

Diet Sleuth™ Version 5.2.0

Introduction

Diet Sleuth is a program which allows you to track your nutritional intake for a given day. It draws from a database of over 6000 different foods which provides information on the calories, fat grams, carbohydrates and protein within each food, as well as other nutritional data.

Diet Sleuth is a useful tool to monitor what you eat. As always, you should check with your doctor before undertaking any type of diet.

Below is a list of the features included in Diet Sleuth, as well as a brief description of each.

Main Window - This is the primary screen for Diet Sleuth, and will be the one used most frequently. It includes access to the food lists, your list of foods consumed that day, and the nutritional breakdown of each food as well as the totals for the day.

Custom Foods - In order to add foods not in the database, there is a food edit window, which allows you to add in new foods from their nutritional information, as well as change the nutritional information for existing foods.

Recipe Editor - Diet Sleuth will figure out the nutritional value of a serving of any recipe you may desire to prepare by using the Recipe Editor. Enter in the total amounts of each ingredient, how many servings it makes, and the program will figure out the nutritional values per serving and place the food in the main food database, for your use.

Reports - Choosing this option will organize a printable report of your daily food consumption and nutritional information.

There are also several other functions that may be performed, such as keeping a food in a list of "favorites", and searching the database for a particular food.

Please go on to the next chapter to find out how to install your copy of Diet Sleuth.

Installation

If you're reading this, you've successfully downloaded and expanded Diet Sleuth. If you obtained Diet Sleuth from a CD-ROM, please be sure to copy the Diet Sleuth folder over to your hard drive, and use it from there, don't try to run it directly from the CD-ROM. You can do this by dragging the Diet Sleuth folder from the CD-ROM to your hard drive's icon. Windows Users can run the installer program.

Your Diet Sleuth folder should contain these items:

Diet Sleuth or Diet Sleuth OSX - the actual program itself. You start Diet Sleuth by double clicking on this icon. Alternately, you can click on one of the log files you've created, and Diet Sleuth will automatically start and open that file.

Documentation - this file that you're reading now.

Register By Credit Card - a program to let you register your copy of Diet Sleuth using a credit card. You can always register via a credit card online on the web, this program is for those who would prefer to mail or fax in their registration. If you'd prefer to register online, select **Register Your Copy Online** from the **About Diet Sleuth** menu.

Cash/Check/Money Order Form - a text form you can fill out and print out to include with your payment, if you'd prefer to register this way.

Data.rdb - a special file that contains the USDA database of over 6,000 foods, Please do not delete or move this file, it must remain in the same folder as the Diet Sleuth application.

You start Diet Sleuth by double clicking on the **Diet Sleuth** icon.

If you'd like to make an Alias to place on your desktop do the following:

Macintosh: Go to Finder, select the **Diet Sleuth** icon by clicking on it only once, and select **Make Alias** from the **File** menu. You can then drag this alias to the desktop, to the Apple Menu Items folder under MacOS 9, or to the Dock under Mac OS X. Don't try to move the Diet Sleuth icon itself, or the program won't function properly.

Windows: Right click on the **Diet Sleuth** icon, select the option to Create Shortcut. Drag the shortcut to your desktop.

Please go on to the next chapter to find out how to start up Diet Sleuth for the first time.

Note: If you have previously used Diet Sleuth version 3.x or earlier, you cannot at present transfer any of your previous information to Diet Sleuth 4, as the USDA database has undergone major changes. We are investigating the possibility of creating a conversion utility program.

Running Diet Sleuth For The First Time

To start Diet Sleuth, double click on the **Diet Sleuth** icon. The program will start up, and as this is the first time you've used it, you will need to create a blank logbook. Just select **New Log...** from the **File** menu, and you will be asked to name your log file. If several people will be using Diet Sleuth, each needs to have their own log file.

Diet Sleuth will then copy the USDA nutritional data to the newly created log file, this will take a minute or two. Each user has their own set of nutritional information, so that they can create their own custom foods and recipes, and not interfere with other users.

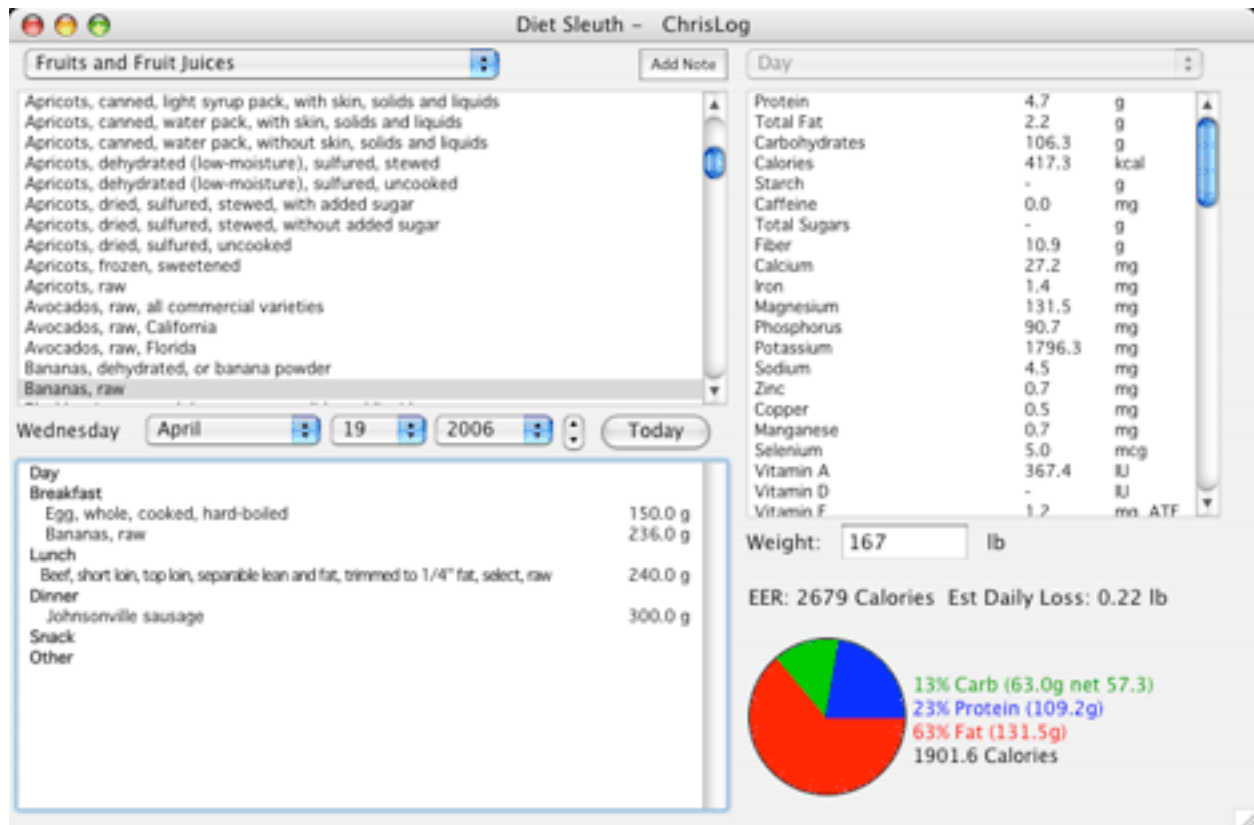
Since all of your data is stored in this file, please be sure to keep frequent backup copies. If this file becomes corrupt, you will not be able to use it, and will lose access to all data contained in it. There's an option in Preferences to have Diet Sleuth automatically create a backup copy of your file each time you run the program.

