



MySportTraining® Food

Pocket PC User's Guide



October 2006

This document applies to MySportTraining® Food version 1.30 and newer.

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1 Introduction

1.1 What Is MySportTraining Food?

Most active or sport-oriented people don't need to follow a weight-loss program, but want nonetheless to keep an eye on their diet in order to achieve the best results out of their workouts. MySportTraining Food is designed to help you follow a healthy and balanced diet, and make sure that your nutritional and energy needs are being met.


MySportTraining Food seamlessly integrates into MySportTraining¹ by adding a  **Food** page in the Daily view (see Figure 1). The other features of MySportTraining remain unchanged and available.



Figure 1: MySportTraining Food adds a Food page in the Daily view. The Servings view shows consumed, remaining and exceeding servings using clear, colored and red X dots

In addition to help you track the food you consume, MySportTraining Food was designed to meet the following objectives:

- **Identify the correct diet to follow.** Most people have different caloric needs based on gender, weight, activity level, etc. MySportTraining Food makes it quick and simple to select an appropriate diet in order to meet your daily caloric needs. For instance, you can also build your own diet by choosing the amount of servings for each food group, taking into account the ratio of calories from carbohydrates, proteins and fats (e.g. 65% carbs, 15% proteins and 20% fats). This is invaluable if you consume a high amount of calories (most athletes do) or if you follow a specific diet such as The Zone™ or South Beach™. Creating your

¹ Requires version 3.95 and newer, available at http://www.Vidaone.com/mst_ppc.htm.

own diet is detailed in section 2.2.

- **Quickly enter consumed meals of any kind, with ease and efficiency.** Since most meals consist of a combination of several types of food, entering each of them can be quite time-consuming (the USDA Food Database² has more than 6000 foods and nutrients). As a result, MySportTraining Food is based on *food group servings*, in addition (or as an alternative) to specific food items. This approach has numerous advantages:

- 1) **It's how most dietary guidelines are provided.** For instance, the USDA diet recommendation is outlined via a food pyramid³ (see Figure 2) based on servings from six (6) food groups: *starch* (bread, cereal, pasta, rice), *proteins* (meat, fish, beans, eggs, nuts), *fruit*, *vegetables*, *dairy* (milk, yogurt, cheese) and *fats* (including sweets and oils).

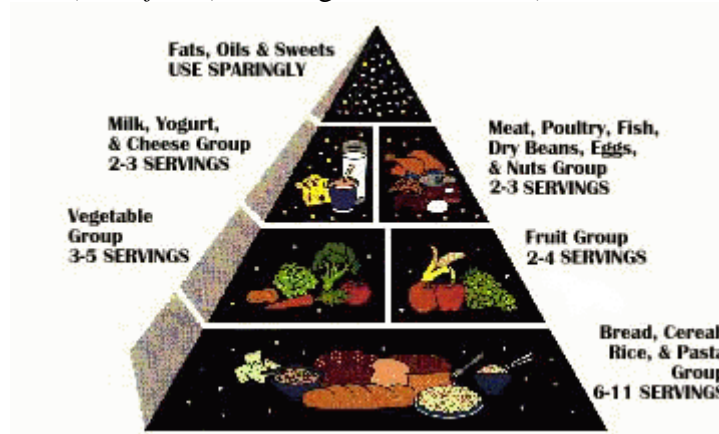


Figure 2: The USDA Food Pyramid.

- 2) **It's fast.** You can enter a meal by its serving in seconds, as opposed to search and enter each food item. However, should you prefer the latter approach (because caloric information is very accurate in that case), MySportTraining Food keeps track of your favorites food items and allows you to select them with efficiency.
- 3) **It's accurate.** Identifying a meal's food group servings is usually accurate enough to ensure that you follow a balanced diet. However, if you are looking for exact information, you are better off entering the exact food items, since this approach provides exact caloric information.
- 4) **It's flexible.** Food groups and servings can quickly be identified from *any type* of meal (American, Vegetarian, Mediterranean, etc.), whereas picking up specific food items is not always possible since they may not exist in some food databases (the food database installed with MySportTraining

² <http://www.nal.usda.gov/fnic/foodcomp/Data/SR16/sr16.html> (the most current as of this writing).

³ <http://www.usda.gov/cnpp/pyrabklt.pdf>

Food is the USDA food database, but more food items will be added in subsequent versions).

- 5) **No guesswork.** You can see in seconds how much food servings you are allowed to take at any moment during the day and choose appropriate meals accordingly.

Other goals of MySportTraining Food are the following:

- **Allow to precisely track your food items if desired.** Whereas some will prefer to track their food by the servings, some want to track very precisely each food item they consume. As a result, MySportTraining Food comes with a large food database (based on the USDA food database), and is designed to make data entry fast.
- **Show how much food can be consumed per day.** Once a diet has been chosen (see section 2.1), MySportTraining Food immediately shows you *what* and *how much* of it you can eat per day. No more guesswork here!
- **Show food and nutrition facts summary for each day.** This indicates whether the target energy and nutritional needs are being met or not.

