INFODEV DIET POINT CALCULATOR FOR JAVA ENABLED DEVICE
Version 1.0
User's Manual

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Introduction

Diet Point Calculator is a simple and user friendly calculator for weight watchers. It will help you to eat the right food and avoid the over weight. Keep your health in a good condition always.

Description

Diet Point Calculator is a User-friendly Organizer and calculator to calculate the diet point. Weight Watchers Points Plan is a hugely successful weight loss program that focuses on balanced low fat nutrition, exercise.

Every item of food has a Weight Watchers point's value based on its nutritional content. All foods are assigned a points value based on the Weight Watchers Points system. This is dependent on the serving size, the number of calories, the amount of fiber grams, and the amount of fat grams in the food. The higher the fat grams, the more points in that food. The higher the fiber grams, the less points. The amount of points each dieter should have daily is based on their body weight, and how much they are trying to lose.

Any number of entries can be added with user's choice.

This powerful Diet Point Calculator will keep record more than one entry, in fact as many as you like.

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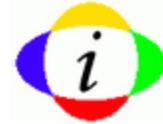
Some examples of Weight Watchers Points assigned to foods are shown in the following table, using a Weight Watchers Points calculator would yield a similar result:

Food	Calories	Fat (g)	Carbohydrates (g)	Fiber (g)	Weight Watchers Points
Medium Fries	450	22	57	5	10
Quarter Pounder with cheese	430	30	38	2	13
Cheeseburger	330	14	35	2	7
Big Mac	590	34	47	3	14
Corn on the Cob	140	2	34	2	3
Low-fat Grilled Chicken Pasta	873	8.9	134.3	10.3	17
Low-fat Asian Chicken Salad	714	9	121	9.6	14
Low-fat Brownie Sundae	326	3.2	72	4.6	6

Points Allowance

To find out your points allowance get a Weight Watchers book or go to Weight Watchers. For example someone of my age and height its 26 points. My total points for food I consume each day must not exceed that number.

This tool calculates points by using the patented formula used by Weight Watchers. You could use a calculated instead but this utility is quicker and easier because you only have to input the nutrition figures.

Your Daily Points Allowance

Your points allowance should really be established at a Weight Watchers meeting but as a guide ...
Women
- Under 10 stone........18 points
- 10-12 stone.............20 points
- 12-14 stone.............22 points
- 14-16 stone.............24 points
- 16-18 stone.............26 points
- More than 20 stone.30 points

Men and Young People up to 16 years
- Under 10 stone........24 points
- 10- 12 stone...........26 points
- 12- 14 stone...........28 points
- 14- 16 stone...........30 points
- 16- 18 stone...........32 points
- 18- 20 stone...........34 points
- More than 20 stone.36 points

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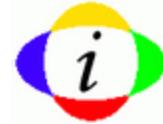
Fiber

The fiber box is optional, but this Diet Point calculators use it. Adding a fiber value to the calculator will lower the points calculated. The theory being that food which is high in fiber will speed up you metabolism very slightly and push the food threw you faster giving your body less time to adsorb the fat and calories. If you agree with this theory then input the fiber value that is display in the nutrition table on the back of the food packet. Only the first 4 grams of fiber are calculated.

Pros and Cons of the Weight Watchers Points System

Pros

Many people often skip breakfast or lunch, believing this will help them lose weight. Consequently, the body turns into starvation mode and slows down the body's metabolism rate. As a result, any fattening food that is consumed gets stored as fat. Weight Watchers Points system is a good program, which balances proper nutrition, counseling and exercise. Dieters are never left hungry or feeling lethargic - in fact, dieters often report they are eating more on Weight Watchers Points program than normally. The food consumed is just more nutritious.
There are many testimonials from people who are happy with Weight Watchers Points program, and they DO have a good diet program. Dieters are also able to keep the materials (which are very good and informative), and are able to try to do-it-themselves without going to the meetings.
Weight Watchers is one of the good guys in this industry of pill pushers and unscrupulous "experts." The Winning Points Plan does an effective job of teaching portion control and educates the dieter on what nutritional value certain foods have. It is the program to choose if you feel you need face-to-face support.
It takes the fuss out of losing weight. Dieters have the freedom of choice - there is no off-limits food and it is flexible enough to use every day, even if you have a very busy schedule.

Cons

Although the Weight Watchers Winning Points Plan has its merits, it relies too heavily on gimmicks. Overweight people should follow the lifestyle and food habits.

