

User's Guide

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# MobiSystems Diets

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For Symbian Series 60 SmartPhones



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## System Requirements

Any Symbian series 60 2<sup>nd</sup> Edition or 3<sup>rd</sup> Edition running device.

## Installation and Un-installation

### *Installing Diets*

1. Download Diets.zip or (.sit) file on your desktop PC.
2. Extract the zip or sit (for Mac OS) archive file to desired folder on your desktop PC. The archive file contains:
  - Installation SIS file for Diets
  - User's guide in Acrobat PDF format

### Bluetooth

1. Enable the Bluetooth transfer on both the desktop PC and SmartPhone and use a Bluetooth connection to install the SIS files on your mobile device.
2. The new installed SIS file will appear as new messages in the inbox of your phone. Start the Diets.sis file to install the program on your mobile phone.
3. Follow the instructions on the screen to install the software. Once the installation is complete the Diets icon will appear in the application launcher on your phone.

### USB Cable Connection

1. Connect your phone to your desktop PC and make sure that the Nokia PC Suite software is installed and enabled on your PC.

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The Nokia PC Suite is free of charge and comes with your mobile phone. You can also obtain the software from <http://www.nokia.com>.

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2. On the desktop PC start the File Manager that is part of the Nokia PC suite.
3. Use the file manager to copy the extracted SIS file to one of the following directories on your mobile phone:
  - Nokia Phone Browser\<phone>\Phone memory\Nokia\Installs
  - Nokia Phone Browser\<phone>\<memory card>\Nokia\Installs

Where <phone> is your mobile phone as it appears in the file explorer and respectively <memory card> is the memory card that is currently inserted in the phone.

4. On your mobile use the *applications button*, to go the **Menu form**.
5. Select **Settings > Tools > Manager** to start the applications manager.
6. Select Diets from the list of applications and select **Install** from the *Options menu*.
7. Follow the on-screen instructions to complete the installation.

## ***Un-installation***

To delete the Diets program from your mobile device:

1. Use the *application button* and open the *application launcher* that is located in **Menu> Settings > Tools > Manager**.
2. Select Diets from the list of installed programs and press the **Options button**.
3. Select **Remove** from the pop-up menu that will appear.
4. A message notifying you of the deletion will appear. Press **Yes** to confirm.

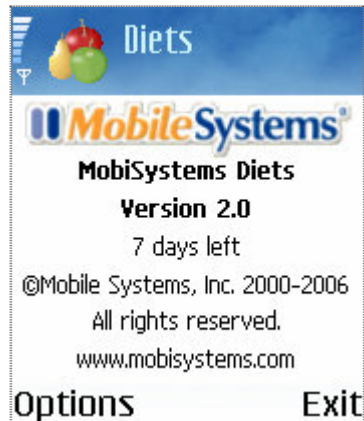
## **Registration**

MobiSystems Diets is a downloadable shareware product available for limited free evaluation period or registration at our home site. A license key for the software will be sent to the e-mail address specified during your order shortly.

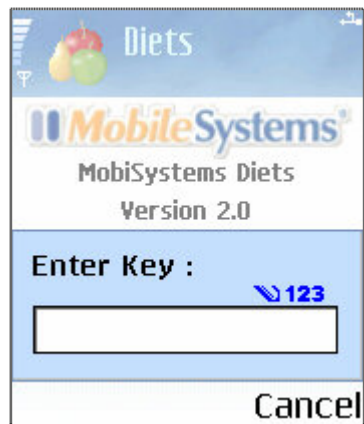
The *license key* is a numeric combination of 2x5 symbols (for example: **32454-11562**).

To switch to the full unlimited version of MobiSystems Diets:

1. Start the software from the applications launcher. The following form will appear.



2. Select **Options** and then **Register** from the popup menu that will appear.
3. Type in your *license key* in the provided space.



4. Tap on **OK** to confirm or **Cancel** to abort the entry.

## Disclaimer

MobiSystems Diets is designed to help you make knowledgeable decisions about your diet and exercise schedule. It is not intended as a substitute or extension to the advice or treatment prescribed by your physician. You are solely responsible for the way that this information is prescribed and utilized.

