RMRDiet

Diet/Weight/Exercise Tracking Program

(for Symbian OS Series 80
 – Nokia Communicator 9210/9210i/9290 and 9500/9300)

User Guide

RMR Software

Producing programs for PDAs since 1994

Contents

Disclaimer

Before starting any diet, weight management or exercise program, it is advisable to consult your doctor. The instructions and advice given here, and the use of this program, are in no way intended as a substitute for medical counselling.

RMRDiet Overview

RMRDiet 'Diet/Weight/Exercise Tracker' allows you to monitor a diet and weight loss (or control) programme by tracking foods consumed, nutrient intake, your weight profile, and your exercise regime. There are 6 different screen views:

Diet view	allows entry and viewing of food consumption by days and meal periods.
Nutrient monitor	shows tracking bars for the calories and nutrients.
Weight view	allows entry and viewing of weight and body measurements by date.
Weight monitor	shows a graph of your weight against the target profile.
Exercise view	allows entry and viewing of exercise and occupation activities to track calorie burn targets.
Exercise monitor	shows tracking bars of your daily calorie expenditure.

To switch between the views, select them from the **View > Switch view** menu or CBA button, or use Ctrl+Q.

Moving around RMRDiet

Use:

- **Up/Down arrow** keys to select entries.
- **PgUp/PgDn** to move a screenful at a time.
- **Home/End** to go to the top or bottom entry in the file.
- **Ctrl+L** to go to a date
- **Ctrl+Q** to switch View between all the screens.
- **L/R arrow keys** to move through days.

Program setup

When you start the program for the first time (once past the Register nag screen) you will be guided through a series of setup screens prompting you to enter:

- **Preferences**.
- **User** details.
- Weight **Targets**.

From all these details the program will calculate your required daily Nutrient Targets needed to reach your target weight.

- You can change these **Nutrient targets** if required and add any **Custom nutrients** you wish to use.

Later you can use these same options from the **Tools** menu to change any of the information if needed.

Entering your user details

Your personal details are required for diet calculations, and are requested when the program is first run.

- **Name**. This is shown in the titlebar for naming purposes.
- **Sex**,
- **Height** (units are defined in **Preferences**),

- **Age**,
- and the **Activity level** that best fits your lifestyle, as **Sedentary, Light active, Moderately active, Very active, Extra active**. Note that these are subjective judgement values – be honest!

Entering your weight targets

Your personal weight loss targets are required for diet calculations, and are requested when the program is first run. Later you can use **Tools > Targets**, Ctrl+T, to change your weight loss profile if needed. Enter:

- the **Start date** for your diet,
- your **Start weight**, (units for weight are defined in **Preferences**),
- your **Goal weight**,
- the amount of **weight per week** you want to lose.

The usual medical recommendation is not to attempt more than 2 pounds (1kg) weight loss per week.

When you select OK from CBA, your user details and weight targets are used to calculate your required daily **Nutrient targets**, viewed in the next dialog.

Entering your nutrient targets

There are so many different types of diets around that it is impossible to predict exactly what daily nutrient targets you need for your specific diet. For example, the carbohydrate level for the Atkins Diet is very different from a Weight Watchers diet.

So, the program sets nutrient targets based on a generic, well balanced, standard diet but allows you to modify the values if you have accurate information for your diet type.

When you use **Tools > Targets**, Ctrl+T, there is a second dialog (after entering the weight details) where you can view the **Nutrient targets** the program has allocated to you. 23 values are available :

calories	protein	fat	carbohydrates
fibre	sugar	calcium	iron
magnesium	potassium	sodium	zinc
vitamin C	thiamine	riboflavin	vitamin B6
vitamin B12	vitamin A	vitamin E	vitamin K
saturated fat	unsaturated fat	cholesterol.	

Note that these use a range of different units, either gm, mg or µg.

- Amend any of the values if you have more accurate knowledge for your personal situation.
- If you make a mess of it the **Default values** button will reset them back.
- In addition, 5 custom values can be added by the user. Use the **Custom nutrients** button to set the **Names** and **Values** for these.

Entering custom nutrients

The last 5 nutrients in Targets can be user defined for your special requirements, for example to record Weight Watchers points. Use **Tools > Targets**, Ctrl+T, and access the **Custom nutrients** button from the second **Nutrient targets** dialog, then define:

- the **Nutrient name**,
- the **Units** to be used.

