" button.

A dialog box will open where you can select the directory where you want to load the file from.

Note: You can only load "All" files which were created by saving all to a file. **The file extension which identifies this type of file is "\*.K09"**. If you try to load a file which is not an "All" file, you will get an error message and the file will not load. You can only load \*.K09 files.

If the person you are loading has lots of data (say 9 months worth of meals, lots of weight entries, ketosis entries and favorite foods, loading the person's ALL to a file could take a long time. On a Pentium IV, 1.7 ghz PC, it takes 1 minute and 31 seconds to load my data (which is around 6 meg in size). On a slower PC, it will take a lot longer. On a Pentium 233 mhz, it takes about 5 or 6 minutes to load such a large file. Do not interrupt the process while it is running or else you will not get a complete load (there will be pieces missing).

If, during the load, there is an identical person already in your database, you will receive a warning that a duplicate has been found. The program will then append the Date and Time to the person's name and continue. Don't worry, you can always rename the person after, delete the old person or keep it as it is, with two people entries for the same person.

## 8.9 Import Export DRI Plans

### Import Export DRI Plans

You can export a DRI Plan to a file in one easy step. You can then load that file back into Kathleen's Diet Planner.

Why do this?

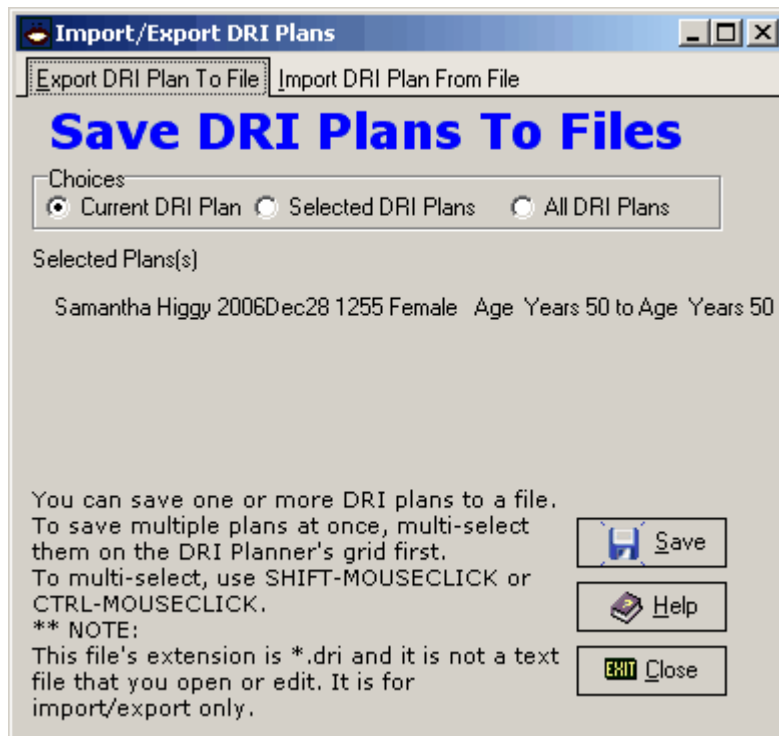
1) **Backups** If you save a DRI plan to a file (say on disk or a CD) and your computer crashes the hard drive, you can (after replacing your hard drive) load your plan back into the newly installed program.

2) **Transfers to Laptop.** If you own a PC and a laptop, you could export a plan to a file and then that plan into Kathleen's Diet Planner on your laptop.

3) **Share your data.** Email your plan to a friend, support buddy, doctor or nutritionist. They can then load you into their database, review your DRI plan, and give you feedback.

### Exporting the current DRI Plan

- a) From the DRI Planner, click on the plan that you want to export to a file in order to make it current.
- b) Click on the "Import/Export" menu selection. You should see this dialog with your plan in it:

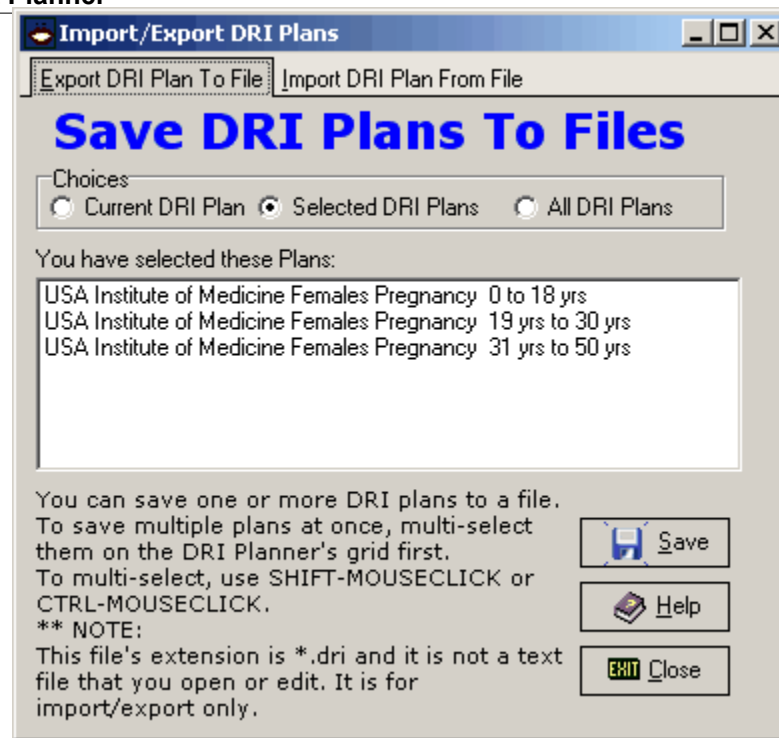


- c) Click on the "Save" button. A dialog will open up and you can choose the path or folder to where you want to save the DRI Plan to a file.

### **Saving Selected DRI Plans**

You can save selected DRI plans to files by doing this:

- a) From the DRI Planner, right click on the top grid and select "Multi Select Mode".
- b) Select two or more plans using SHIFT-CLICK or CTRL-CLICK.
- c) Click on the "Import/Export" menu selection. You should see this dialog with your selected plans in it:



Here, I've selected three plans.

**d)** Click on the "Save" button. A dialog will open up and you can choose the path or folder to where you want to save the DRI Plans to files. Each plan will be saved to an individual file.

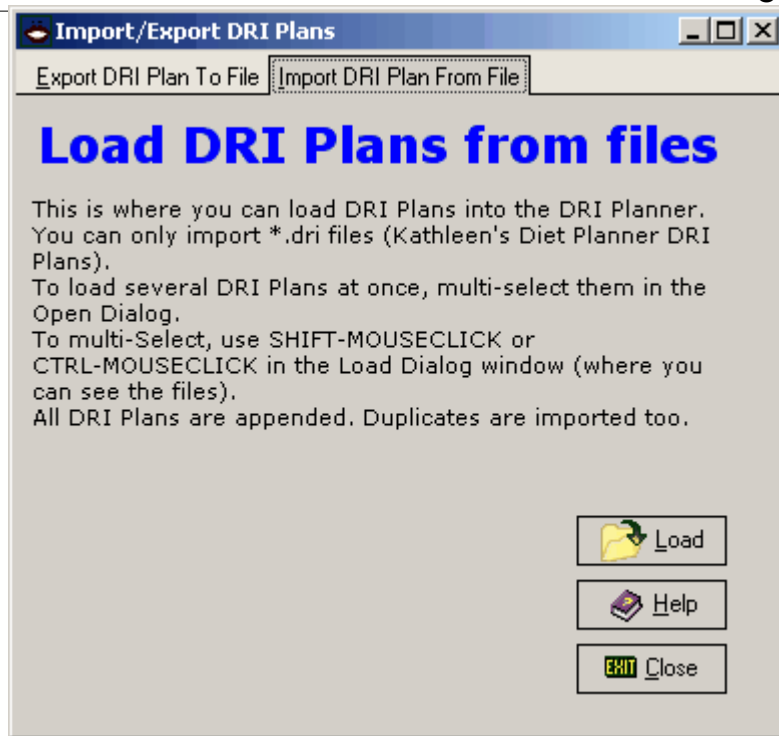
#### **Saving all DRI plans to files**

To save all DRI plans to files, click on the "All DRI Plan" radio button in the "Save DRI Plans To Files" dialog and then click on the Save button.

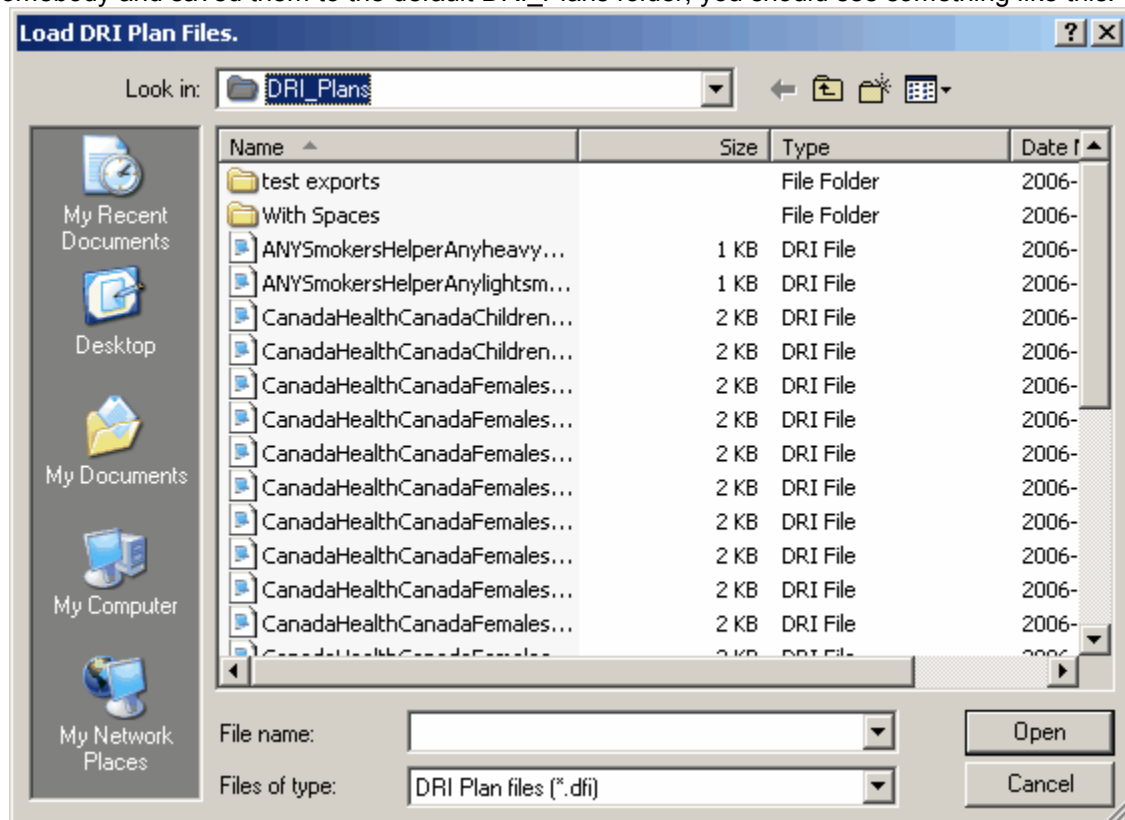
#### **Importing DRI PLans**

##### **How to Load DRI plans from files:**

- a)** From the DRI Planner, click on the "Import/Export" menu selection.
- b)** Click on the "Import DRI Plan from file" tab at the top of the dialog.  
 You should see this:



c) Click on the "Load" button. If you have exported DRI Plans or received DRI plans from somebody and saved them to the default DRI\_Plans folder, you should see something like this:



- d) Click on one file or SHIFT-CLICK or CTRL-CLICK on multiple files.  
 e) Click on the "Open" button.