Since you haven't registered it yet, you'll get a window reminding you of how many days of entries you have made.

You'll now see the Diet Sleuth Food Manager window. Please go on to the next chapter to find out how to use this window, to enter in information about the foods you've eaten.

The Main Window

From this window, you can see what foods you have eaten, check their nutritional values, and make new entries into your logbook. Let's take a look at the various parts of this window:



There is a popup menu in the upper left corner. It selects from one of 23 different food categories, such as Vegetables, Beef, Snacks, etc. Each food in Diet Sleuth is kept in one of these categories. In addition, there is a category called Favorite Foods, where you can keep a link to commonly used foods, making them easier to find.

Below this menu is a list of the foods in that category. You can scroll through the foods. If you click on a food, you will see the nutritional information for that food displayed in the list on the right side of the window - more about that later. You double click on a food to tell Diet Sleuth that you've eaten that food, and would like to add an entry to your logbook - more on that later as well.

Below the foods list are a set of popup menus to allow you to scroll through dates in your logbook, letting you check what you have eaten on a particular day. You can click on the Today button to be quickly taken to today in the logbook.

Below this is a list of all of the foods you have eaten for a particular day. The day is broken down into the three main meals - Breakfast, Lunch, and Dinner, as well as categories for Snacks and Other, which you may use as you see fit.

You can click on either a food in the food list or meal list, or on a meal, and get nutritional information for that food or meal. Clicking on the Day line in the meal list will display the total nutritional information for that day.

Just below the nutritional information box, is the Notes button. Clicking it will bring up a small window where you can enter notes, comments, or whatever you'd like, with one entry for each day.

In the bottom right corner of the window is the calories pie chart. It shows what percentage of a food or meal's calories came from carbohydrates, fat, and protein. Just click on a food (either in the food or meal list) or on a meal, or on the Day line in the meal list, and the pie chart will update.

The net carbohydrates (total carbs minus fiber) is also displayed.

There's a box where you can enter in your weight each day (see the section on Personal Info further down for details on this) and Diet Sleuth will estimate your caloric needs and weight gain/loss on a daily basis.

Entering a Meal

To enter a food into the meal list, double click on the food in the food list, this brings up the meal entry window:

The image shows a 'Meal Entry' dialog box. At the top, the title 'Meal Entry' is centered. Below the title, the text 'Egg, whole, cooked, fried' is displayed. Underneath, there are four input fields: 'Serving:' with a dropdown menu showing '1 large 46 grams', 'Number of servings:' with a text box containing '2', 'Date:' with a text box containing '1/3/03', and 'Meal:' with a dropdown menu showing 'Breakfast'. At the bottom of the dialog box, there are two buttons: 'Cancel' and 'OK'.

Select one of the serving sizes from the popup menu, and enter the number of those servings you ate. Different foods have different servings available, based on the USDA database, so you should select the most convenient serving size based on what you ate, and adjust the number of servings accordingly. For example, if you ate half a cup of peas, and you selected the 1 Cup serving size, you would enter 0.5 for the number of servings. There is always an entry at the bottom of the popup menu for grams, you can select it, and enter the number of grams of the food eaten, this is handy as the nutritional information on the packaging of all foods shows the serving size in grams.

The date field is already filled in with the correct date, you can change this if you need to.

Then select one of five meals from the popup menu: Breakfast, Lunch, Dinner, Snack, or Other. The click OK to make the entry, or Cancel if you don't wish to enter the meal.

To edit a food you've already entered in the meals for a day, double click on

that entry in the meals list. You'll be presented with the meal entry window again, all filled out with the currently existing information. Edit it as necessary, and click on OK to save the changes. Or click Cancel to ignore any changes you've made. Or click Delete to completely delete that entry.

Copying Meals

Often, you'll eat the same food several times a week. One way to easily handle this is to make a recipe for such meals. Another way is to use Diet Sleuth's ability to copy meals.

To copy just one food you've eaten, select it from one of your daily logs (the bottom part of the window, not the top part where all foods in a category are listed), then select Copy from the Edit menu. You can then go to another day (or even the same day), select the meal (Breakfast, Lunch, Dinner, etc) and select Paste from the Edit menu. The food will be added to that meal, with the same serving size as before.

