

DIET & NUTRITION GUIDE

User's Guide

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Introduction















Congratulations! You now own a portable powerful nutrition reference that you can take anywhere.

This electronic Diet and Nutrition Guide can help you find the nutritional information of food and record your daily intake with ease. You can look up, count, and adjust calories all within the Diet and Nutrition Guide. With this guide you can

- find nutritional information on generic foods, brand name foods, and restaurant foods;
- keep a daily total and a weekly average of your calorie, total fat, calories from fat, and sodium intake;
- create a list of personal meals to quickly add the nutritional information to your daily totals;
- read special nutritional helps on *Kitchen Tips for Healthier Cooking*, *Understanding Calories and Nutrients*, and *Nutrition Recommendations for Healthier Eating*;
- and much more.

It's easy to do. This User's Guide shows you how. Have fun!

Key Guide

- | | |
|--|---|
|  | Returns to previous menu or erases letters. |
|  | Selects the Brand or Restaurant list. |
|  | Clears your entry, and goes to the top of the current menu. |
|  | Selects a menu item, or enters amounts. |
|  | Selects the Generic Foods list. |
|  | Shows help messages for the current entry. |
|  | Shows the Adjust Settings menu. |
|  | Selects the Personal List. |
|  | Turns the product on or off. |
|  | Selects the Nutrition Text menu. |
|  | Shows a full menu item. |
|  | Scrolls up or down. |
|  | Lightens the screen contrast. |
|  | Darkens the screen contrast. |

Getting Started

► Turning the Product On

The first time you use this product, a brief demonstration appears automatically. You may choose to view the whole demonstration, or stop it at any time.

1. Press **ON/OFF**.
2. Press **CLEAR** to stop the demo.

✓ Help is Always at Hand

You can view a help message at virtually any screen by pressing **HELP**. Press ↵ to read it. To exit help, press **BACK**.

✓ Changing the Screen Contrast

You can change the screen contrast at any list screen by pressing ⇐ repeatedly to lighten the contrast or ⇒ repeatedly to darken the contrast.

Changing Settings

► Viewing the Tutorial

There is a tutorial in the Diet and Nutrition Guide. The tutorial gives a list of the product's keys and their functions.

1. Press **MENU**.
2. Press **ENTER** to select *Tutorial*.
3. Press **↓** to read text.
4. Press **CLEAR** when done.

► Changing the Font Size

You can change the type size to either small or large. With small font selected, you can view three lines of type; with large font you can view two. NOTE: Throughout this Guide, the large font will be used for the illustrations.

1. Press **MENU**.
2. Highlight *Small Font*.
3. Press **ENTER** to view the smaller font size.
4. Press **ENTER** to return to the larger font size, if desired.
5. Press **BACK** to return to the previous menu.

Changing Settings

► Setting the Shutoff Time

The shutoff time is how long the product stays on if you forget to turn it off.

1. Highlight **Set Shutoff**.
2. Press **ENTER**.
3. Highlight a time.
4. Press **ENTER** to select it.
5. Press **CLEAR** when done.

► Disabling the Demonstration

You probably do not want to view the demonstration every time you turn this product on. Here's how to disable it.

1. Press **MENU** from any screen.
2. Highlight **Disable Demo**.
3. Press **ENTER** to disable it.
4. Press **BACK** to return to the previous menu.

✓ About Auto-Resume

This product has an auto-resume feature, that will work if the demo has been turned off. You can turn it off at any time. When you turn it on again, you return to the last screen you viewed.

Searching for Generic Foods

The Generic Foods menu lists foods that do not have a specific product name. You can find the nutritional information for anything from lettuce to liverwurst.

1. Press **FOOD**.



abalone, raw
acerola

2. Type the letters of the food you are looking for, until the word is highlighted (e.g., *BREAD*).



bread
breadcrumbs

To erase letters press **BACK**.

3. Press **ENTER**.
4. Highlight a submenu item if needed (e.g., *WHITE*).



wheat reduced c...
white

Searching for Generic Foods

5. Press **ENTER**.

bread, white
Size: 1 slice

6. Press **↓** to read.

7. Press **CLEAR** when done.

✓ Another Way to Search for Food

You can also search for food entries by typing the first few letters of the food; then press **↓** to move down until the food name you want is highlighted.

✓ Viewing Full Menu Items

Some menu items are followed by ellipses (...), because they are too long to fit on one line. Press **.** to view the full menu item.

