

Nutrition Tracking Software

Contributed by Toma Grubb
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Double click any word on this page for a definition.

Courtesy Webster's On-line Dictionary

System Requirements: All versions of The nutrition tracking software offered require a PC running Windows 98, Windows Me, Windows XP, Windows 2000, or Windows NT. 32 Mbytes of RAM are required, but 64 Mbytes or more is recommended. A minimum screen resolution of 800 x 600 pixels minimum is required (1024 x 768 pixel resolution is recommended). Sorry, no Mac versions are available.

All the Knowledge and information presented in these web pages are pretty useless without an easy practical way to put it to use. The way to put it to use is good nutrition tracking software, and I have found Great nutrition tracking software!!

Early in my search, I realized I needed a way to monitor and track what I ate. I tried several options. I am very dollar conscious and at first tried to save money with what I thought was a reasonable choice. Soon I realized I had just wasted \$100. It was a small hand held counter that tracked about 2000 foods and had really poor computer interface software that I was never able to get to work right. I began searching, comparing and trying as many different nutrition tracking software options as I could. Then I discovered the nutrition tracking software I am about to share with you.

This nutrition tracking software has so many features the others lack that there really is no comparison and it isn't much

different in price. In fact the least expensive option with this nutrition tracking software is far better than some far more expensive options. You will be able to do for your self, at a lower cost, what the "Personalized Diet" plans will do for a lot more money.

This alone makes it a good deal. What I find much more important, is with this nutrition tracking software, I am able to select the foods I want and be able to keep them in perfect balance.

This perfect balance has brought me from deaths door to totally normal blood test results, and good health in just three months and I can prove it. I will give permission to check my Veterans Administration records to any US Licensed DOCTOR who wants to verify what I claim. (That Doctor will then report back his/her findings to be posted on this or any other site.)

Studies have shown that people who use nutrition tracking software to track their nutrition are far more successful in reaching their goals. You are able to balance your nutrition like never before. Face it, even after you learn the proper nutrition goals, with out weighing measuring and using nutrition tracking software to take total control of your nutrition you are just guessing and probably are way off balance. With out the nutrition tracking software I was not able to bet my Blood glucose under 140 mg/dl even while I was on metformin. Now, after applying proper nutritional guidelines and doing it very accurately with the use of this nutrition tracking software, my fasting blood glucose is constantly, below 100mg/dl where it should be. After only three months My doctor took me off meds all together and my Blood glucose readings are still where they belong. You can read more about this in Toma's Story.

They say a Picture is worth a thousand words!!

I am showing just a few pictures of the NB Personal plus edition. I Started with the NBEZ edition. My mother and sister are using the EZ edition and my wife and I have moved up to the NB Personal Plus edition. I found I wanted more

and the NB Personal Plus edition certainly delivers. There are many more features than I will be talking about.

The first thing you will see when you open the software for the first time, or when you add an other family member is the first of three pages that gather information about you and helps you set the nutritional goals that are right for you. The information you input at this phase will be used by the nutrition tracking software to generate a plan that is custom tailored to your specific needs. (This could even be used with some of the really wacky and dangerous diets floating around these days but it is highly recommended that you use it responsibly with nutritional concepts that are recognized by the major health institutions.) I am striving on this site to only give you highly documented information from: The Center for Disease Control, National Institute of Health, The National Library of Medicine, and any other credible source I can find. These in-depth documents can be found in our Library, Reading Room, and on other parts of this web site. You are highly cautioned to consult your doctor or nutritionist before making any changes in the way you eat or exercise. While what I am doing is working extremely well for me, it may not be right for you.

The information you enter the first time you sign into the program or when you add an additional family member will be used to create custom plans for each individual you enter.

Then, as the program is used it will show you your progress in an easy to read screen that is easy to understand. There will be graphs and reports to assist you in reaching your goals. The window you will see will look like the one to the right. You will be able to see, on a daily basis, how you are progressing. You will also see trends developing. On the graph you will see on a daily basis whether you are over, under, or right on your long term goal. The long term goal is the pink line in the graph. The yellow line is your actual weight. This graph can show either your weight, your Body Mass Index (BMI), or both.

The calendar will allow you to go back to previous days to enter or edit the data for that day. You can also view your intake for a particular meal and modify it.

As you begin to use the nutrition tracking software there will be prompts every step of the way to assist you in learning to use it.

One of the first things you will want to do is learn how to plan and track your nutrition. If you will notice the "PCF" Ratio in red at the top of the window, what appears to be a good "healthy meal" is actually pretty far out of balance. This is pretty much how most of us eat when we think we are "doing it right." By planning a meal before it is eaten we can balance it fairly well. Each item in the meal can be adjusted by portion size to bring it into closer balance. You can read more about this balancing approach in the book "The Insulin-resistance Diet" which is available

in the store section of this web site. This balancing approach is essential for diabetics, good for anyone and what is largely responsible for the quick turn around in my health. It would not have been possible without this nutrition tracking software. You will notice you are also tracking other things you need to watch like sodium, saturated fats, cholesterol, fiber and calories. Each of these, or all of them are important to the nutritionally challenged. You will notice by all the buttons on the right side of the window this program does a lot more than I am talking about.

It is simple to enter a food into your meal plan. Just go to the main task bar and click on the search button.

like I told you this nutrition tracking software does a lot. Each of the buttons on the tool bar takes you to a screen, each of which as you are beginning to see also has several options. To plan a meal or log/track

what you have eaten you need to get a food from the data base. To do this you will want to be able to search for a particular food. This nutrition tracking software uses a compilation of several research quality food data bases. At first it may seem a bit confusing having to type in a food and

then select a category, but the need for this will become very clear very fast. Most of the other tracking software and devices I have seen only have 2000 to 7000 foods in their data base. This nutrition tracking software has over 30,000. With this many foods you will soon discover that if you were to search for Tomato for example you would find many different items with tomato in the name. (Tomato soup, sun

dried tomato, sardines in tomato sauce, etc.) It helps tremendously to be able to narrow it down a bit. The other nutrient trackers track just a few nutrient values. Most track between 7 and 12 nutrition values. Depending on which version of this nutrition tracking software you decide on it will track from 30 nutrients for the least expensive version (available from \$34.95) and 88 in the most expensive family version which

will also track up to 10 family members. The most expensive version is still available for only \$69.95. This is a real bargain for a family when you consider what good nutrition and the resulting good health will save you in medical bills. Just one doctor's visit can pay for it. Even

with this many foods, brand names and restaurants in the huge data base, there are always new brands, new foods, ethnic foods and some of your personal recipes that aren't in the data base. No problem! You can add as many foods as you like, even your favorite restaurant menu items if they have the nutritional breakdown of their menu items. If they don't, ask for the recipe and offer to do the nutrition numbers for them. You will have it in your data base. They will be able to provide the information to their other customers. They may even comp. you a meal or two for the valuable service you do for them.

This, in and of itself, is enough to make this better than anything else in its price range. This nutrition tracking software has many features that can not be found in any of the competitors. If you are ready to buy now, the buy now button will take you to the order page.

