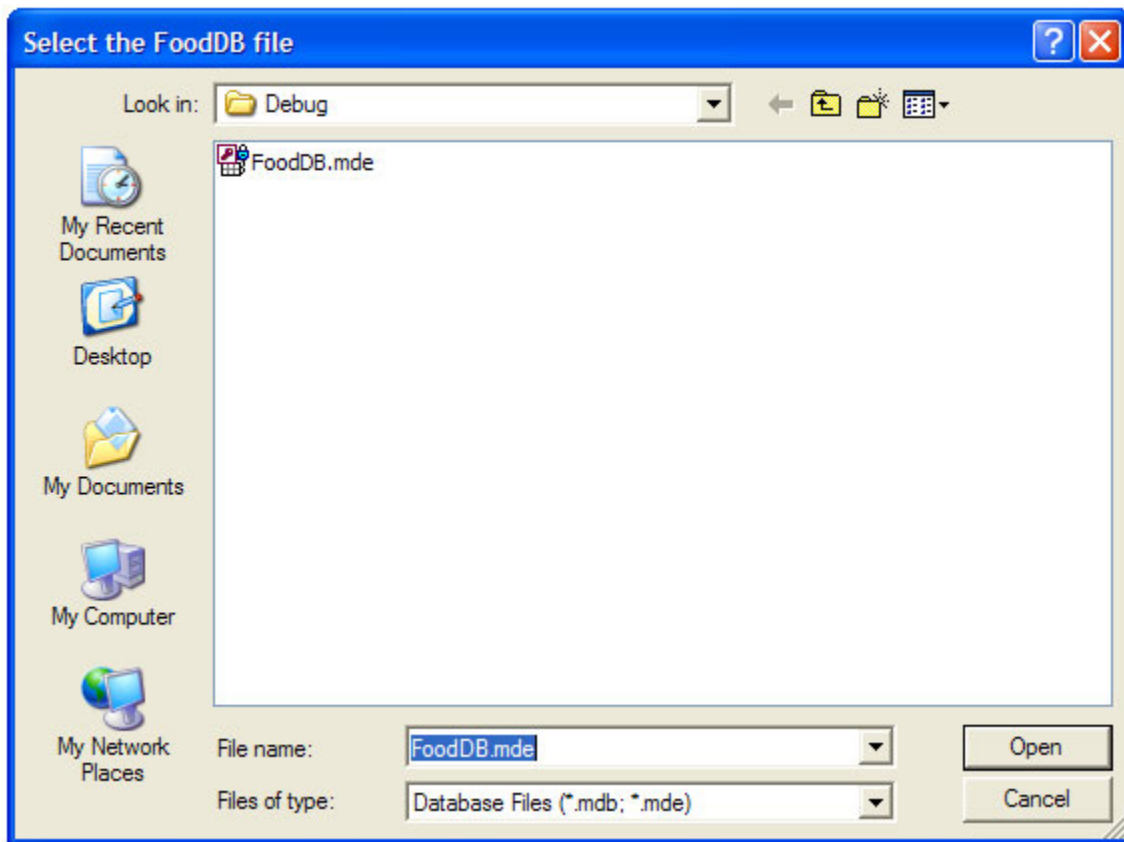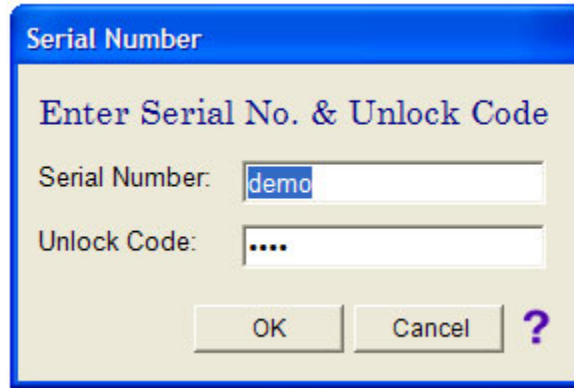# Food Tracking Database
Release 1.0

Please read through this whole document before you proceed.

1. For help installing the application, please first read the 'Read me.txt' file on the CD or in the 'FoodDB10.zip' file.

2. After installing the application, open it by double clicking the application's icon on your desktop. The first window you will see is:

Select the 'FoodDB.mde' and click 'Open'. Before you do this, however, it is possible for you to locate the 'FoodDB.mde' anywhere you want; including on a server so it can be shared by multiple users. Then when you get this screen, locate the file on the drive where you moved it.
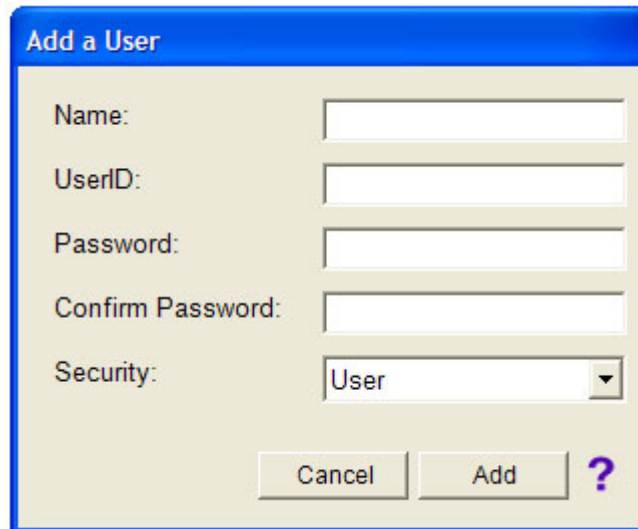
3. Next you will see this window:

You can test drive the application by just clocking 'OK', and you will be given a guest userid and password.

Enter in the Serial Number and Unlock Code you purchased, and click 'OK'.

If you did not receive a Serial Number and Unlock Code, please contact us via email at ken@kengilbert.net.

4. Next you will see this window:

This window allows you to enter in your user information so you can quickly get started. Your password must be at least 6 alphanumeric characters. Even though there are other security modes available, use the 'User' security to avoid any inadvertent data loss problems later on.

Make sure you remember your User ID and Password.

5. Next you will see this window:

The User ID and Password you entered in step 4 above will automatically show up in the Login window so all you have to do is click 'OK' to continue.

The next time you open up the application, this will be the first window you will see, without the User ID and Password already filled in. At that time, all you need to do is fill in your User ID and Password and click 'OK' to continue.

6. And finally you will see the main window for the application:

To get started, click on the 'Daily Foods' button, then click the 'Select' button to enter the date and your weight, and then you are ready to add foods you eat during the day.

7. Usability tips.

   a. The Food Tracking Database application includes over 12,000 food items from the U.S. Department of Agriculture, Agricultural Research Service. 2004. USDA National Nutrient Database for Standard Reference, Release 16-1. Nutrient Data Laboratory Home Page: http://www.nal.usda.gov/fnic/foodcomp.

     The food names used by the USDA are extremely long, and therefore become difficult to use. If you use one of these food items:
- 'Duplicate' it in the food list function
- Then 'Edit' the duplicated item, giving it a shorter name and changing the food group to one of your own.

   b. To find a food item, such as 'cream cheese', in the food database:
- Blank out the Food Group field.
- Enter "%cream cheese%" into the Food Name field.
- Then click the 'Done' button.

   c. The '?' in the lower right hand corner of each window is a context sensitive help. Click on it to get help with the window's functions.

   d. There are 2 users built into the application that cannot be removed or changed. They are:

UserId	Password
admin	admin
guest	guest