


Summary of NutriBase Nutrition Software Features and Capabilities

 **UTRIBASE NUTRITION SOFTWARE** was specifically designed to meet the needs of professional users (dietitians, nutritionists, fitness trainers, physicians, etc.). If your primary interest is in software for personal or family use, please visit the NutriBase Consumer Nutrition Software Web Site at www.dietsoftware.com. The following is an overview of NutriBase Professional Software capabilities.

- ♥ Runs on Windows 95, 98, Me, 2000, or NT PC's with 16 Mbytes RAM minimum (32 Mbytes recommended). 82 Mbytes of hard drive space required.
- ♥ No annual subscription fees for continued technical support and updates beyond the first year.
- ♥ Ability to parse intake items into meal and/or snack tabs as you select them and adjust serving sizes.
- ♥ Access 28,965 Research Quality Nutrient Database food items consisting of data from the United States Department of Agriculture Standard Release 13 and the Canadian Nutrient Files. The research quality nutrient database also includes medical nutritionals (enteral and parenteral - oral, tube feed, and nutrient injections).
- ♥ Access 30,989 brand name food entries.
- ♥ Access 4,273 menu items from 74 restaurants.
- ♥ Add recipes, personal food items, meals, and meal plans.
- ♥ Add, edit, and manage an unlimited number of exercises.
- ♥ Analyze function now features "analysis templates" which allow you to conveniently save and recall previous analyses when desired.
- ♥ Analyze groups of clients (useful for conducting studies with a number of individuals) for any time span.
- ♥ Auto-Convert serving sizes and units.
- ♥ Auto-Insert Report Headers (text or bitmap) complete with a company logo, if desired, in your reports.
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- ♥ Auto-Record a list of foods that you want to automatically record each time you record any food item for the client.
- ♥ Auto-Select 1/3 RDA's, 1/3 DRI's, or 1/3 Canadian RNI's appropriate by gender and age.
- ♥ Auto-Select RDA's, DRI's, or Canadian RNI's appropriate by gender and age.
- ♥ Average Energy Allowance table is used for calculating calorie requirements for children.
- ♥ Backup recipes, Meal Plans, and all other client information.

- ♥ Calorie expenditures take into consideration not only body weight, but gender, age, resting pulse, and intensity (as measured by perceived exertion or by average in-zone heart rate).
- ♥ Choose from the English or the Metric system.
- ♥ Client Diary ("Client Notes") is in Rich Text Format, which supports spell-checking, fonts, bold, italics, symbols, bullets, etc.)
- ♥ Client Folders (Personal Plus, Clinical, and Network editions) allow you to organize your clients by type (i.e., obese, athletes, diabetics, or Gold's Gym, Ballys, Mountainside Gym, etc.)
- ♥ Client Selection List and Client Folder Selection List (Clinical and higher editions) presented at top of screen for easy access.
- ♥ Conduct simple or rigorous queries (Boolean AND searches) on the nutrient data.
- ♥ Copy a day (or days) from any meal plan to any other meal plan day or days.
- ♥ Copy intakes (or parts of intakes) from any client to any another client (or clients).
- ♥ Copy nutrient intakes from any client to meal plan day(s).
- ♥ Create a shopping list from recipes, intakes, or Meal Plans.
- ♥ Create and share meal plans and recipes for any special need (diabetic, vegan), any diet plan (low-fat, high-fiber), or any organization (school lunch, nursing home).
- ♥ Create and use multiple assessment report templates.
- ♥ Create custom meal plans for clients or to exchange with other NutriBase users.
- ♥ Create highly customized Initial Assessment Reports for your clients with the Clinical and Network editions. Although these reports take just seconds to print, they appear to the client as if you gave up your evening to prepare a report containing over 140 client-specific facts and goals.
- ♥ Create multiple text and/or bitmap headers for your reports.
- ♥ Create, edit, save and retrieve workouts.
- ♥ Customize up to five Training Heart Rate Zones (define Zone Name, min and max zone ranges, and primary benefit).
- ♥ Daily calorie expenditure goals - adjust the default values as desired.
- ♥ Data, recipes, personal food items, and meal plans are compatible across all versions of NutriBase nutrition software (except for the Weight Loss Edition).
- ♥ Determine the composition of any nutrient intake (sort all intake items based on % content of any nutrient specified).
- ♥ Determine the nutrient composition of any recipe.
- ♥ Display the CPF (Carbohydrate-Protein-Fat) Ratio for all recipes, intakes, and meal plans.
- ♥ Display the PCF (Protein-Carbohydrate-Fat) Ratio for all recipes, intakes, and meal plans.
- ♥ Download professional quality recipes and meal plans from the NutriBase Web Site.
- ♥ Drag-and-drop column headers to resequence the columns of data.
- ♥ Edit DRI's. (This is necessary since not all the nutrient values for DRI's have been established.)