All DRI plan files end in "\*.dri". You can only load \*.dri files.

If, during the load, there is an identical DRI Plan name in your DRI Plans table in the database, it will load it anyway.

## 8.10 Import Export People


### Importing and Exporting People

**Note:** These instructions will show you how to export a person's setup table only. Using this method will not export any meal days, favorites or progress tracker tables.

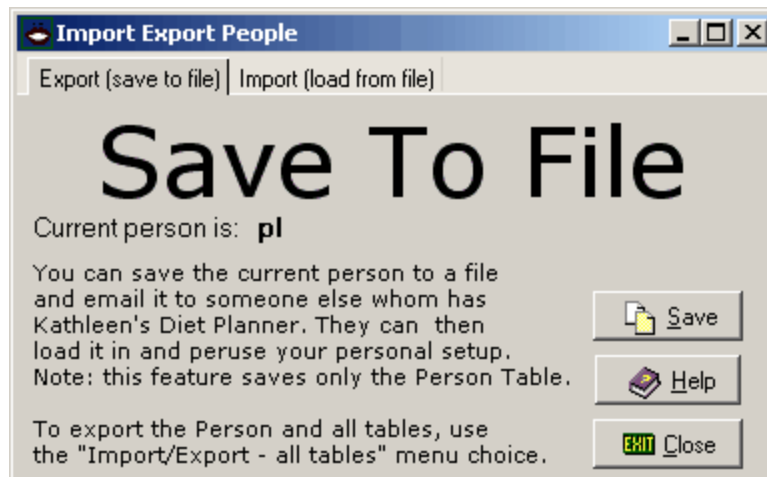
If you want to export a person, all their meal days, favorites, pictures and progress tables in one easy step, use the [Import Export All](#) feature.

You can export a person's setup from the people database, email the file to your other PC at work or your nutritionist/doctor, and then the file can be loaded into Kathleen's Diet Planner on the other PC!

### How to Export a person's setup record from the people database

- 1) Click on the  to bring up the People database.
- 2) Click once on the person in the left-hand-grid that you wish to export. This makes the person current.
- 3) Click on the Import/Export menu selection from the menu.

You should see:




You will always be on the person that the people database is currently displaying. To select a different person, make it current in the people database and then start this screen again.

4) Click on the  button. The Save Dialog screen's title will say "Saving ??? to a file".

5) Create a directory (folder) and call it "People Saves" or something like that. Make that folder current (double click on it).

*Note: the format for the default filename is the Person's name followed by the date. If you do not like that, you can rename the file if you'd like. However, you should try to put some meaning in the file since you don't want to get it confused with other export files...*

6) Click on the  button. That's it! You have saved ??? (or whomever) to a file. You can now email that file, save it to a disk or whatever.

#### **How to Import a People Export file**

**Note: These instructions will show you how to import a person's setup table only. It will not load any meals, favorites or progress tracker tables.**

**If you want to import (load) a person, all their meals, favorites, pictures and progress tables in one easy step, use the [Import Export All](#) feature.**

You should first have saved a person to an export file. If you haven't done so, you will have to do so before you can load it into the people database. (You need a file to import).

1) Start the Import/Export routine from the people database.

2) Click on the **Import (load from file)** tab near the top of the screen. You will see the Load from file screen.

3) Click on the  button.

4) Navigate to the folder (directory) where the people export file is.

5) Double click on the file that you want to load. Make sure it is a people export file.

Follow the prompts.

That's it!

If the load routine discovers the same person's name in the people database, it will show you a message and then append the date and time to the name. That way, you will know which person is the duplicate and the indexes will still be unique. (You cannot have two people with the same names in the people database. If you do have two "Jakes", add a middle name or something to the second person's name).

## **8.11 Import Export Favorites**

### **Import/Export Favorites**

**If you want to export a person, all their meals, favorites, pictures and progress tables in one easy step, use the [Import Export All](#) feature.**

**If you want to just export someone's favorites food database, then follow these instructions.**

**How to save a person's favorite foods table.**

- 1) Make the person you desire current in the main screen. (You should be looking at one of their meal-days or at least have them selected for display even if they have no meal-days.
- 2) Open the Favorites Food Database (table) by clicking on the Heart Icon in the main screen.
- 3) Click on "Import/Export".
- 4) A folder will be created for you called "Favorites".
- 5) The file name will default to "Person's Name" + 'Favorites'. Change it if you must but it is a good idea to keep the "Favorites" meaning in there so you know what the file contains..
- 6) Click on the Save button.

Your favorites are now saved to a file. You can now email that file to someone else, or load those favorites into another person's favorites in Kathleen's Diet Planner.

Say, for example, that you wanted to load your favorites into Jolene's favorites. You would make Jolene current, click on her favorites and then, using the Import/Export feature, load the favorites file that you had previously exported into her table. As of KDiet 14, you can copy and paste favorites from one person or plan to another. For more information see: [Favorites Food Database](#)

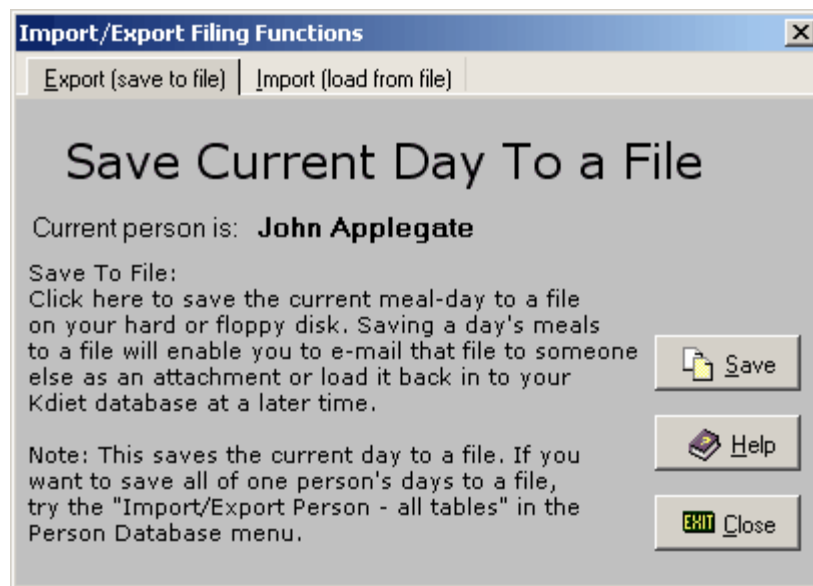
**To load a favorites file do this:**

- 1) Make the person you wish to load favorites into current. You do this by selecting them in the main screen. Even if they have no days entered, pick them from the "Pick" icon.
- 2) Open the Favorites food database.
- 3) Select "**Import/Export**" from the menu.
- 4) Click on the "**Import (Load from file)**" tab.
- 5) Navigate to the directory where the file is stored on disk and select it. (should default to "Favorites").
- 6) Click on the "Open" button in the dialog box.

The favorites file that you have selected will be loaded into the current person's favorites table.

When loading files, in this case, duplicates are allowed and will be imported.

## 8.12 Import/Export Meal days



### EXPORT

You can save a person/day to a file or disk and then e-mail that file to someone or load it back into the KDiet Meal Planner at a later date.

To save a person/day (one day with all your meals) to a file:

- 1) Click on "Import/Export" on the main window's menu.
- 2) Click on the "Save To File" button.
- 3) Choose the directory and a filename.
- 4) Click on "SAVE" to save the file.

A meaningful filename will be created for you. It will consist of the person's name, the "meal" and the date.

### IMPORT

You can load a saved day from a file by doing this:

- 1) Click on the 'Import/Export' button from the main window.
- 2) Click on 'Load File'.
- 3) Select the file's directory and name and then click 'Open'. You will see a dialog box telling you the name of the person and date for which the meals have been created. Click 'Yes' to load the file.

When you load a day from a file, it will load that day into the current day that is displayed in the meal grid. If you want to load the file into another day, make sure that day is current in the grid before loading the file. **If you want to load the day into a new day, create the new day first and then load the file into it.**

After loading a day from a file, you can check totals, create reports and display graphs just like any other day.

The file extension for an import/export file is \*.bin. (bin). Do not change the file extensions on your import/export file because the export/import routine will not recognize it then.

## 8.13 The DRI Planner

### Managing Dietary Reference Intakes

If you click on the **Manage DRI's** menu selection in the People Database screen and then on "**Open DRI Planner**", you will find a table which looks like this:

Country	Plan Name	Gender	Category	Medical Condition	From Age	To Age	Web Link
Canada	Health Canada	Infants			0	6 mths	<a href="http://www.hc-sc.gc.ca/in-an/n">http://www.hc-sc.gc.ca/in-an/n</a>
Canada	Health Canada	Infants			7 mths	12 mths	<a href="http://www.hc-sc.gc.ca/in-an/n">http://www.hc-sc.gc.ca/in-an/n</a>
Canada	Health Canada	Children			1 year	3 yrs	<a href="http://www.hc-sc.gc.ca/in-an/n">http://www.hc-sc.gc.ca/in-an/n</a>
Canada	Health Canada	Children			4 yrs	8 yrs	<a href="http://www.hc-sc.gc.ca/in-an/n">http://www.hc-sc.gc.ca/in-an/n</a>

Nutrient	DRI Value	DRI Max Value	Notes
Calcium_mg	210.000		Adequate Intake
Choline_mg	125.000		Adequate Intake
Copper_mg	200.000		Adequate Intake
Fluoride_mcg	.010	.700	Adequate Intake

The top grid contains DRI plans. The bottom grid contains the DRI values for various nutrients from each plan. When you click on a plan in the top grid, the bottom grid will show the nutrients in that plan. It is a master-detail relationship.