You can also copy all the foods you have eaten in an entire meal. Select the meal (Breakfast, Lunch, Dinner, etc), then select Copy from the Edit menu. Go to the meal you wish to paste it into, and select Paste from the Edit menu.

Finding a food

With 23 categories, and over 6,000 foods, it can be difficult to find exactly the food you are looking for. To make the task easier, you can search for all foods containing certain text. Select **Find...** from the menu. Type a word in the box, for example pizza, and click OK. Diet Sleuth will bring up another window showing all of the foods that contain the word pizza. Double click on one of the foods, and Diet Sleuth will automatically go to that category, and select that food (if you position the find and main windows appropriately on your monitor, you can see both of them). Keep doing this until you find the food you want, then close the find results window. You can search in all food categories, or select just one to search in.

Favorite Foods

Most people eat from the same relatively small selection of foods. Diet Sleuth has a special food category called Favorite Foods. You can put the foods you commonly eat into this category, making them easier to find. To add a food to this category, select it in the foods list, and then select **Add To Favorites** from the **Food** menu. A copy of the food is now in this category. You can remove a food from the Favorite Foods category by selecting it (in that category) and then selecting **Remove From Favorites** from the **Food** category.

You can also quickly and easily add a food that you have already eaten to the favorites list by control-clicking on it.

Adding a Custom (New) Food

Even with over 6,000 foods, it's entirely probable that not every food you eat is already in the database. Diet Sleuth makes it easy to add new foods:

Select **New Food** from the **Food** menu. You'll get the Edit Food window, all set for you to enter your information:

Edit Food

Name:

Abbr Name:

ID: 50001 Category: Dairy and Egg Products

Serving Sizes:

Number	Unit	grams
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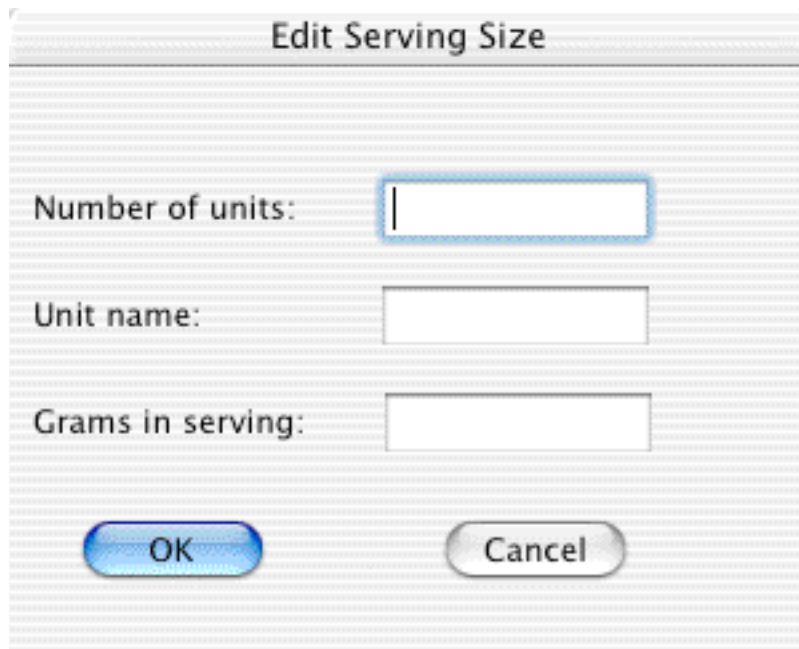
Grams for nutritional information below:

Nutrient	Amount	units
Protein	0	g
Total Fat	0	g
Carbohydrates	0	g
Calories	0	kcal
Starch	0	g
Caffeine	0	mg
Total Sugars	0	g
Fiber	0	g
Calcium	0	mg
Iron	0	mg
Magnesium	0	mg
Phosphorus	0	mg
Potassium	0	mg
Sodium	0	mg
Zinc	0	mg
Copper	0	mg
Manganese	0	mg
Selenium	0	mcg

Type in the name of the food. You can also enter an abbreviated name for the food, this isn't used at present.

Then select the category for the food from the popup list.

Next you need to specify one or more serving sizes for the food. Click the Add button, and you will get the Edit Serving Size window:



Number of units:

Unit name:

Grams in serving:

OK Cancel

Let's say the serving size is half a cup, and the weight of that serving is 220 grams. You would enter in 0.5 for the number of units (half a cup), type in Cup for the unit name, and enter 220 for the grams in serving.

Repeat this for as many servings sizes as you would like.

Next you enter the nutritional information for the food. First you must specify the serving size (in grams) for this information, the default value in this box is 100 grams. **It's very important that you change this to the correct value, or Diet Sleuth will not be able to correctly calculate the nutritional information for food you eat!**

Then click on each line of nutritional information you would like to enter, and type in the value, in the units displayed on the right side of the line. Typically, you will read the information (serving size and nutritional information) off the packaging of the food. You can hit delete to remove the entered value, character by character.

Or, you can double click on each line of nutritional information, and you will see a window appear, like this:

The screenshot shows a window titled "Nutrient Edit Window". Inside, the nutrient "Iron" is selected. There are two input fields: "Value:" with "0.9" and "mg" next to it, and "Percent:" with "5" and "(RDA based on 2,000 calorie diet)" next to it. Below these fields is a note: "Leave value empty (or use a dash) for no data". At the bottom are two buttons: "Cancel" and "OK".

You can type in the amount of that nutrient in the Value field. Some nutrients are commonly listed on food packages as a percentage of the RDA. In that case, a second box will also be present (as shown in the above example for Iron). You can type into either box, the value in the other box will change as you type. So, if the food package says that a serving contains 5% of the RDA of Iron, then type 5 into the Percent box, and Diet Sleuth will automatically compute the actual amount of Iron based on the RDA, 0.9 mg in this case, and place it into the Value field for you. Then click the **OK** button.

