



NUTRIENT DATA LABORATORY

U.S. Department of Agriculture, Agricultural Research Service

USDA Nutrient
Database for the Palm OS[®]

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User's Guide for the USDA Nutrient Database for the Palm OS[®]

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Introduction

If you are reading this User's Guide, you have most likely found your way onto the USDA Nutrient Data Laboratory Web site already (www.nal.usda.gov/fnic/foodcomp) and have browsed through our Web pages. We are glad you have taken the time to explore the nutrient data products available at our site and encourage you to return to our site often to check for new products and updates. The USDA Nutrient Database for the Palm OS[®] is one of our newest products and this User's Guide has been developed to make the installation process and use of the program as trouble-free as possible. Please continue reading to learn all about our portable nutrient database.

The USDA Nutrient Database for the Palm OS[®] has been developed through a Cooperative Research and Development Agreement between the USDA Nutrient Data Laboratory and HealthTech, Inc. Under this agreement, HealthTech is developing software applications that allows consumers and professionals to download the USDA food database to their Palm OS[®] device or Windows[™] PC via the Internet through the Nutrient Data Laboratory (NDL) Web site.

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PDA requirements

The USDA Nutrient Database runs on the Palm OS[®] operating system. Your personal digital assistant (PDA) will need to be running version 3.1 or higher of this operating system to use the application.

You must have the Palm[™] desktop software installed on your computer in order to install the program onto your PDA. Check your PDA user's guide for instructions on installing the software.

Also, the size of this application is just under 2 MB, so you will need to have at least 2 MB of available memory on your PDA.

Downloading and installing the application

We have made it very easy to install the software onto your Palm OS[®] PDA. Please follow the instructions below.

How to download the application

On the same Nutrient Data Laboratory (NDL) Web page where you found this User's Guide, you will see a download link titled "**PDA18.exe**". Click this link to begin the download process.

A dialog box will appear asking you to open or save the file. Click “**SAVE.**”

On the next dialog box, after selecting which folder to download the program into, click “**SAVE.**”

A file, about 1 MB in size, will begin downloading into the designated folder and when complete, it will prompt you to open the file or close the dialog box.

To begin installation of the application, click “**OPEN.**”

The installation process

After clicking “**OPEN,**” the first installation screen appears.

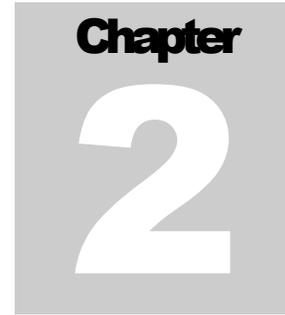
To proceed with the installation, click “**NEXT.**”

The next screen shows you how many PDA accounts are installed on your computer. If you have more than one account, all users will be selected by default. Clicking on a user will deselect that user. Choose the PDA that you want the program loaded onto and then click “**NEXT.**” *If you have only one PDA account installed, just click “**NEXT**” to proceed with the installation.*

The application immediately begins installing and a shaded bar will move across your screen. Installation is finished when the bar is at the farthest right.

When installation is finished, click “**FINISH.**”

Installation is now finished. The application will be loaded onto your PDA the next time you synchronize your PDA.



How to use the application

The next few pages will walk you through the application using a sample food item search.

Follow along with the example and you'll learn how to search for any food in the database.

The application icon

Turn on your PDA and locate the icon for the USDA National Nutrient Database for the Palm OS®. The icon looks like this:

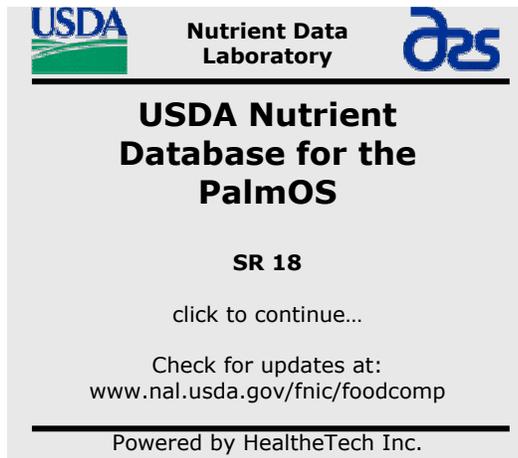


Tap the icon to begin the program.

The splash screen

Tapping the USDA icon brings up the program splash screen.

A picture of the splash screen is shown below:



Notice that the NDL Web site is listed near the bottom of the screen. Please return to the Web site periodically to be notified of new releases and updates of the database. When available, you can download and install the latest version of the application from the Web site directly over your previous version.