To create a new plan, click on the "+" on the NavigatorBar in the top grid or click once on the top grid and press the "Insert" button on your keyboard. A blank row will appear. Type in the information for the plan. Click on the checkmark in the NavigatorBar to save your changes. Next, click on the "+" in the bottom grid to insert a new row. Pick the nutrient from the drop down list that will appear when you click the mouse in the Nutrient cell. After, enter the DRI value for that nutrient. You can also enter a DRI Max Value and Notes if you wish. Click on the checkmark to save your changes.

You can import and export plans to files, so you can share them with other KDiet users.

Note: When you open the DRI Planner from the main menu, the gray box on the upper right-hand corner does not appear. It only appears if you start up the DRI Planner from the



button.

### Make Into DRI Plan

So you've spent a few hours carefully planning your nutrient goals. You populated your nutritional goals using the right DRI plan, and then you added goals for many of the other

nutrients that were not in any plans (such as Atkins Carbs, Potential Renal Acid Load, Glycemic Load.. ). Did you know that you can easily make your Nutrient Goals into a DRI plan and then assign that plan to someone else? You can even export that plan to a file and email it somebody else..

To create a DRI Plan out of your Nutrient Goals do this:

- 1) From the people database, click on the "Manage DRI's" menu selection.
- 2) Choose "Make into DRI Plan". At the prompt, say "Yes".

The DRI Planner will open up and you will see a new entry in the DRI Planner which has defaulted to a Plan Name of the current person's name plus the current date. You can then edit that name and adjust any other information in the plan . Save your changes by clicking on the check mark in the NavigatorBar.

When you create a DRI plan out of somebody's nutrient goals, all nutrient goals that have values for them are added into the new plan's detail items. If the nutrient goals are blank they are not added. You can add other items in the detail items for the DRI Plan by clicking on the '+' in the NavigatorBar.

or by pressing on the "Insert" button on your keyboard when focus is set on the bottom grid.

## 8.14 MealNames

### Managing Meal Names.

Want to add a meal called "Bedtime"?

The KDiet program was designed to let you create as many meals as you would like in one day. Some people eat six times a day or more if they are on special diets.

If you'd like to add or change meal names to the diet planner program:

- 1) Click on "**Meals**" and then "**Meal Names**" from the menu in the main window.
- 2) Use the navigator bar to change, add or delete meal names records. Use the '+' key to create a new record, the '-' key to delete a record, and the check mark key to post (save) a record if you change it.

If you add a meal name here, it will appear in the combo box on the Foods Database window where you can then select it when you add foods while creating meals. It also appears in the combo box in the foods grid on the "Add Meals screen". Click a meal name on a food record and see..

The reason the meal names in this program have numbers in front of them in this table is so that they sort in a preferred order. If you do not like the numbers in front of the meal names, you can always change that, but, the sort order in the meals grid will appear like this, alphabetically sorted:

breakfast  
dinner  
late snack  
lunch

I prefer to see :

- 1 Breakfast
- 2 Mid Morning Snack
- 3 Lunch
- 4 Afternoon Snack
- 5 Dinner

...

## 8.15 Packing the Database



### Packing the Database (reindex and pack)

On a very rare occasion, KDiet's database might become corrupt (very rare) and KDiet will error out and give you a message. Reindexing the database might fix it.

Packing the database is a way to reduce the database filesize. Suppose you create a person and entered 500 pictures for them in the photo album. The database could be 200 meg in size. Then, you decide that you don't want to keep those pictures, so you delete them. You look on your hard drive and the database is still 200 meg in size. Why? Because the deleted records have not been removed. The database will reuse the claimed space when you add new records. But if you think you will not have that much data for a long time or ever again, or you don't want to backup the extra filespace of deleted records, it might be an idea to reduce the file sizes by removing the deleted records..

What you can do to reduce file sizes is called packing the database.


If you pack the database, it may reduce the file size from 200 meg to say 5 meg in this case...

**This program packs the database also rebuilds the indexes.** In the odd case that you get some strange errors about tables not opening, rebuilding the indexes might fix it.

### To pack and reindex the database do this:

Make sure you back up the database before performing a pack. See [Backups](#) Although the Advantage database is incredibly stable, it is always better to be safe than sorry. Actually, I have never crashed this database yet and I've been using it for 10 years now on several products... It is up to you.

- 1) Close Kathleen's Diet Planner if it is running.
- 2) From Windows, run START, then PROGRAMS and then find the Kathleen's Diet Planner

menu selection. You will see an icon with a hammer.  This is the pack program.

- 3) Run the pack program. ([packit.exe](#))

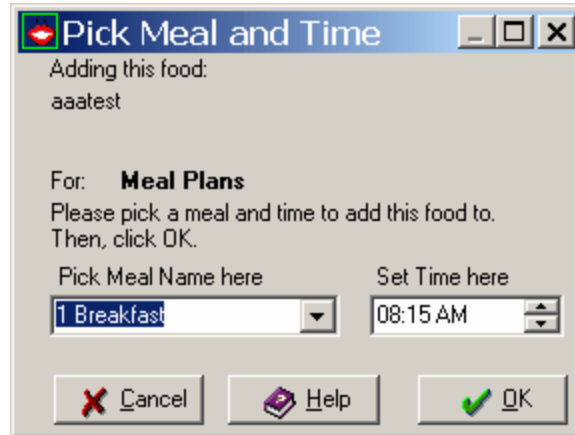
- 4) Click on the  button.

One by one, each table will be packed and the indexes will be rebuilt.

## 8.16 Pick Meal and Time

### Pick Meal and Time

When you add a food from the food database, favorites food database or the Recipe Chest, you will see this dialog box:



To complete this dialog, you should pick a Meal Name and then set the time for the meal. Then, click "Ok".

#### Some points:

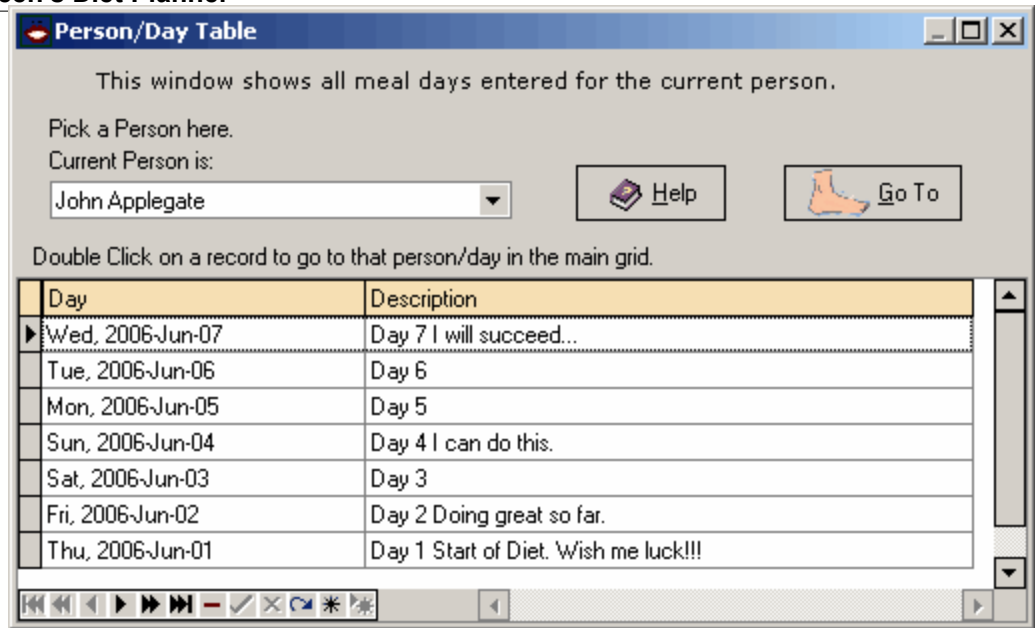
When this dialog opens, it defaults to the meal name and time of the current food in the meal-day grid. If you add a food to a specific meal and time, and then add another food, when this dialog appears, it will display the meal name and time of the last food added to the meal-day grid.

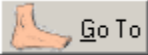
If you make a different food on the meal-day grid current before adding a food, the "Pick Meal and Time" dialog will default to the meal name and time of that different food. So, if you are trying to quickly add a food to an existing meal in the meal-day grid, click on another food in the same meal and time that you are trying to add. When you get this dialog, the meal name and time will default to the same meal and time that you made current in the meal-day grid.

## 8.17 Person/Day Table

The Person/Day Table





The person/day table is where you can select a day either by double clicking on it, or by clicking on it once and clicking on the  button.

This window lets you view all the days that are entered in the database for the current person. **It also lets you change the Description for each day.**