Registering the program

If you wish to register your copy, which will then give you full access to the program, and no nag screen, the cost is £20 or €30 or US$30. There are several ways to register:

Credit Card:

If you wish to register on-line using a credit card you have 2 options:

PAYPAL:

We now support the PayPal system for transferring of money, as that avoids the $5 handling charge put on by REGNET. Simply send the money to registrations@rmrsoft.com quoting the program name, RMRBank (UIQ), and we will send the registration code to you within a few hours.

If you are not already signed up for PayPal it is very straightforward. Just go to www.paypal.com and follow the instructions. You even get a $5 bonus for signing up.

REGNET:

Alternatively, you can register on the WWW through RegNet, the Registration Network (note that paying by this method will involve an extra US$5 handling charge and if you live in the EU they will also charge VAT). RegNet can be reached by e-mail: orders@reg.net or on the World Wide Web: http://www.reg.net or in the USA by calling 1-800-WWW2REG (1 800 999-2734) or the easiest way is by following the links from our Home page at:

http://www.rmrsoft.com/

RMRDiet (Nokia) has been allocated the RegNet Number **14774** and this should be quoted. The notification tends to get to us within 12 hours and we reply within another 12 hrs.

By Post:

Payment can be made by post as:

- UK cheque in GBP (NO cheques in foreign currencies or on non-UK banks)
- International Bankers Draft in Sterling
- Cash - 'real folding' money in any currency
- US$ checks (send to the USA address)

Please make any cheques (checks) payable to 'RMR Software' and include a stamped, self-addressed envelope or provide an E-Mail address, and send to either of these addresses:

RMR Software
c/o 46 Mortimer Road
Kempston
Bedford MK42 8RE
ENGLAND

RMR Software
c/o 6000 Natick Court
Burke, VA 22015
USA

We will then send you a unique code to enter with the **Register** menu option, which will allow you unrestricted use of the program.

If you have any questions, we can be contacted at support@rmrsoft.com

Diet view

The **Diet view** screen shows your record of individual foods consumed, listed with the name of the food, the serving quantity, and its calorie and nutrient values. Select which 6 nutrients from the complete range you wish to display using the **Tools > Diet preferences > Nutrients columns** menu option. Each column is totalled for the day at the bottom of the screen.

Use the options in the **Edit** menu to add, update and delete food entries. Use the options in the **Food** menu to modify the foods database or to create pre-defined meals.

The date is displayed in the bottom left corner. Use the left and right arrows to move back and forward one day, or the **Go to date** CBA button to get the popup calendar.

Under the Data menu there are **Backup** and **Restore** options. Use these to keep a copy of your Diet data elsewhere on the system for security, and to get it back if necessary.

Diet							Andre-RMRDiet	Add entry
Name	Serving	Calorie	Protein	Fat	Carbs	Fiber	Sugar	
EGG WHL CKD FRIED	30.00	60.30	4.09	3.99	0.26	0.00	0.25	
TEA INST UNSWTND PDR	5.00	12.80	0.58	0.01	2.85	0.19	0.25	Switch view
BREAD EGG TOASTED	70.00	220.50	7.35	4.03	36.82	1.75	1.36	
CHEESE CHEDDAR	60.00	241.80	14.94	18.85	0.77	0.00	0.31	
MILK WHL 3.25% MILKFAT	200.00	120.00	6.44	5.74	9.04	0.00	10.52	Go to date
TEA INST UNSWTND LEMON-F	5.00	14.85	0.37	0.01	3.75	0.00	2.59	
BROCCOLI RAW	200.00	68.00	5.64	0.18	13.28	5.20	3.40	
POTATOES FRENCH FR FRZ H	100.00	200.00	3.17	6.80	31.19	3.20	1.61	
ALCOHOLIC BEV WINE TABLE	100.00	72.00	0.20	0.00	1.70	0.00	0.00	Close
CHUCK BLADE RST LN&FAT 1	100.00	345.00	26.57	22.25	0.00	0.00	0.00	
16 January 05		1,875.25	94.35	68.50	247.67	74.33	58.29	

Entering diet food records

Each time you eat something record it in the Diet screen with **Edit > Add food entry** or Ctrl+A or the **Add entry** CBA button, or Enter key, and complete the following details:

- **Date**, usually for today, but entries can be added for past days.
- Time of **Meal** period. This can be specified as **Breakfast, Morning snack, Lunch, Afternoon snack, Dinner, Evening snack**, or **<None>** to just record the details if timing is not important.
- **Category** of food from the database.

