

# FOOD CODE BOOKLET



## Nutrition Scale Instruction Manual

Model ESNS-001

EatSmart Products  
Oak Brook, IL 60523



# Starting To EatSmart™

Thank you for your interest in the EatSmart™ Nutrition Scale. Our product is the most practical and comprehensive nutrition education scale on the market, allowing you to accurately and effectively understand and monitor the relationships between the portions you eat and their nutritional value.

The “EatSmart™” scale utilizes an internal food database containing 999 of the most commonly consumed American foods, which have been carefully selected because nutritional information is not readily available (i.e., fresh fruits & vegetables, meats, fish, etc.).

For packaged foods which carry a USDA Nutrition Facts label, the EatSmart’s Nutrition Facts Calculator allows you to quickly calculate the exact nutritional data as well. Simply weigh the portion on the scale, input the label’s nutritional information and the scale will calculate the amount of calories (or any other labeled nutrients).

All nutritional data was derived from the USDA *National Nutrient Database for Standard Reference No. 19*.

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# GETTING TO KNOW YOUR SCALE

Read the operating instructions and become familiar with the buttons and their functions. The buttons will allow you to select modes, enter numbers and save and display nutritional information.

The EatSmart™ Nutrition Scale has two modes to help calculate nutritional information accurately and is explained on the following pages in more detail.

- 1) The Normal Mode will calculate 12 nutrients from the 999 foods programmed into the scales memory.
- 2) The Nutrition Facts Calculator mode will calculate nutrients from a portion of food that comes with a Nutrition Facts Label on the side or back of a package, can or container.

## TIPS

- 1) Make sure the scale is on a clean, flat surface.
- 2) When placing a plate or bowl on the scale, make sure the weight is at zero before placing food on the plate. If not, press tare.
- 3) All food should be weighed in edible form to provide the most accurate values without pits, rinds and skins unless specified.
- 4) Familiarize yourself with the food codes and write the most common food items down in the back of this brochure for easy reference.
- 5) Get into the habit of weighing food and eyeballing food in grams, not ounces. Most nutritional information is displayed in grams, especially the USDA required Nutrition Facts labels.
- 6) Use the 1/2/3/4 button to focus on key nutrients appropriate for your needs.

*1-Diet and diabetes*

*2-Cardiovascular*

*3-Lipids*

*4-Osteoporosis and warfarin users*

# FUNCTION KEYS

[ON/TARE/OFF] key

**TO TURN ON** - Press key once to turn on the scale.

**TARE (zero reset)** - press tare to zero any weight (positive or negative).

**TO TURN OFF** - Hold key down for 5 seconds or scale will automatically shut off if not in use for 2 minutes.

[MODE] key- Press to switch between the Nutrition Facts Calculator (for calculations using packaged foods) and the Normal Mode (food database) that uses the 999 food codes that are programmed into the scale. The default, when you turn the scale on, is the normal mode.

[1/2/3/4] key- Press repeatedly to see 3 different nutritional values displayed each time as follows:

**1-Calories, Carbohydrates, Fiber**

**2-Sodium, Potassium, Magnesium**

**3-Total Fats, Sat. Fats, Cholesterol**

**4-Calcium, Protein, Vitamin K**

[M+] [MR/MC]-Memory function-works in Normal Mode only.

Press M+ (memory add) to save nutritional values to memory.

**You cannot continuously press M+.** You must press tare or remove the previous food (zero scale) in order to add and save the next entry.

**To recall memory** - press MR/MC to see the total for the nutritional values stored.  $\Sigma$ MXX will appear on the LCD screen. Press MR/MC again to return to normal mode.

**To clear memory** - press MR/MC for  $\Sigma$ MXX to appear on the LCD screen, then press and hold MR/MC to clear memory.

[g/oz] key (Normal Mode only) -

Press button to toggle between grams and ounces. (28g= 1oz)

[SERV] key (Calculator Mode only) -

Press key to enter serving size, **in grams**, as listed on the Nutrition Facts package label.

[NUTR] key (Calculator Mode only) -

Press key to enter Nutrition Fact weight (i.e. calories, carbohydrates, potassium) in either g, mg or mcg as listed on the Nutrition Facts package label.

[=] key (Calculator Mode only) -

Press to calculate nutritional value of food being weighed.

[CLEAR] key – Press to clear the current food code.

[] key –Press to turn on or off the LCD screen backlight.

# NORMAL MODE

For 999 Foods  
Programmed  
Into the Scale

3-DIGIT FOOD CODE	ΣM00 ←47	WEIGHT OF FOOD ON SCALE
CALO SOD T.FAT CALC	CARB POTASS.FAT PROT	FIB MAG CHOL VIT.K
1.CALORIES 2.SODIUM 3.TOTAL FATS 4.CALCIUM	1.CARBOHYDRATES 2.POTASSIUM 3.SAT FATS 4.PROTEIN	1.FIBER 2.MAGNESIUM 3.CHOLESTEROL 4.VITAMIN K

Press the “ON” key. The scale turns on and then shows zero displays.

The “TARE” key can be used to zero the weight on the scale if you place a plate on the scale after you turn the scale on.

*Place a food item on the plate or dish.*

**Enter a food code** - use the numeric keypad to input the three digit code (Refer to the food item in this manual). The code will appear in the upper left corner of the LCD. To make a correction press CLEAR.