In no way will be Mobile Systems or the authors of this product responsible for any problems that might occur due to the use of this product or the information contained within.



# 4-Step Easy Start to Using Diets

Working with Diets is as easy as ABC. In four intuitive steps you can specify your body profile and weight objective and start your journey to a healthier nutrition. Based on your profile the program will advise you for the weight loss and gaining options that will keep you in good physical condition. In addition Diets will suggest 3 different durations for the specified weight target – from a quick diet to a long-term diet plan.

Moreover, you can browse the extensive foods base for reference about foods nutrient content and make knowledgeable decisions what to eat.

## Step 1 – Defining User Profile

When you start Diets for the first time the program will require that you specify your *Body Profile*. Based on that information the software will determine the weight condition of your body and will use the specified data for future diet and nutrition plans.

Use the 5-way navigator of your phone to move between the different fields and enter information for the following fields:



The screenshot shows a mobile application interface titled "Body Profile" with a fruit icon. It contains three input fields: "Person Name" with the value "Joseph", "Gender:" with the value "Male", and "Age (years)" with the value "35". At the bottom, there are two buttons: "Options" and "Done".

Person Name	Joseph
Gender:	Male
Age (years)	35
Options    Done	



The screenshot shows a mobile application interface titled "Body Profile" with a fruit icon and a signal strength indicator. It contains two input fields: "Measures" with the value "Metric (cm, kg)" and "Height" with the value "179 cm". Below these is a larger input field for "Weight:" with the value "83.9 kg". At the bottom, there are two buttons: "Options" and "Done".

Measures	Metric (cm, kg)
Height	179 cm
Weight:	83.9 kg
Options    Done	

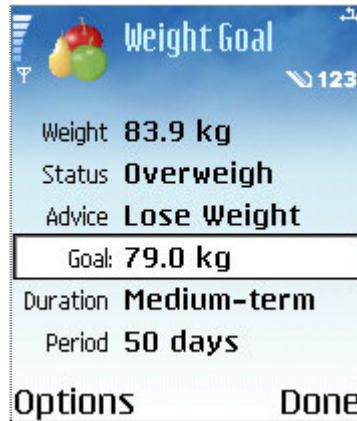
- Person Name
- Gender
- Age
- Measures – Here the program will allow you to select between European Metrics - centimeters and kilograms or the Imperial inches and labels used in the US.
- Height
- Weight
- Activity – The intensity of physical activity, or how hard your body is working, is typically categorized as sedentary, light, moderate, very active or vigorous based on the amount of energy or effort a person expends in performing the activity.



You can return to the user profile at any time and modify its values if necessary after you select *Body Profile* from the main screen in Diets that appears when you start the program.

## Step 2 – Setting Weight Goal

The next step before you start your food diary is to specify the weight target you want to achieve. To do that, select *Weight Goal* in the main program screen. If a weight target is not specified, the program will direct you to the *Weight Goal* screen immediately after a *Body Profile* is set.



The screenshot shows a mobile application screen titled "Weight Goal". At the top left is a small icon of three fruits (apple, banana, orange). The screen displays the following information: "Weight 83.9 kg", "Status Overweigh", "Advice Lose Weight", "Goal: 79.0 kg" (highlighted with a black border), "Duration Medium-term", and "Period 50 days". At the bottom are two buttons: "Options" and "Done".

Based on the user profile specified in Step 1 and the described BMI standards the *Weight Goal* form provides information about the user weigh condition. In addition the program will provide a recommendation for a goal to be taken – keep, lose or maintain the current weight.

