

Food Code Booklet



Nutrition Scale

Instruction Manual

Starting To EatSmart™

Thank you for your interest in the EatSmart™ Nutrition Scale. Our product is the most practical and comprehensive nutrition education scale on the market, allowing you to accurately and effectively understand and monitor the relationships between the portions you eat and their nutritional value.

The “**EatSmart™**” scale utilizes an internal food database containing 999 of the most commonly consumed American foods, which have been carefully selected because nutritional information is not readily available (i.e., fresh fruits & vegetables, meats, fish, etc.).

For packaged foods which carry a USDA Nutrition Facts label, the EatSmart’s Nutrition Facts Calculator allows you to quickly calculate the exact nutritional data as well. Simply weigh the portion on the scale, input the label’s nutritional information and the scale will calculate the amount of calories (or any other labeled nutrients).

All nutritional data was derived from the USDA *National Nutrient Database for Standard Reference No. 19*.

I hope you benefit from the information this product provides as much as my family does.

Bill Geronimo RPh
President
Health Tools LLC

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GETTING TO KNOW YOUR SCALE

Read the operating instructions and become familiar with the buttons and their functions. The buttons will allow you to select modes, enter numbers and save and display nutritional information.

The EatSmart™ Nutrition Scale has two modes to help calculate nutritional information accurately and is explained on the following pages in more detail.

- 1) The Normal Mode will calculate 12 nutrients from the 999 foods programmed into the scales memory.
- 2) The Nutrition Facts Calculator mode will calculate nutrients from a portion of food that comes with a Nutrition Facts Label on the side or back of a package, can or container.

TIPS

- 1) Make sure the scale is on a clean, flat surface
- 2) When placing a plate or bowl on the scale, make sure the weight is at zero before placing food on the plate. If not press tare.
- 3) All food should be weighed in edible form to provide the most accurate values without pits, rinds and skins unless specified.
- 4) Familiarize yourself with the food codes and write the most common food item down in the back of this brochure for easy reference.
- 5) Get into the habit of weighing food and eyeballing food in grams not ounces. Most nutritional information is displayed in grams especially the USDA required Nutrition Facts labels.
- 6) Use the 1/2/3/4 button to focus on key nutrients appropriate for your needs
 - 1-Diet and diabetes
 - 2-Cardiovascular
 - 3-Lipids
 - 4-Osteoporosis and warfarin users

FUNCTION KEYS

[ON/TARE/OFF] key

TO TURN ON- Press key once

TARE- (zero reset) press tare to zero any weight (positive or negative) on the scale.

TO TURN OFF- Hold key down for 5 seconds or scale will automatically shut off if not in use for 2 minutes.

[MODE] key- Press to switch between the Nutrition Facts Calculator (for calculations using packaged foods) and the Normal Mode (food database) that uses the 999 food codes that are programmed into the scale. The default, when you turn the scale on, is the normal mode.

[1/2/3/4] key- Press repeatedly to see 3 different nutritional values displayed each time as follows:

- 1-Calories, Carbohydrates, Fiber
- 2-Sodium, Potassium, Magnesium
- 3-Total Fats, Sat. Fats, Cholesterol
- 4-Calcium, Protein, Vitamin K

[M+]/[MC] [MR/MC]-Memory function-works in Normal Mode only.

Press M+ (memory add) to save a nutritional values to memory.

You cannot continuously press M+. You must press tare or remove the previous food (zero scale) in order to add and save the next entry.

To recall memory press MR/MC to see the total for the nutritional values stored. □MXX will appear on the LCD screen. Press MR/MC again to return to normal mode.

To clear memory press MR for □MXX to appear on LCD screen, then press and hold MC to clear memory.

[g/oz] key- Normal Mode only

Press button to toggle between grams and ounces. (28g=1oz)

[SERV] key- Calculator Mode only

Press key to enter serving size, **in grams**, as listed on the Nutrition Facts package label

[NUTR] key- Calculator Mode only

Press key to enter Nutrition Fact weight (i.e. calories, carbohydrates, potassium) in either g, mg or mcg as listed on the Nutrition Facts package label.

