

# What is NutriBase 2001?

**NutriBase is a Research Quality Nutrient Database.** NutriBase (Clinical and higher editions) contains the *full contents* of the USDA Nutrient Database for Standard Reference, Release 13. This research quality nutrient data has been compiled from a number of scientific sources. It consists of up to 111 nutrients and nutrient factors and provides up to 430 cells of data per food item, including sample count, standard error, and source information for every nutrient. (The other versions of NutriBase contain subsets of this nutrient data.) Beginning with NutriBase 2001, the Canadian Nutrient Files are also part of the NutriBase research quality nutrient database. The nutrient database provides the tools to locate food items by food name or brand name (or partial food name or brand name). It also lets you view the data alphabetically, rank the data (from low-to-high or high-to-low) based on values for any nutrient, and query the data (perform Boolean AND searches). You can view the data in a tabular spreadsheet view, in a single-screen summary for any food item, or in a split-screen view.

**NutriBase is an Intake Recorder.** Record any client's nutrient intake (a tabulation of everything they ate during the day). Edit the intake, parse the food items into meals and snacks, see running tallies of all nutrients and display the PCF Ratio (the ratio of calories from Protein, Carbohydrates, and Fat) in a tabbed notebook. Graph the intakes. Compose them (rank the food items from high-to-low or low-to-high based on any nutrient and show the percentage composition). Analyze the nutrient content of any daily intake or a single meal or snack of any daily intake by clicking on its tab. Copy the intake to any other day of any client or clients. Copy the intake into the Meal Planner (which stores three meals and three snacks for four weeks).

**NutriBase is a Recipe Manager.** Create and manage recipes. Classify them by cuisine, by PCF Ratio (the ratio of calories from Protein, Carbohydrates, and Fat), by Vegetarian, Low Sodium, Low Fat, etc. Compose any recipe (rank the food items from high-to-low or low-to-high based on any nutrient and show the percentage composition). Generate a complete recipe nutrient analysis for up to 111 nutrients and nutrient factors. Organize the recipes into tabbed notebooks. Organize tabbed notebooks of recipes into Recipe Folders. Add, delete, or rename tabs and/or folders. Move Meals from tab-to-tab or from folder-to-folder. Copy any recipe to the Meal Planner (which stores three meals and three snacks for four weeks). Export the recipe (with your 80-character by-line) for other NutriBase users (they are compatible across all versions of NutriBase). Import recipes created by other users.

**NutriBase is a Meal Manager.** Create and manage meals. Classify them by cuisine, by PCF Ratio (the ratio of calories from Protein, Carbohydrates, and Fat), by Vegetarian, Low Sodium, Low Fat, etc. Compose any meal (rank the food items from high-to-low or low-to-high based on any nutrient and show the percentage composition). Generate a complete meal nutrient analysis for 111 nutrients. Organize the Meals into tabbed notebooks. Organize tabbed notebooks into Meal Folders. Add, delete, or rename tabs and/or folders. Move Meals from tab-to-tab or from folder-to-folder. Copy any Meal to the Meal Planner (which stores up to three meals and three snacks for four weeks). Export the recipe (with your 80-character by-line) for other NutriBase users (they are compatible across all editions of NutriBase). Import recipes created by other users.

**NutriBase is a Meal Plan Manager.** A "Meal Plan" is a collection of 168 meals and snacks (three meals and three snacks a day for four weeks). Create and provide customized Meal Plan printouts to your clients. Design Meal Plans for weight-reduction, body-building, sports fitness, school lunch programs, nursing homes, hospitals (cardiac, diabetic, renal, hepatic, etc.), and any popular diet regimen (Weight Watcher's, Pritiken, Zone, Ornish, etc). Create new Meal Plans. Edit existing Meal Plans to create new ones. (For instance, modify an "1800 Calorie, Low-Fat Meal Plan" and create a "1600 Calorie, Low-Fat

Meal Plan." Or modify an "1800 Calorie, Low-Fat Meal Plan" into an "1800 Calorie, Low-Fat, Low-Sodium Meal Plan." Export a meal plan (with your 80-character by-line/copyright) to a file that can be shared with (or sold to) other NutriBase users.

**NutriBase is an Fitness Manager.** NutriBase calculates the exercise calories based on the exercise, client's age, gender, duration, body weight and intensity (based on heart rate or perceived exertion). Set your clients up on a Target Heart Rate Training regimen. NutriBase lets you organize an unlimited number of exercises. Add new exercises. Create, save, and retrieve workouts. Set and track your client's daily exercise calorie expenditures. Record the exercises your clients perform and their duration. Adjust caloric expenditures for intensity on a workout-by-workout basis. Add, delete, and edit your exercises. View your client's exercise history. Annotate your client's diary. Move exercises you rarely engage in to the Infrequent Exercise List, leaving the few that you actually perform in your primary list.