If you want more information about the application, such as version number, you can tap the “MENU” button on your PDA and from the drop down list, select “ABOUT.”

The search screen

Tapping anywhere on the splash screen brings you to the main search screen:



There are three icons at the top right of the screen. The back arrow (←) returns you to the previous screen, the magnifying glass (🔍) begins a new search and the question mark (?) offers help in using the program.

The numbers to the left of the food groups indicate how many food items were found in that group.

USING YOUR APPLICATION

The Search screen has a field for entering text at the top of the screen. Listed alphabetically below are the food groups in the database. The user can search the database by either using the text search or by tapping any of the food groups and browsing the food items in that group.

Here is an example of searching for a food item in the database using the text search:

When using the application you may enter the name or part of the name of the food item you are searching for. Additionally, you can search on common names of food items such as “**hot dog**” instead of frankfurter, or “**soda**” instead of carbonated beverage.

If you type the word “**apple**” in the blank field and tap the “**FIND**” button, the following results appear:

USDA Food Search ← Back 🔍 ?

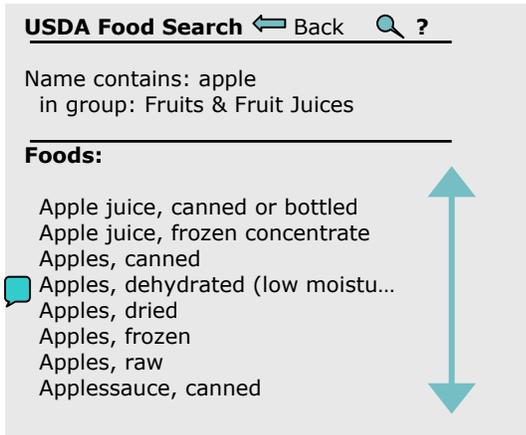
Name contains: **FIND**

Food Groups:

- 99 Show all foods
- 39 Baby Foods
- 18 Baked Products
- 2 Beverages
- 10 Breakfast Cereals
- 1 Fast Foods
- 23 Fruits & Fruit Juices
- 4 Meals, Entrees, & Sidedishes
- 2 Sweets

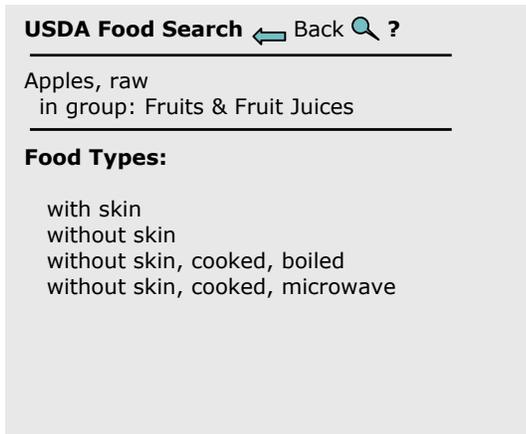
The food group list and the numbers to the left of the food groups have changed. These now indicate the food groups and how many foods in each food group contain the key word “apple.”

Tapping the food group “**Fruits & Fruit Juices**” brings up the food items in that food group containing the word “**apple**” in the food name:



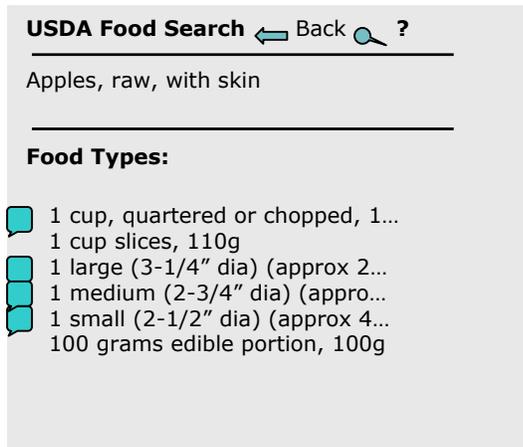
If the food name is too long it will have an icon () to the left that you can tap to expand the food name. A long food name will also be truncated and trail off with a "..."

If you select the food item “**Apples, raw**,” the available types of this food item are displayed:



USING YOUR APPLICATION

Choosing the food type “**with skin**” brings up the measures available for this item in the database:

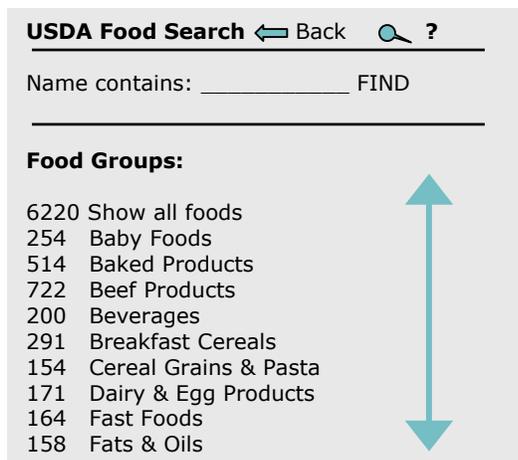


Selecting one of the food measures will bring up the Nutrient Values information, which is described in the next section.