Then use the Done button and in the next screen additionally select:

- Food **Name** within the category.
- **Units** of measurement for quantity of the food.
- **Serving size** in multiples of the selected unit.

The food item will then be entered onto the screen (assuming the date and any filter applied to the display match the input values).

Note: The default installation provides an example database of about 1000 typical foods to give you a start and allow you to test the program. However, this is just a sample of the full 6000 standard Food Data items available as a CSV format file (comma separated values) available for free download from our website. See the Modifying Databases section of this manual for a full description on how to set up your preferred food database.

Updating diet food entries

To correct any food entries in the Diet screen, move the highlight to the required entry and use **Edit > Update food entry** or Ctrl+U.

Change the **Date** or **Meal** period, food **Category**, and then the food **Name**, **Units** of measurement and **Serving size** as required. The dialog is effectively the same as when adding food entries.

Deleting diet food entries

To delete a food entry, move the highlight to the required entry and use **Edit > Delete food entry** or Ctrl+D.

Filtering the Diet view meal periods

When you enter foods or meals you can record the time when you consumed the foods, with the day subdivided into meal periods for:

- Breakfast
- Morning snack
- Lunch
- Afternoon snack
- Dinner
- Evening snack

You can then use the **Filter diet entries**, Ctrl+F, menu option to select the **Meal** time to view. Only entries matching this period will be displayed and totalled on screen. The titlebar text will change to indicate the meal period being viewed, example "Diet breakfasts".

Reset the filter to **<None>** to view all the day's entries again.

Meals

Creating meals from food items

The Meals options allow you to automate and simplify the food recording process by entering a collection of foods as a single entry. Use this when you regularly find yourself adding the same foods and quantities at the same time. To create a meal:

1. First use **Add food entry** in the normal way to enter all the individual foods that make up a particular meal, with the correct quantities.

2. Once all the individual food items are displayed in the Diet screen, use the menu option **Food > Add meal**, Shift+Ctrl+F.

3. Give the meal a meaningful **Name** and click Done to save all the foods as a single consolidated entry.

Afterwards you can use the menu option **Edit > Add meal entry**, Shift+Ctrl+M, to simply add all the component foods of the meal automatically on screen together.

Updating meals

There is no specific "Update meal" function. However, to accomplish this, enter the meal with **Edit > Add meal entry** on an empty day screen to see all the component foods. Delete, add or update the quantities of the foods as required, and then use the **Add meal** menu option to create the meal with a new name. Then delete the old meal name if no longer needed.

Deleting meals

If you have created pre-set meals that you no longer want, use the **Food > Delete meal** menu option, Shift+Ctrl+C, to completely remove it.

Note: This will not remove the individual component foods from the database.

Adding meals as entries

First set up your meals containing a range of food items. (See the Creating meals item above.)

Afterwards you can use the menu option **Edit > Add meal entry**, Shift+Ctrl+M, to automatically add all the foods at once in the Diet screen. Simply select:

- **Date**, usually for today, but meals can be added for past days.
- Time of **Meal** period. This can be specified as Breakfast, Morning snack, Lunch, Afternoon snack, Dinner, Evening snack, or <None> to just record the details if timing is not important.
- **Name** of the meal from those you have set up.

Nutrient monitor view

This monitor screen displays your current consumption of 6 selected nutrients compared to your target intake for the day.

Use the **Nutrients progress bars** menu option to set which 6 nutrients are shown.

The screen shows the data in three ways:

- yellow bars indicate the 100% amount of the nutrient intake, with your actual intake shown as a progressing black bar. These turn red when 100% is exceeded.
- the **Intake** column shows the actual consumption value vs the target amount.
- as a consumption **Percentage**.

The date is indicated in the header bar. Use the left and right arrows (or up and down) to move back and forward one day, or the **Go to date** CBA button to get the popup calendar.

Food database

Adding food items to the database

The default installation provides an example database of about 1000 typical foods. You can add to this from the full 6000 standard Food Data items available as a CSV format file for free download from our website. See the Modifying Databases section of this manual.

