

your diet at levels less than 68 percent of the RDAs with a description of the functions and a list of several rich food sources; and a message if you have excessive calorie, protein, vitamin A, cholesterol, or sodium intake.

ELEMENTARY VOL. 13— NUTRITION

- From Minnesota Educational Computing Consortium
- \$46, includes 65 page support manual. Order No. 743.
- Apple II (48K), DOS 3.3

Designed for grades 5 to 6, this package contains 3 programs. "Nutrients" enables students to enter the foods they eat and see a graphic representation of eight nutrients. "Calories" compares the calories consumed with the calories used in activity. "Calorie Bank" introduces students to nutrition through a short, colorful, animated sequence. Support manual includes a 142-item food list, a 144-item activity list, food and activity diary forms, and recording sheets.

EVERYDIET: A NUTRITION AND DIET GUIDE

- From Evryware
- \$59.95, includes 60 page manual in 3-ring binder.
- IBM-PC, XT, or COMPAQ (128K), 1 double-sided or 2 single-sided disk drives; printer optional.

EVERYDIET contains a data base of over 1,000 foods, 24 nutrients from a 1982 computer tape of USDA *Handbook No. 456*. Food and recipes can be added up to 2,500. All foods are selected from a list on the screen. Users can customize RDA values for the 24 nutrients and can create diet plans to lose or gain weight based on their height, weight, age, sex, and daily activity.

FAST FOOD MICRO-GUIDE

- From The Learning Seed
- \$36, includes guide.
- Apple II, Radio Shack TRS-80 (48K).

The program begins by asking you where you would like to eat and then gives you as choices the largest national fast-food franchises: McDonald's, Burger King, Kentucky Fried Chicken, Wendy's, Dairy Queen, and others. After you choose, the computer presents the menu for that particular franchise, and when you select a meal, the program provides a nutritional analysis of the meal showing calories; percentage of calories from fat; protein, vitamin A, B, and C content, and amounts of other nutrients.

THE FOOD PROCESSOR

- From ESHA Research
- \$120 with an educational discount of 30%.
- Apple II, IIe, II+ (48K), soon to be available for IBM-PC; printer optional.

Designed for clinic or classroom use, this program is a computerized data base containing 26 nutrients for over 1500 foods. Special effort was made to create a complete and extensive data base and to fill in blanks existing in other such programs. Over 200 scientific sources, as well as data from 50 manufacturers, served as the basis for information. The program is intended to be easy to run and allows the user to display the nutrients of selected foods, changing the food list to fit individual needs; compare foods to personalized profiles of RDAs and suggested allowances and to store personalized RDA profiles; display any single nutrient as contained in each of the items in the food list; and save data such as menus, daily food intake, and recipes for future use.

456-DYETTE

- From Intake
- \$295. Purchase orders accepted.
- IBM-PC (92K), 2-320K disk drives, printer.

This program, designed for the professional dietitian or nutritionist, calculates the nutrient values of more than 2,000 food items for 22 nutrients. The printout gives the name of the nutritionist doing the analysis as well as the person or menus being analyzed. The printout also gives totals for each nutrient, as well as the nutrient values for each food in the analysis. The program contains tables 1 and 2 of USDA *Handbook No. 456*.

GREASE

- From DDA
- \$27.95, includes instruction booklet, student worksheets.
- Apple II+, IIe (48K), DOS 3.3, Radio Shack TRS-80 Model III/IV, one disk drive.

This is a program about fat, cholesterol, and their association with heart disease. Students can determine the amount of fat in a meal or diet. They can also learn about fat in fast foods by ordering a meal from one of three fast-food restaurant chains. The amount of fat in a food is translated into an equivalent number of teaspoons. Designed for junior and senior high students and the general public.

IDAHO DIET ANALYSIS

- From Agricultural Communications Center
- \$10.
- Apple II, II+, IIe, III (48K), one disk drive, printer.

This is an interactive program designed to evaluate nutrition intake based on age, sex, and physical activity for one day. The computer will analyze and print out the following: names and quantities of foods consumed for each meal; total quantity of calories, protein, vitamins A, C, B-6, thiamin, riboflavin, niacin, and the minerals calcium, iron, and magnesium. A bar graph shows the percent of the RDA of these nutrients eaten for each meal as well as the total amounts. It also shows the percent of calories from protein, carbohydrate, and fat, and a comparison to a balanced diet. Also included are values obtained for sodium and potassium and the RDA recommended range; foods which are high in the nutrients that were lacking in the diet; the effect of vitamin and mineral supplements on the total nutrients consumed; and the number of weeks necessary to obtain desired weight by following a specific caloric intake.

MUNCH

- From Pat Munyon
- Free plus \$5 postage and handling. Send disk; it will be copied and returned to you.
- Radio Shack TRS-80, Model II, disk drive.

Based on the Dietary Guidelines and using the exchange lists, this program analyzes diets for carbohydrates, protein, fat, and calories.

NUTRA-COMP

- From Marc Covitt
- \$275, includes comprehensive training manual.
- Apple II, II+, IIe, III (48K), DOS 3.3, 1 disk drive, printer.

This program, designed for consulting nutritionists and dietary departments, provides diet analysis reports which can be shown to and discussed with patients. It has a data base of 615 commonly used foods. It analyzes 24 nutrient fields and prints comparison to RDA as well as distribution of calorie intake. Food items that are highest in sodium, cholesterol, and saturated fat are highlighted.

NUTRANAL (Version 3.0)

- From SN Services
- \$249.95, diskette, user's manual, back-up disk, future revisions.