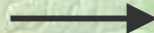



Glycemic Index Meal Planner

Pocket PC Version Tutorial

The main screen displays first. It represents a summary of all meals for the day. It is built from a Meal screen for each meal. You click on the first column of the meal you wish to build and it will load the appropriate Meal screen.

Click here
for the
Lunch Screen

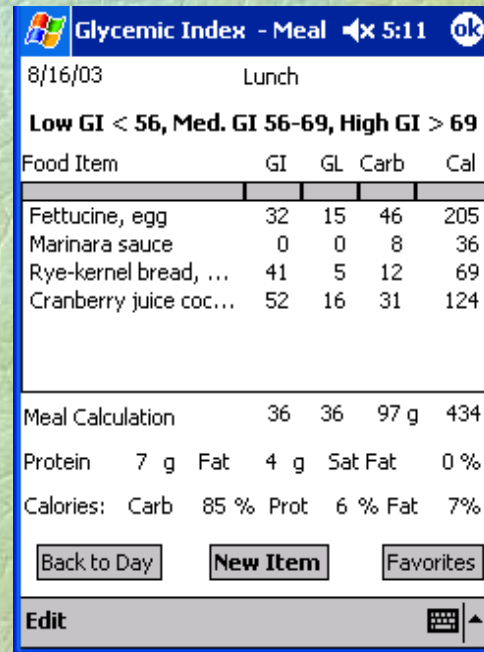


Glycemic Index - Day 8/16/03				
Click on a Meal below				
Low GI < 56, Med. GI 56-69, High GI > 69				
Meal	GI	GL	Carb	Cal
Brkfst	31	21	68	381
Snack1	56	10	19	136
Lunch	36	36	97	434
Snack2	41	15	36	223
Dinner	44	11	25	560
Snack3	45	13	29	188
Day Calcs	38	106	274 g	1922
Protein 103 g Fat 48 g Sat Fat 41 %				
Calories: Carb 56 % Prot 21 % Fat 22%				
<input type="button" value="Display History Log"/>				
Edit 				

Glycemic Index Meal Planner

Pocket PC Version Tutorial

The Meal screen is used to build the appropriate Meal. Food Items for the meal are selected by going to the Food Item screen by clicking "Select New Food Item".



The screenshot shows the 'Glycemic Index - Meal' screen on a Pocket PC. The title bar includes the date '8/16/03', the time '5:11', and an 'ok' button. The main content area displays the meal name 'Lunch' and the GI ranges: 'Low GI < 56, Med. GI 56-69, High GI > 69'. Below this is a table of food items with columns for GI, GL, Carb, and Cal. The items listed are Fettucine, egg; Marinara sauce; Rye-kernel bread, ...; and Cranberry juice coc... The table also includes a 'Meal Calculation' row and a 'Calories' breakdown. At the bottom, there are three buttons: 'Back to Day', 'New Item', and 'Favorites'. The 'Edit' label is visible at the very bottom of the screen.

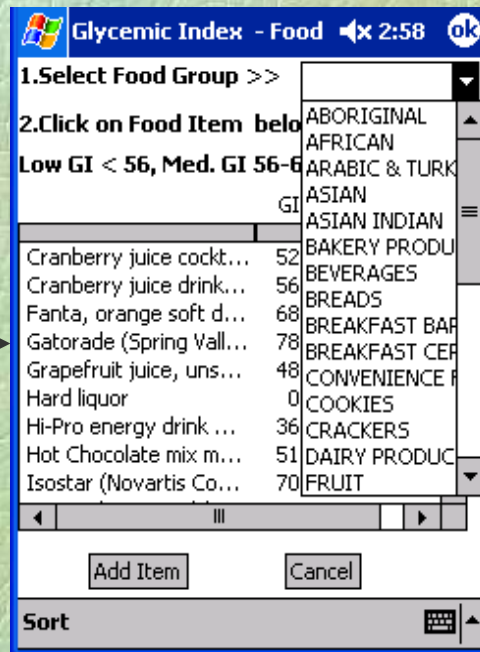
Food Item	GI	GL	Carb	Cal		
Fettucine, egg	32	15	46	205		
Marinara sauce	0	0	8	36		
Rye-kernel bread, ...	41	5	12	69		
Cranberry juice coc...	52	16	31	124		
Meal Calculation	36	36	97 g	434		
Protein	7 g	Fat	4 g	Sat Fat	0 %	
Calories:	Carb	85 %	Prot	6 %	Fat	7%

↑
Click

Glycemic Index Meal Planner

Pocket PC Version Tutorial

The Food Item Screen allows you to select first a Food Group, then select a Food Item from that Group.