Alternatively, you can manually add your own food items individually. Use the **Food > Add food item** menu option, Shift+Ctrl+A:

- first select an existing food **Category** to add it to.
- give the food a descriptive **Name**.

- tap the Done CBA button
- complete the food item details in the next screen with the calorie, fat, fibre and other nutrient values.

Note: The required units are shown for each item. Remember that values are the amount of nutrient in a 100gm serving of the food.

If you want a new category use the **Add food category** menu option beforehand.

Updating food items in the database

Use the menu option **Food > Update food item**, Shift+Ctrl+U, to make changes to the foods in the default database supplied with the program.

- select the **Category** and **Name** of the food, and click Done.
- then in the next dialog, amend the **Name**, and adjust the **Nutrients** as required.

For bulk changes to the database it is better to export as CSV file, modify in a spreadsheet program, and then re-import. See the Export and Import, and Modifying Databases sections of this manual for a full description on how to set up your preferred food database this way.

Deleting food items from the database

If you no longer want a particular food item in the database (or wish to remove unused foods to save space), use the menu option **Food > Delete food item**, Shift+Ctrl+D. Select the required **Category** and **Name** of the food and click Done.

For bulk changes to the database it is better to export as CSV file, modify in a spreadsheet program, and then re-import. See the Export and Import and Modifying Databases sections of this manual for a full description on how to set up your preferred food database this way.

Adding food categories to the database

If you wish to use a different food category which is not present in the existing database, you will need to create it manually before adding foods items to it.

Use the **Food > Add food category** menu option, Shift+Ctrl+Q, and enter the new **Category** name.

Weight view

This screen is where you record your weight and body measurements.

For each individual dated entry, there are columns to show your weight, weight change from the previous entry (-ve is a weight loss), your body fat measurement, and 5 body measurements for chest, waist, hips, biceps, and forearm.

Use the options in the **Edit** menu to add, update and delete weight entries.

Weight   *Andre-RMRDiet*   **Add entry**

Date	Weight	Change	Body fat	Chest	Waist	Hips	Biceps	Forearm
11 January 05	88.00	0.00	20.00	110.00	95.00	110.00	27.00	20.00
12 January 05	87.50	-0.50	19.00	110.00	95.00	110.00	27.00	20.00
13 January 05	87.00	-0.50	19.00	110.00	95.00	110.00	27.00	20.00
14 January 05	87.50	0.50	20.00	108.00	96.00	111.00	26.00	19.00
15 January 05	87.00	-0.50	20.00	109.00	94.00	108.00	26.00	19.00
16 January 05	86.00	-1.00	18.00	110.00	94.00	108.00	27.00	20.00
17 January 05	85.50	-0.50	17.00	110.00	92.00	110.00	26.00	19.00

Switch view

Go to date

Close

Start: 88.70 kg   Goal: 80.00 kg   Overall loss: 3.20 kg

The bottom window bar displays your **Start weight** and **Goal weight** taken from your Targets, together with the calculated **Overall weight loss**.

Use the up and down arrows to move back and forward through the days, or the **Go to date** CBA button to get the popup calendar.

Entering weight records

You should regularly record your weight so you can check your progress against the target profile. In the **Weight** view use **Add weight**, Ctrl+A, or the Add entry CBA button, or Enter key, and complete the following details:

- **Date**
- **Weight**
- **Body fat**
- **Chest, Waist, Hips, Biceps, Forearm** measurements.

You can ignore any of the measurements you do not wish to use.

Updating weight entries

To correct any weight entries in the **Weight** screen, move the highlight to the required entry and use **Edit > Update weight** or Ctrl+U.

Change the **Date**, **Weight**, or **Body Measurements** as required. The dialog is effectively the same as when adding weight entries.

Deleting weight entries

To delete a weight entry, move the highlight to the required entry and use **Edit > Delete weight** or Ctrl+D.

Weight monitor view

This monitor screen displays a graph of your weight records, and your weight loss progress towards your goal weight.

The top bar is the time X-Scale from your **Start date** on the left to the **Goal date** on the right. The Y-axis is your **Start weight** and **Goal weight** calculated from the loss per week required. Together the values from your Targets give the constant weight loss diagonal profile line.

As you enter your weight records you can track your weight loss progress against the goal profile.

Exercise view

This screen is where you enter and view details of your exercise and occupation activities to track calorie burn targets.