1.2 Installation and Registration

Notes

MySportTraining Food requires **MySportTraining for Pocket PC** (sold separately) version **3.98 or newer**. Please upgrade to the latest version of MySportTraining first.

MySportTraining Food only works on **Pocket PC** devices.

To install MySportTraining Food, following these simple steps:

- Make sure your Pocket PC is connected to your desktop or laptop.
- Download the software on your desktop from:
http://www.VidaOne.com/download/MstFood_Setup.exe.
- On your desktop, execute the **MstFood_Setup.exe** program that you downloaded and follow the on-screen instructions. This will copy MySportTraining Food onto your Pocket PC and a welcome screen will be displayed on your Pocket PC.
- Run MySportTraining!

1.3 Pocket PC Compatibility



MySportTraining for Pocket PC is compatible with all versions of Windows Mobile™, from **Pocket PC 2000** to **Windows Mobile 5.0**. Portrait (240x320), landscape (320x240) and square (240x240) resolutions are also fully supported, as shown below.



Figure 3: MyPersonalDiet runs at ease in portrait, landscape or square resolutions, on all Pocket PC models, from Pocket PC 2000 to Windows Mobile 5.0.

1.4 How about MyPersonalDiet™?

MyPersonalDiet is a standalone application that shares data with MySportTraining, namely, workout, health records and meals. The data entered in one application automatically shows in the other.

1.5 How about Pocket Diet Tracker?

You can use MySportTraining Food extension along Pocket Diet Tracker. The two software are completely independent one from another.

If you use Pocket Diet Tracker with MySportTraining (i.e. by selecting a Pocket Diet Tracker in MySportTraining), you already know that the “Calories” field in the Health page comes from Pocket Diet Tracker. This remains true even if you use MySportTraining Food.

However, if you prefer to have the “Calories” field in the Health page to be updated by MySportTraining Food, you must unselect the Pocket Diet Tracker profile in use. To do so in MySportTraining, choose Tools > Options > Health page and select <None> next to “Profile”, under **Pocket Diet Tracker**. Note that by doing so, workout calories will no longer be shared with Pocket Diet Tracker.

1.6 Technical Support

You can obtain more information about our products, updates, etc. by visiting our Frequently-Asked Questions (FAQ) page at: <http://www.VidaOne.com/faqs.htm>. If you have a question, want to provide some feedback, or want to report a bug, please send us an email at: support@VidaOne.com. You can also contact us by mail at the following address:

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16776 Bernardo Ctr. Dr.
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San Diego, CA 92128

2 Using MySportTraining Food

2.1 Choosing a Diet

By default, MySportTraining Food uses a 2000-calorie diet. You can change to another diet by tapping the [Diet](#) link to show the Diet window (see Figure 4). The pre-defined diets are based on the USDA Food Pyramid (typically 65-15-30 diets: 65% calories from carbs, 15% from protein and 30% from fats). You can also create your own diet if you are following a specific food diet such as Atkins™ (more in section 2.2)

From the Diet window, you can browse and choose a diet from the list. Each diet is briefly explained (what it is, what the target audience is) along with the recommended servings. Choose a diet from the list, and the allowed servings for that diet are automatically updated. You can tap on a food group name to get more information about it.

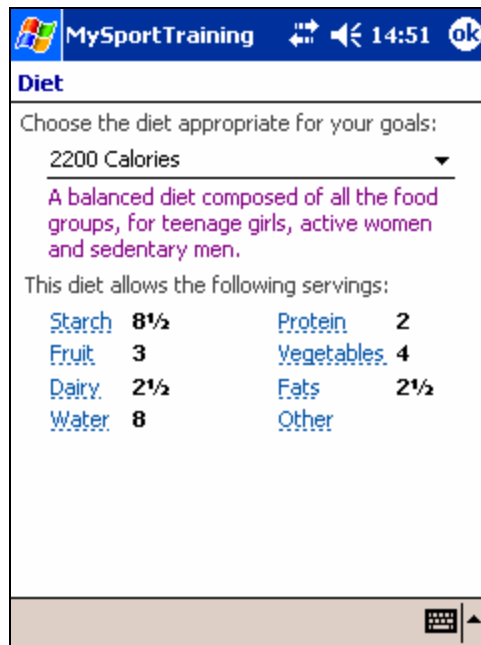


Figure 4: The Diet window allows you to see the predefined diet or to create your own.

2.2 Creating My Diet

You can also create (and later modify) your own diet by choosing **My Diet** from the list and entering the servings per food group (see Figure 5), [an essential feature for those following a specific diet such as The Zone™, Atkins™, etc.](#) For instance, if you follow a *low carb* diet (e.g. a 40-30-30 diet such as *The Zone®*), you will use less starch and more protein servings. Simply enter the servings specific to your diet, and let MySportTraining Food guide you accordingly as you later enter meals.

As you enter the servings, the total daily calorie value is updated, along with the percentage of calories from carbohydrates (Cb), proteins (Pr) and fats (F). The bar at the bottom also represents those percentages (blue for Carbohydrates, green for Proteins and red for Fats).