If you want to enter nutritional information for a food that you do not have the serving weight for, but know the nutritional information for a given serving (say french fries from a fast food restaurant), you can enter a fictitious serving weight, as long as it is **exactly** the same for both the serving size and the nutritional serving size.

Then click the **Save** button. If the Add to Favorites box is checked before you click Save, the food will automatically be added to your favorites, as well.

Editing Nutritional Information

You can edit the nutritional information and serving sizes for any food, whether it is a custom food that you created, or a food that came with Diet Sleuth. Bring the food up in the foods list, and selected **Edit Food** from the **Food** menu. You will see a window exactly like that for creating a new food, with the existing information already filled in. Edit as necessary, and click **Save**.

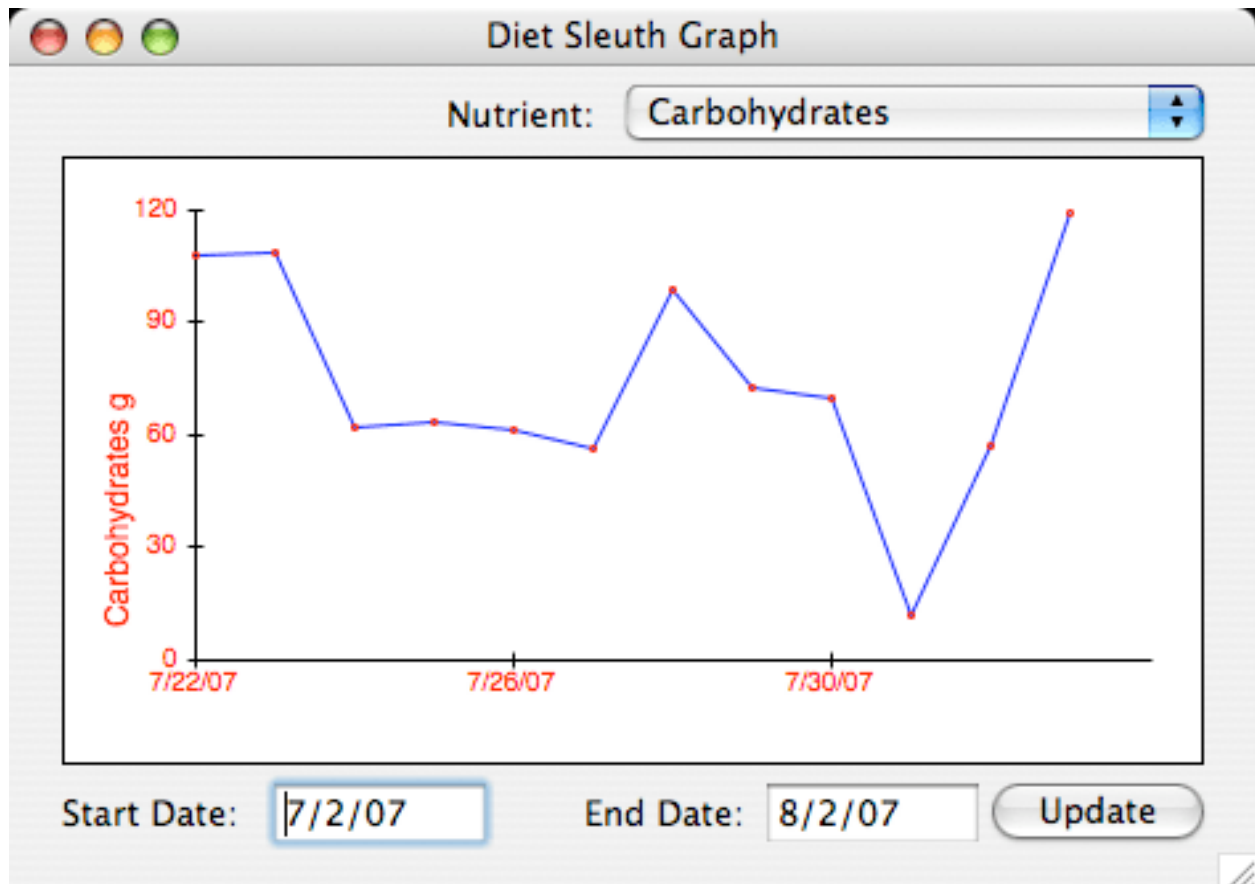
To edit nutritional information, click on the line for that nutrient, hit delete as necessary to remove the existing value, type in the new value. Or you can double click on the line, and get the Nutrient Edit Window, as explain in the previous section.

Note that Diet Sleuth will automatically convert all of the nutritional values you have entered to what they would be for a 100 gram serving size, since that is what it uses for all foods. Normally this isn't of a concern to you, but might be if you go back to edit some nutritional information. If so, you can change the "Grams for nutritional information below" value to whatever you want, and the values for all the nutrients will be re-calculated. They will be changed back for a 100 gram size when you are done. Again, this is mostly transparent to you.

If you want to create a new food similar to an existing food, click on the Duplicate button to make a copy of the food, which you can then edit.

Graphing

Select “View Graph” from the File menu to display the graphing window. You can display a graph of your weight, or any of the nutrients that Diet Sleuth tracks, by selecting it from the popup menu in the upper right corner of the window. You can select the time period to graph using the Start Date and End Date fields, which default to show the previous month. Click on the Update button to re-draw the graph if you change the dates.



Note that you need at least two days worth of information for a graph to be displayed.

Export and Import

There are two buttons at the bottom of the Food Edit window, which allow exporting the nutritional data for a food to a text file, and importing such a text file. They can be used to exchange nutritional data, especially for custom foods, with others. Eventually we will have files available for download containing additional foods for Diet Sleuth that you can import into your log database.

