

# **BTW**

## **CALORIE COUNTER**

### **SIMPLE MANUAL**

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### Important message!

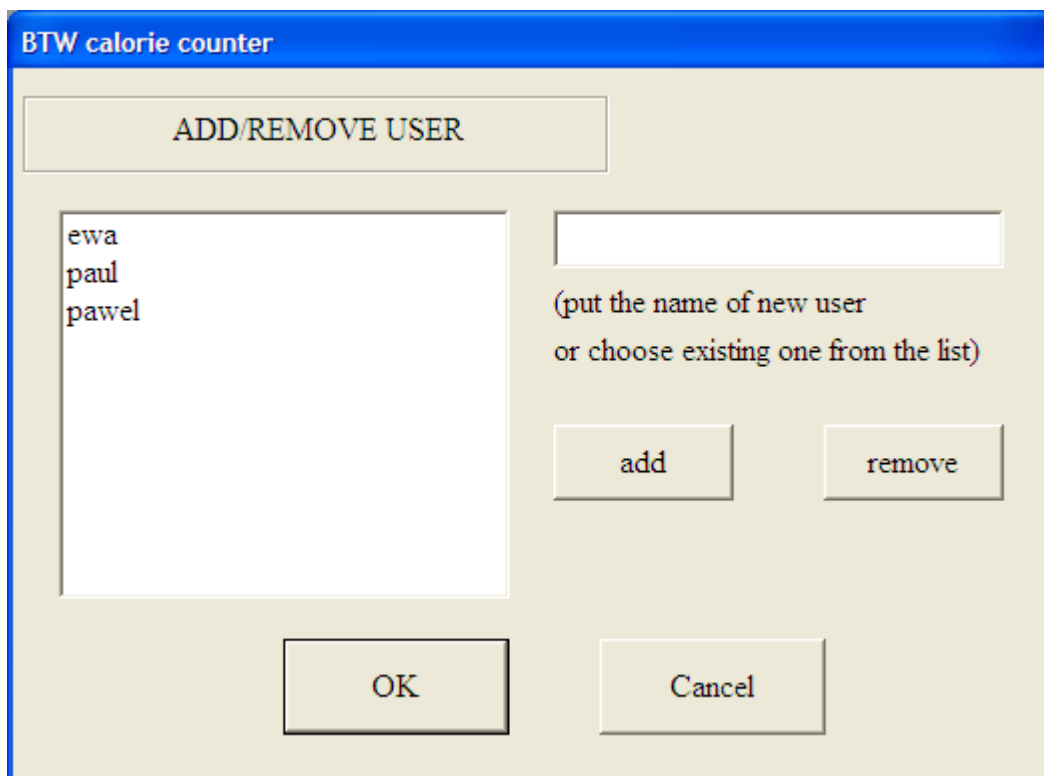
Here are formulas that we're using to calculate carbohydrate exchange and fat-protein exchange. This information is very important for diabetics!

$$\text{Carbohydrates Exchange} = \text{Carbohydrates} / 10$$

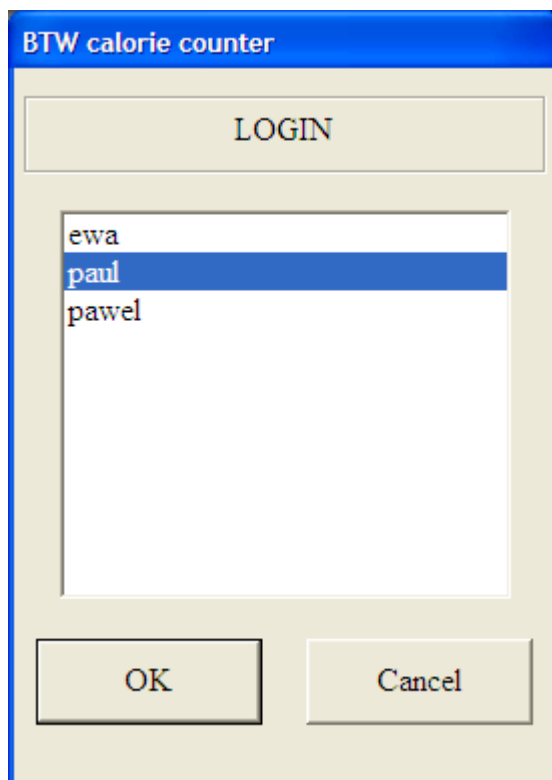
$$\text{Fat-Protein Exchange} = (\text{Protein} * 4 + \text{Fat} * 9) / 100$$

### How to start?

First of all You have to add new user to the program. From ***user*** menu choose ***add/remove*** and write Your name in proper field. Next push ***add*** button and confirm by ***ok***.



Now You have to login. From the same menu ***user*** choose login and find your name on the list, select it (one click) and confirm by pressing ok (double click is not working).



If it's Your first time of using this program You will have to complete the user's profile.  
From *user* menu choose *profile* and fill the form. Confirm all by pressing *ok* button.