Second, select
a Food Item

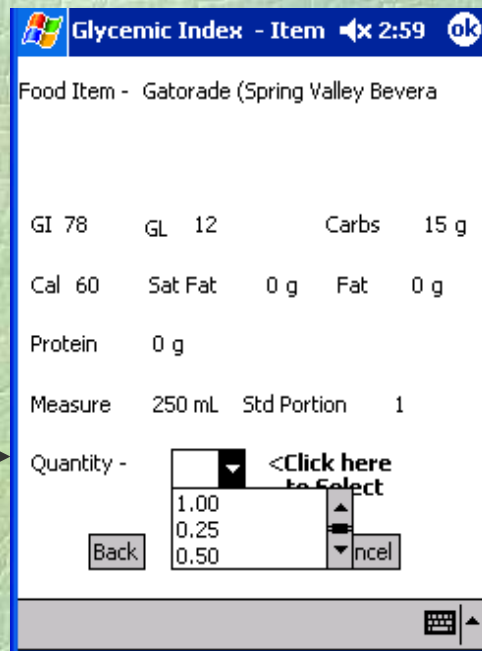
First, select a
Food Group

Glycemic Index Meal Planner

Pocket PC Version Tutorial

You can the select a quantity of the Food Item selected, and return to the Meal screen.

Click on a quantity of the Item →



Glycemic Index Meal Planner

Pocket PC Version Tutorial

8/16/03 Lunch

Low GI < 56, Med. GI 56-69, High GI > 69

Food Item	GI	GL	Carb	Cal
Fettucine, egg	32	15	46	205
Marinara sauce	0	0	8	36
Rye-kernel bread, ...	41	5	12	69
Cranberry juice coc...	52	16	31	124

Meal Calculation 36 36 97 g 434

Protein 7 g Fat 4 g Sat Fat 0 %

Calories: Carb 85 % Prot 6 % Fat 7%

You then can look at
your Meal as you build
it and see total meal
calculations



You can go back
to the Day screen
for total Day
calculations



You can select
another Food Item



You can go select a
Favorite entire
meal you have saved

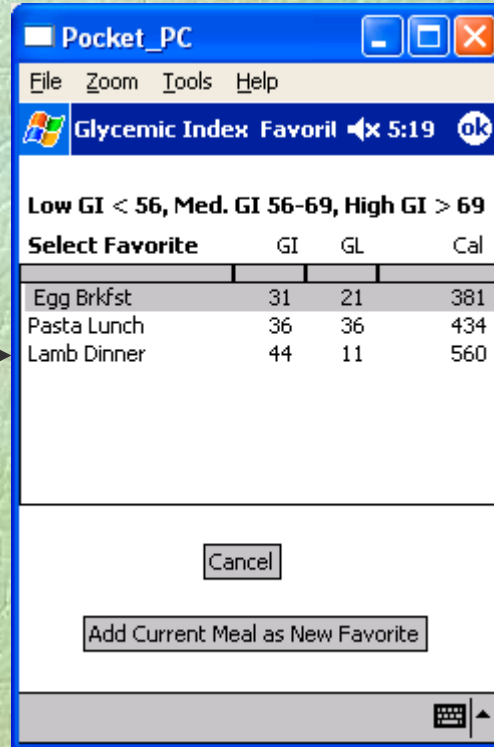


Glycemic Index Meal Planner

Pocket PC Version Tutorial

You can save a lot of time by saving favorite meals for later use. You can select one and then add to it on the Meal screen.

Select a
Favorite
by a click

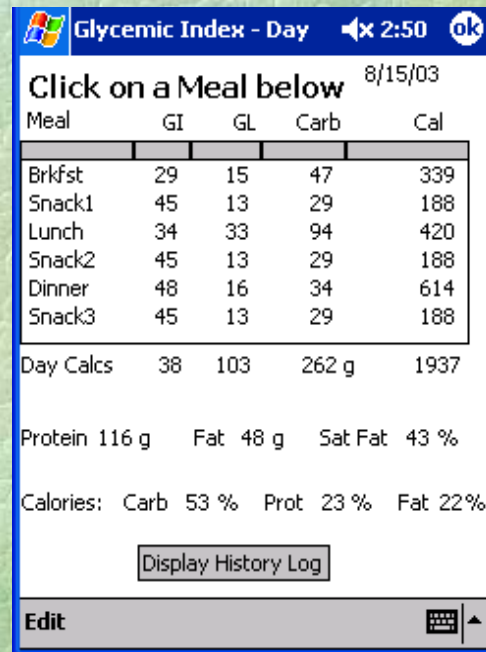


The current meal may
be added as a Favorite
with a click

Glycemic Index Meal Planner

Pocket PC Version Tutorial

The Day screen provides a summary of the day's meals and food calculations for the entire day.



Glycemic Index - Day 2:50 ok

Click on a Meal below 8/15/03

Meal	GI	GL	Carb	Cal
Brkfst	29	15	47	339
Snack1	45	13	29	188
Lunch	34	33	94	420
Snack2	45	13	29	188
Dinner	48	16	34	614
Snack3	45	13	29	188

Day Calcs 38 103 262 g 1937

Protein 116 g Fat 48 g Sat Fat 43 %

Calories: Carb 53 % Prot 23 % Fat 22%

Display History Log

Edit

A history is
maintained of past
day food values