Figure 5: The My Diet option allows you to specify the servings for each food group.

2.3 Entering Meals

To enter a meal, choose New > Meal. This shows the Meal window (Figure 6). See section 2.4 to edit a meal.

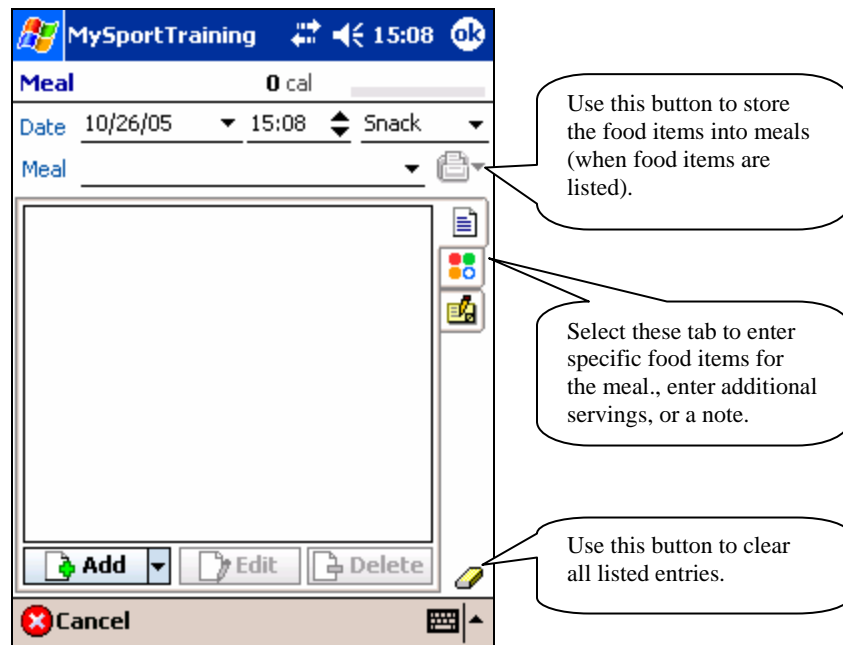





Figure 6: The Meal window allows you to enter food items for a meal.

Entering Food Items

You can add, edit or delete food items from the meal using the Add , Edit  and Delete  buttons respectively (more on this later).






Tip! You can also tap the down arrow ▼ next to the Add button to add one serving of the following:

1. A food item from your favorite food item list
2. A food item you search for.

Depending on the time of the day, a type of meal will automatically be selected among Breakfast, Lunch, Dinner, Snack and Other. This is for informational purposes only; you can change it if need be.

You will later see how food items can be combined in meals. The Meal list is initially empty the first time you use MyPersonalDiet, but once meals are created, you can selected them next to **Meal** and their food items will be added to the list.

When you choose Add  from the Meal window, the Food Browser is shown (see Figure 7). This is the principal window by which you enter the food you consume.

To enter a food item, first select a food group, a category and then choose a food item. Upon choosing an item, the energy field, as well as the full name (tap  to see it) and nutrients information (tap  to see it, more about this shortly) are updated. You can use this information to find out exactly what you are consuming. Go ahead, and browse the whole database to learn about what you are *really* eating! You'll be surprised!