### ***BMI Tables***

MobiSystems Diets uses standard BMI (body mass index) tables to determine the weight condition for the specified user profile. The body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.

$$\text{BMI} = \text{weight (kg)} / \text{height (m)}^2$$

Diets uses the following recommended thresholds to determine the user weight condition:

	<b><i>Underweight</i></b>	<b><i>Normal</i></b>	<b><i>Overweight</i></b>	<b><i>Obese</i></b>
<b><i>Males</i></b>	less than 20 (<20)	greater than or equal to 20 but less than 25 (>=20 but <25)	greater than or equal to 25 but less than 30 (>=25 but <30)	greater than or equal to 30 (>=30)
<b><i>Females</i></b>	less than 18 (<18)	greater than or equal to 18 but	greater than or equal to 25 but	greater than or equal to 30

		less than 25 (≥18 but <25)	less than 30 (≥25 but <30)	(≥30)
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## ***Basal Energy Expenditure***

The *Basal Energy Expenditure* or **BEE** is the daily intake level of nutrients that is sufficient to healthy lifestyle without excesses. The BEE depends on the age, height, sex and age and can also be affected by stress factors. Based on the specified so far body profile and weight target MobiSystems Diets will calculate the healthy BEE for you.

The BEE is calculated using the *Harris-Benedict equations*.

For men:

$$RMR = 66.473 + 13.751 * BW + 5.0033 * HT - 6.755 * Age$$

For women:

$$RMR = 655.0955 + 9.463 * BW + 1.8496 * HT - 4.6756 * Age$$

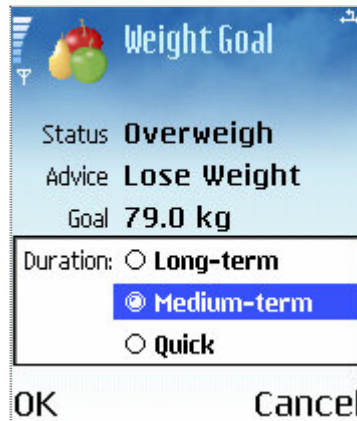
BW = body weight in kilograms	HT = height in cm, Age in years
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Depending on the user activity the individual BEE is modified by *Activity Modifier*. So the final **Daily Calorie Intake** used by MobiSystems Diets is calculated based on the user's Basal Energy Expenditure and user's *Activity Modifier*.

$$Daily\ Calorie\ Intake = BEE * Activity\ Modifier$$

## ***Diet Duration and Daily Calorie Intake***

For specified weight target MobiSystems Diets will suggest three different diet durations – from a quick diet to a long-term diet plan.



The image shows a 'Weight Goal' dialog box. At the top, there is a header with a fruit icon and the title 'Weight Goal'. Below the header, the status is 'Overweigh', the advice is 'Lose Weight', and the goal is '79.0 kg'. There is a section for 'Duration' with three radio button options: 'Long-term', 'Medium-term' (which is selected and highlighted in blue), and 'Quick'. At the bottom of the dialog are 'OK' and 'Cancel' buttons.

For the three different durations to achieve the weight goal for the specified time the *Daily Calorie Intake* is modified by the software as follows:

	<i>Long-term</i>	<i>Medium-term</i>	<i>Quick</i>
<i>Lose Weight</i>	- 500 calories	- 700 calories	- 1000 calories
<i>Keep Weight</i>	Not modified	Not modified	Not modified
<i>Gain Weight</i>	+ 500 calories	+ 700 calories	+ 1000 calories

The actual duration in days will vary depending of the weight goal and user profile.

### ***About the Diet Duration***

It is already known that any diet can produce meaningful weight loss during the early stages of the diet. Keep in mind, the key to a diet being successful is in being able to lose the weight on a permanent basis.

Having this in mind Diets is designed to suggest diet duration and calorie intake that is always healthy and good for you. For long-lasting results and less negative impact it is recommended that you make long-term diets that will:

- Allow you to have higher daily intake, compared to quick diets
- Lose weight slowly and securely for a longer period of time
- Develop healthy nutrition habits

- Demand less life-style change which is usually caused by a quick diet with severe intake limitations

## *Setting Nutrient Daily Limits*

For the given body profile and the Daily Calorie Intake for your diet plan the software will determine daily limits for the basic nutrient categories.