You can't export or import a recipe, but you can export the nutritional data for the custom food created when you make a recipe, and import that. Recipes are discussed next, in fact, so read on...

Recipes

If you prepare your own foods from a recipe, you can have Diet Sleuth determine the nutritional information for that food, by entering in the ingredients.

Select **Recipe** from the **Foods** menu, and you will get a window showing all of the recipes you have entered (which would be blank at first of course).



Click on the New button to create a new recipe. You'll get a window similar to that shown below (without all the entries of course):

Name:
 Category:

Dairy and Egg Products

- Butter oil, anhydrous
- Butter, whipped, with salt
- Butter, with salt
- Butter, without salt
- Cheese fondue
- Cheese food, cold pack, american
- Cheese food, pasteurized process, ameri...
- Cheese food, pasteurized process, ameri...
- Cheese food, pasteurized process, swiss
- Cheese Sauce
- Cheese sauce, prepared from recipe
- Cheese spread, pasteurized process, ame...
- Cheese spread, pasteurized process, ame...

5 unit (yield...Chicken, broilers or fryers, wing, meat ...
 0.5 stick Butter, with salt
 20 tsp Sauce, ready-to-serve, pepper or hot

Servings made by this recipe:

ID: 70001

Type in a name for the recipe, and specify a category. Specify how many servings the recipe makes. To add ingredients to the recipe, double click on the foods in the foods list on the left, which brings up the recipe ingredient window:

Recipe Ingredient

Butter, without salt1145

Serving:

Number of servings:

Select the serving size, and the number of those servings, and then click OK.

Do this for every ingredient in the recipe.

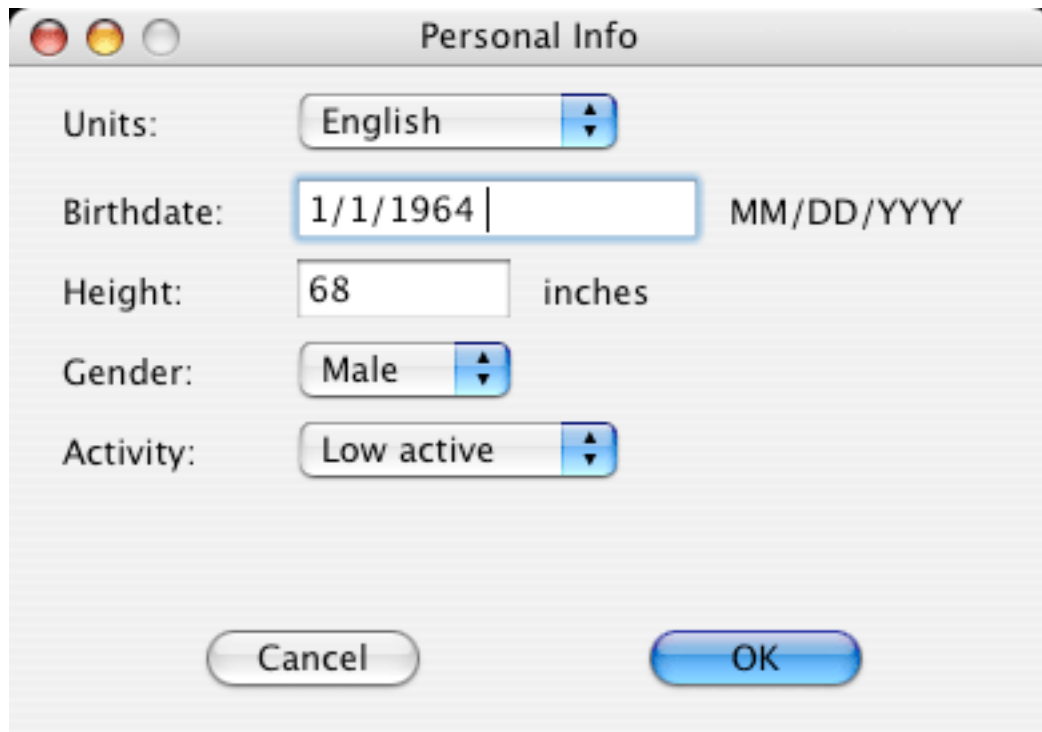
There is an area at the bottom of the Edit Recipe window for entering in notes, directions, etc., whatever you would like.

When you are done, click OK, and the recipe will be saved, and a food entry will be created in the specified category. Use that food entry to add a food to your meal. You can always edit that food using the Food Editor, to add additional serving sizes, for example, but if you do so, and re-edit the recipe, you will lose any changes you made with the Food Editor.

When you print out a recipe, you will get a list of the ingredients and their amounts, as well as per-serving nutritional information.

Personal Info

You can bring up this window by selecting Personal Info... from the Edit menu:



Personal Info

Units: English

Birthdate: 1/1/1964 MM/DD/YYYY

Height: 68 inches

Gender: Male

Activity: Low active

Cancel OK

This allows you to:

1. Select whether to use English or Metric units for your height and weight.
2. Enter your birthdate.
3. Enter your height.
4. Enter your gender.
5. Select one of four activity levels.

Based on this information, and your weight which you can enter daily, Diet Sleuth will estimate the number of calories you burned for each day (the EER or Estimated Energy Requirements), as well as the estimate weight loss or gain. Type your weight into the box, and then press enter.

Roughly speaking, sedentary means no exercise at all, low active is equivalent to walking about half an hour a day, active an hour a day, and very active more than an hour a day.

Please note that these estimated values are just that - estimates. But they can serve as a rough guide to see how your daily caloric intake relates to your estimated needs.

Reports

The first report option is the daily summary. Go to the date you wish to print out, and select **Print Daily Report** from the **File** menu. You'll get a printout that shows the pie chart for the day, as well as a listing of all of the foods eaten.

Diet Sleuth can print out a report of the foods you have eaten over a selected time period. Select **Print Report...** from the **File** menu, and you will get the Print Report window.