[=] key- press to calculate nutritional value of food being weighed

NORMAL MODE

For 999 Foods Programmed Into The Scale

3-DIGIT FOOD CODE			
Σ M88		WEIGHT OF FOOD ON SCALE	
1. CALORIES 2. SODIUM 3. TOTAL FATS 4. CALCIUM		1. CARBOHYDRATES 2. POTASSIUM 3. SAT. FATS 4. PROTEIN	
1. FIBER 2. MAGNESIUM 3. CHOLESTEROL 4. VITAMIN K			
CALO	SOD	T.FAT	CALC
CARB	POTA	S.FAT	PROT
FIB	MAGN	CHOL	VIT K

Press “ON” key and the LCD will light for 2 seconds.

The “TARE” key can be used to zero the weight on the scale if you place a plate on the scale after you turn the scale on.

Place a food item on the plate or dish.

Enter a food code- use the numeric keypad to input the three digit code (Refer to the food item in this manual). The code will appear in the upper left corner of the LCD. To make a correction press CLEAR.

The nutritional values will appear on the bottom of the LCD display- press 1/2/3/4 one at a time and see values in the following sequence:

- 1-Calories, Carbohydrates, Fiber
- 2-Sodium, Potassium, Magnesium
- 3-Total Fats, Sat. Fats, Cholesterol
- 4-Calcium, Protein, Vitamin K

To save a food’s nutritional content to memory, press M+.

To add another food to your plate (build a meal) press tare , enter a new 3 digit food code, place food on tray and press M+ to save. Repeat to save a total of 99 food items and their nutritional readings.

NUTRITION FACTS CALCULATOR MODE

Used For Food That Comes With A Nutrition Facts Label On The Side Or Back Of Package, Can Or Container

SERVING SIZE (g)	NUTRITION FACT	NUTRITION FACT OF PORTION ON SCALE
CALCULATE MODE		WEIGHT OF FOOD ON SCALE
CALCULATE MODE		WEIGHT OF FOOD ON SCALE

Place plate on scale and press tare. Place food portion on scale.

Press MODE key to switch and Calculate will light up in the LCD.

To start: Press “SERV” and enter the serving size in grams from the Nutrition Facts on the side or back of the package.

Press “NUTR” and enter a nutritional value in grams or mg.

Press = to determine the nutritional value of the portion on the scale.

EXAMPLE: To determine calories enter 51g for serving size (SERV) and 237 calories for nutrient (NUTR). Press (=) to calculate the calories in the portion you place on the scale.

To repeat for another nutritional value where the portion size remains the same.

Press and Hold the “=” key to erase NUTR value only. To calculate another food item with a different serving size, press clear to start over.

Press mode to return to the Normal mode.

Nutrition Facts	
Serving Size	(51.0 g)
Amount Per Serving	
Calories	237
	Calories from Fat 82
Total Fat	9.1g
Saturated Fat	3.6g
Polyunsaturated Fat	1.2g
Monounsaturated Fat	3.5g
Cholesterol	1mg
Sodium	26mg
Total Carbohydrates	33.5g
Dietary Fiber	4.2g
Sugars	11.5g
Protein	5.3g

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		LEMON, W/O PEEL RAW	036
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APPLES, W/O SKIN, RAW	004	ORANGE RIND, RAW	041
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ALL WHITE MEAT, ROASTED	433	WING, MEAT ONLY, ROASTED	470
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CRAB (DUNGENESS), RAW	634	MARG STICK, FROM CORN OIL	667
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GRAIN GROUP

