



Forestfield
Software

Dietplan6

Nutrition analysis
software

Version 6.60

30 day trial

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Introduction

You can download a fully functional 30-day trial of Dietplan6.60, a user-friendly nutrition analysis program that runs either on a PC under any version of Microsoft Windows from 2000 to Windows 7 or an Apple Mac computer running OS X. 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 pressing function key F1 or selecting **Help** on the main menu and then **Help topics**. You can also download the full Dietplan6 version 6.60 User Guide as a PDF file.

System requirements

The minimum configuration for running Dietplan6 is:

- ◆ PC with 800MHz CPU
or
Apple Mac with 800 MHZ PPC or Intel processor
- ◆ 512 Mb memory
- ◆ Windows 2000, XP, Vista or Windows 7
or
Mac OS X version 10.3 (Panther) or later
- ◆ 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 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 inaccessible.

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 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 Dietplan6

Under Windows, the simplest way of running Dietplan6 is to double-click the desktop shortcut created during the installation. Under OS X, the program is **/Users/Shared/Dietplan6/Program/Dietplan6.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 Dietplan6 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 Dietplan6, there is no need to remove the evaluation software as it will be over-written by your purchased copy. The exception is the data file called **evx5db.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 or OS X account 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 Windows PC or Apple Mac where the device appears as a removable disk drive. To run Dietplan6, 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. Dietplan6 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, Dietplan6 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, **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 **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 Dietplan6, 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 **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 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

Dietplan6 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 Dietplan6 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 5th and 6th 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 either a Windows PC or an Apple Mac computer running OS X. 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. It requires a completed and signed *Declaration for student purchase* that can be downloaded from www.fore-soft.com. 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	
	Ex.VAT	Inc.VAT
Dietplan6 Pro		
with all available food tables	650.00	780.00
Support & Update subscription	130.00	156.00
Dietplan6 P3		
with all available food tables		399.00
Support & Update subscription		66.00
Dietplan6 P3 - Student		
with all available food tables		291.00
Support & Update subscription (1 st 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 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 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* 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.

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 next-day Special Delivery by post 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 rates.

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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