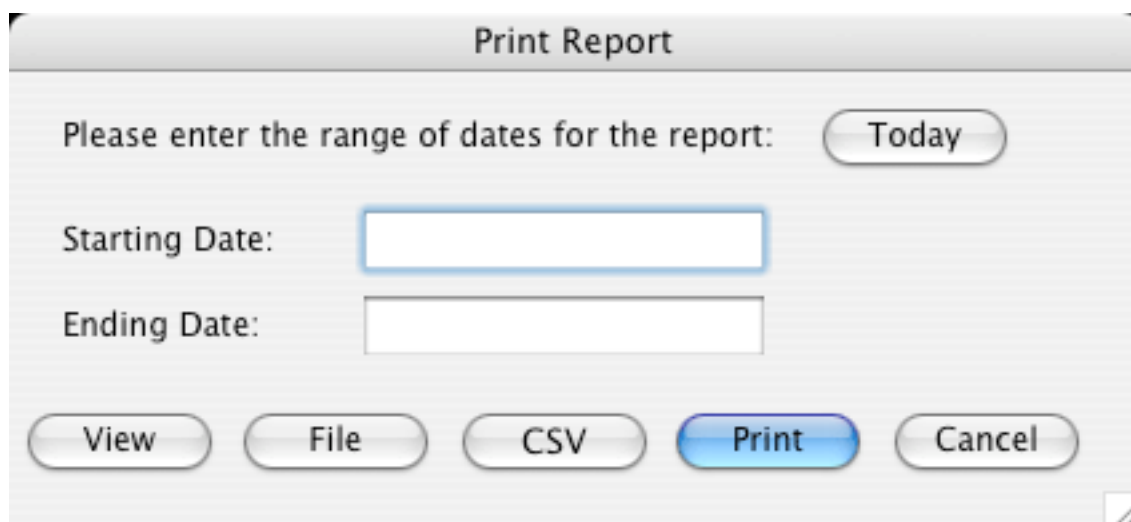
Type in the range of dates, of interest, then click on one of these buttons:

View will save the report to a text file, and automatically open it with a very simple text display window.

File will save the report to a text file, which you can read with a word processor or text editor.

CSV will save the report as a Comma Separated Values file, suitable to import into a spreadsheet program.

Print will print the report to your printer.

The image shows a 'Print Report' dialog box with a light gray background. At the top, the title 'Print Report' is centered in a dark gray bar. Below the title, the text 'Please enter the range of dates for the report:' is followed by a 'Today' button. Underneath, there are two text input fields: 'Starting Date:' and 'Ending Date:'. At the bottom, there are five buttons: 'View', 'File', 'CSV', 'Print' (which is highlighted with a blue gradient), and 'Cancel'. A small icon is visible in the bottom right corner of the dialog box.

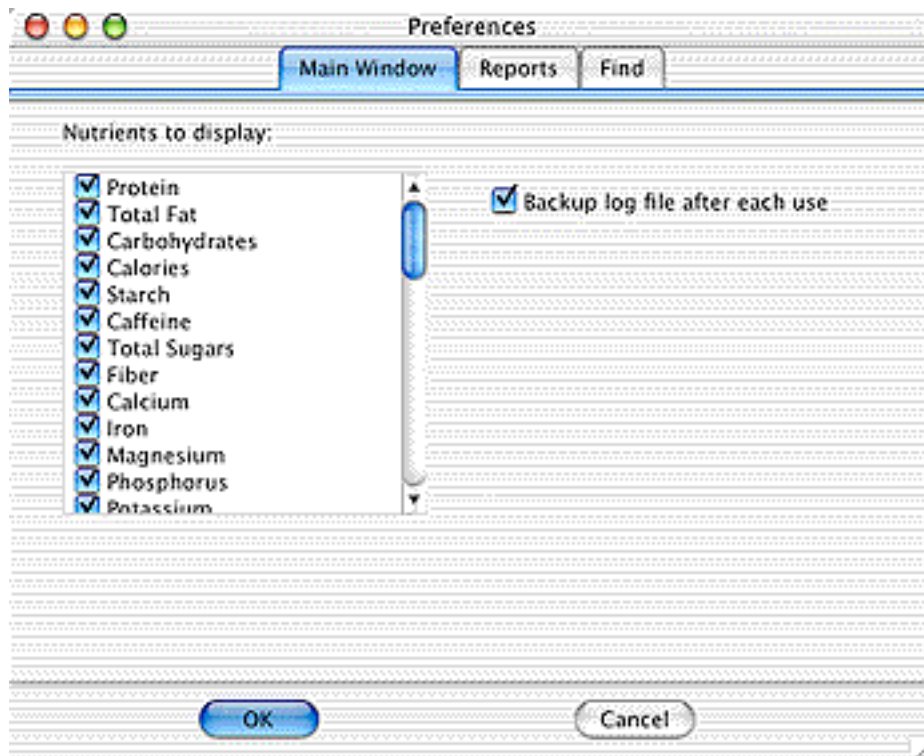
You can customize the reports in the Preferences, which coincidentally are

discussed next.