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SOY FLOUR, FULL FAT	761
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MIXED GRAIN, TOASTED	785	NOODLES, GLASS, DEHYDRATED	820
OAT BRAN	786	NOODLES, CHOW MEIN	821
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PITA (WHITE)	788	NOODLES, EGG, UNCOOKED	823
PITA (WHOLE WHEAT)	789	NOODLES, RICE, COOKED	824
PUMPERNICKEL	790	NOODLES, RICE, UNCOOKED	825
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GRAIN GROUP		NUTS AND LEGUMES	
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CRACKERS, SALTINES, LOW SODIUM	852	MACADAMIA, DRY RSTD, SALTED	886
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CRACKERS, WHOLE WHT, LOW SO	854	MIXED NUTS, DRY RSTD, SALTED	888
CROUTONS, PLAIN	855	MIXED NUTS, DRY RSTD, UNSLTD	889
CROUTONS, SEASONED	856	MIXED NUTS, OIL RSTD, SALTED	890
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PANCAKES, BLUEBERRY, HOME PREP	859	PEANUTS, DRY RSTD, UNSALTED	893
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BLACK EYED PEAS, RAW	907	BAY LEAF	940
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FAVA BEANS, BOILED	910	CELERY SEED	943
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GREAT NORTHERN BEANS, RAW	913	CILANTRO OR CORIANDER, DRIED	946
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LIMA BEANS, BOILED	919	DILL SEED	952
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SUNFLOWER OIL	989

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MILK, REDUCED FAT (2%)	993
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MILK, SOY	995
MILK, WHOLE (3.25%)	996
SPIRITS (ALL 80 PROOF VARIETIES)	997
WINE, RED	998
WINE, WHITE	999

PRODUCT CARE

Care and Cleaning

When lifting the scale pick it up from the base and not from the glass. Place the scale on a flat surface.

Clean the scale with a damp cloth. Never immerse in water, it is not waterproof.

Never use abrasive cleaners.

Store flat in low humidity.

Remove the batteries if you store the scale for a long time.

To change the batteries, remove old batteries and replace with 4 new AAA batteries with the + end oriented as shown in the battery compartment. Then snap the door back into place.

The display value may be affected by electromagnetic disturbances from other electronic equipment that operate near your scale, such as radios, microwaves, cell phones, etc. If this occurs, move the device that is causing the disturbance and turn the scale off and restart.

Weighing items over the maximum weight capacity will cause an error to display. Immediately remove overweight items to avoid causing permanent damage to the scale.

Scales have delicate sensors, so avoid rough treatment, shaking and vibration.

WARRANTY

Health Tools LLC. warranty covers defects in material and workmanship of the product under normal use for a period of two (2) year from the date of purchase. The warranty does not cover damages resulting from misuse, abuse, immersion, normal wear and tear or unauthorized modification. You are solely responsible for failure of the product which results from misapplication, alteration or abuse of the product, and Health Tools assumes no liability as to the consequence of such events under the terms of the warranty.

Go to www.eatsmartproducts.com to fill out the warranty information.

While Health Tools LLC has made every reasonable effort to provide clear and accurate technical information about the application of this product, Health Tools assumes no liability for any events arising out of the use or inability to use this technical information

Our Exclusive Limited Warranty is extended only to the original end-user of the accompanying Eat Smart Nutrition product. The limited warranty is valid only within the borders of the United States.

Eat Smart Nutrition will repair or replace, without charge for labor and parts, any defective product or component. If a malfunction occurs, contact Health Tools for warranty service information and a return authorization number (RAN).

Contact customer service at support@eatsmartproducts.com.

Along with the (RAN), please include a letter indicating the specific reason for returning the unit. We will repair or replace it (at our option) at no charge to you. Please include a \$10.00 check or money order to cover return postage or handling.

Nutritional Data—the selection of foods and their nutritional values were derived from the USDA *National Nutrient Database*. The nutritional value of food may vary to some degree and should be used as a guideline to nutritional goals. Health Tools cannot assume any liability related to the accuracy and completeness of this information, nor to the way the information is used by the consumer.

Product Specifications

999 Food Items
12 nutritional values
Memory 99 entries
Auto Shut Off: after 2 minutes idle
Capacity: 100oz/3000grams
Weigh mode: grams, ounces
Power Source: 4AAA batteries