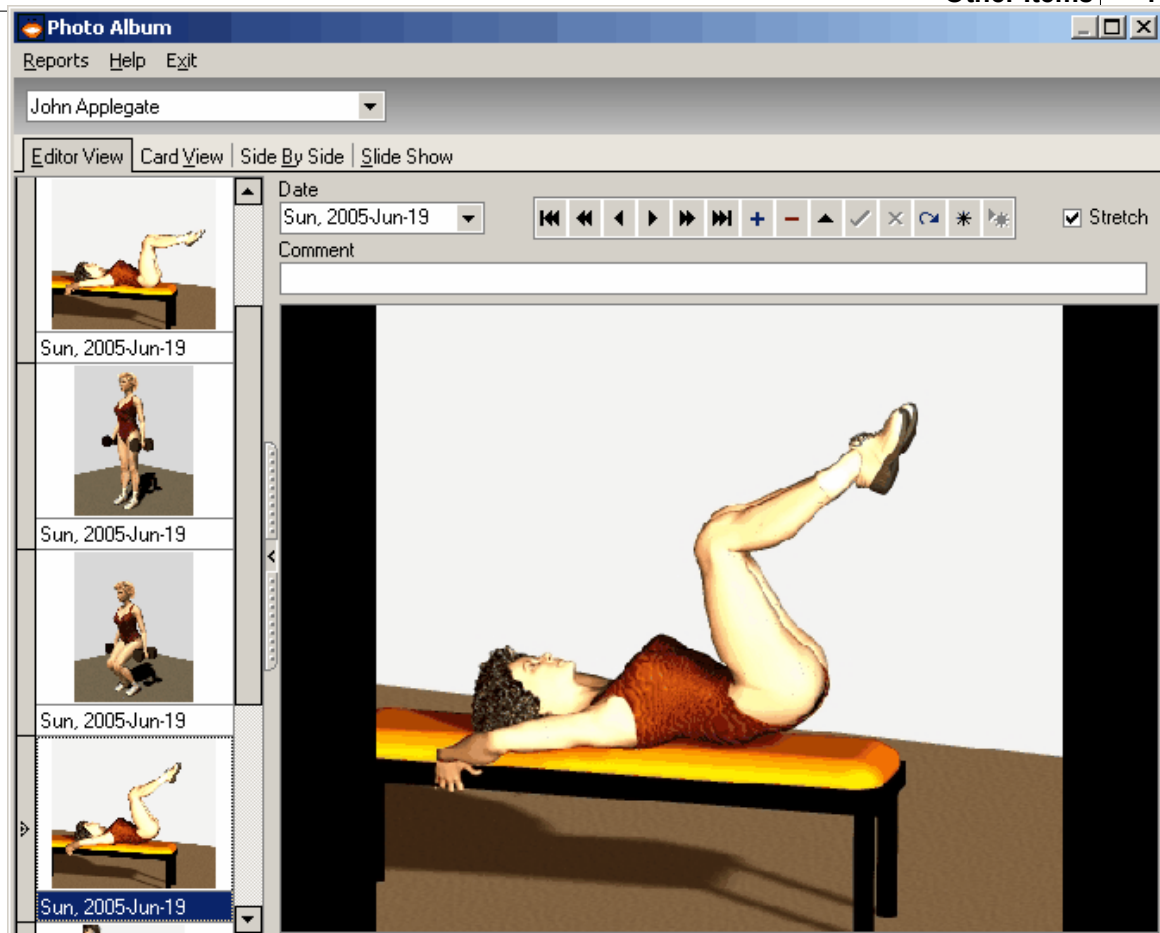
If you want to go to a different person, select them from the drop-down list. All of that person's days will appear in the grid.


To delete multiple days, you can multi-select them and then right-click and choose "Delete Selected Rows".

## 8.18 Photo Album

Photo Album





If you click on  or select "Windows" and then "Photo Album" from the main menu you will find the photo album. Here, you can store pictures and do fun things with them like display 2 pictures side by side or run a slide show.

### How to add a picture

To add a new picture to the Photo Album do this:

- 1) Open the Photo Album. Make sure you are on the "Editor View" tab.
- 2) Click on the '+' in the NavigatorBar
- 3) Change the date if you so desire using the date picker.
- 4) Enter a comment if you want.
- 5) Right Click on the black picture box and select "Load". Find a picture and load it. You can load jpeg's or bmp's.
- 6) Click on the check mark in the NavigatorBar to save the record.

-or-

If you have copied a picture into the Windows Clipboard, you can paste it in using the **Paste From Clipboard** menu option.

### The Card View

The card view lets you see all your pictures in a sizeable view. To change the sizes, drag the inner grey vertical bar right or left.

You can edit your comments or changes dates in the card view.

### Side By Side

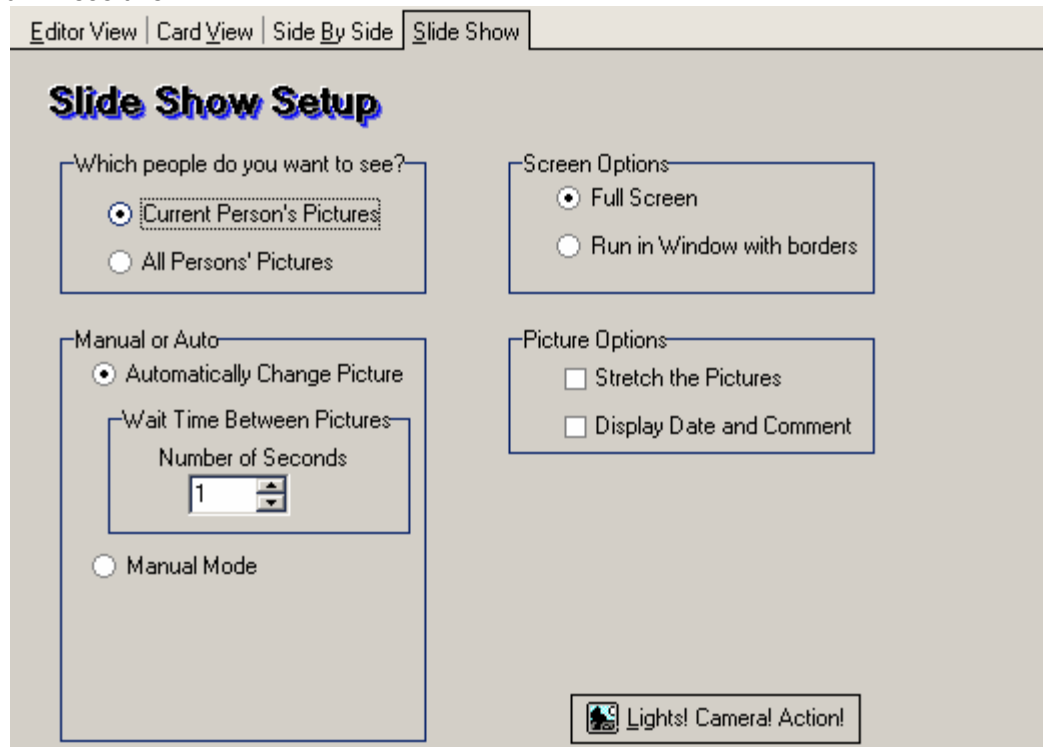
If you select the "Side by Side" tab, you will see a thumbnail grid on the left and two side by side picture frames in the main screen. This is where you can pick pictures from your album in order to compare your progress.

In order to pick a picture to display in one of the two picture frames, simply drag the picture from the thumbnail grid to the picture frame on the right

### Slide Show

Ever wonder what you would look like on TV? Now you can. To see a slide show of your pictures select the "Slide Show" tab.

You will see this:



### Which Person do you want to see?

To see just your pictures (assuming you are being displayed in the photo album), select "Current Person's Pictures". To see all pictures from everyone in the people database, select "All Persons' Pictures".

### Manual or Auto

The "Automatically Change Picture" option will display the pictures on a timer. The number of Seconds that you choose will be how long the slide show waits before displaying the next picture.

If you choose "Manual Mode", the timer is deactivated and you have to manually press a key to see the next picture. The buttons are F1 for first, F2 for prior, F3 for next and F4 for last.

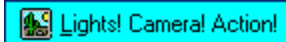
### Screen Options

"Full Screen" displays the slide show using the entire area of your monitor with no borders. The "Run in Window with borders" option runs the slide show in a sizeable window.

### Picture Options

"Stretch the Pictures" will stretch the pictures in the slide show to fill all available space in either the monitor or the window while maintaining the aspect ratio. Sometimes stretching the pictures can make them look distorted. If you uncheck this check box, the pictures will not be stretched and will reflect the original size of the picture. This makes for clearer pictures but you might end up with pictures larger than your viewing area.. The key to good pictures is to try to make them all

the same size before loading them into the photo album.



Clicking this button starts the slide show based on the settings that you have chosen.

#### Other notes

The photos are stored in the database as highest quality JPEGs so they are not as large as BMP files and do not take up as much disk space.

The last (most recent) photo will appear in the Progress Tracker on the Weights tab.

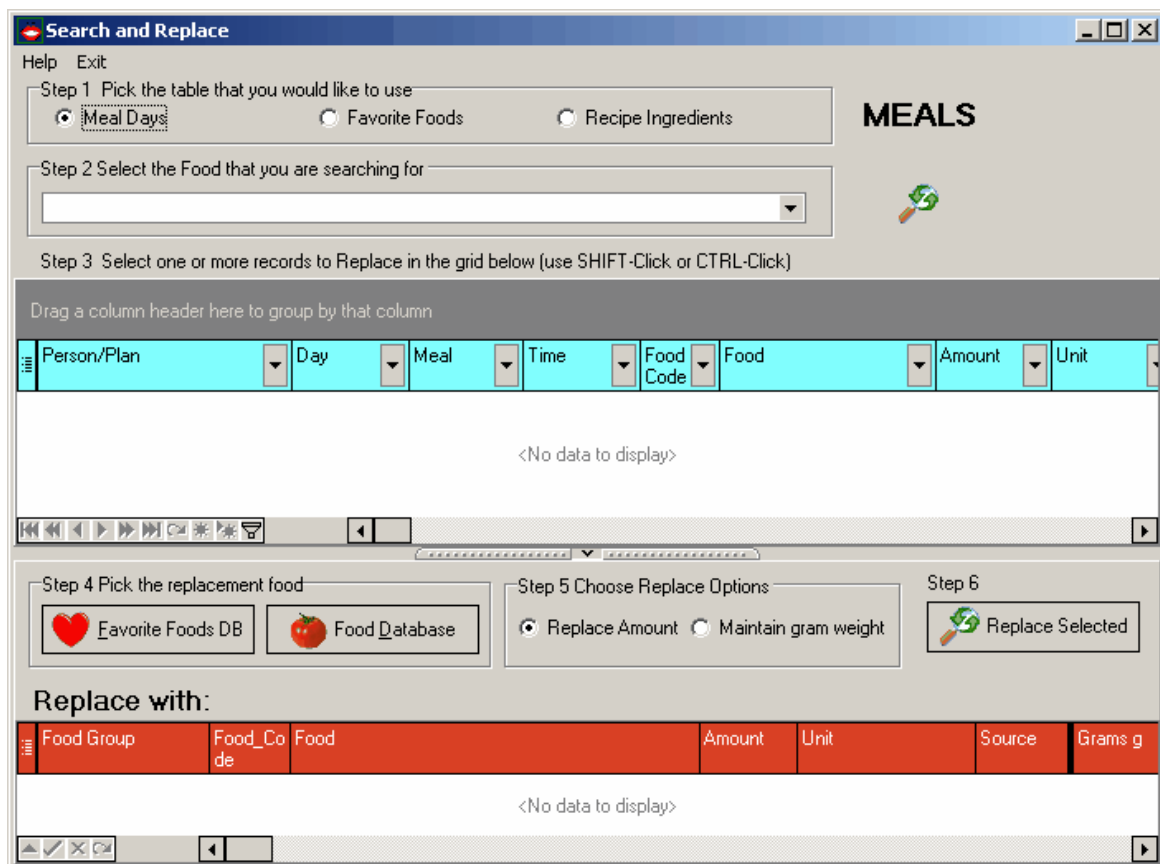
## 8.19 Search And Replace

### Search and Replace

**So you built 125 meal plans but now you've decided to replace a certain food you decided not to use with another one. What now?**

You can search for specific foods in all meals, all favorites or all ingredients and then replace them with another food. This is how.