It shows your individual entries of exercise activities taken on specific dates, with columns recording the duration **Time**, the calculated **Calories** burnt, and the cumulative **Total** calories burnt for the day. The bottom bar indicates a running **Average burn** from the start date.

Use the options in the **Edit** menu to add, update and delete exercise entries. Use the options in the **Activities** menu to modify the exercise database.

The date is displayed in the bottom left corner. Use the left and right arrows to move back and forward one day, or the **Go to date** CBA button to get the popup calendar.

Exercise					Andre-RMRDiet	Add entry
Date	Activity		Time (Min)	Calories	Total	
16 January 05	Running,7 mph (8.5 min/mi)		90	1,035	1,035	Switch view
16 January 05	Garden,Sweep leaves		60	240	1,275	
16 January 05	Household Chores,Cooking		45	113	1,388	
16 January 05	Household Chores,Make Beds		15	45	1,433	Go to date
						Close
16 January 05	Average burn from start date to goal date	1432		Calories/day		

Entering exercise records

Each time you exercise or perform a work activity record it in the **Exercise** screen with **Edit > Add exercise** or Ctrl+A or the **Add entry** CBA button, or Enter key, and complete the following details:

- **Date**, usually for today, but entries can be added for past days.
- **Category** of the exercise type.

Then in the next screen additionally select:

- The exercise **Name** from the database
- Length of **Time** in minutes the exercise was done.

The exercise entry will then be displayed on the screen (provided the display date matches the input date).

Note: The default program installs a reasonable database of exercises to give you a start and allow you to test the program. Like the food database, you may need to build a more complete database of exercises that suit your particular needs.

Updating exercise entries

To correct any activity entries in the **Exercise** screen, move the highlight to the required entry and use **Edit > Update exercise** or Ctrl+U.

Change the **Date** or activity **Category**, and then the exercise **Name** and/or the length of **Time** as required. The dialog is effectively the same as when adding exercise entries.

Deleting exercise entries

To delete am exercise entry, move the highlight to the required entry and use **Edit > Delete exercise** or Ctrl+D.

Exercise monitor view

This monitor screen displays a bar graph of your energy burned each day, allowing you to track an overall exercise program.

The header shows a calorie scale for the **Energy spent**. Below this, yellow daily bars show your actual calorie burn from exercises as a progressing black bar.

The past seven days are always shown, but use the left and right arrows (or up and down) to move back and forward through the days, or the **Go to date** CBA button to get the popup calendar.

Exercise database

Adding exercise activities to the database

The default installation provides an example database of exercises and activities. If these are not sufficient you can manually add your own activities to the database. Use the **Activities > Add activity** menu option, Shift+Ctrl+A, and:

- first select an existing exercise **Category** to add it to.
- give the exercise a descriptive **Name**.
- enter the burn rate in **Calories/minute**. You will need to obtain this from an appropriate source.

If you want a new category use the **Add activity category** menu option beforehand.

Updating exercise activities in the database

Use the menu option **Activities > Update activity**, Shift+Ctrl+U, to make changes to the exercises and activities in the default database supplied with the program.

- select the **Category** and **Name** of the activity and click Done.
- in the next dialog, amend the **Name** and/or adjust the **Calories/minute** value as required.

For bulk changes to the database it is better to export as CSV file, modify in a spreadsheet program, and then re-import. See the Export and Import and Modifying Databases sections of this manual for a full description on how to set up your exercise database this way.

Deleting exercise activities from the database

If you no longer want a particular exercise or activity in the database (or wish to remove unused types to save space), use the menu option **Activities > Delete activity**, Shift+Ctrl+D. Select the required **Category** and **Name** and click Done.

For bulk changes to the database it is better to export as CSV file, modify in a spreadsheet program, and then re-import. See the Export and Import and Modifying Databases sections of this manual for a full description on how to set up your exercise database this way.

Adding activity categories to the database

If you wish to use a different category of exercise or activity which is not present in the supplied database, you will need to create it manually before adding items to it.

Use the **Activities > Add activity category** menu option, Shift+Ctrl+Q, and enter the new **Category** name.

Other functions

Go to date

Use **Go to date**, Ctrl+L, to go directly to a specific date in the Diet, Weight or Exercise views and their Monitor screens (except Weight), using the calendar selector. This is an alternative to using the Left and Right arrow keys to move through each day in turn.