- ♥ Edit existing meal plans to create completely new ones.
- ♥ Edit, format and/or print a report containing the foods, serving sizes and nutrients you plan to eat or recommend.
- ♥ Edit, format, and print intakes, recipes, and Meal Plans.
- ♥ Email product support is available at support@nutribase.com. Establish and track body fat-loss or gain goals and/or body weight-loss or gain goals for up to an unlimited number of clients.
- ♥ Exchange Meal Plans, recipes, and personal food items with other NutriBase users via the Internet, email, or diskette.
- ♥ Export analyses into a spreadsheet-compatible format (Clinical and Network editions) for post-study analysis.
- ♥ Export nutrient data by selecting the columns of data (nutrients) you wish to include.
- ♥ Export selected data from the spreadsheet view.
- ♥ Fitness Manager supports Target Heart Rate Training exercises... automatically calculates calorie expenditure for each client based on in-zone training time (as well as gender, age, and body weight).
- ♥ Formulas - select from several formulas to use for calorie expenditure calculations and modify them as desired.
- ♥ Generate a custom, in-depth intake analysis.
- ♥ Generate a custom, in-depth Meal Plan analysis.
- ♥ Generate a custom, in-depth Recipe analysis.
- ♥ Graph results with over a dozen types of 2D or 3D charts.
- ♥ Harris-Benedict formula is an available option for calculating calorie requirements. (You can tweak this formula if you like.)
- ♥ Import recipes, personal food items, and Meal Plans.
- ♥ Incorporate recipes-within-recipes.
- ♥ Locate any brand name (or partial brand name) by typing it in.
- ♥ Locate any food name (or partial food name) by typing it in.
- ♥ Log on new clients, delete clients, modify existing client's goals, change active clients, generate client reports, etc.
- ♥ Manage an unlimited number of clients (Clinical and Network Edition).
- ♥ Meal Folders (Personal Plus, Clinical, and Network editions) store tabbed Meal notebooks in up to 26 folders. You can now organize your Meals by type (i.e., heart-recovery, weight-loss, body-building, etc.)
- ♥ Meals - a new organizational unit called the "Meal". Store Meals in a tabbed notebook. Meals are the functional building blocks for Meal Plans.
- ♥ Meals - add Meals to Meal Plans as Meals or as a listing of individual ingredients.

- ♥ Meals - store Meals in a tabbed notebook... store your tabbed Meal notebooks in up to 26 Meal Folders (Personal Plus, Clinical, and Network editions).
- ♥ Move multiple columns of nutrient data as desired.
- ♥ Multiple open windows for intakes, recipes, nutrient data, search screen, meals, meal plans, etc. NutriBase remembers size and positions for you. The larger your monitor and the higher your screen resolution, the more you can see at once.
- ♥ No additional charges for any of the features listed here. (Some nutrition packages charge additional fees for certain "modules" that add capability to the basic package.)
- ♥ No annual subscription fees to pay!
- ♥ NutriBase nutrient data is featured in the industry's most popular series of nutritional information books (the "NutriBase Series").
- ♥ Organize recipes and personal food items into tabbed notebooks, then add, delete, or rename tabs.
- ♥ PCF Ratio goals - Adjust the default settings for % calories from Protein, Carbohydrates, and Fat.
- ♥ Perform an in-depth Meal Plan analysis for any time period.
- ♥ Perform an in-depth nutrient intake analysis for any time period.
- ♥ Perform an in-depth recipe analysis for any time period.
- ♥ Prepare Meal Plans for clients to use electronically (in any of the versions of NutriBase) or manually in the form of a custom printout they can use to track their intakes, meal-by-meal.
- ♥ Print routines for printing raw data from screen (print preview, print, copy to clipboard, export, resize, etc.)
- ♥ Program Info Tracker to record and report on anything.
- ♥ Program PCF (Protein-Carbohydrate-Fat) Ratio goals for every client. NutriBase displays the PCF (or CPF, at your option) Ratio for all recipes, intakes, and Meal Plans.
- ♥ Publish recipes, Meal Plans, and other NutriBase reports in HTML format for publication on the Web or in RTF format for use with popular word processors.
- ♥ Rank (sort) foods from high-to-low or low-to-high based on their values for any nutrient.
- ♥ Rank (sort) foods from high-to-low or low-to-high based on their values for any nutrient while you are viewing them on-screen by clicking on their column headers. (Clicking again will reverse the sort-sequence.)
- ♥ Recipe - Instructions are in Rich Text Format (spell-checker, fonts, bold, italics, symbols, bullets, etc.)
- ♥ Recipe Folders - organize your recipes (each with a tabbed notebook) into up to 26 folders (Personal Plus, Clinical, and Network editions). Organize your recipes by type (i.e., low-fat, low-sodium, vegan, weight-loss, etc.)
- ♥ Recipe Scaling - quickly and conveniently convert your recipe for six to feed, say, 5,231 people.
- ♥ Recipes - add recipes to other recipes as recipes (one entry) or as a listing of the individual ingredients.