✓ What do “tr” and “--” mean?

If there is only a small amount of a particular nutrient in the food, the guide lists it as *tr* for trace. If a certain nutritional value has never been calculated, the guide lists it as --. Trace amounts are given in the *Understanding Calories and Nutrients* section of the Nutrition Text menu.

Searching for Restaurants

You can also check the nutritional value of food items from national restaurant chains.

1. Press **BRAND**.

15th Grand
3 Musketeers

2. Start typing the letters of the desired restaurant (e.g., *WENDYS*).

Wendys
Whatchamacallit

3. Press **ENTER** once restaurant is highlighted.
4. Select a Submenu item if needed (e.g., *SINGLE*).

Seafood Salad
Single

5. Select a sub-item if needed (e.g., *PLAIN*).

PLAIN
With Everything

6. Press **↓** to read.
7. Press **CLEAR** when done.

Comparing Brand Names

Now, you no longer have to go to the store to check nutritional values between products. In this next example you will compare peanut butter.

1. Press **BRAND**.
2. Start typing *JIF* until it is highlighted.
3. Press **ENTER**.
4. Highlight *CREAMY* and press **ENTER**.
5. Press **↓** to read.

Jif Creamy
Size: 2 tbsp

6. Press **BRAND**.
You can also press **BACK** twice to return to the Brand and Restaurant menu where you left.
7. Start typing *SKIPPY*.
8. Press **ENTER**.
9. Select *Reduced Fat Creamy*.
10. Press **↓** to read.

Skippy
Reduced Fat

11. Press **CLEAR** when done.

Recording Your Nutritional Intake

You can also record your daily nutritional intake. By entering all of the food that you consume in a day, you will be able to measure your Calories, Total Fat, Calories from Fat, and Sodium levels. You can use the Generic Foods menu or the Brand or Restaurant menu. For this example we will use the Generic Foods menu to enter a serving of bacon.

1. Press **FOOD**.
2. Start typing **BACON**.
3. Press **ENTER** when Bacon is highlighted.
4. Press **ENTER** at nutritional value screen.
5. Press **Y** to add this entry to Today's Total.



A screenshot of a handheld calculator screen. The display shows the text "b, ADD TO TODAY?" on the top line and "Si (Y/N)" on the bottom line. The screen is framed by a rounded rectangle.

6. Press **N**.
If you want to adjust the portion size, see "Adjusting Portions" (on pg 12).
7. Press **↓** to read.



A screenshot of a handheld calculator screen. The display shows the text "Today's Total" on the top line and "Calories: 109" on the bottom line. The screen is framed by a rounded rectangle.

8. Press **CLEAR** when finished.

Adjusting Portions

Often, the serving size that appears on screen is different than the amount that you consumed. In this example we will adjust the portion from three strips of Bacon to six strips.

1. Press **FOOD**.
2. Highlight *Bacon* and press **ENTER**.
3. Press **ENTER** at nutritional value screen.
4. Press **Y**.
5. Press **Y** to adjust the portion.
6. Type **2** to add two, three-strip portions (i.e. 6 strips) to your daily total.

How many? 24

If you consumed $1\frac{1}{2}$ slices of bacon, then you would type **.5** to add a $\frac{1}{2}$, three-strip portion.

7. Press **CLEAR** when finished.

✓ Typing Numbers

To type numbers, press the numbered keys (the top row of letter keys). NOTE: If you adjust the portions with a decimal the results may be rounded off.

Using the Personal List

The Personal List menu centers on the Today's Total that was created in the previous section.

► Viewing Today's Total

To view the calories that you have consumed that day, press **LIST** and select *Nutrition Counter*. Select *Today's Total* from the Nutrition Counter menu. You will then see the Calories, Total Fat, Calories From Fat, and Sodium that you have consumed that day.

► Starting a New Day

To begin totaling a new day's nutritional values, select *Start New Day* from the Nutrition Counter menu. Then press **Y**. This will clear the daily totals entry and include the values in the weekly average.

► Viewing Weekly Average

Once you have started a new day, you can view your nutritional average for the week by selecting *Weekly Average* from the Personal List menu. *Weekly Average* will average the last seven days recorded, not including today's total. If less than seven days were recorded, then only that many days will be averaged.

Using the Personal List

► Adding to Total

If you eat something that is not on any of the lists, and you know the nutritional values, you may enter the information yourself. Select *Enter Total* from the Nutrition Counter menu. You will then be able to enter totals for Calories, Fat Total, and Sodium.



