

Glycemic Index Meal Planner

Palm 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 Meals - Day				
08/10/03 Click on a Meal below				
Meal	GI	GL	Carb	Cal
Brkfst	42	25	59	301
Snack1	55	36	63	341
Lunch	38	38	101	495
Snack2	61	17	26	195
Dinner	54	25	45	652
Snack3	57	19	33	198
Day Calcs 47 160 327g 2182				
Protein 92 g Fat 57 g Sat Fat 43 %				
Calories: Carb 59% Prot 16% Fat 23%				
(Display History Log)				

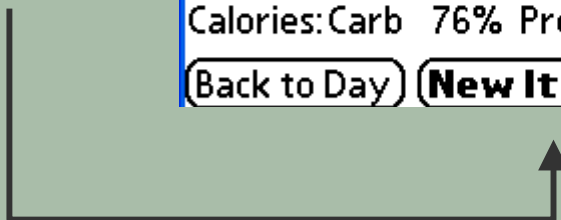
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The Meal screen is used to build the appropriate Meal. Food Items for the meal are selected by going to the Food Item screen by clicking "New Item".

Glycemic Index - Meal Detail				
08/10/03	Dinner			
Food Item	GI	GL	Carb	Cal
Fettucine, eg	32	15	46	205
Marinara sau	0	0	4	18
Apricot filled f	50	17	34	227
Gatorade (Sp	78	12	15	60
Meal Calculation 42 44 99g 510				
Protein 10 g Fat 9 g SatFat 33 %				
Calories: Carb 76% Prot 7% Fat 15%				
(Back to Day) (New Item) (Favorites)				

Click



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

Then, select a
Food Item



Glycemic Index - Food Items

1. Select Food Group
Low GI < 56, Med. GI 56-70, High GI > 70

2. Click on Food Item

Cranberry juice co	BAKERY PRODUCT...
Cranberry juice dr	BEVERAGES
Fanta, orange soft	BREADS
Gatorade (Spring \	BREAKFAST BARS
Grapefruit juice, u	BREAKFAST CEREAL
Hard liquor	CONVENIENCE FO...
Hi-Pro energy drin	COOKIES
	CRACKERS
	DAIRY PRODUCTS
	FRUIT
	GRAINS

[Add Item] [Cancel]



First, select a
Food Group

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

Glycemic Index - Item Detail

Food Item - Gatorade (Spring Valle

GI 78	GL 12	Carbs	15g
Cal 60	Sat Fat	0g	Fat 0g
Protein	0g		

Measure 250mL Std Portion 1

Quantity -

Click on a quantity of the Item

Then, click OK

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Back to Day New Item Favorites				

→ 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

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You can save a lot of time by saving favorite meals for later use. You can select one and then a

Select a
Favorite
by a click



Glycemic Index Favorite Meals			
Select Favorite	GI	GL	Cal
Marinara Pasta	43	57	614
Bagel & juice	55	36	341
Egg & toast	42	25	301

Cancel

Add Current Meal as New Favorite

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



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

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A history is maintained
of past day food values