If one seriously wants to lose weight and keep it off, they need to think more comprehensively about the foods they eat without the confusing points scheme. The program also does not put a priority on exercise - which is essential for long term health and weight control.

On average only 5% of dieters succeed beyond 5 years in keeping off the weight. This is achieved through long term therapy which can become very expensive and can potentially prevent the development of self-reliance and self-discipline.
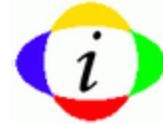
7 Dont's after a meal

*   **Don't smoke**- Experiment from experts proves that smoking a cigarette after meal is comparable to smoking 10 cigarettes (chances of   cancer is higher).

*   **Don't eat fruits immediately** - Immediately eating fruits after meals will cause stomach to be bloated with air. Therefore take fruit 1-2 hr after meal or 1hr before meal.

*   **Don't drink tea** - Because tea leaves contain a high content of acid. This substance will cause the Protein content in the food we consume to be hardened thus difficult to digest.

*   **Don't loosen your belt** - Loosening the belt after a meal will easily cause the intestine to be twisted & blocked.

*   **Don't bathe** - Bathing will cause the increase of blood flow to the hands, legs & body thus the amount of blood around the stomach will therefore decrease. This will weaken the digestive system in our stomach.

*   **Don't walk about** - People always say that after a meal walk a hundred steps and you will live till 99. In actual fact this is not true. Walking will cause the digestive system to be unable to absorb the nutrition from the food we intake.

*   **Don't sleep immediately** - The food we intake will not be able to digest properly. Thus will lead to gastric & infection in our intestine.

Professionally and newly designed user-interface that speeds up Data Entry and Easy Viewing.

Working
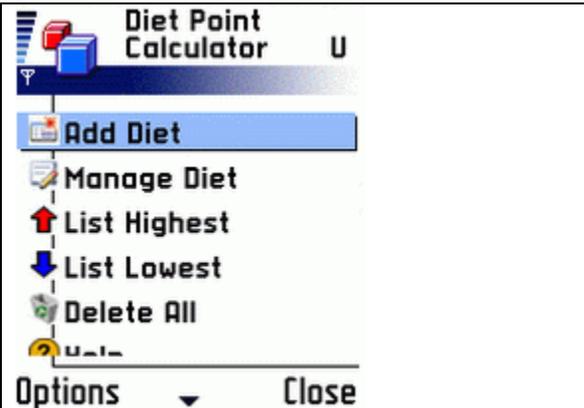
Diet Point Calculator U Add Diet Manage Diet List Highest List Lowest Delete All Help Options ▾ Close	Select the Add diet to create a new diet entry for the person. Input the calories, fat and fiber, select the calculate menu to calculate the diet point and save it using save menu.
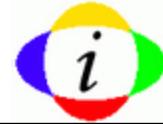
Add Diet 2/5 06:55 21/06/2006 Name* John Calories(Kcal) 200 Fat (g) 50| Options ◆ Close	To retrieve the diet point, Select the Manage diet menu. The person name with diet point will be listed, select the name and click the view menu to retrieve the diet point information.
Add Diet 0/10 ABC 200 Fat (g) 50 Fiber(g) **Calculate** Save Exit Select ▲ Cancel	To store the diet point, select the save menu after the calculation. The diet point for the person will be saved. To edit/ delete operations, select the item in the list and click the edit / delete menu item.
Manage Diet Point 6/24 John 11.28 6/24 John 7.73 6/24 John 7.36 Options ▾ Close	To list the highest and lowest diet point, select the respective menu and the value will be listed. The highest and lowest diet point will be listed.
Diet Point Calculator Add Diet Manage Diet ⬆ **List Highest** ⬇ List Lowest Delete All ? Help Options ◆ Close	Delete All: Select the Delete all menu to delete the complete Diet Point Calculator Database. Select the help menu for brief help for diet point calculator.
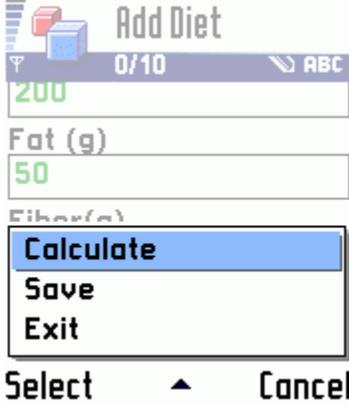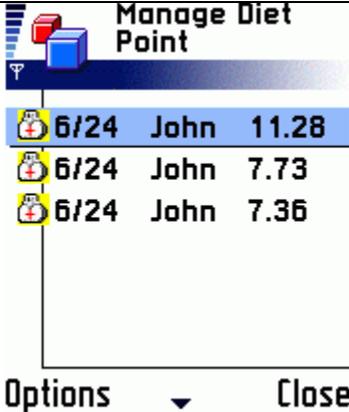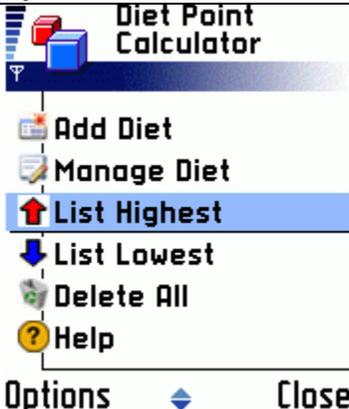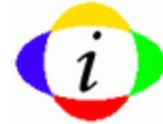
Key Features
Diet Point Calculator features include: -