The screenshot shows a dialog box titled "BTW calorie counter" with a blue header. Below the header is a section titled "YOUR PROFILE" in a beige box. The form contains the following fields:

- Age:
- Height[cm]:
- Sex:
- Life style (activity):
- Other:

At the bottom of the dialog are two buttons: "OK" and "Cancel".

That's all! Now the program is prepared to work.

## Calories and nutritional value

First of all You have to know there's no calculator in the World (and probably never will be in the future) that can calculate fat, proteins, carbohydrates and calories with 100% accuracy. Two the same products can have different nutritional value. For example two hams, carrots or juices from different manufacturers can totally differ from each other!

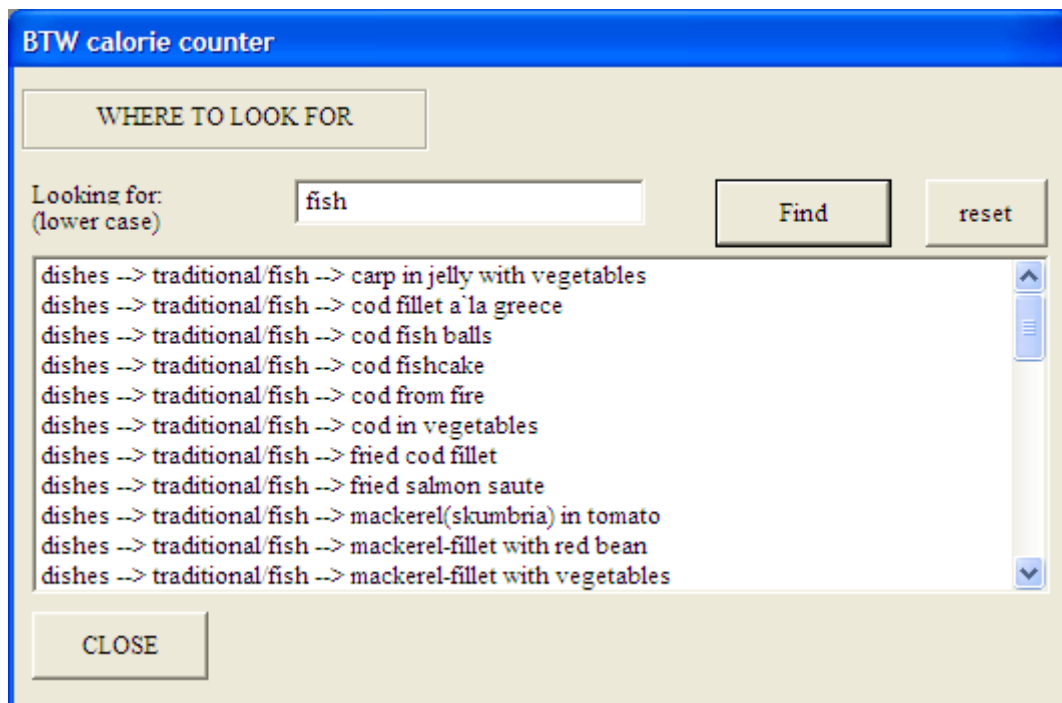
To build your meal You have to choose several products from database. It's simple! For each of them do as follow:

- First choose main category of products,
- then choose subcategory (there are a lot of products and for simplify we put them into smaller groups called subcategories).
- Next step is to put weight of the product (below red text). You can change the weight and after that You will see that corelated nurishment is also changing.
- At the end confirm selection by pressing **add** button.

That's all! Next You can remove added product or take new one. Each time global value of several nutritions and diet factors will change.

If all products will be added You can save two reports. First is simple information about nourishment and second is recipe.

ADVICE: If You can't find some product try using search support. Simply press **find** button and put the name of the product but remember write it only lowercase! Program will find the name of category and subcategory. Now it's easy to find the product!



Remember that each time You add new product to the list the same information will go to the daily balance. Of course if You remove product the same will happen in daily balance.

## Charts and daily balance

Daily balance is a powerful tool that helps supervising our diet. It creates automatically. All data rely on informations putted during composing your meal.

Each day all data are (also automatically) deleting. However You can manually erase all data by pressing *clear* button.

Controlling diet in longer period of time is easiest with graphical view. Each graph is created automatically and base on data from daily balance.

Program remember last 20 calculations. It's not equal to days. If You don't use program some day (at all) then data will be not contained on the graph.



## Daily capable

Your average daily capable is calculated automatically. Program base on data from Your profile.

Later You can change several limits, but remember that if You put new data accept it (confirm)by pressing *activate settings* button.

## Daily energy balance

Daily energy balance is a difference between income and outcome of energy including BMR factor and digesting (as 10% of BMR).

To calculate energy balance You have to put first Your BMR value. If You don't know it use built-in BMR calculator.

IMPORTANT: Outcome energy balance is creating by saving (adding) data in *burning calorie and fat* section.