Displaying your BMI, BMR and BEE

Use the **Tools** menu options to view the indexes associated with your weight and energy usage.

- **BMI** – your "Body Mass Index" and how it relates to the ideal. You should be aiming to get it into the "Low" area.
- **BMR** – your "Basal Metabolic Rate", the calories burned at complete rest.
- **BEE** – your "Basic Energy Expenditure", the calories burned for your defined activity level.

Resetting the start date

In the interests of speed and memory usage, you should regularly remove outdated data.

The **Tools > Reset start date** option, Ctrl+H, is available in all the screens. This allows you to set a new start date for the files, and delete all earlier entries from the history.

You may wish to use the **Export data** options (from each of the Diet, Weight and Exercise screens) first to save your personal history details to an ascii or csv text file.

Exporting your diet history data

You can save your personal history data from each of the screens to a text file. Use **Export diet data** in the **Data** menu of Diet view, **Export weights** in Weight view, and **Export exercise** data in Exercise view, or Shift+Ctrl+K, and:

- Select whether to export as **ASCII** (Tab delimited) or **CSV** (Comma Separated Variable) format.
- For the **Diet** view you can also select **Start** and **End dates** and the **Meal** period to export.

The name of the output file will be the 'User name' followed by the screen name (Diet, Weight, Exercise), e.g. John-Diet.txt and will be saved in the C:\My files\RMRDietfolder\Export folder on your Communicator.

The files can then be used in the built-in applications, or copied off your phone for use in other PC programs.

Backup and Restore data

Under the **Data** menu there are **Backup data** and **Restore data** options.

Backup data, Shift+Ctrl+B, allows you to keep a copy of your RMRDiet data elsewhere on the system for security.

ALL the data from ALL the screens is backed up so there is no necessity to action this from each screen in turn.

If necessary in the case of data loss, use **Data > Restore data**, Shift+Ctrl+R, to restore all datafiles.

Note: All current data in the program will be overwritten by restoring the backed up data.

Program configuration

Setting RMRDiet program preferences

Use the **Tools > Preferences** option, Ctrl+K, to configure the program:

- **Start screen**. Which of the three main views, **Diet**, **Weight** or **Exercise**, you want the program to open into.
- The **Date format** for the screen display, from a range of international formats.
- The **Height units** to be used for body measurements and calculations, either inches or centimetres.
- The **Weight units** to be used for entering and displaying targets and weight measurements, either pounds or kilograms.
- The **Decimal places** to be used for display of data values.

Setting screen preferences

Each screen has a **Diet, Weight** or **Exercise preference** menu option where you can set the **Colour** of the **Header/Bottom window**. This can be different in each screen.

Setting Diet view nutrients columns

The supplied food database provides 23 energy, fat, nutrient and trace element values for each food item:

- Calories, protein, fat, carbohydrates, fibre, sugar, calcium, iron, magnesium, potassium, sodium, zinc, vitamin C, thiamine, riboflavin, vitamin B6, vitamin B12, vitamin A, vitamin E, vitamin K, saturated fat, unsaturated fat, cholesterol.

- In addition, 5 custom values can be added by the user.

The Diet view can display any 6 of these values in the columns. Use the **Tools > Diet preferences > Nutrients columns** menu option to specify which nutrient you wish to display in each column.

Note: You can ignore the nutrients you do not wish to use.

Setting Diet monitor nutrients bars

In the **Diet monitor** view, use the **Nutrients progress bars** menu option to set which 6 nutrients are shown for the consumption progress bars. These should be the key or most meaningful nutrients you wish to monitor for your diet.

Nutrients can be different to those displayed in the Diet screen columns.

Modifying databases

Foods database

The default program installation provides an example database of about 1000 typical foods to give you a start and allow you to test the program. However, this is just a sample from the full list of 6000 generic and commercial Food Data items sourced from the USDA (US Dept of Agriculture) together with their energy and nutrient values for a 100gm serving. This is available as "Master Food File.csv", a CSV format file (comma separated values), for free download from our website at http://www.rmrsoft.com/.

For ease of use and upgrading, the format of our database follows the same format as the actual USDA database available from the USDA website, except the first column is changed from "NDB_No" to "Category". The format is as follows: "Category", "Description",… then a list of nutrients with the units used (either gm, mg or µg) and the values, which relate to the amount of the nutrient in a 100gm serving.