**NutriBase is an Report Generator.** Automatically generate a preformatted professional report from any analysis, recipe, Meal, Meal Plan, or virtually any other area of NutriBase. If you are using the NutriBase Clinical or Network editions, you can have NutriBase auto-insert a custom bitmap header or text header if you wish. Edit, format, and spell-check them. Save them as an RTF (Rich Text Format) file which you can open and edit with any popular Windows word processor. Or publish your recipe (or any other report) as an Internet Web page with a single click.

**NutriBase is an Information Tracker.** NutriBase tracks personal information (medical conditions, allergies, pharmacist, fitness trainer, doctor, etc.), measurements (blood pressure, biceps, waist, resting heart rate, etc.), body chemistry (cholesterol, triglycerides, uric acid, etc.), body weight and body fat content, and miscellaneous information (periods, number of cigarettes smoked, etc.). Add, delete, or edit new items to track. Specify dates, specify time (when appropriate), and enter values. Convert units of measure. Graph the information over time. Automatically generate preformatted reports with the integrated word processor. Track your body weight and/or body fat content.

**NutriBase is a Nutrient Analysis Program.** The Analyze Program provides in-depth Intake analyses, Recipe analyses, and Meal Plan analyses. Perform deep analysis on any intake, for any number of clients, for any time period (select single dates, a range of dates, or "cherry pick dates") for any number of selected nutrients and variables. Generate analyses that track the average intake, the actual intake total (everything eaten in any meal, any snack, any day, or any day plus any combination of individual meals and snacks for that day), actual intake by food items (listing nutrients for every item eaten, if desired), percent of total calories, and percent of intake goals. Automatically generate professional, preformatted report from the analysis. Publish the report as a document or as a Web Page. If you are using the Clinical or Network edition, you may define a client group that you save under a descriptive name. A "client group" is a group of clients that you create by clicking on the names of the individuals, then saving the list under a group name. You can then perform analyses on the group as a whole. This is useful for conducting studies on small groups or groups of up to literally thousands of clients. Generate your report, then export any analysis into an ASCII delimited file for use in any spreadsheet or database. Share the information with colleagues around the world. And finally, NutriBase Clinical now supports the creation of highly customizable, initial assessment reports - another feature you're not likely to find elsewhere.

**NutriBase is a Client Manager.** Independently track the nutrient intakes, nutrient goals, exercise goals, and personal information for an unlimited number of clients (Clinical and Network editions). Add new clients; delete clients; modify existing clients' information; edit clients' intakes, goals, and personal information; and select the active client. Set up the criteria by which each client earns a "happy face" (a smiling face on their calendar for meeting daily exercise and/or nutrition goals that you have programmed in for them) and the alarm set-points for a particular client (for instance, you could set an alarm to trigger

whenever the client selects a food with over 300 mg of sodium or over 30% of its calories from fat). And of course, you can assign US RDA's or create a customized set of nutrient goals using any US RDA as a starting point.

**And NutriBase is Much More.** NutriBase includes a diary (client notes) manager, a shopping list manager, an "Auto-Record" function (that automatically records pre-selected food items to a client each day that you record an intake for that client), a nutrient selection list (which allows you to select which nutrients get displayed to the screen), and an export function that allows you to export some or all data in NutriBase (depending on the NutriBase Edition you are using) to a file that you can manipulate later with any database or spreadsheet package. If you are using the NutriBase Clinical or Network editions, you have an integrated word processor with spell-checker that allows you to edit, format, save, save as, print your reports and analyses. You can also save your files in RTF format which can be edited by today's popular Windows word processors or publish them in HTML format for publication as a web page.

NutriBase also handles the following tasks for you:

**Personal Food Items (PFI's)** - NutriBase lets you add as many new food items as you wish. Create PFI's from scratch. Edit existing food items and save them as PFI's. Enter nutrients in as actual amounts or as Percent Daily Values. Organize them into a tabbed notebook (like recipes). Add tabs. Delete tabs. Rename tabs. Drag-and-drop personal food items from tab-to-tab. Organize these tabbed notebooks into folders. Add folders. Delete folders. Rename folders. Drag-and-drop personal food items from tab-to-tab, or from folder-to-folder.

**Backup and Restore** - Back up client information, recipes, personal food items, user preferences, and meal plans to a diskette (or any other drive). Backup and restore this information to another machine, possibly a notebook PC for when you're out of the office. Keep multiple PC's perfectly synchronized.

**Export Data Function** - With the NutriBase Clinical and Network editions, you can export all USDA and the proprietary brand name nutrient data in NutriBase. You can save the data to an ASCII delimited file for use with external databases or spreadsheets.

For more information, visit [www.nutribase.com](http://www.nutribase.com) or call 800-959-4849