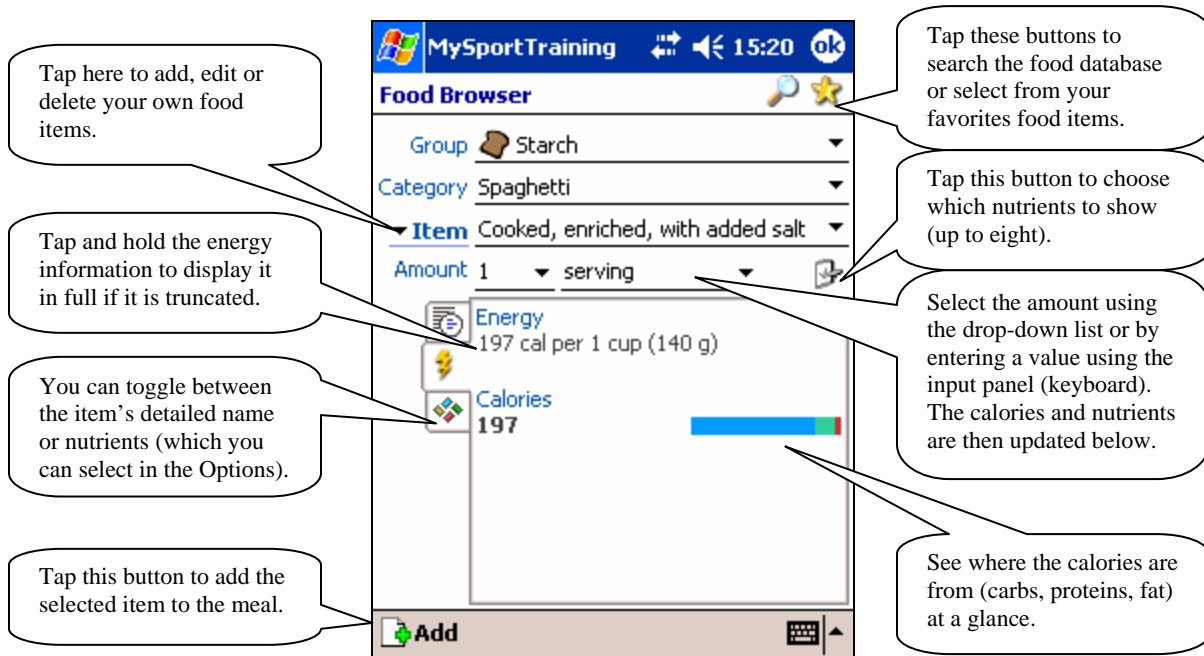



Figure 7: The Food Browser window allows you to browse the entire food database and enter the amount you consumed of the selected food item.

Then choose the amount (or quantity) you consumed. **In most cases, it is preferable to choose “1 serving” (i.e. one default serving), which corresponds to one usual serving of the related food item.** The calories (or kilojoules) field, along the nutrients data, are updated to reflect the amount you are consuming. This information allows you to precisely decide whether you should eat the whole portion you had in mind (or perhaps

only half of it). Once done, tap the **Add** button  to add the food in the meal. You will hear a beep, and a small window will pop up to confirm that the item was added (Figure 8). Food items that you add are also stored in the Favorites list.

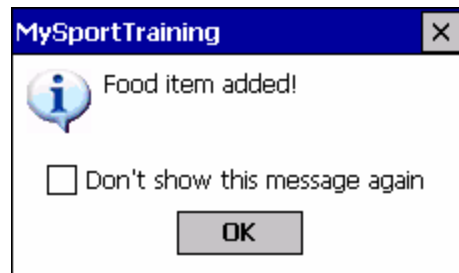




Figure 8: A small window is shown to confirm that the meal was added.

Select **Don't show this message again** to prevent it from being shown for subsequent items. You can then select another food item and tap **Add** to add it, and so on. When you are done, tap OK to close the window (note that closing the window doesn't add the food in the meal).

Nutrients

To see the selected item's nutrients, tap the **Nutrients**  button. You will see up to eight nutrients, along a colored bar that indicates the source of the calories: blue is calories from carbohydrates, green is from proteins, and red is from fat. For instance, in Figure 7, calories are mostly coming from carbohydrates. This is useful to determine if the food item is rich in some specific macro-nutrients. For instance, if you follow a low-carb diet, you may want to consume food items displayed with a small blue bar (i.e. low-carb food).

You can also select which nutrients to display by tapping the **Customize** button . You will then be prompted to select up to eight nutrients to display (see Figure 9).

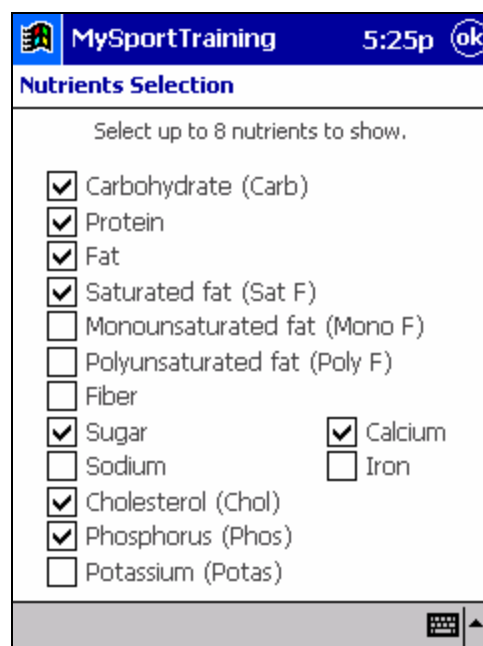



Figure 9: The Nutrients Selection window allows you to select which nutrients to show.

Favorite food items

The favorites food item list is accessible by tapping the Favorites button  in the Food Browser. This shows the most recent favorite food items; tap on one to select it. Using the Favorites button is a quick way for selecting food items.