Diets uses the Food Pyramid Guide to apportion the daily limits for the basic nutrients as follows

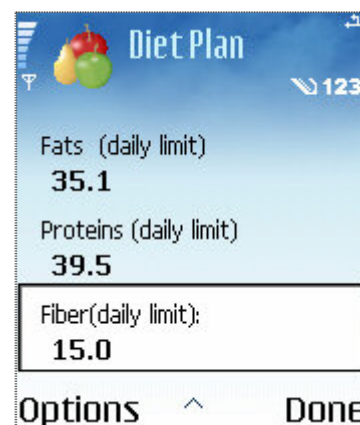
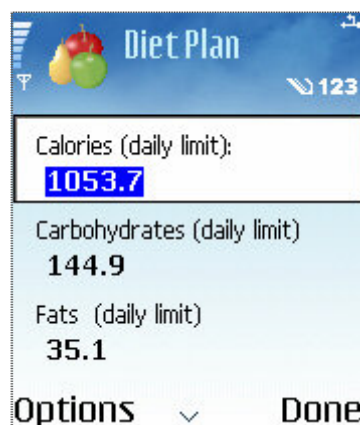
- Carbohydrates – 55% of the daily intake
- Fats – 30%
- Proteins – 15%
- Fiber – in addition to the basic nutrient categories Diets allows you to track the daily intake of fiber.

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The Food Pyramid or its latest modification is developed by the US Department of Agriculture (USDA), is an excellent tool to help you make healthy food choices. Detailed information on the pyramid is available at <http://www.mypyramid.gov>.

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For extra flexibility in keeping track of your meals MobiSystems Diets allows you to modify the daily limits for the nutrient categories. To do that, select **Diet Plan** from the Diets main screen.



Use the 5-way navigator of your phone to move between the nutrient categories and modify the values depending on your preferences. The change values will be saved and will reflect in the *Daily Log* and *Daily Status*.

## **Step 3 – Keeping Daily Nutrition Diary**

### ***Diet Tips***

When combined with exercise, a healthy diet can help you lose weight, lower your cholesterol level and improve the way your body functions on a daily basis.

There are simple things that you can do to improve your diet without changing your habits. Almost everyone can benefit from cutting back on fat. If you currently eat a lot of fat, try just one or two of the following changes:

- If you eat meat, eat it baked, grilled and broiled rather than fried. Take the skin off before eating chicken. Eat fish at least once a week.
- Cut back on extra fat, such as butter or margarine on bread, sour cream on baked potatoes, and salad dressings.
- Eat plenty of fruits and vegetables with your meals and as snacks.
- When eating away from home, watch out for "hidden" fats (such as that in salad dressing and desserts) and larger portion sizes.
- Read the nutrition labels on foods before you buy them. If you need help reading the labels, ask your doctor or your nutritionist.
- Drink no- or low-calorie beverages, such as water, unsweetened tea and diet soda.

## *Adding Foods to the Daily Log*

Once you have set your *Body Profile* and *Weight Goal* MobiSystems Diets will calculate the *Nutrient Daily Limits* that you should keep to in order to achieve your desired weight. Detailed information about the way the nutrient limits are calculated were described earlier in this manual.

For each day you can keep food diary of what you eat, trying to limit your meal to the recommended calorie balance. To open the *Daily Log* for the current day and start adding foods to it, simply select **Daily Log** from the program main screen.

In the down part of the *Daily Log* at each time you will see a calorie status bar for the day. To add a consumed food to the diary, select **Options > Food > Add**.



You will be directed to the food database where you can locate the food that you need.

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Diets is empowered by the **National Nutrient Database for Standard Reference, release 17** that is developed by the Nutrient Data Laboratory (NDL) of the U.S. Department of Agriculture, Agricultural Research Service. The foods base includes about 6,840 different foods with their nutrient content. The NDL and its predecessor organizations in USDA have been compiling and developing food composition databases for over a century. NDL has an interdisciplinary staff composed of nutritionists, dietitians, food technologists, and computer specialists.

