Forestfield Software

Dietplan7

Nutrition analysis software

Version 7.00

30 day trial

Introduction

You can download a fully functioning 30-day trial of Dietplan7.00, a user-friendly nutrition analysis program that runs either on a PC under Microsoft Windows or an Apple Mac computer running OS X. It can be used for recipe analysis, meal & menu planning and for weighed-intake dietary assessment.

The database for the trial contains the full set of UK food tables, currently comprising McCance & Widdowson's 7th edition plus the revised Composition of Foods Integrated Dataset (CoFID). The purchased version contains all the UK tables with the option to add tables from many UK food and product suppliers as well as the national food tables of Australia, Ireland and USA.

Information about installing the trial and getting started with running Dietplan7 follows and you can obtain further detailed and specific help about any aspect of the program, while it is running, by pressing function key F1 or selecting **Help** on the main menu and then **Help topics.** You can also download the full Dietplan7 User Guide as a PDF file.

System requirements

Any PC running Windows XP or later, or any Apple Mac computer with an Intel processor running OS X version 10.6 or later will be more than adequate.

If Dietplan is installed onto the machine's local hard disk 300 to 400 megabytes of space will be required, depending on the number of optional, additional food tables installed. The database will grow as user-saved work is added, but only by a few tens of megabytes.

A CD reader is not essential as the purchased software can be downloaded.

The screen resolution should be a minimum of 1024 x 768.

30 day trial

The software is time-limited and will run for 30 days from the date it is first used. Please ensure that the system date and time on your computer are correct before you begin. Alteration of the date after the trial has started may result in the program becoming inaccessible.

Installing Dietplan7

The software need only be installed once. After that it can be run from your hard disk until you either uninstall it or purchase a Professional or Personal (installed) licence to permit the software to be used permanently. An alternative is to purchase the Personal (portable) version which is delivered on an 8GB USB3 flash drive and runs on either a Windows or a Max OS X host without anything needed to be installed. After downloading the file from www.fore-soft.com, locate it on your hard disk and double-click on the file name. The installation process is completely automatic After installation, the downloaded file can be deleted.

Running Dietplan7

Under Windows, the simplest way of running Dietplan7 is to double-click the desktop shortcut created during the installation. Under OS X, the program is **/Users/Shared/Dietplan7/Program/Dietplan7.app.** Use Finder to locate it for the first time, then drag it into the Dock for rapid access in future.

During the next 30 days you can use Dietplan7 in exactly the same way as if you had bought it. Once the trial period expires you will still be able to access the program and see any work you have done, but you will not be able to add anything new.

If you decide to buy Dietplan7 to continue using the software you have installed you will be provided with a 16-character licence code that you can enter or paste into Dietplan that will activate the software on line for permanent use.

Dietplan7 Professional and Personal versions

The professional version is intended for use in an organisation or department where more than one person may be using the software and/or it is required to be available, via a network, from more than one workstation. It is available with a single or a multiple-user licence. The software has administration facilities where individual user accounts can be created, with either their own login Id's and passwords or linked to the the user's Windows or OS X account login, so people can work independently and configure the software, each to their own requirements.

The personal version is intended for a single user and is available in two forms, **installed** or **portable.** The installed version is downloaded and licenced in the same way as the professional version, the only difference being that it doesn't have the administrator functions for creating user accounts. The portable software is pre-installed and delivered on an 8 Gigabyte USB flash drive that plugs into the USB port of any Windows PC or Apple Mac where the device appears as a removable disk drive. To run Dietplan7, simply click on the shortcut at the top level of the removable drive. All your work is saved in the database on the drive itself, so you can unplug it when you have finished and take everything with you, then continue exactly where you left off when you plug it back into any computer. Nothing is installed on the host computer although you can arrange for the database on the flash drive to be copied and backed up onto the hard disk of any specified host(s) every time the program is closed down.

Getting started

This is a step by step guide that will first view the composition of a selected food and then recall and modify a recipe already stored in the database. it will also create a report and a graph. These steps cover the basics of working with either recipes, menus or diet assessments.

Like most GUI programs, you are presented initially with an empty work area where you initiate actions by selecting from a menu or from a tool bar at the top of the working window. Dietplan also has a menu tree in the left-hand pane of the main window. Its contents are identical to the conventional menu bar but you may find it more useful because, unlike the menu bar that has to be navigated each time, the branches of the tree can be expanded, and left visible until you close them.

Composition of a food

Select **Composition..** from the **Foods** menu or toolbar. Dietplan can store and retrieve foods and ingredients from multiple sources (food tables) and foods from any source can be freely inter-mixed within the same analysis. To achieve this, Dietplan uses two information fields to identify each food - a **data-source** and a **food-code.**

The **data-source** is a unique three-letter code that identifies each food table. For example, **ID2** is used for the Composition of Foods Integrated Dataset while **MW7** identifies the McCance and Widdowson 7th edition table - which uses different (publication) food codes, and **RCP** and **USF** are used to identify recipes and user-added foods. Foods in each table are identified by the **food-code**. There is no restriction on the value or format of the code, provided that it is unique within that table. The same food-code can occur in different tables.