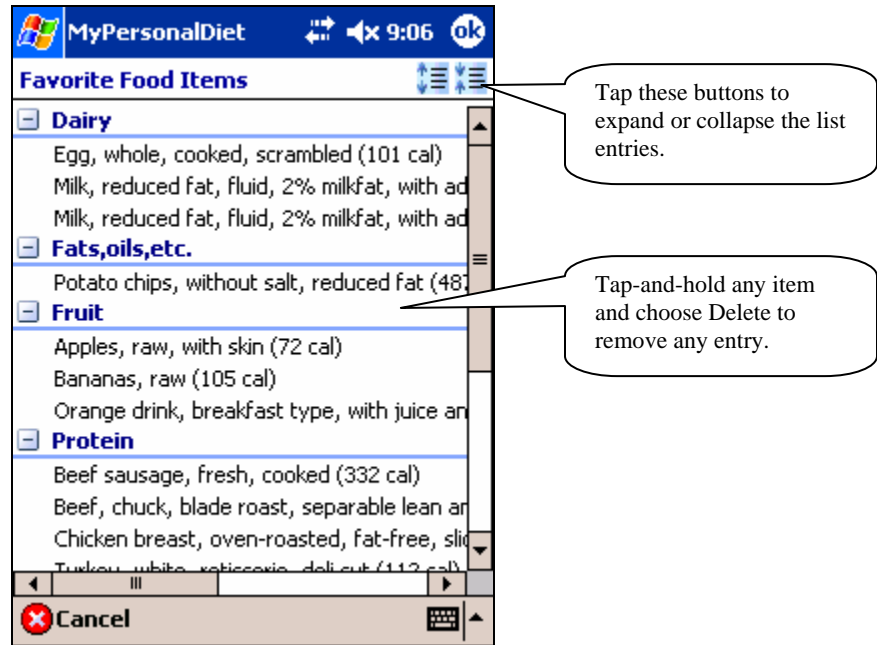



Figure 10: The Favorite Food Items window lists all your favorite food, grouped by categories.

Searching food items

You can search the food database by tapping the Search button . This shows the Search window (see Figure 11). Enter a word (or part of a word) and tap Search to show the matching food items. Tap on one to select it.

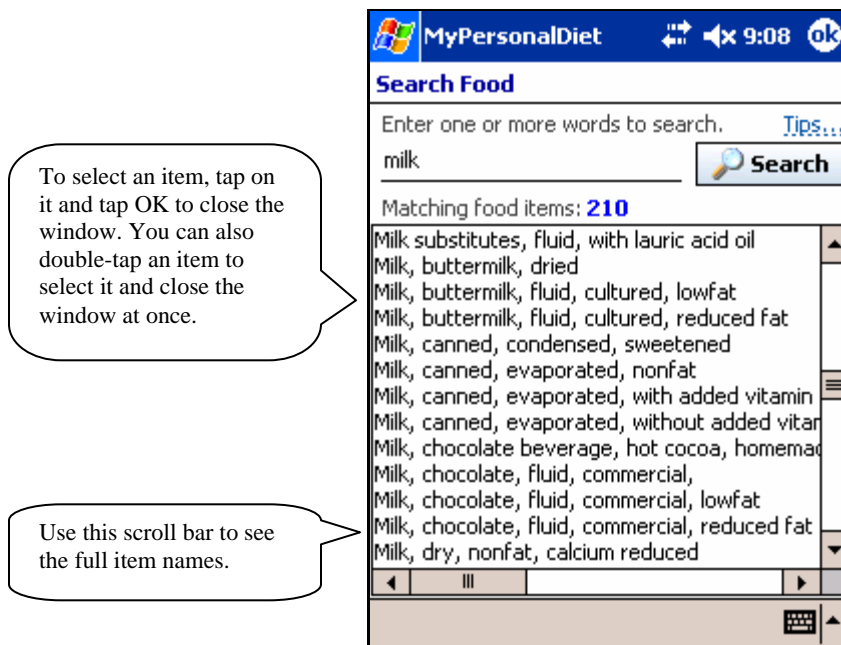



Figure 11: The Search Food window allows you to search the food database for a specific keyword.


Searching by one word can return too many items (210 in the previous example) To perform a more effective search, enter several words, and only items containing *all words* will be shown. What's more, prefix a word with an hyphen (-) to exclude food items that contain that word. In Figure 12, the search returned entries that contains both *milk* and *lowfat*, but not *cheese* (bringing the number of entries down to a more manageable eight).



Figure 12: An enhanced search returns fewer and more accurate results.


Combining food items into meals.

You can save one or more food items as a meal, and use that meal later on to expedite data entry. When food items are listed, choose the **Meal** button , select **Add** and enter the meal's name to save the food items under that meal. You can later select that meal from the meal list and the food items will automatically be inserted into the list.

You can update the content of a meal with the food items currently listed. Simply choose the **Meal** button  and select **Update**. If you want to delete the meal, choosing **Delete** instead. Deleting a meal does not remove the food items currently listed. To rename the meal, choose **Edit Name**.

Enter Your Own Food Items

You can add your own food items by tapping on **Item** and choosing **Add** from the popup menu that shows up. This will show the New Food Item window (Figure 13). Enter the name, the default serving (e.g. 100 g, 1 cup, etc.), the calories (or kJ) for that serving, the food group this food item belongs to, the nutrients and a note if desired.

Choose the Calculator  button to calculate the energy based on the nutrients you've entered. The calculation is based on 4 calories per gram of Total Carbs and Protein, and 9 calories per gram of Total Fat.

