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Forestfield  
Software

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# Dietplan6

Nutrition analysis  
software

Version 6.50

**30 day trial**

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## Introduction

You can download a fully functional 30-day trial of Dietplan6.50, a user-friendly nutrition analysis program that runs under any version of Microsoft Windows from 2000 to Windows 7. It can be used for recipe analysis, meal & menu planning and for weighed-intake dietary assessment.

Depending which file you download, the database for the trial contains the full set of UK food tables or the UK plus the Australia & New Zealand NUTTAB 2006 tables. 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 NUTTAB and the American USDA tables.

Information about installing the trial and getting started with running Dietplan6 follows and you can obtain further detailed and specific help about any aspect of the program, while it is running, by selecting **Help** on the main menu and then **Contents & index**. You can also download the full Dietplan6 version 6.50 User Guide as a PDF file.

## System requirements

To run Dietplan6 under Microsoft Windows you need :

- ◆ PC with 800MHz or faster CPU
- ◆ 512 Mb memory
- ◆ Windows 2000, XP, Vista or Windows 7
- ◆ 800 x 600 pixel, or larger, colour display
- ◆ 100 Megabytes free hard disk space
- ◆ CD reader, mouse and [colour recommended] printer

## 30 day trial

The software on the CD is time-limited and will run for a period of 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 permanently disabled.

## Installing Dietplan6

The software need only be installed once. After that it can be run from your hard disk until you either uninstall it or replace it with a purchased version. After you have downloaded the file called **dp6eval-uk-win.exe** or **dp6eval-au-win.exe** depending on your choice from [www.fore-soft.com](http://www.fore-soft.com), locate it on your hard disk using *My Computer* or *Explorer* and double-click on the file name. The installation process is completely automatic and you can choose to create a shortcut icon on your desktop and/or a quick-start icon in the Windows taskbar. After installation, the downloaded file can be deleted.

## Running Dietplan6

The installation process creates all the necessary program groups and icons and you can use whichever method you normally use for starting a Windows program. For example, click **Start** then **Programs** and select the **Dietplan6** folder and click the **Dietplan6** item, or you can use any of the shortcut icons you chose to create during the installation, or that you create yourself.

## Uninstalling the trial

Click **Start** and **Programs** and select **Dietplan6** and **Uninstall**. If it reports that not all files were removed, use Windows Explorer to delete the **Dietplan6** folder from the default location, or from where you installed it.

If you decide to purchase Dietplan6, there is no need to remove the evaluation software as it will be over-written by your licenced version. The exception is the data file called **ev65db.sl3** which contains any work you saved during the evaluation period. You can import some or all of this work into your purchased version if you wish, after which this file can be deleted.

## Dietplan6 Pro and P3 versions

Dietplan6 **Pro** is the professional model, 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 login, so people can work independently and configure the software, each to their own requirements.

The Dietplan6 **P3** model is Personal, Portable and Plug-able. Intended for personal use, the software is pre-installed and delivered on a 2 Gigabyte flash drive - a small , lightweight storage device that plugs into the USB port of any PC. Under Windows, the device appears as a new, removable disk drive using the next available drive letter. To run Dietplan, 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. Alternatively you can perform a conventional installation of Dietplan6 P3 onto your hard drive, using the supplied installation CD.

## Support & update service

After purchase, Dietplan6 has a three-month warranty that includes telephone, fax and e-mail support and any software updates issued during the period. You can optionally subscribe to an annual support and software update service which continues to provide this cover.

The support and update service agreement for the **P3** version only provides support to the licenced user. The **Pro** version covers an unlimited number of users.

## 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 Windows 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. Dietplan6 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 **datasource** and a **foodcode**.

The **datasource** is a unique three-letter code that identifies each food table. For example, **UKN** is used for the UK nutrient databank, while **USD** identifies the United States, Department of Agriculture tables, and **RCP** and **USF** are used to identify recipes and user-added foods. Foods in each table are identified by the **foodcode**. There is no restriction on the value or format of the code, provided that it is unique within that table. The same foodcode can occur in different tables.

In Dietplan6, everywhere a food can be specified, there are fields for both the datasource and the foodcode. When you are searching for foods, the datasource 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 foodcode, ensure that the **MW6** box alone is ticked and enter **85** in the *Search for* box. One food, *Frosties* 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 datasource 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 *Macaroni cheese* 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 **MW6** 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

Dietplan6 contains all the foods and nutrients from the complete UK Nutrient Databank, comprising the 5<sup>th</sup> and 6<sup>th</sup> Summary Editions of McCance & Widdowson's *The Composition of Foods* plus all the published supplements, together with the Composition of Foods integrated data set (CoFIDS).

The **Pro** version is delivered on CD. A single 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 **P3** version has the same functionality as the **Pro** except for the multiple-user, system administration functions; it is delivered on, and runs from a 2 Gigabyte USB 2.0 Flash Drive using Windows 2000, XP, Vista or Windows 7. A low-cost version of **Dietplan6 P3** is available to bona-fide students undertaking, or up to 6 months after completing, a qualification relating to nutrition. A completed and signed *Declaration for student purchase* is required, available from Forestfield Software or it can be downloaded from [www.fore-soft.com](http://www.fore-soft.com)

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	
	Ex.VAT	Inc.VAT
<b>Dietplan6 Pro</b>		
with all available food tables	600.00	705.00
Support & Update subscription	120.00	141.00
<b>Dietplan6 P3</b>		
with all available food tables		395.00
Support & Update subscription		65.00
<b>Dietplan6 P3 - Student</b>		
with all available food tables		285.00
Support & Update subscription (1 <sup>st</sup> year)		48.00

Multiple-installation and multi-user network licences are available for the **Pro** version. You can calculate the costs directly on our web site [www.fore-soft.com](http://www.fore-soft.com) or we will be pleased to provide a written or email quote for your requirements.

## Order form

You can also place your order on-line at  
[www.fore-soft.com](http://www.fore-soft.com) and make your payment  
over a secure link to [WorldPay](#)

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## Terms and Conditions

Purchase orders are only accepted from recognised Companies and Institutions and an official order must accompany this form.

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

The student version of Dietplan6 P3 can only be supplied on receipt of a completed and signed *Declaration for student purchase*, available from Forestfield Software or it can be downloaded from [www.fore-soft.com](http://www.fore-soft.com)

EU customers outside the UK must supply a VAT Registration number if applicable otherwise VAT will be charged at the prevailing rate on all qualifying items.

Prices include recorded delivery by first class mail to addresses in the UK and international recorded 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 rate.

If an Annual Support and Update Service subscription is included with the initial purchase, cover commences on expiry of the 90 day warranty. The renewal date is the first day of the next calendar month, 15 months after the original purchase.

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