In Dietplan, everywhere a food can be specified, there are fields for both the data-source and the food-code. When you are searching for foods, the data-source is specified as a list of check-boxes via which one or more sources can be searched simultaneously. To illustrate retrieval of a food directly using its food-code, ensure that the **MW7** box alone is ticked and enter 94 in the *Search for* box followed by a space. One food, *Cornflakes, frosted, fortified* will appear. Click the **Select** button, or press **Enter** and the composition, per 100g will be shown. Click the **Portion size** list box to select and display the composition of various portion sizes.

Click the **Back** button to return to the *Selection* page, tick all the data-source boxes and enter *ice* in the search field. Note the range of foods that match, then repeat with the *Using whole words only* box ticked (you need to indicate the end of the word using a space). To select and view one of the foods, highlight it and click **Select**, or just double-click it.

You use exactly the same methods for specifying or searching for foods when you are adding items into a recipe, menu or assessment.

Recipe Analysis

Dietplan must be told what type of analysis to work with: a Recipe, a Dietary assessment (food diary) or a Menu (meal plan) by choosing **Select analysis type** from the **File** menu or from the **Tasks** menu or choose from the drop-down list on the toolbar. The current type is always shown in a panel at the bottom of the Dietplan main window and it remains set until you change it. Once an analysis of a particular type is open, you can change to a different type and so have a mixture of recipes, assessments and menus open at the same time, switching between them via the tabs along the top of the main work area. There are a few examples of the different types already loaded into the database of this trial version.

Select the type as **Recipe** and select **Open** from the **File** menu or toolbar. To start a new recipe you would select **New**. The last five analyses that were opened are also listed in a most-recently-used list at the end of the **File** menu, and you can quickly reopen any one of these by selecting it from the list.

On the *Selection* page of the *Recipe* notebook that opens, if the *Pre-select items* box is ticked, all the recipes that are stored in the database will be listed. You can search for specific a recipe by typing letters or words from its name, or by entering its unique recipe code.

Highlight *Vegetable pie* and press **Enter**, or just double-click the name. The recipe details in the lower half of the page will be enabled and you can amend any of these if you wish. Click **Continue** to proceed to the *Composition* page.

The recipe ingredients and quantities are listed in the lower left window on this page and, although you can add and amend ingredients by typing directly into this grid, you can do so more easily if you click **Add item**. Now you see a dialog that is very similar to the earlier *Composition of food* page and you specify and search for foods here in exactly the same way. Ensure **MW7** is selected as a data source, enter *Pepper* - followed by a space if *Using whole words only* is ticked. Double-click on either black or white pepper and the item appears in the bottom half of the screen with the first-available portion size displayed. Alter the quantity to 4 grams either by typing directly into the *Quantity* field or increasing the *Number of units* to 2.

Click **Add** to insert this item into the recipe. The add-items dialog will repeat to allow further additions until you click **Cancel** or un-tick the *Repeat until cancelled* box. Click **Save** in the *Composition* page to store your changes in the database.

Reports and graphs

Click the **Report** or **Graph** button on the *Composition* page to view a default format. To design, specify and save your own layouts, click the **Design** button on the report or graph page. Reports and graphs can be both printed and saved. If saved they are in standard (PDF and PNG) formats that can be viewed in your web browser or sent as email attachments.

Prices

Dietplan7 contains all the foods and nutrients from the complete UK Nutrient Databank, comprising the 7th Summary Editions of McCance & Widdowson's *The Composition of Foods* plus the revised Composition of Foods integrated dataset (CoFID).

The **Professional** version licence supports multiple (consecutive) users and has facilities for a system administrator to regulate access and for individual users to save their personal program settings.

The **Personal** version has the same functionality except for the multiple-user, system administration functions. Choose between the **installed** and the **portable** (USB flash drive) versions.

A low-cost version of **Dietplan Personal** is available to bona-fide students undertaking, or up to 6 months after completing, a qualification relating to nutrition. It requires a completed and signed *Declaration for student purchase* that can be downloaded from www.fore-soft.com or If the software is ordered directly from this web site, the declaration can be made on-line during the purchase.

The software has a 90 day warranty. Support is free during this period including new releases of the software. After that, ongoing support and software updates are available through an optional annual subscription.

Single copy prices	**£ Sterling**
Dietplan7 Professional	
with full UK database	750.00
Dietplan7 Personal	
with full UK database	380.00
Dietplan7 Personal - Student	
with full UK database	280.00

Multiple-installation and multi-user network licences are available for the **Professional** version. You can calculate the costs directly on the **Prices** page at www.fore-soft.com or we will be pleased to provide an email quote for your requirements.

Terms and Conditions

Purchase orders are only accepted from recognised Companies and Institutions and an official order must accompany the Dietplan7 order form, which can be downloaded from www.fore-soft.com

Purchase order payment terms are strictly 30 days net. Other orders must be accompanied by payment in full.

The student version of Dietplan7 Personal can only be supplied on receipt of a completed and signed *Declaration for student purchase* that can be downloaded from www.fore-soft.com. Alternatively, if the software is ordered directly from this web site, the declaration can be made on-line during the purchase.

Prices include next-day Special Delivery by post to addresses in the UK and International Tracked and Signed-for Delivery by air mail to destinations elsewhere. Alternative delivery methods can be requested at the time of ordering and will be charged at the appropriate rates.

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