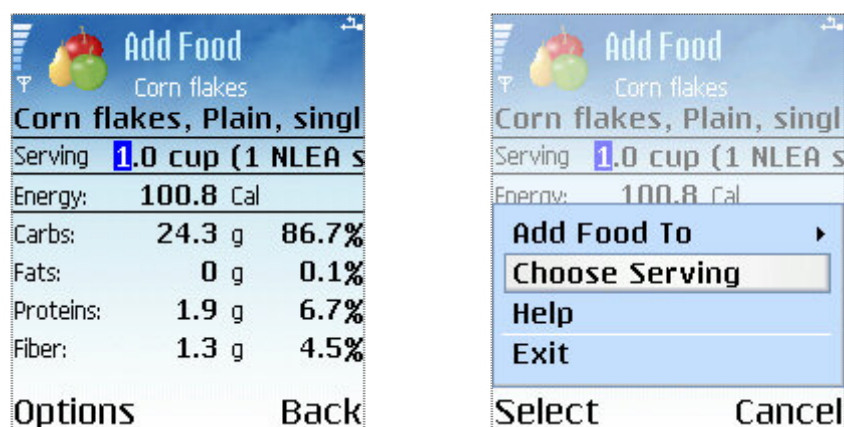
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For easier navigation in the database it is organized in 24 categories and multiple subcategories. Use the 5-way navigator to move to the desired food or category. Alternatively you can move to a desired item by typing its starting letters in the same way you are accustomed to work in your contact list.



Once you locate the food that you need, you can open it and add the consumed serving and quantity.



1. Select the size of the serving.
2. For some foods the program allows you to change the measurement of the serving so you are able to specify the quantity of the consumed food is grams, ounces or milliliters.

**Add Food**  
 Boneless  
**Pork, Cured, Ham, Bone**  
 Serving **1.0 cup**  
 Energy: **249.2 Cal**  
**Select Serving Size :**  
 cup  
 oz  
 grams  
 OK Cancel

**Add Food**  
 Boneless  
**Pork, Cured, Ham, Bone**  
 Serving **1.0 cup**  
 Energy: **249.2 Cal**  
 Carbs: **0 g 0%**  
 Fats: **12.6 g 9.0%**  
 Proteins: **31.7 g 22.6%**  
 Fiber: **0 g 0%**  
 Options Back

**Add Food**  
 Boneless  
**Pork, Cured, Ham, Bone**  
 Serving **1.0 oz**  
 Energy: **50.4 Cal**  
 Carbs: **0 g 0%**  
 Fats: **2.6 g 9.0%**  
 Proteins: **6.4 g 22.6%**  
 Fiber: **0 g 0%**  
 Options Back

**Add Food**  
 Boneless  
**Pork, Cured, Ham, Bone**  
 Serving **1.0 grams**  
 Energy: **1.8 Cal**  
 Carbs: **0 g 0%**  
 Fats: **0.1 g 9.0%**  
 Proteins: **0.2 g 22.6%**  
 Fiber: **0 g 0%**  
 Options Back

- When you select the desired food and specify its amount simply press **Options > Add Food To** and then the meal to which you want the item to be added – breakfast, lunch, dinner or snacks.

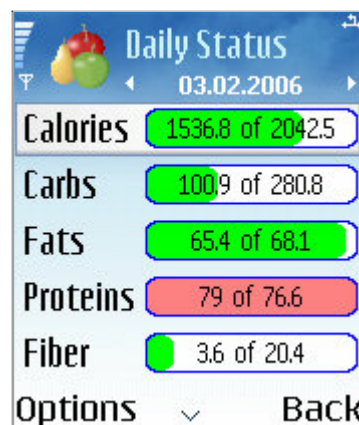
**Add Food**  
 Boneless  
**Pork, Cured, Ham, Bone**  
 Serving **1.0 grams**  
 Energy: **1.8 Cal**  
 Add Food  
 Choose Se  
 Help  
 Exit  
 Breakfast  
 Lunch  
 Dinner  
 Snacks  
 Select Cancel

- The food will be added to the *Daily Log* and you will automatically exit the foods database.

5. In the same way enter as many food items as you require. At each time in the down part of the *Daily Log* screen you will be able to see the current intake for the day.