Open the "Search and Replace" window by clicking on the "**Options**" main menu selection and then "**Search and Replace**". You will see the Search and Replace window:

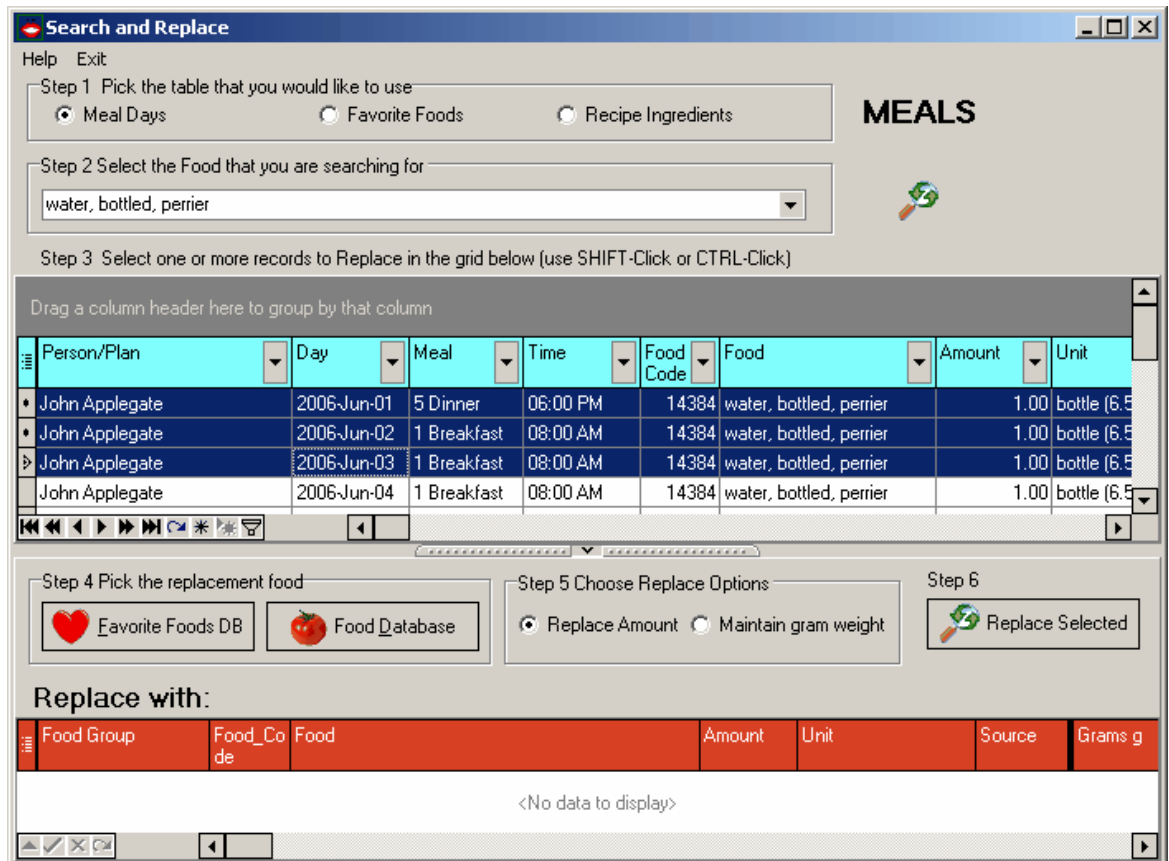


**1) Step 1.** Pick which table you would like to search. There are three choices, Meal Days, Favorite Foods and Recipe Ingredients. When you select one of these choices, you will be searching that table for all persons and plans (meal days and favorites) or All Recipes'



Ingredients.

**2) Step 2.** Select the Food that you are searching for from the drop down list in Step 2. Or, you can start typing and the drop down list will open. When you select a food, all entries found for that food will appear in the Step 3 grid below.


**3) Step 3.** Pick which food items you are going to replace. You can select one or more food items to replace. Use CTRL-SHIFT to select consecutive food items or CTRL-Click to select non-consecutive food items. You can also right-click on the Step 3 grid and choose "Select All". In this example, I have chosen "water, bottled, perrier" and selected the first three food items. These are the ones I'm going to replace:



Notice that the food items are for the same person but for different days. Only the selected records will be replaced.

**4) Step 4.** Pick the replacement food. Click on either the  button or the  button. (You can also pick from the Recipe Chest).

When your chosen food database opens up, find a food, click on it to make it current and then

click on the  button in the top panel. That will add your replacement food to the "Replace with" grid. In this case, I have chosen Dasani water:

Step 4 Pick the replacement food

Favorite Foods DB Food Database

Step 5 Choose Replace Options

Replace Amount  Maintain gram weight


Step 6

Replace Selected

Replace with:

Food Group	Food_Code	Food	Amount	Unit	Source	Grams g
beverages	14434	water, bottled, non-carbonated, dasani	1.00	bottle 12 fl oz in pack.	USDA 19	355.00

**5) Step 5.** Choose your **Replace Options**. If you want to replace your chosen food items with the new food item with the new food items' amount, make sure the "**Replace Amount**" radio button is selected. For example, if you want to replace 1 cup of something with 2 cups, that option will do that. If, on the other hand, you want to replace the existing food item but keep it's original gram weight, select the "**Maintain gram weight**" option. For example, if you have 70 grams of broccoli and you want to replace it with 70 grams of cauliflower, even if you chose 1 cup of broccoli as the replacement food, this option will recalculate the replacement amount so that it will be 70 grams. This is handy if you have several selected food items, all the same food but differing amounts, and don't want to replace each food item one at a time..

**6) Step 6.** Click on the  button. The foods you selected in the top grid will be replaced by the food in the bottom grid.

- If you replaced the selected foods with a new food item with a different food name, they will disappear from the selected food items grid. This is because the sql statements are acting like a filter and you've just changed the data's name so the filter no longer applies.
- If you want to see those replaced food items with the new food names, pick them from Step 2's drop down list.
- If you want to adjust the amount of the replacement food before updating, right click on the replacement food and choose "**Change Amount of Food**". This is the only way to change the amount of the food and have all the food's nutrients recalculated proportionately.
- If you want to change the replacement food name, type the new name in the replacement food's Food field.
- All grids in the Search and Replace window are fully customizable and will remember your changes..
- You can replace your selected food with the same food but with a different amount. This is handy if you want to increase 1 cup of something in many meal plans to 1 1/2 cups.. Simply pick the same food you are replacing for the replacement food, adjust the amount and then update.
- I've decided to forgo the adherence to lowercase for the food names in the Favorites and meals.. If you want to put upper case first letters on food names, you can now. The Food name has been expanded to 255 characters and I think I've handled the extra space required...So, if you want to change your food names, (don't change the food codes), go right ahead.

## 8.20 Secrets

### Secrets

Herein lies some secrets about Kathleen's Diet Planner.

### Behaviour

The KDiet Meal Planner will always open on the most recent day for the person you were on when you last closed the application.

If you are on your meals in main window and you click on the Progress Tracker, your progress window will open. If you are on Bill's meals in the main window, when you open the Progress Tracker (or the Photo Album or shopping list) it will open on Bill.

To go to someone's Progress Tracker that doesn't have any meals input, you must go through the People Database and click on the Progress Tracker from that window.

### **Words of Wisdom**

Do not delete foods out of the main foods database. You might need them in the future.

Don't forget to copy all the files in the \data directory to another directory. Or, dump the whole directory to a CD, tape or other PC. This is known as performing a backup. If you installed kdiet to c:\kdiet?? then copy that folder and all the subfolders too when you perform backups.

If you are dieting and are not losing weight, try exercising. I just learned that I lost 3 inches on my belly by going for walks and exercising.

Remember that when you input a food, don't forget to consider if you weighed the food raw or cooked. Three ounces of hamburger raw can cook down to two ounces.

Enter your weight every day. Otherwise, you will not be able to see a relationship between weight gain/loss and the other factors.

Periodically, consider re-doing your goals, especially your daily calories. As you lose weight, your BMR will change, so, unless you are on the Atkins Diet, you probably should recalculate how many calories you should be eating per day.

Read all the help. There are many features built into this application and they are quite helpful depending on what you are doing. Sorry, there is just so much there that it can't all be intuitive.

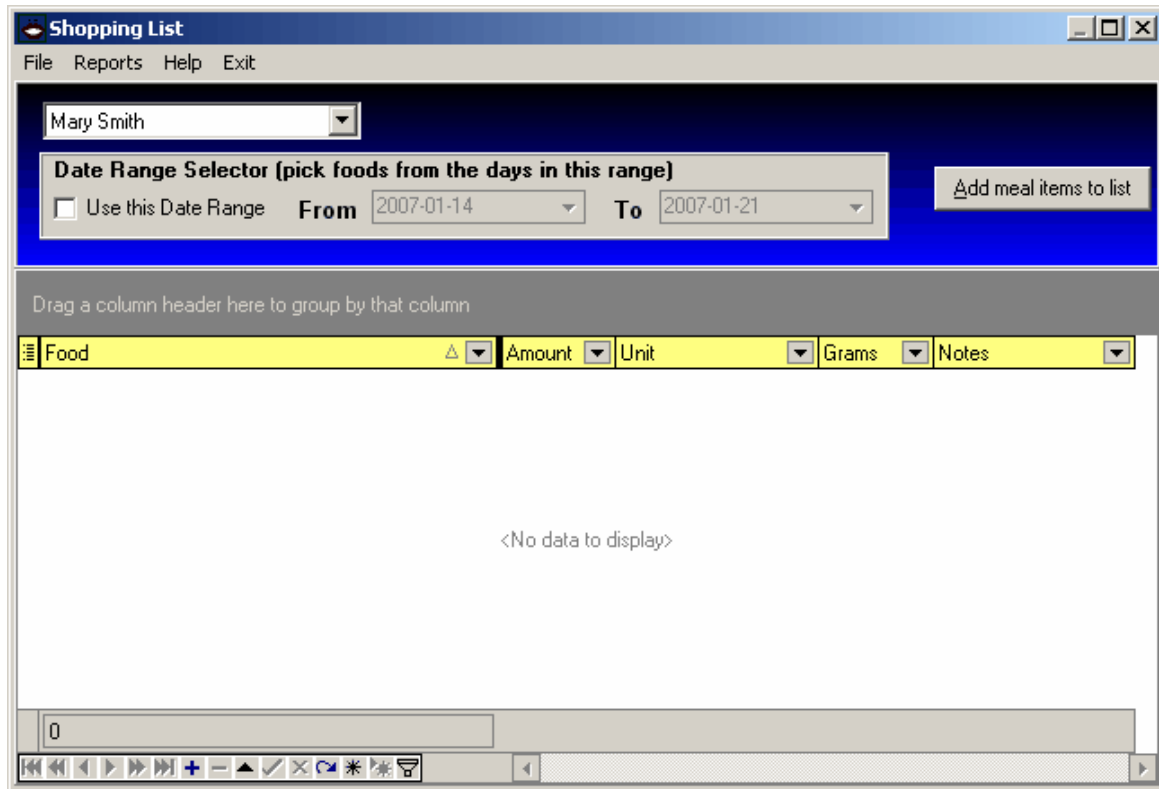
### **Speed Issues**


If you find that the KDiet Meal Planner is somewhat slow (you are running it on a 233 mhz processor or less) you can try these tips to speed it up:

- 1) Hide the pie charts and graphs, and hide the totals grid in the Main Meal-Day window. When the pie charts and totals grid are hidden, they do not calculate. This speeds up functions like the recal and the recalibrate feature. To quickly hide the pie charts and totals grid, double click on the legend in the main screen or select those options under the "View" main menu.
- 2) For a faster search in the Advanced Find window, try pre-selecting the Food Group. The search function will then only search through that Food Group rather than all records.
- 3) When running the Progress report, if you select the "Include Full Nutrients Report" choice, the report will go through all foods within the date range and tally their values. Running this function takes about 40 seconds on a 266 mhz NT 4.0 PC. If you want to speed the report up, unselect the "Include Full Nutrients Report".
- 4) Remember, there are 153 nutrients in each food item, so it takes a while to perform any computations on this many fields. But, it is worth it, especially when you discover the wonders of a nutrient and you discover that it's already in your foods database and meals. Yesterday I heard about the wonders of folic acid, that it increases brain function and memory. You'd be surprised where you find good sources of folic acid!
- 5) If you delete the measure in a meals' food item and then try the "Convert Measure" pop-up menu choice, it will prompt you as to whether or not you wish to use the gram weight instead. (An easy way to convert to grams).

## 8.21 Shopping Lists

### Shopping Lists



To see the **Shopping List** window, click on the  button from KDiet's main window. Or, from the main menu under **"Windows"** click on **"Shopping List"**. The Shopping List window will open and you will see the current person's shopping list. If there are no items in the shopping list, the grid will appear blank as in the picture above.

#### How to add items to the shopping list. (Method 1)

If you click on the  button, all foods from all of the current person's meal-days will be totalled and added to the shopping list.

If you check the "Use this Date Range" check box and select a **From** date and a **To** date, all foods from the current person's meal days, which fall within the date range, will be totalled and added to the shopping list.

Note: If an item appears more than once in the meal-days, that item is summed and only one entry for that food will appear on the shopping list. The "Unit" will be the first food's unit.

For example, if you have three entries for "cheese, cheddar" in meal days like this:

<b>cheese, cheddar</b>	<b>1 oz</b>	<b>28.35 grams</b>
<b>cheese, cheddar</b>	<b>1 cubic inch</b>	<b>17.00 grams</b>
<b>cheese, cheddar</b>	<b>1 slice</b>	<b>28.00 grams</b>

you will see this entry after adding the meal items to the Shopping List:

**cheese, cheddar 2.59 oz 73.35 grams**

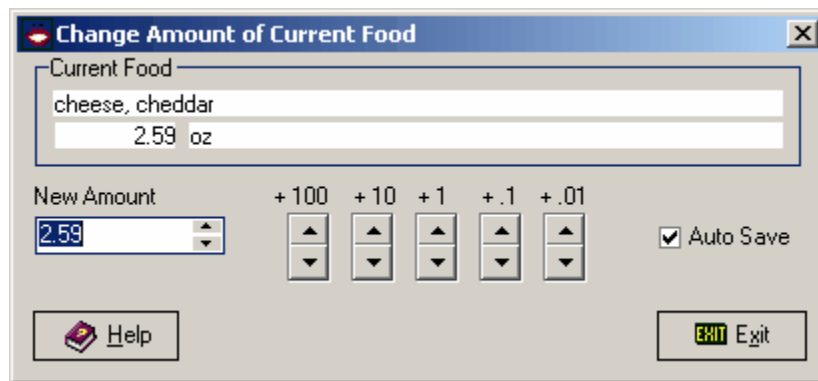
Before KDiet 14.2, you would get three separate entries in the Shopping List. Now, in version 14.2, the entries are combined into the first identical food with the unit of measure defaulting to the first record's unit of measure.

### How to add items to the shopping list. (Method 2)

You can manually add foods to the Shopping list from the Meal Day grid, the Favorites grid or Recipe Detail grid by right-clicking on the food and by selecting the "Add to --->" menu choice followed by the appropriate menu choice. In the Foods Database, you would right-click on the food and choose "Add to current person's Shopping List". When you add foods manually like this, if the food is already in the shopping list, the amount and grams will be added to the existing entry in the Shopping List (while maintaining the proper conversion for the "Unit" type).

### How to change the food amount in the Shopping List

To change the amount of food in the shopping list and have the 'Grams' recalculated accordingly, you can either double click on the food, or right-click on the food and then select "Change Amount". You will see this window:



From here, you can type in a new Amount, or you can use the spin edits and adjust the amount. When you use this dialog window, the "Grams" field in the Shopping List grid will be automatically recalculated for you. For more info on this type of dialog, see [Changing Food Amounts](#)

### How to convert the Unit of Measure

To convert a shopping list item's unit of measure, right click on the food in the grid and select "Convert Measure (English or Metric)". For more info, see [Converting Units of Measure](#)


**Types of shopping lists** There are two choices for types of shopping list. The first type is the "Person" type (or meal plan type). To select a different person (or meal plan) in order to build a shopping list for only that person (or meal plan), click on the top drop down list:



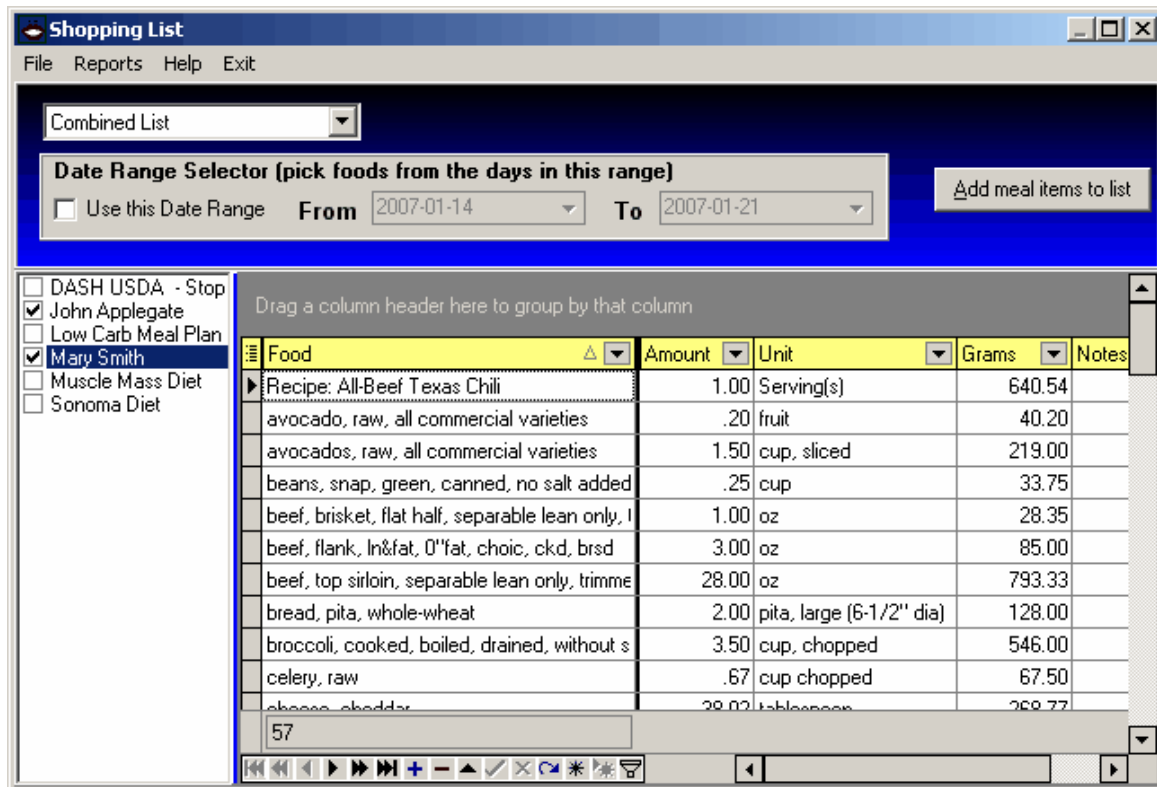
and choose a new person or meal plan:



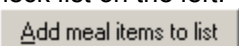
The second type of shopping list is the "**Combined List**". If you select "Combined List" from the top drop down list, a check-list box will appear on the left side of the Shopping List window where you can select one or multiple persons for whom to build a shopping list.

If you select three people and then click on the  button, all three persons' meals will be combined into the single shopping list, which is called the "Combined List".

Here is an example of a Combined List for John and Mary:



To create a Combined List, do this:

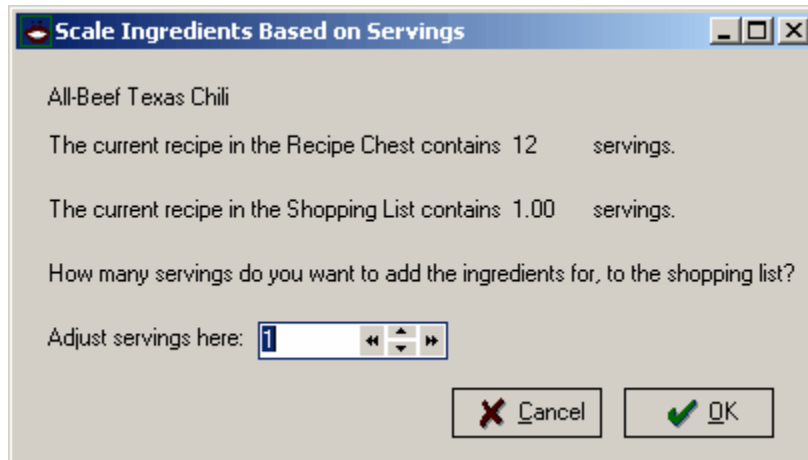
- 1) Select "Combined List" from the top drop down list.
- 2) Select the people for whom you wish to build a combined shopping list for by checking their entries in the check list on the left.
- 3) Click on the  button.