**Calories: +
Total Fat:**

The guide will automatically calculate the Calories from Fat.

► Clearing Your List & Totals

If you want to clear both your daily total and the weekly average, then highlight *Clear Totals* and press (Y). This will erase all of your totals.

Using the Personal Meals Menu

If you have meals or recipes that you eat often, you may want to combine them into a personal meal. You can store up to 15 meals depending on the length of their name. You can create a meal using both generic foods and brand names in the meal. Then you can add those meals to your daily total, saving you much time. NOTE: If you create personal meals with shorter names (e.g., *mac* instead of *macaroni*), you will be able to store more meals.

► Adding a Meal

1. Press **LIST**, and select *Personal Meals*.
2. Press **ENTER** to select *Add a Meal*.



Add a Meal
Show a Meal

3. Type a name for this meal.
4. Select *Generic* or *Brand* depending on which list you want to choose from.
5. Highlight a food item, and press **ENTER**.
6. Press **Y** to add it to the meal.
7. Press **Y** to adjust the portion, if needed.
8. To enter more food, press **Y** and repeat steps 4 -7.

Using the Personal Meals Menu

9. Press **(N)** to end the meal.
10. Enter the number individual servings for this meal, and press **(ENTER)**.

► Showing a Meal

The purpose of having personal meals is to add those meals to your Daily Totals.

1. Select **Show a Meal** from the Personal Meals menu.
2. Highlight the desired meal, and press **(ENTER)**.
3. Press **(ENTER)** again.
4. Press **(Y)** to add the meal to today's total.
5. Press **(Y)** to adjust the portion.
6. Press **(CLEAR)** when finished.

► Deleting a Meal

If you no longer eat a specific meal, then you may want to delete that meal from your list.

1. Select **Delete a Meal** from the Personal Meals menu.
2. Highlight the meal you wish to delete.
3. Press **(ENTER)**.
4. Press **(CLEAR)** when finished.

Using the Nutrition Text Menu

The Nutrition Text Menu has four submenus that describe ways to change your diet and answer many questions you may have about nutrition.

► Nutrition Recommendations

The *Nutrition Recommendations for Healthy Eating* section contains four sections describing healthier ways to live.

1. Press **TEXT**.
2. Select *Nutrition Recommendations for Healthy Eating*.
3. Select an item.
4. Press **↓** to read.
5. Press **BACK** to go back.

► Understanding Calories and Nutrients

The *Understanding Calories and Nutrients* section describes the nutritional values given in this guide.

1. Press **TEXT**.
2. Select *Understanding Calories and Nutrients*.
3. Select an item.
4. Press **↓** to read.
5. Press **BACK** to go back.

Using the Nutrition Text Menu

► **Kitchen Tips for Healthier Cooking**

The Nutrition Guide also gives several good ideas on how to lower fat, cholesterol, and sodium in your cooking.

1. Press **TEXT**.
2. Select *Kitchen Tips for Healthier Cooking*.
3. Select a menu item.
4. Press **↓** to read.
5. Press **BACK** to go back.

► **Twenty Common Nutrition Questions**

The Nutritional Guide has also included 20 commonly asked questions about nutrition.

1. Press **TEXT**.
2. Select *20 Most Asked Nutrition Questions*.
3. Select a menu item.

Remember, if you cannot see the whole question, press **.** to reveal the full name.

4. Press **↓** to read.
5. Press **BACK** to select another question.

Appendix

Model SLM-110

- self-demonstration • screen contrast adjustment
- battery: 1 CR2032 3-volt lithium
- size: 6.9 x 10.1 x 0.8 cm. • weight: 1.6 oz.

Replacing the Battery

This product uses one CR2032, 3-volt lithium battery. Should you need to replace the battery, unscrew the screws on the back with a fine screwdriver and carefully remove the back cover. Then install a new battery, plus sign facing you, and replace the cover.

WARNING: When batteries lose power or are removed from this product, all information that you entered will be lost.

Cleaning and Customer Service

To clean this product, spray a mild glass cleaner onto a cloth and wipe its surface. Don't spray liquids directly onto the unit. Don't use or store your unit in extreme or prolonged heat, cold, humidity, or other adverse conditions. If you have a problem with your unit, refer to the warranty. If you purchased your unit outside the United States, contact the place of purchase to obtain warranty or repair information.

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