	A	B	C	D	E	F	G	H
1	Category	Description	Water (gm)	Energy (Calories)	Protein (gm)	Lipid (gm)	Ash (gm)	Carbs (gm)
2	Cereals	kellogg kellogg's all-bran original	0	260	12.5	3.32	0	74
3	Cereals	general mills cheerios	0	369	11	6	0	74
4	Cereals	kellogg kellogg's corn flakes	0	361	7	0.8	0	86

The USDA database contains 43 nutrients, but the Symbian OS only allowed us to use 28 nutrients. So we picked the most likely 23 nutrients and then as discussed elsewhere used the remaining 5 nutrients as "user-defined" so you can decide which extra ones you want, or perhaps some other reading such as Weight Watcher points.

Obviously this default trial database of 1000 foods will not be suitable for all users, so to get the best from the program you need to build a more complete database of foods that suits your particular needs. There are three methods : adding, updating or deleting individual items in the program; making bulk changes to the CSV file; or creating your own database from scratch. Descriptions of each follow:

Manually amend individual food items

Use the menu options **Food > Add food item / Update food item / Delete food item** (as described elsewhere in this manual) to make changes to the trial database.

If you are adding a food you first need to select the **Category** then give a **Name** (Description) for the food, and fill in all the **Nutrients** values. The required units are shown on the screen, and remember the value is the amount of nutrient in a 100gm serving of the food.

To update a food follow the same procedure, selecting the **Category,** renaming the **Name**, and adjusting the **Nutrients**.

Make bulk database changes

We would suggest that importing all 6000 foods in the master database to the program is unnecessary. For storage and speed considerations it is probably a good idea to use as compact a database as possible containing only those foods that you normally consume. However, there should be plenty of room, as the trial food database only takes up 200 Kb. A database of 2000 foods should be easily handled and quite practical.

Probably the most practical and effective method is to edit the supplied master CSV file (Master Food File.csv) in a spreadsheet program or text editor on your PC. Remove the foods you know you don't need, add any new foods you want, or change the names of the foods to be more suitable (some of the USDA names are rather long-winded!).

Note : RMRDiet assumes that foods are grouped by Category. If a Category occurs in 2 different places in the CSV file it will show up twice in the selection dialog. Some sorting may be necessary.

Then import the revised CSV into RMRDiet as described below.

Create your own database

Alternatively you can of course create your own Food.csv data file from scratch if you have your own source of food nutrient information.

Just use a spreadsheet program to list the food category, descriptions and nutrient details (per 100gm serving) in the same format as the master file, then import it as described below.

Importing foods to the database

Once the CSV file has been amended or created:

1. Copy it to any folder on your Communicator for import.

2. Use the program menu option **Data > Import food items**, in **Diet** view, or Shift+Ctrl+I

3. Navigate to the CSV file in the 'Open files' screen. Click on the OK CBA to import the data.

Note : this action will completely overwrite the existing database so make sure you use this option with care.

The import operation can take some time, something like 5 entries a second (the sample database imports in about 2 minutes), so please be patient.

Exercise database

The program installs a reasonable database of exercises and lifestyle activities to give you a start and allow you to test the program. But like the foods database, to get the best from the program, you probably need to build a more complete database of exercises that suit your particular needs.

The creation process and options, and import methods are identical to that described above for the Foods database, except the master file is called "Exercises.csv", and the **Import activities** menu option is in the Exercise view.

Exporting food and exercise databases

After initial setup of your foods and exercises databases as described above, you can maintain it on the Communicator using the add, update and delete options on single items.

If you need to make more radical changes, you can of course export your current food and/or activity database (with your existing changes) from RMRDiet back to an external CSV file for further editing on PC.

You can also export your databases to copy off your Communicator device so that you can share the foods and activities that you have created or modified yourself with your family and friends.

To export your database:

1. Use the program menu option **Data > Export food items** (or Shift+Ctrl+J) in **Diet** view to export your food database.

2. Or use **Data > Export activities** in **Exercise** view to export your exercise activities database.

3. "Food.csv" and "Exercise.csv" files will be created in the C:\My files\ RMRDietfolder\ Export folder on your Communicator.

4. Copy these back to a PC for editing in a spreadsheet program.

5. Repeat the Import stage if you want to bring the revised data back into RMRDiet.