Another option in the top drop down list box is the "**All Lists**" combo box selection. This was added to let you see all shopping lists at once, in the grid. It was put there more for list management than actually creating a shopping list. But, it is an easy way to delete all lists or browse all lists looking for things you may have forgotten. If you try to use the "Add meal items to list" button when you are displaying this list, it will not work.

### Recipe Special Feature

If you have an item in the shopping list that starts with "**Recipe:** ", you can right click the mouse on it and a popup menu will display a menu selection called "Retrieve all ingredients from this recipe". If you click on that menu selection, the program will go off and get all the ingredients from that recipe and add them into your shopping list! For this to work, you must have the same recipe name in the Recipe Chest for that recipe, and the ingredients must be entered in that Recipe. Note, even though you may have 1 serving in the shopping list, the retrieval of the ingredients retrieves all ingredients for the number of all servings. If the recipe is for 8 servings, the retrieval of the ingredients will retrieve the ingredients for 8 servings, not 1 serving.

If you want to scale the number of servings before retrieving the ingredients from the recipe, right-click on the recipe entry and select "Retrieve Scaled Ingredients from Recipe". You will see this dialog where you can select the number of servings to add to the shopping list:



### Outputs

You can produce a report and print your shopping list. To do so, click on "Reports" from the Shopping Lists' main menu. When you print the report, if you select the "Print to file" option on the print dialog, there are many formats in which to output your data including PDF, HTML, XML and more.

#### Another method of outputting your data

If you right click on the shopping list grid, you will see a menu option called "**Save to Excel, Html, XML or Text**". This option outputs the data directly from the shopping list grid. There are some pointers to note.

**1) Only selected records will be output.** If you want to output the whole grid, first right click on it and choose "Select All" to select all records.

**2) Only visible columns in the grid will be output.** If you hide the "Grams" field, or the "Notes" field in the grid, those columns will not be output when you save to Excel, Html, Xml...

### Other points

The "Change Amount" dialog was added to permit you to increase the amount of a food while maintaining the corresponding gram weight (so you can tell how much that food item weighs). In other words, when you use the "Change Amount" dialog, the grams' amount will change to the correct value of the adjusted amount. If you change the amount of food by typing directly into the grid, the value for "grams" will not change accordingly. This is by design. So, if you don't care how much 2 servings of something weighs, then edit your entries manually. If you want to have the grams accurately represent how much that food item weighs, then use the "Change Amount" dialog to change the amount of food in the Shopping List Grid. If you don't maintain the grams and then manually add the same food to the shopping list from another grid, the amount will not calculate correctly if the unit of measure is different for the same food. If you don't care, that's ok. If you do care, always change amounts of food using the "Change Amount" dialog.

### Sorting Columns

To sort a column, click once on the column header. A small triangle will appear pointing in the same direction as the sort order. If you click again, the sort order will be reversed.

To **sort on multiple columns**, hold the SHIFT Key down while clicking on your desired columns' headers.

In KDiet 14.2, the new style grid was put in. For more info on the grid's features, see [Grid Features](#)

## 8.22 Upgrading Data

### Upgrading your data from a previous version of Kathleen's Diet Planner

This is how to get your data out of your existing KDiet and into KDiet 14.0:

Note: Do not uninstall your old version of KDiet. You will need it to extract data and compare old data to new data in KDiet 14.

Note: You cannot copy the files in c:\KDiet???\data to KDiet 14's data directory. It will not work. The database has changed.

**1)** Export yourself or all the people you want from your old KDiet, to files, using the "Import/Export Person - all tables" "Save To File" function in the people database. For exact instructions see: [Import Export Person All Tables](#)

**2)** Import your files that you created in step 1), into KDiet 14.0 using the "Import/Export Person - all tables" "Load From File" function in the people database.

For exact instructions see: [Import Export Person All Tables](#)

**3)** For each person that you imported into KDiet 14.0, go to the "Personal Info" tab in the people database. If that person's measurements and weights are using Metric, click on the "Select/Change" button and select the "Metric" choice. Click on the "Update" button. Your measures will now appear in the correct unit of measure. If the measures are "English" (i.e. lbs, ft, in) you don't have to do this step.

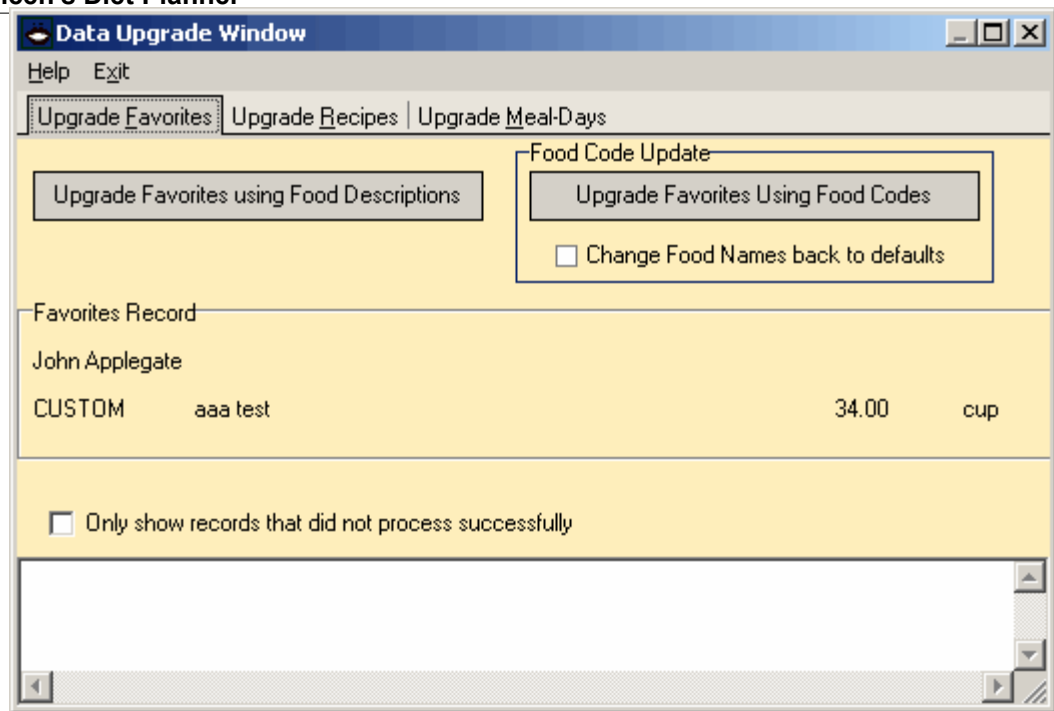
**4)** Next, you have to fix the measurements for each person you imported (since some of the fields in the measurements table have changed). You have to fill in any missing data for any measurements entries that you have taken. Specifically, you will have to add the measurements Right\_Thigh, Lower Abdomen and Right\_Wrist for existing records. If you don't add those values, you won't be able to calculate your results. If you don't have those measurements from previous days' records, add a new record to the Weight table and add a new record to the Measurements table. That will enable you to calculate the results and keep going from that day forward. Please note, if you were following the position of the green lines on the picture that appears when you enter your measurements, the position of the waist is now much clearer. For a tutorial on how to do this see [How to add a person..](#)

**5)** Next, because new fields have been added to the food database (such as Choline, Betaine, Fluoride) you should redo the Nutritional Goals section in the people database. To do that, click on the "Pick DRI Defaults" button in the "Nutritional Goals" section of the People Database, choose the plan in the top grid from the "Dietary Reference Intakes Planner" and then click on the "Update" button. Examine your Nutritional Goals and adjust any customized nutrient goals that you may have.

For a tutorial on how to add a person, which will take you through the complete process of adding someone to the people database, see: [How to add a person](#) or for help see: [Adding a Person](#)

**6)** Because the Fatty Acids' names have all changed, and because there are new fields and new data in the KDiet 14 food database, you have to run the update program which will update all your food entries and favorites to the USDA 19 and CNF 2005 level.

You must do this: Click on the main window's menu called "Options" and then click on "**Upgrade Old Data to latest**". You will see this window:



7) Make sure the **"Upgrade Favorites"** tab is showing. (Click on it if it is not).

8) Click on the **Upgrade Favorites Using Food Codes** button. Answer "Yes". If you want to reset the food names back to what is in the food database (so it is standard), check the "Change Food Names back to defaults" check box before clicking on the button. For KDiet 14, the food names have been changed to the long food description without the abbreviations. If you choose this option, the long food names without abbreviations will replace your current food names.

9) Click on the **"Upgrade Recipes"** tab.

10) Click on the **Upgrade Recipes Using Food Codes** button. Answer "Yes". If you want to reset the food names back to what is in the food database (so it is standard), check the "Change Food Names back to defaults" check box before clicking on the button. For KDiet 14, the food names have been changed to the long food description without the abbreviations. If you choose this option, the long food names without abbreviations will replace your current food names.

11) Click on the **"Upgrade Meal-Days"** tab.

12) Click on the **Upgrade Meal Days Using Food Codes** button. Answer "Yes". If you want to reset the food names back to what is in the food database (so it is standard), check the "Change Food Names back to defaults" check box before clicking on the button. Again, you should check this option if you want to see the long food names without abbreviations.

That's it. Your data should now be at USDA 19 and CNF2005 levels.

#### More Information:

Upgrading your data will refresh the tables' entries with the updated data from the foods database.

For example, if you find a glycemic index value for blueberries and update the foods database with the glycemic index for blueberries, all the food entries for blueberries in all of the meal-days that you've already created will not contain the new glycemic index value that you've just added.

Performing the upgrade on the meal-days will update all of those blueberries entries with the new glycemic index value for you so that you do not have to update the values manually.

Performing one of the upgrades does the following; (for purposes of illustration I will use the favorites food database upgrade):

a) Goes to the first record in the Favorites food database

b) If the food's source starts with "USDA" then filter the foods database on "USDA 19".

If the food's source starts with "CNF" then filter the foods database on "CNF2005".

If the food's source does not start with "USDA" or "CNF" then don't filter the foods database.

c) Find the food in the foods database. If it is found, replace all the nutrient values in that food entry in the favorites food database with the values found for that food in the food database.

If that food cannot be found in the foods database, write an error message to the memo field in the bottom of the Upgrade Data Window and do not update anything.

If the food was found and the nutrient values were replaced with the latest nutrient values from the foods database, change the Source field to the corresponding source of the donor food item; after the update, the food record's source field should say either "USDA 19" or "CNF2005". This indicates that the record has been updated.

The upgrade process will upgrade the Favorites, Meal-Days and Recipes with the nutrient values from the USDA 19 and CNF2005 food database records.