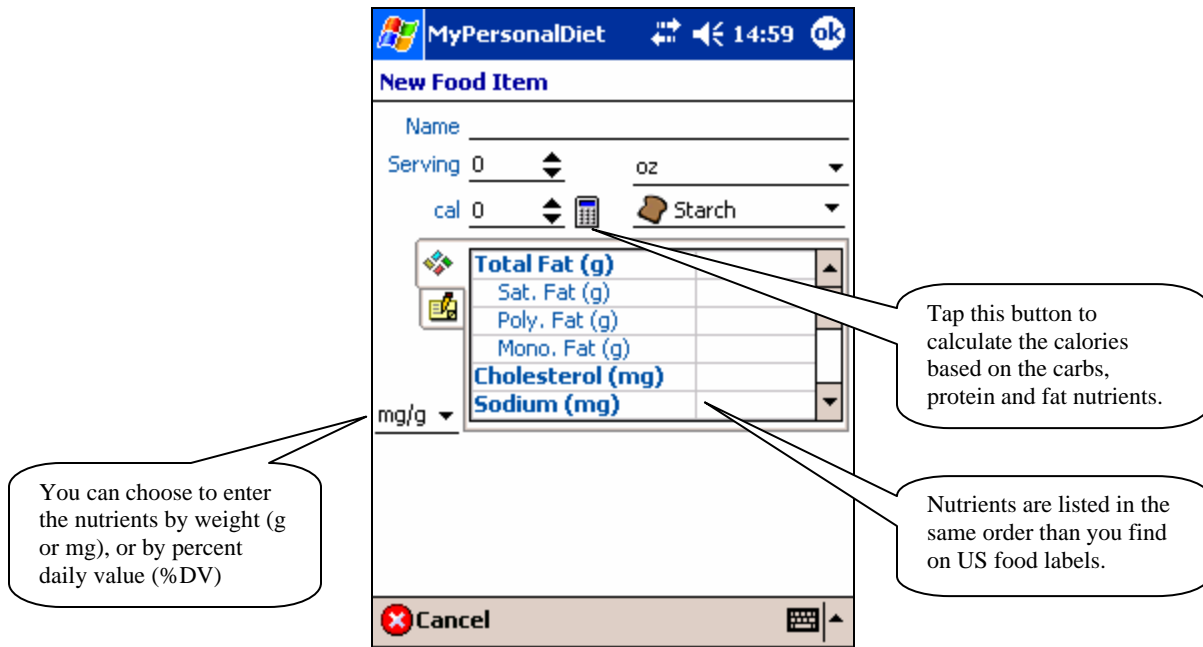



Figure 13: The New Food Item window allows you to enter your own food items.

After entering the information, choose OK. MySportTraining Food will then validate the data you've entered to ensure that it is valid, and will prompt you to modify it if required.

Enter Additional Servings

When entering a meal (see Figure 6), select the tab **Servings**  to enter extra information for the meal:

- Amount of water servings you consumed (one serving is 1 cup or 250 ml), a quicker alternative to enter water via the Food Browser.
- Extra calories (or kilojoules) for the meal. If all you want is to track is the energetic value of a meal and you happen to know what it is, you can simply enter it there, without providing additional information. Note that the nutrients will remain zero for this meal.
- Additional servings for the meal (see Figure 14). This is useful when you eat a meal composed of a variety of food items: instead of entering each of them individually, you can estimate how many servings of each food group the meal is composed of, and only enter the servings. MyPersonalDiet uses average energetic values per food group serving, as displayed in following table (values are rounded for simplicity)

Food group	Total cal.	Cal. from carbs	Cal. from prot.	Cal from fats
Starch (grains)	90	68	8	14
Protein	179	29	56	94
Fruit	98	90	3	5
Vegetables	69	52	8	9
Dairy	102	16	27	59
Fats, oils, etc.	108	31	4	73

Table 1: Energetic values per food group (per serving).

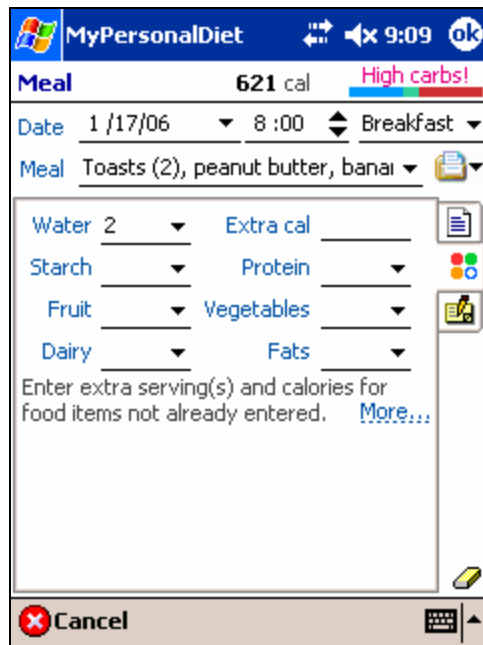


Figure 14: You can enter extra servings (in addition to the specific food items) when entering a meals. This is especially useful when eating a meal composed of a mix of various foods.

