

# DietMaster - Product Review Sheet

Version 8.0

## Meal Screen

The Meals screen of the DietMaster program is a multi-functional screen that enables you to log a food diary, create meal plans from scratch or use ready-to-print meal templates designed by our on-staff Registered Dietitians.

Search from over 13,000 food choices including fast foods and popular coffee drinks. Add your own custom foods if desired.

Save favorite foods for faster food logging. Also, use the Meal Favorite option for meals (group of foods) that you consume on a regular basis.

Use this shortcut button to generate the Nutrient Summary Profile and quickly identify deficiencies in vitamins, minerals and other nutrients.

Food	Srvgs.	Measure	Cals.	Protein	Carbs.	Fats
Olive oil - pure	0.5	table spoon	65.00	0.00	0.00	7.00
Parmesan, grated, KRAFT	1	ounce(s)	130.00	12.00	1.00	9.00
Salad - lrg. garden w/tomato & onion	1	large	98.00	2.60	19.00	0.80
Swordfish - cooked dry heat	8	ounce(s)	352.00	57.60	0.00	11.68
Zucchini, Frozen, Boiled, Drained	1	cup	38.29	2.59	8.02	0.29

Total for Dinner:	683.29	74.79	28.02	28.77
Calories	1929	155 gm	194 gm	56 gm
Protein	1902	157 gm	222 gm	42 gm
Carb		32 %	41 %	27 %
Fat		33 %	47 %	20 %

Use the CopyTo and CopyFrom options to quickly copy an entire days meals to another date for quick-and-easy food logging.

As you log your eating or create meal plans, use this display to help balance your dietary program against what is recommended.

Quickly preview your meal plan before printing.

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