Preferences

There are several types of preferences that you may set in Diet Sleuth:

Main Window:

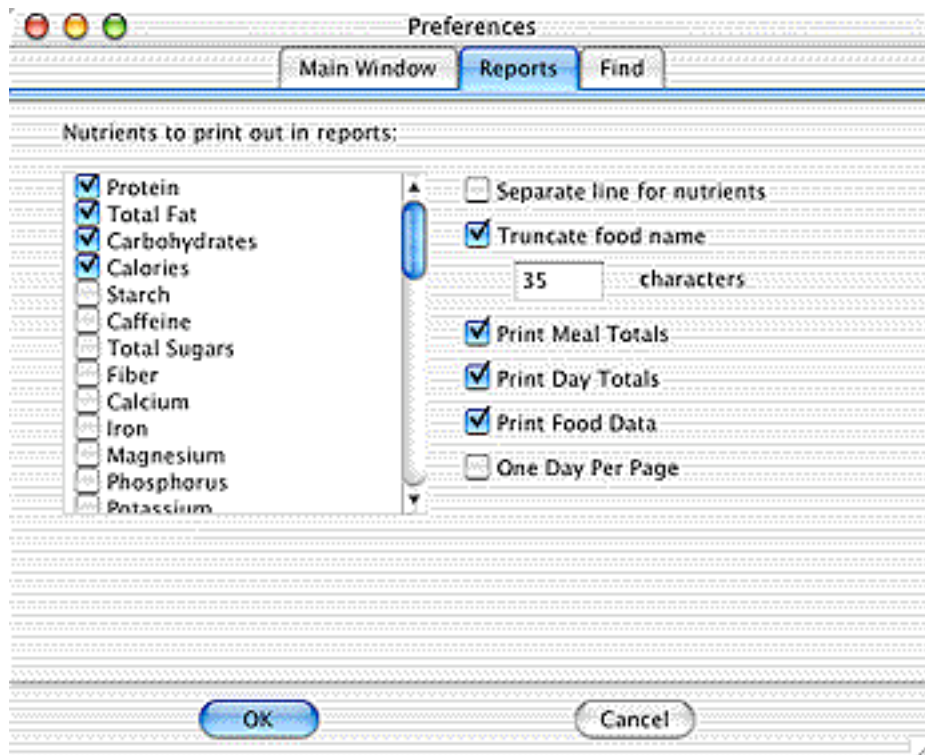


You can specify which nutrients to display data for. Just check the boxes of the nutrients of interest, and leave the rest of the boxes unchecked. The default option is for all nutrients to be displayed.

You can specify that a backup copy of your log file is created after each use. When checked, a copy of the file is created, with an extension of ".bak". If your log file is ever damaged or lost, you can use the backup file (you probably want to make a copy of it, and remove the ".bak" from the copy filename). Backup copies should be stored on another volume or removable media. If you leave the copy on your hard drive, and your entire hard drive crashes, you will lose the backup copy as well!

You can also tell Diet Sleuth to automatically open the previously used log file each time you start the program, so you don't need to manually open it.

Reports:



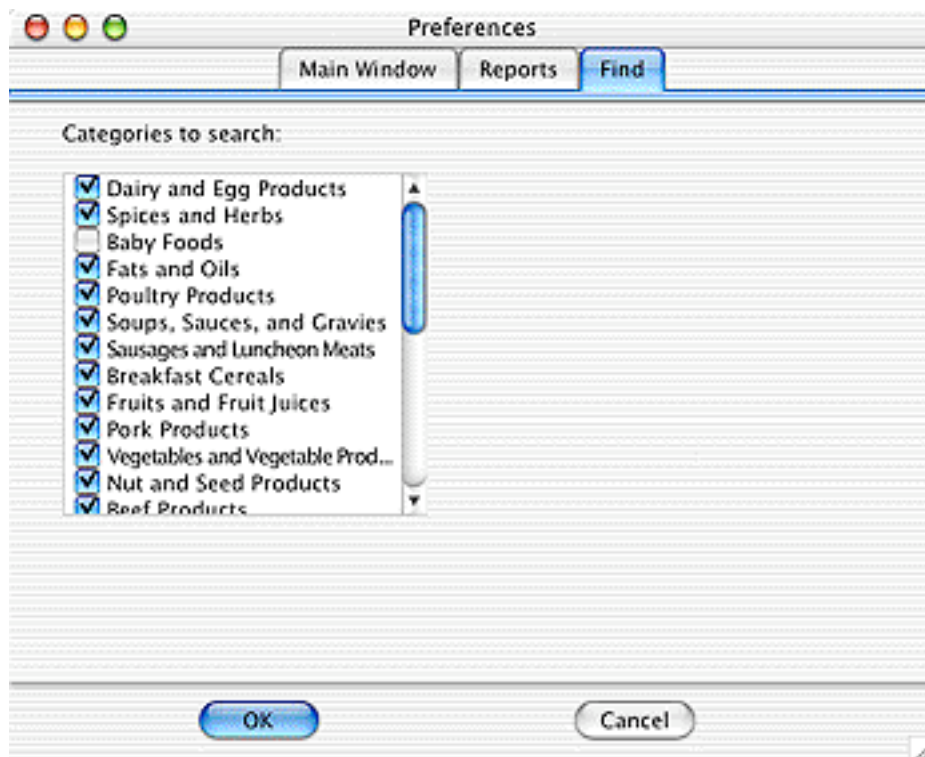
You can specify which nutrients to print out values for.

You can also specify whether the nutrients are printed on a separate line from the food names, to allow more nutrients to be printed out. And you can truncate the names of foods, which is useful if you don't have nutrients printed on a separate line, to save space.

In addition, you can select whether to print meal and day totals, as well as information for each food eaten.

Finally, you can specify if each day's information should be printed on a separate page.

Find:



You can specify which categories are searched when you try to find a food.

Getting the latest copy of Diet Sleuth

You can always get the latest copy of Diet Sleuth from our web site, the URL is:

<http://www.blackcatsystems.com/software/diet.html>

You can launch your web browser and automatically go to this page by selecting **Go To The Diet Sleuth Website** from under the **Apple Menu**.

If you have suggestions for improving Diet Sleuth, please let us know!

Buying Diet Sleuth

Diet Seuth is distributed as shareware. The price is only 34.99, allowing the use on a single computer. You can register online at Kagi or SWREG (<http://www.blackcatsystems.com/register/diet.html>) , or send us a check/money order by mail.

If you wish to run Diet Seuth on multiple computers, you must obtain a license for each system, or the appropriate site license. Site licenses are also available, allowing copies to be run on multiple computers at a single location (for example, a school or university, or office). Please contact Black Cat Systems for pricing and details about site licensing.