At first, identifying the servings for a given meal might not seem obvious. But with a little practice, it becomes second nature. Here are some examples:

- **Individual food item** (a glass of milk, a handful of nuts, a fruit, a vegetable, a slice of bread, etc.) usually counts for one serving of their respective group. Prepared items (**muffins, doughnuts**, etc.) usually count as 1 or 2 servings depending on their size, but they also include 1 (or more) serving of fats.
- **Plates and dishes** composed of several food items require you to estimate how much of each group is present in the meal. Here are a few tips:
 - One slice of **bread**, $\frac{1}{2}$ **hamburger bun** or $\frac{1}{2}$ **bagel** count as one starch serving (so a typical sandwich contains 2 servings).
 - 2-3 oz of **meat** (beef, chicken, fish, etc) count for one protein serving and is the size of a small fist. But only 1 oz of **nuts**, about the size of 1 cubic inch, also counts for one protein serving.
 - Whereas one **fruit** counts as one serving, only half a cup of packed, chopped, cooked or canned fruit counts as a serving as well. The same holds for **vegetables**.
 - One glass of **milk**, a cup of **yogurt** or 2 oz of processed **cheese** (about 1 cubic inch) counts as one dairy serving.
 - 2 or 3 small **candies**, one **alcoholic beverage** (one beer, a glass of wine), 2 tablespoons of **salad dressing or cream**, etc. count as one fats serving.
 - Most **commercial ready-to-eat meals** contain 1 or 2 servings of fats.
 - The good news: you can simply discard the food items that are present in very small quantities (such as small amounts of raisins in some cereals).

- **Some food don't need to be entered at all** because they provide no or very little caloric information:
 - Most types of leafy (lettuce, spinach, cabbage, etc.) and small vegetables (mushrooms, radishes, jalapeno, etc.) taken in small portions.
 - Sugar-free seasoning
 - Sugar-free and fat-free condiments (fat-free butter, fat-free margarine, fat-free salad-dressing, soy sauce, teriyaki sauce, tomato sauce, etc. taken in small portions (2 tablespoons for sauces, 1 tablespoon otherwise)
 - Sugar-free beverages count as one serving of water.

Tapping on a food group image (in Figure 1), or by tapping a food group link in the Diet (Figure 4), shows the food group window (Figure 15). It displays a description, average calories per serving and serving examples for the food group.

The Protein window also provides an option to specify that a vegetarian diet is being followed (this modifies the calorie values).

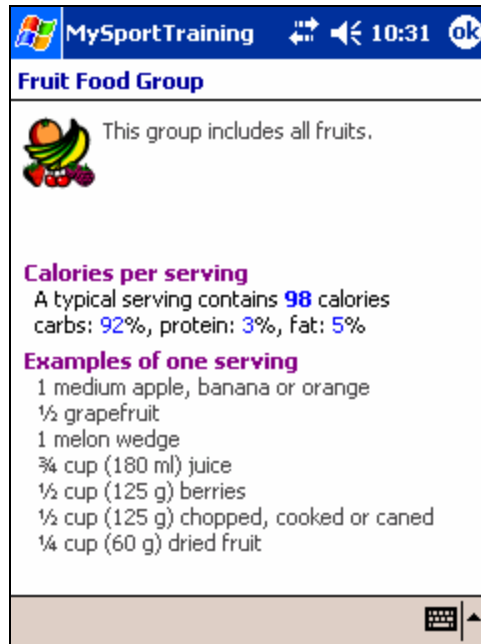





Figure 15: A food group window displays more information about a specific food group.

2.4 Editing Meals

As meals are added, the daily servings are automatically updated (see Figure 16). Solid dots indicate consumed servings, whereas clear dots indicate the remaining servings for the day based on the selected diet. For instance Figure 16 (left) shows that 3 servings of starch have been consumed, and that 5 remain (based on a diet that allows 8 servings of starch). If you update the diet (via the Diet link), the daily servings will be updated accordingly.

You can see the serving count per meal the Serving List button  (Figure 16, right). Each line represents a meal; columns include calorie information and servings for each food group. Tap on the Nutrient List button  to see nutritional information for each

meal (Figure 16, bottom) use the horizontal scroll bar to see the rightmost columns). Tap-and-hold each line to display a menu to edit or delete an item. You can also double-tap a line to edit the associated meal. Tap on the Servings  button to view the servings again.