## Step 4 – Monitoring Your Daily Status

You can check your food intake status for each of the main nutrient contents at any time of the day. To do that, simply select **Daily Status** from the Diets main screen. The daily limits for the nutrient categories depend on the user profile that you have specified and the selected diet plan and duration. Detailed information about the methods for the calculation of the daily limits is available in the help section for [Setting a Diet Goal](#).

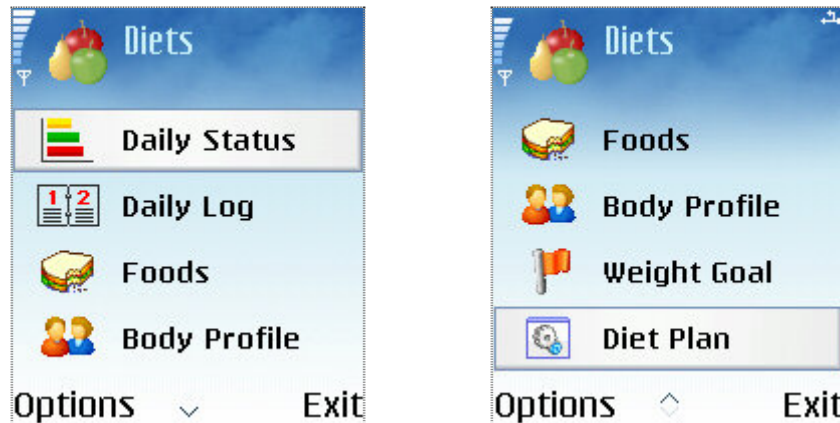


MobiSystems Diets allows you to browse the Daily Status not only for the current day but also for each day of your diet history. To change the day in the Daily Status, you can do one of the following:

- Use the left and right arrow in the 5-way navigator of your phone in order to move back or forward in the calendar.
- **Select Options > Change Day** and directly enter the desired date.

## Diets Home

The main screen in the Diets software and your starting point when you use the program is the Home View. Whenever you start Diets you will be directed to that screen, where you can select the action to be taken further.



From here you can change the current user profile and diet plan, enter your meals in the nutrition diary for the day, check your status for the day or just browse the food database.



**Daily Status** – from here you can access the form where you can check the status for each of the main nutrition categories intake for the day.



**Daily Log** – use this form to enter the food diary for the selected day and track you meals.



**Foods** – link to the food database. From here you can create, modify and delete food items and categories or simply use the database for reference for the nutrient content of foods.



**Body Profile** – from here you can define and modify the user profile to be used when recommended food daily intake contents are calculated.



**Weight Goal** – use this form to enter or modify the weight goal that you aim for. In this form you will also find the status of your current weight – underweight, normal, overweight or obese, and recommendation for the diet goal that is healthy for you.



**Diet Plan** – from here you can modify or directly define the daily nutrient limits that you want to keep to.

## Managing the Food Database

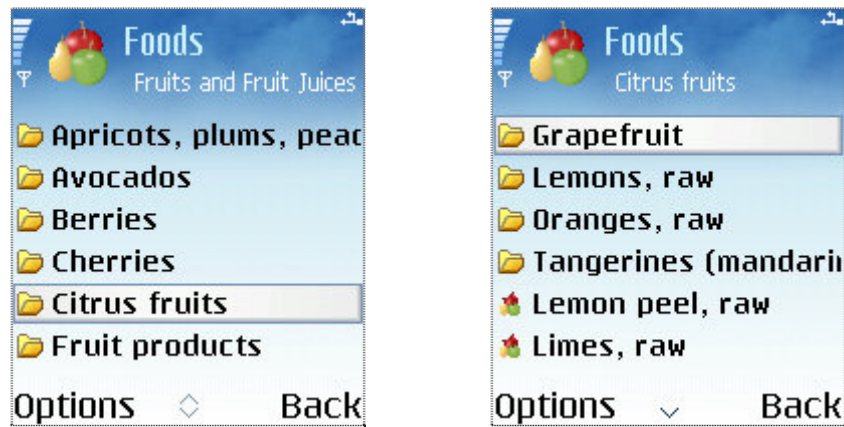
MobiSystems Diets comes with a database of over 6,500 foods categorized in 24 basic groups and multiple subcategories. The database is created by the Nutrient Data Laboratory (NDL) of the U.S. Department of Agriculture, Agricultural Research Service and is officially published as **National Nutrient Database for Standard Reference, release 17**. The foods base includes the nutrient content for calories, fats, carbohydrates and proteins. The NDL and its predecessor organizations in USDA have been compiling and developing food composition databases for over a century. NDL has an interdisciplinary staff composed of nutritionists, dietitians, food technologists, and computer specialists.