- ♥ Recipes prominently display basic nutrient information as well as the PCF ratio..
- ♥ Resequence columns by dragging their column headers left or right.
- ♥ Resizable and repositionable nutrient data display.
- ♥ Resizable food name column.
- ♥ Resize columns by dragging the right edge of column headers. NutriBase remembers the settings for you.
- ♥ Save any report in text, word processor or web page format.
- ♥ Search Icon provides a six-tabbed notebook interface to search by Food Name, Brand Name, Personal Food Item, Recipe (by name or ingredient), or Meal (by name or ingredient). Also provides an Advanced Tab for performing View, Rank, and Query Functions.
- ♥ Select nutrient data rows in the nutrient data display with a simple left-mouse click. (View all nutrient information for a selected item by double-clicking on it.)
- ♥ Set "thumbs up" criteria to trigger when clients achieve pre-set daily exercise and/or dietary goals.
- ♥ Set alarms to trigger when clients exceed any nutrient limit(s) you program for them.
- ♥ Set and track daily exercise and nutrition goals for up to thousands of clients simultaneously and independently.
- ♥ Set User Preferences to customize NutriBase to work the way you prefer.
- ♥ Shopping List is in Rich Text Format (spell-checker, fonts, bold, italics, symbols, bullets, etc.)
- ♥ Spell check documents.
- ♥ Stamp all Meal Plans and recipes with your byline (up to 80 characters) before distributing them.
- ♥ Store Personal Food Item's (foods you've added to the database) in a tabbed PFI notebook in one of up to 26 PFI Folders (Personal Plus, Clinical, and Network editions). Organize your PFI's by type (i.e., supplements, frequently eaten foods, recipe ingredients, etc.).
- ♥ Support for Target Heart Rate Training with heart rate monitors.
- ♥ The larger your monitor, the better... NutriBase loves high screen resolutions (for displaying multiple open windows).
- ♥ Toll Free Technical Support at 877-945-0315 (M-F, 9-5, Arizona time). Technical support is provided for the current product and for the previous edition of product.
- ♥ Track and graph intake in terms of % of dietary goals, % of total calories, or in terms of gms, mgs, and mcg.
- ♥ Track, graph, and report on body chemistry (triglycerides, uric acid) and personal information (doctor, pharmacist).
- ♥ Track, graph, and report on measurements (waist, pant size) and miscellaneous items (ovulation, cigarettes).
- ♥ Updates are free. (Updates are interim releases. For instance, version 2.05, 2.06, 2.07, etc.).

Summary of NutriBase 2001 Features and Capabilities

- ♥ Upgrades are approximately half price. (Upgrades are releases from one major version number to the next. For instance, version 2.0, 3.0, 4.0, etc.)
- ♥ Use tabbed notebooks to organize and access recipes, personal food items, and nutrient intakes.
- ♥ Use the integrated Client Contact Manager (Clinical and Network editions only) to keep track of your clients and to facilitate periodic mailings (like a monthly newsletter) to them.
- ♥ Use the integrated word processor to edit, format, spell check and save preformatted reports or to create a them from scratch.
- ♥ User Preferences have been expanded; features a five-tabbed notebook interface to accommodate your numerous options.
- ♥ View data in split-screen mode to view two remote areas of nutrient data on-screen simultaneously.
- ♥ View data in spreadsheet format; double-click on a food for a single-screen view.
- ♥ Word Processor - inserts page numbers and can print selected pages (cherry-picked or a ranges of pages). Also supports tables and saves files as text, RTF (Rich Text Format), and/or HTML (web page) formats.
- ♥ Zoom in and out of the data to show more or fewer rows and columns of data.

For more information, visit www.nutribase.com