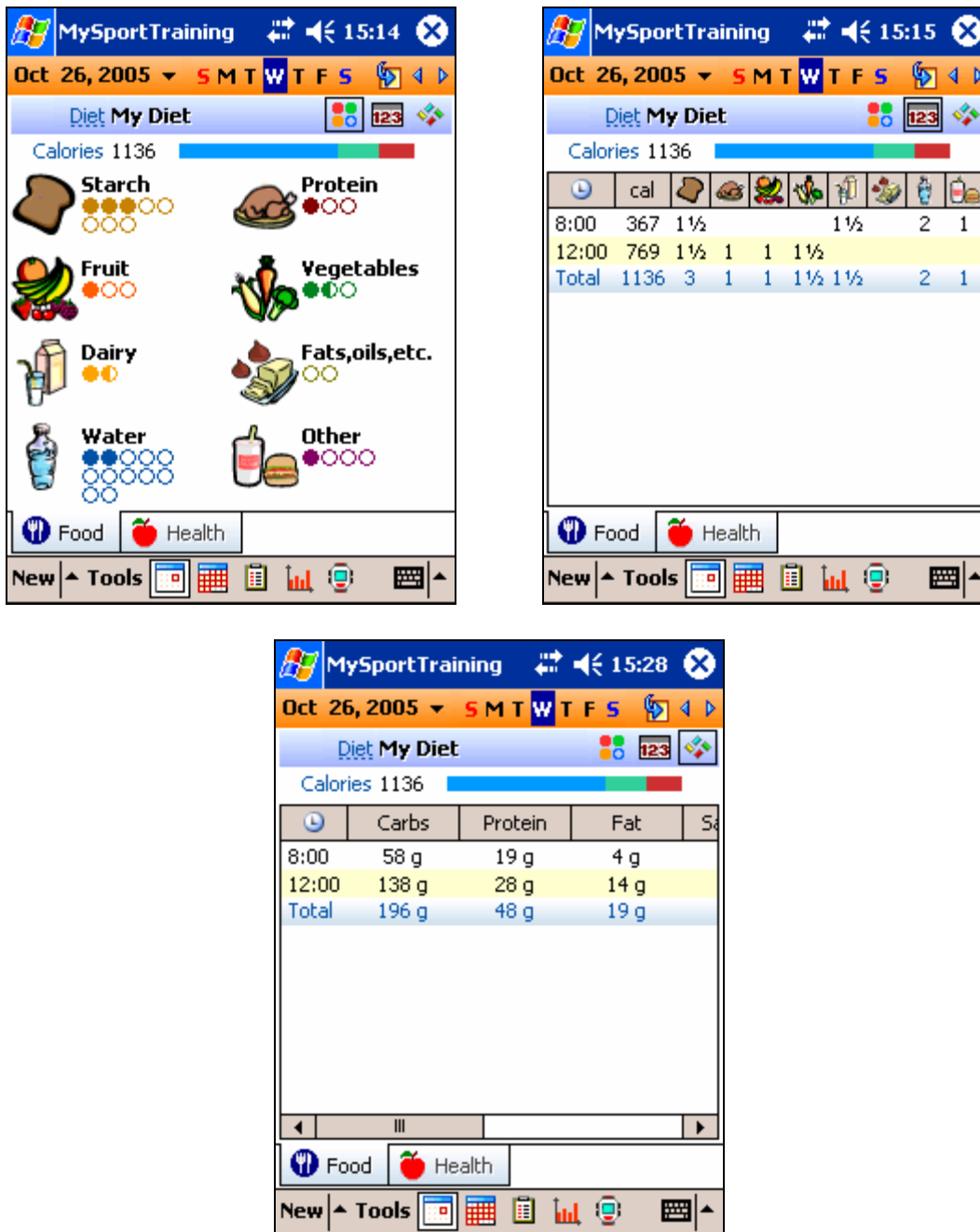


Figure 16: As meals are entered, the servings are automatically updated (top left); Meals are shown by tapping the Meal List button (top right); Nutrients are shown by tapping the Nutrients button (bottom).

3 What To Do Next?

How to use MySportTraining Food depends on your motivation behind tracking your food intake. Here are a few examples:

- **Browse the Food database.** You will be amazed to find out what nutrients are in the food you consume.
- **Save common food items** into meals, which you can select later on to speed up entry.
- **If your weight is not an issue but you want to make sure you follow a balanced diet,** then use one of the predefined diet or create your own, and enter meals by servings. This will make meal data entry very fast and will properly reflect your food intake.
- **If you are monitoring your caloric intake,** then it is preferable to enter meals by food items. At the beginning, you will have to search for the right food items, but as they are added in your favorite items, you will be able to enter meals in seconds. Grouping food items into meals makes it a snap to enter those meals later on.
- **If the current food database does not suit your diet at all** (if you live outside the U.S., or if you can't find the food items you consume), then you can create your own food items. That will be a little tedious at first, but after a few days, entering meals will be very fast. As mentioned above, grouping food items into meals makes it easier. As an alternative, you may enter meals by servings, if this provides enough information for you.
- **Keep the Add to Favorites option checked off** when adding food items, and use the **My Food** often to select the most common food you consume.
- **If you are preparing your own food** (for instance, many athletes prepare their own sport drinks or energy bars), it is best to create your own food items. By making it a favorite food, it'll be very easy to select it after and you will have a precise calculation of the caloric information.
- **If you are at a restaurant and can't figure out what exactly is in your plate,** go with the servings. It is much easier to guess how much of protein, vegetables, etc. is in your plate than the exact food items.

Whatever your goals are, MySportTraining Food is designed to work for you, not the other way around. [Remember that the first days of use will demand a little more if you choose to enter food items or create your own. But as the favorite food and meal lists grow, entering a meal will be done in seconds after a few days.](#)

Thank you for using MySportTraining Food!

The MySportTraining team