By paying for your copy of Diet Seuth, you'll help support our efforts to develop new versions with additional information. When you pay, you'll be entitled to use all new releases and updates to Diet Seuth released over the next year, free of charge.

When you order and receive your registration code, select **Enter Registration Code...** from the **Edit** menu, and enter the code. If you register and don't get your registration code within a week, please send us an email at info@blackcatsystems.com.

Thanks again for giving Diet Sleuth a try.

Black Cat Systems
4708 Trail Court
Westminster, MD 21158

email: info@blackcatsystems.com

Web: <http://www.blackcatsystems.com/software/diet.html>

Ordering by Check or Money Order Form

To order by check, please fill out and mail the following form, along with your payment. You can pay with a wide variety of cash from different countries but at present if you pay via check, it must be a check or money order drawn in US Dollars. While there is the risk of loss in the mail, currency is also OK, including foreign currency.

Please make sure you include your email address with your payment. That way we can send the registration code to you. If you do not send us a valid email address, we have no way to send you the code.

I would like to order _____ copies of Diet Seuth at \$34.99 US each.

I would like to order _____ Diet Sleuth/Health Tracker Combos @ \$39.99 each
Includes both Diet Sleuth and Health Tracker, our program to help you log, graph, and keep track of all sorts of health and nutrition related measurements.

_____ If you'd like a copy on CDROM along with our other programs, check here and add \$10.
(CDROM only for Macintosh, does not include registration codes for other programs)

Name: _____

Address: _____

City: _____ State/Province: _____

ZIP/Postal Code: _____ Country: _____

Email Address: _____

Macintosh Model: _____ System Version: _____

Enclosed, please find my check / money order / cash in the amount of \$_____
Maryland residents add 6% sales tax.

Mail this form, along with payment, to:

Black Cat Systems
4708 Trail Court
Westminster, MD 21158
USA

Ordering by Credit Card Online

To order online with a credit card, go to the following URL:

<http://www.blackcatsystems.com/register/diet.html>

You will be sent to our order page at Kagi or SWREG. They handle our credit card payment processing. After you place your order, you will receive your registration code by email, usually within a few minutes of placing your order.

Please make sure you include your email address when you register online. That way we can send the registration code to you. If you do not send us a valid email address, we have no way to send you the code.

Revision History

5.2.0

Added option to duplicate a recipe.

Printed recipes now contain nutritional information.

5.1.2

Corrected display of right-most date in the graphing window.

Added keyboard shortcut to bring up the graphing window.

Graphing window defaults to the last viewed nutrient.

Added keyboard shortcut to jump to the favorite foods list.

Main window position and size remembered between launches.

5.1.1

Bugfix dealing with copy/paste of foods eaten.

5.1.0

Can now copy foods eaten and entire meals between days.

Fixed a bug with automatically opening the last log file.

5.0.1

Find function can now be used with one food category.

Added preferences option to auto load last used logbook.

Option to automatically add newly created foods to favorites.

Changes to the look of the calories pie chart.

5.0.0

Added graphing for weight and nutrients eaten.

4.9.2

Pie chart is erased before being re-drawn to clean up the image quality.

4.9.1

Added an option to check for new versions at program startup.

Fixed a bug with the splitters.

4.9.0

Added an option to duplicate a food in the food editor.

Added an option to print out food and recipe nutritional information.

Added splitters so you can adjust the size of food lists.
Reduced flickering/updating of the window when changing the date.
Fixed a bug in the Edit Food window that caused typed numbers to be displayed twice.

4.8.0

Added new feature - Can print out a daily summary with the pie chart.
Double clicking document now opens it.
When making a new entry, the meal now defaults to the one previously used.
Fixed bug - day of week was not displayed.
Fixed bug - couldn't view nutritional data for an entire meal.

4.7.0

Weight of foods eaten is now included in reports.
Fixed a bug dealing with the popup menus used to change the logbook date.

4.6.0

Added Find Food button.
No longer need to press enter after typing in your daily weight.
Fixed a bug that could cause a crash if no serving size was selected.
Faster response when moving between days.

4.5.2

Several minor bug fixes.

4.5.1

Fixed a bug that could cause a crash.

4.5.0

Added calculation of EER, daily est weight loss, storing daily weight.
Fixed a bug with importing food entries.
Fixed a bug with generation of CSV report files.
Can control-click on a food to add it to the Favorites list.

4.4.0

Added CSV (Comma Separated Values) Report option

4.3.1

Fixed several bugs that could cause a crash.

Fixed a bug that could prevent a food from being imported.

4.3.0

Added nutrient edit window.

Fixed a bug - Find window did not always appear/hide correctly.

4.2.0

Fixed several bugs that could cause a crash.

4.1.4

Fixed a bug with calculation of net carbohydrates.

4.1.3

Added display of net carbohydrates for those on low carb diets.

4.1.2

Several misc bug fixes

Notes button text changes to show whether notes exist for this date.

General user interface cleanup.

4.1.1

Fixed bugs dealing with importing food files

4.1.0

First Windows release

Fixed bugs dealing with formatting text reports

4.0.3

Added keyboard shortcuts for additional menu items

Fixed a bug in printing reports that could cause two lines to be printed on top of each other

4.0.2

Added button to quickly set report range to today's date.

Fixed bug that would cause a crash when quitting if a log was opened by double clicking on it in the Finder.

4.0.1

Added View and File report options.

Several small bug fixes.

4.0.0

Final release

Food list updates when a new food/recipe is entered.

4.0.0 b3

Added additional report printing options

Fixed some bugs dealing with printing reports

4.0.0 b2

Added additional report printing options

Added auto-backup option

Added Recent Files menu

Can re-size main window

4.0.0 b1

Added report printing options.

4.0.0 a1

First Release of new re-written version of Diet Sleuth.

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