The alternative way to search for food items is by browsing the food groups.

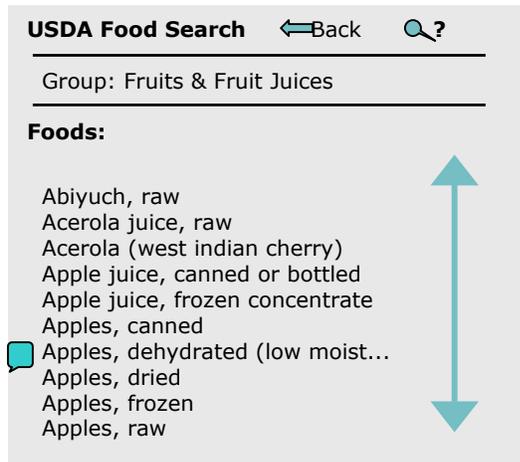
Instead of entering text to search, you may tap a food group name to bring up all food items in that food group.

Here is the main search screen again. Scroll down the screen a bit and tap the group “**Fruits & Fruit Juices.**”



USING YOUR APPLICATION

Tapping the group brings up all the items in the “**Fruit & Fruit Juices**” food group.



Find the food item “**Apples, raw**” again by scrolling the alphabetical list of foods. Tap the food item and continue as you did with the text search.

The Nutrient Values Display

Choosing a measure such as “**1 medium...**” apple displays the nutrient values for that measure:

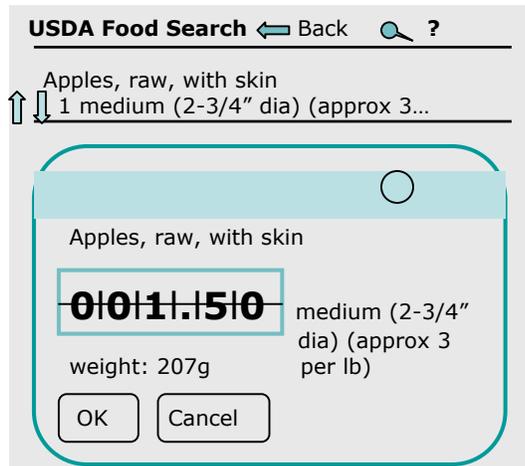
The screenshot shows the 'USDA Food Search' app interface for a specific food item. At the top, there is a 'Back' button and a search icon. Below that, the food item is identified as 'Apples, raw, with skin'. Underneath, the measure is specified as '1 medium (2-3/4" dia) (approx 3...'. A table of nutrient values is displayed below. A blue double-headed arrow is positioned to the right of the table, indicating that the table can be scrolled.

Water, g	115.82
Energy (calories), kcal	81
Protein, g	0.26
Total lipid (fat), g	0.5
Carbohydrate, g	21.05
Fiber, dietary, g	3.7
Sugars, total, g	**
Calcium, Ca, mg	10
Iron, Fe, mg	0.25

A double asterisk (***) indicates that there is no data available for that particular nutrient

USING YOUR APPLICATION

The portion size is adjustable and can be modified by tapping the up and down arrows (↑↓). This brings up the portion modifier dialog box. Adjust the portion to the size desired and tap the “OK” button (tapping on the top half of a number, increases the number and tapping on the bottom half decreases it).



For more information in using the portion modifier, tap the information icon (i).

In this case, 1 apple has been increased to 1 ½ apples.

The recalculated nutrient values are displayed for the new portion size:

The screenshot shows the 'USDA Food Search' app interface. At the top, there is a 'Back' button and a search icon. Below the title, the search results are displayed: 'Apples, raw, with skin' and '1.5 medium (2-3/4" dia) (approx 3...'. Below the search results, a list of nutrient values is displayed. A large blue double-headed arrow is positioned to the right of the nutrient list, indicating the recalculated values.

Water, g	173.74
Energy (calories), kcal	122
Protein, g	0.39
Total lipid (fat), g	0.75
Carbohydrate, g	31.75
Fiber, dietary, g	5.6
Sugars, total, g	**
Calcium, Ca, mg	14
Iron, Fe, mg	0.37

If you'd like to start a new search, tap the search icon (🔍).