### Browsing the Nutrient Contents of Foods

MobiSystems Diets can also be used as a reference tool for the nutrient content of foods. To facilitate the easier navigation in the database and the quick finding of the searched word, the database is organized in categories and subcategories of foods of similar type and origin.

- You can quickly move in the list of categories and foods by typing the first letter of the food item or group. The software will automatically position the marker to the desired place.

- To open a food item or category, simply press the 5-navigator. The name of the current category is always displayed in the screen title bar.



## ***Food Details***

For each food item the program provides information about the serving type, its energetic value in calories, and the nutrient content of carbohydrates, fats, proteins and fiber.

In addition the software shows the percentage of each of the nutrient groups for the given serving.

			<b>Add Food</b>		
			Corn flakes		
			<b>Corn flakes, Plain, single</b>		
Serving			<b>1.0 cup (1 NLEA s</b>		
Energy:			<b>100.8 Cal</b>		
Carbs:	24.3 g	86.7%			
Fats:	0 g	0.1%			
Proteins:	1.9 g	6.7%			
Fiber:	1.3 g	4.5%			
<b>Options</b>			<b>Back</b>		

For most food items Diets offers several different serving type. To change the serving type select **Options** > **Choose Serving**. The different servings vary depending on the food.

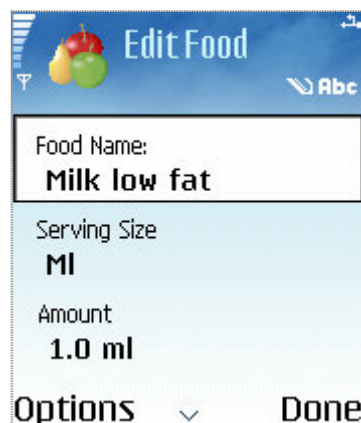
## Adding Foods and Categories

To add a category to foods database:

1. Open the food database and move to the category where you want to place the new subcategory. Respectively this can be the main home directory of the database.
2. Select **Options > Foods > Add New**.
3. Type in a name for the category and confirm the creation with **Done**.

To add a new food item to the food database:

1. Open the food database and the category where you want to place the new food. Respectively this can be the main home directory of the database.
2. Select **Options > Foods > Add New**.
3. Fill in the required fields for food name, serving type and amount, energy nutrient content of the food.
4. Diets allows you to add the amount of new foods in grams and milliliters. To switch between the two different measurements, use the center button of the 5-way navigator or press any key of the keyboard.



**Edit Food**

Food Name:  
**Milk low fat**

Serving Size  
**Ml**

Amount  
**1.0 ml**

Options Done



**Edit Food**

Serving Size  
**grams**

Amount  
**100.0 grams**

Calories:  
**254.000**

Options Done



5. Be careful that you enter the correct energy and nutrient contents for the specified food amount.
6. When you are ready simply press **Done** to add the food.

## Modifying Food Items

The way foods and categories are modified is very similar to the adding of foods. To change a category of food, you simply need to locate in the foods database and then select **Options > Categories > Edit** for category and respectively **Options > Foods > Edit**.

## Deleting Categories and Foods

MobiSystems Diets allows you to delete foods and even whole categories.

To delete a food item, you simply need to move to it in the Foods base and then select **Options > Foods > Delete**.

To delete a food category, in the same way go to the category without opening it and select **Options > Categories > Delete**.

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To be able to delete a category, it should not contain any food items.

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