Those records which were not found in the food database (such as Custom entries or entries you added yourself, or entries whose Food Codes are missing) will appear in the memo box below as well as messages for successful updates. To see only the foods that could not be updated, check the "*Only show records that did not process successfully*" check box before running the "Upgrade Favorites" button.

The foods that could not be upgraded will appear in the memo box below. Example:

**NOT FOUND and could not update: John Applegate USDA 14 coffee, brewed, prep w/tap h2o**

To upgrade the values for this food you might try adding it to the food database manually and then run the "Upgrade Favorites" process again. Or, you could find the food in the foods database, copy it to your favorites food database, change the food's food code to be identical to the old food in your favorites, and then add it back to the food database. The next time you perform the "Upgrade Favorites" process, that food will be found and updated based on the Food code.

Important: You must upgrade the Favorites before the Recipes. You must also upgrade the recipes before upgrading the meal-days. Meal-days' upgrading requires that the recipes be updated first. Meal-days may contain recipes and if you don't upgrade the recipes first, the meal-days' entries that came from recipes will not upgrade properly. That is, the recipes must contain the latest data before you upgrade the meal-days otherwise the meal-days will be updated to the old data in the recipes.

If you want to print the upgrade error report, right click on the memo box, select all and then paste it into Notepad. Print it from there.

You can run the upgrade process over and over again if you like or have need to. Also, if you change a nutrient value for a food in the foods database (as in you find the correct glycemic index of a food, and update that food in the food database), you can run the upgrade process again and it will update all favorites, recipes and meal-days with the newly updated value. The Upgrade process is a quick and easy way to propagate your changes to the foods database entries into your favorites, recipes and meal-days.

Last note: Because the KDiet food database now uses long food names with no abbreviations, the option to "Upgrade ??? Using Food Descriptions" will probably not work anymore. This option tries to find the food in the food database using the food's name, but those names have mostly all changed so nothing will be found. Hence, no update will be performed. Instead, use the "Upgrade ??? Using Food Codes" method, which will work as long as there are food codes.

## 8.23 Look and Feel

### Look and Feel

From the main menu on the meal-days window, if you select "Options" and then "Look and Feel" you will see that there are four options that you can pick. Each option makes KDiet display a different style on the grids, buttons, edit boxes and group panels.

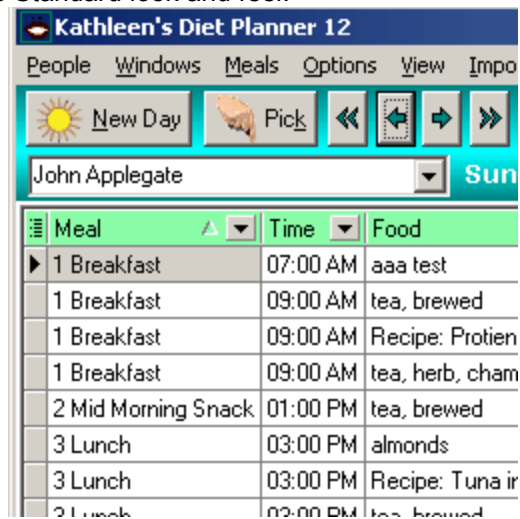
*Note: Not all components are affected by the look and feel. Some components were not replaced with the new components..*



### Standard

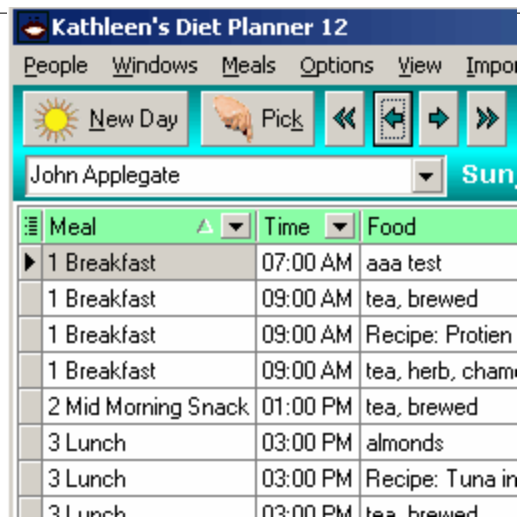
The Standard option is just that. Buttons look like the old style buttons. The Grid appears like it always has. There are no hot zones on the buttons, the colors do not change when you move the mouse over them.

This is an example of the Standard look and feel:



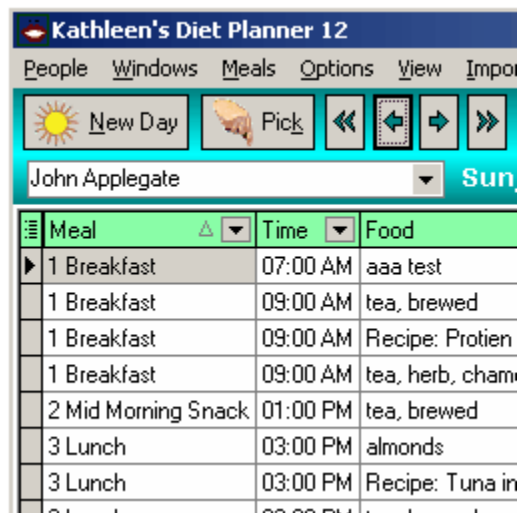
### Flat

The Flat look and feel is a little softer and easier on the eyes. There are no hot spots so the buttons don't change colors when you move the mouse over them It looks like this:



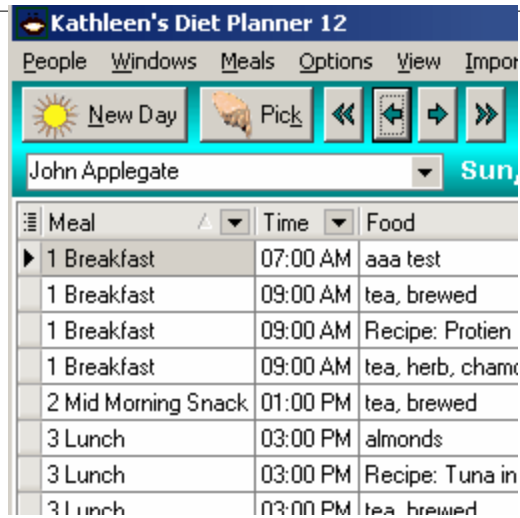
### Ultra Flat

I really like the ultra flat look and feel. It is easy on the eyes and there are colors that appear when you move the mouse over the buttons. Sorry, you can't change the hot-spot colors. Maybe in a future release. It looks like this:



### Office 11

The Office 11 look and feel changes all the grid column headers to a silver gradient and the buttons look pretty standard. The buttons' colors do not change when you move the mouse over them. If you customize the grid and choose a column header color, it will not show as the column headers will remain a silver gradient style. It looks like this:



If you set the look and feel, the next time you open KDiet, it will be remembered.

## 9 Support

### 9.1 How to Purchase and Unlock



The Kathleen's Diet Planner software that you've downloaded from the Internet is a disabled demo. What this means is that there are several features that have been disabled. For example, the demo will not let you add more than 5 foods to a day. It won't let you copy meals, days or foods. Once you purchase the registration key and input it into the registration window, the demo becomes the full blown version and the disabilities are removed.

#### How to purchase the registration certificate

[Purchase the registration certificate online](#) using your credit card (Visa, Mastercard or American Express).

In order to use the online purchase setup, you must have a sophisticated browser (Internet Explorer 5.0 or higher, or Netscape 4.0 or higher). Your browser must be setup with 128 bit encryption and the cookies must be active. If your browser does not support 128 bit encryption, you can download the latest web browser from either Microsoft or Netscape on the web. If cookies are not active, you must enable them by adjusting the security settings in your browser. Also, the payment system has some pop-ups. They have a notice that you have to enable pop-ups for the payment system to work. (yuk).

Once you have your browser properly set up, click on the link below. It will take you to the Kathleen's Diet Planner web page. Near the bottom of this page, you will find the link called [Purchase the key with credit card online](#).

## REGISTRATION PROCEDURES

**Once you pay for a certificate and payment is approved, you must generate a request certificate and email it to us before we can generate your unlock certificate.**

**This is how to generate a request a certificate:**

- 1) Start Kathleen's Diet Planner
- 2) Click on "Help" and then "Register"
- 3) Enter your name, email address and address.
- 4) Enter your invoice code (starts with "KD") in the invoice # box
- 5) Click on the "Encrypt" button.
- 6) Click on the "Copy to Clipboard" button.
- 7) Create a new email and address it to

**plagasse@rttinc.com**

- 8) Put "Certificate Request" in the subject.
- 9) Paste all of the encrypted text into the body of the email message.
- 10) Send the message.

Your order will be processed within a day or two (usually on the same day) and a registration certificate will be emailed back to you. If you do not receive your registration certificate within a day or two, please check the spelling on the email address that you sent your request to. If it is correct, please send another request as soon as possible. Orders are processed at the end of every day so please don't wait a week and then complain about the long wait. Sometimes email requests don't get received or are marked as SPAM and accidentally deleted... If you still don't receive your registration certificate, please phone or post a message on the user forum.

### **How to unlock your software once you receive the unlock (registration) certificate**

- 1) Start Kathleen's Diet Planner
- 2) Click on "Help" and then "Register"
- 3) Click on the "Enter Certificate" tab in the registration window
- 4) Copy the certificate from the email that you received and paste it into the large text box.
- 5) Click on the "Load Certificate from Field" button.

***\*Note: If you copy the certificate that we send you, you can also click on the "Load Certificate From Clipboard" button in that window.***

**When the program is unlocked, you will be able to see the type of license and username in the lower part of the window where the word 'demo' used to be.**

**\*\* A certificate includes all text before and after the main body including the very first six hyphens:**

**"-----SLokPK" at the beginning and the very last five hyphens "End-----" at the end.**

## 9.2 Technical Support



I am always happy to hear from you!

I am always trying to improve my products. If you have any suggestions, or find any bugs, please let me know.

In order to contact me you can email, phone or write.

You can send me an **email** at:

**plagasse@rttinc.com**

You can **phone** the Better Byte Software Company at this number: **1-403-346-7953** weekdays between 7:00 pm and 9:00 pm M.S.T or weekends between 1:00 pm and 5:00 pm M.S.T (Mountain Standard Time).

If you wish to **write** to me, this is the address:

The Better Byte Software Company  
Box 345  
4819C - 48'th ave.  
Red Deer, Alberta, Canada  
T4N 3T2

My Web Page is at <http://www.betbyte.com>

I wish you continued success in your nutritional endeavors!

Thank you!  
pl

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Thank you for spending the time to read this manual. - pl