1. Simple and Easy to use.
2. Easy data entry.
3. Covers almost all the Diet information.
4. Edit and Delete options are provided.
5. It can store any number of diet entries.
6. All data can be retrieved at any point of time.
7. Highest and lowest point will be listed.

All the detail and information is right in your hand. Remember it's for you!!!!!

And rest you feel by your self...

What's New?

Diet Point Calculator Version 1.0 has advanced organizer tools. The product is enhanced with more graphics and images.

Requirements

Desktop PC:

Processor: PC with a Pentium II-class processor, 450 MHz or higher (Pentium III-class, 600 MHz recommended).
Memory: 256 MB RAM (recommended).
One of the following operating systems on your Desktop Computer:
        MS Windows 95/98/Me, MS Windows 2000/2003, MS Windows XP.

Java Enabled Device:

Device: Java Enabled Mobile Phone.
    MIDlet-Info-URL: www.infodevtech.com
    MIDlet-Jar-Size: 30KB
    MIDlet-Jar-URL: Dietpoint.jar
    MIDlet-Name: Dietpoint
    MIDlet-Vendor: Infodev Technologies, Inc.
    MIDlet-Version: 1.0
    MicroEdition-Configuration: CLDC-1.0
    MicroEdition-Profile: MIDP-2.0
Memory: 700 Bytes of free memory space.

PC Synchronization software with cradle- provided by manufacturer.
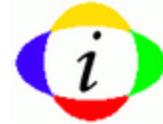
TO INSTALL / UNINSTALL:

Installation Instructions

Install the Dietpoint.jad / Dietpoint.jar into the mobile device the mobile device using the PC sync software.

Uninstallation / De-Installation:

Remove the Dietpoint.jad / Dietpoint.jar from the mobile device using remove/uninstall option.

GENERAL ISSUES

·   If the PC synchronization is failed, Please connect the cradle properly and try again.

·   If a network card is inserted in the CF slot and the device is on battery power, the device will not shut off automatically after you, a reminder, or an alarm powers the device on. The device will remain on until it runs out of power, regardless of whether the network card is actually in use or not.

FAQs

1. The downloaded program is not working properly.
Please re-download the program using your Order/Purchase ID.
2. Program Setup is not running properly.
Please uninstall the program and reinstall it.
3. Program installed properly, but unable to open.
Please check the program, available in the device.

Updates & Fixes

Infodev products are regularly updated, usually every **6-12** months. If you have problems or need new features, then make sure you check whether a new version is available at www.infodevtech.com

This file contains product information, documentation, and troubleshooting tips. For further troubleshooting and performance information, help@infodevtech.com.

Technical Support

Free technical support is available to registered users.

While technical support is available to unregistered users this is provided at our discretion. This means that if there is free time at the end of the day and as long as the questions are not in the FAQ (documentation, web page, etc.) then they will be dealt with.

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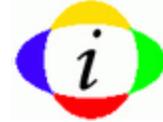
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Your Support Team is working 24 Hrs a day, So User can avail 24 Hours / 365 Days
Email Customer Support.
If you have any doubts and clarification regarding this product, please mail us with
product name and purchase ID as subject, so that we can continue to assist if need.
Our email ID: support@infodevtech.com

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☠ WARNING!!! ☠

**IT IS STRONGLY RECOMMENDED THAT YOU SAVE/CLOSE EVERYTHING YOU ARE WORKING AT
(open documents, files, etc.) INSTALLATION OF THE PROGRAM. THE PROGRAM WAS TESTED
FOR INCOMPATIBILITIES BUT YOU NEVER KNOW…**

If you find no problems then you can cool down. But **do** save regularly.

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