The nutritional values will appear on the bottom of the LCD screen - press the 1/2/3/4 to scroll through the values in the following sequence:

- 1-Calories, Carbohydrates, Fiber
- 2-Sodium, Potassium, Magnesium
- 3-Total Fats, Sat. Fats, Cholesterol
- 4-Calcium, Protein, Vitamin K

**To save a food’s nutritional content to memory, press M+.**

“M1” appears next to the Food Code to indicate one food value has been saved to memory.

**To add more food items to memory, repeat the previous steps of weighing a food, entering the food code, and pressing M+.**

**Press MR/MC to see the total nutritional values of the food items stored to memory.** “ΣMXX” appears, with “XX” indicating number of foods saved in memory. Press the “1/2/3/4” key to scroll through the total nutritional values saved in memory.

Up to 99 food items may be saved in memory (M1 to M99). No more foods can be saved into memory after M99 appears.

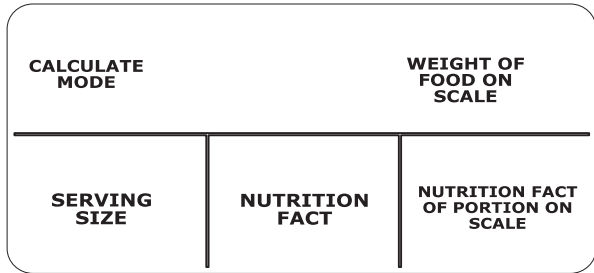
Press and hold MR/MC to clear the memory. The memory is cleared when the memory number (M1 to M99) is no longer displayed.

**Notes: *The memory is cumulative*** ~ for example, if 4 foods have been saved into memory (M04 on the screen), the scale will show the nutritional values of the 4 foods added together. It is not possible to view or change a previous total or an individual food already saved into memory (such as M02, the second food weighed).

The scale can only save foods in the existing 999-food database to memory. New foods cannot be user-added to the database.

# NUTRITION FACTS CALCULATOR MODE

USED FOR FOOD THAT COMES WITH A NUTRITION FACTS LABEL ON THE SIDE OR BACK OF PACKAGE, CAN OR CONTAINER



If a food is not in the database, you may use the scale's calculator feature to determine a nutritional value from the USDA Nutrition Facts found on food packaging.

Press the 'MODE' key to switch to the nutrition facts calculator. The SERVING SIZE, NUTRIENT, and EQUALS screens will appear show zeros. Place the food portion to be weighed on the scale.

Press the 'SERV' key (the SERVING SIZE #'s flash). Enter the serving size in grams from the USDA Nutrition Facts on the side or back of the food packaging.

Press the 'NUTR' key (the NUTRIENT #'s flash). Enter the value of the nutrient you wish to calculate (i.e., carbohydrates) in grams or milligrams. (NOTE: You cannot enter percentages, only weights. If the nutrient value has a decimal, such as 9.1 grams, round up or down to the nearest whole number.)

Press the '=' key. The scale will calculate the nutritional value for the food portion on the scale, which is displayed in the EQUALS box.

**EXAMPLE:** To calculate the number of calories in the portion of food you are weighing, press the 'SERV' key and enter the serving size on the food packaging (51 g). Press the 'NUTR' key and enter the calories (237). Press the '=' key. The calculated calories in your food portion will display in the EQUALS box.

To calculate another nutritional value, press the 'NUTR' then the 'CLEAR' key. Enter the new nutrient value and press the '=' key.

To calculate another serving size, press the 'SERV' then the 'CLEAR' key. Enter the new serving size and press the '=' key.

Press the 'MODE' key to return to the Normal mode.

Nutrition Facts	
Serving Size	(51.0 g)
Amount Per Serving	
Calories	237
	Calories from Fat 82
<b>Total Fat</b>	9.1g
Saturated Fat	3.6g
Polyunsaturated Fat	1.2g
Monounsaturated Fat	3.5g
<b>Cholesterol</b>	1mg
<b>Sodium</b>	26mg
<b>Total Carbohydrates</b>	33.5g
Dietary Fiber	4.2g
Sugars	11.5g
<b>Protein</b>	5.3g



# FRUIT GROUP

## FRUIT

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SAFFLOWER OIL	984
SALAD DRESSING, FRENCH	985
SALAD DRESSING, OIL & VINEGAR	986
SESAME OIL	987
SOYBEAN OIL	988
SUNFLOWER OIL	989

## BEVERAGES

BEER, FULL CALORIE	990
BEER, LIGHT	991
MILK, LOW FAT (1%)	992
MILK, REDUCED FAT (2%)	993
MILK, SKIM OR FAT FREE (0%)	994
MILK, SOY	995
MILK, WHOLE (3.25%)	996
SPIRITS (ALL 80 PROOF VARIETIES)	997
WINE, RED	998
WINE, WHITE	999

# PRODUCT CARE

## CARE AND CLEANING

- To clean scratches on the LCD, use one drop of vegetable oil and a soft tissue or soft cloth only.
- When lifting the scale pick it up from the base and not from the glass.
- Place the scale on a flat surface.
- Clean the scale with a damp cloth. Never immerse in water, it is not waterproof.
- Never use abrasive cleaners.
- Store flat in low humidity.

## BATTERY INFORMATION

To change the batteries, remove old batteries and replace with 4 new AAA batteries with the + end oriented as shown in the battery compartment. Then snap the door back into place.

Always replace all batteries at the same time; do not combine old and new batteries. Do not mix alkaline, standard (carbon-zinc) or rechargeable (ni-cad, ni-mh, etc.) batteries.

**NOTE: Please recycle or dispose of batteries per local regulations.**

**WARNING: Batteries may pose a choking hazard. As with all small items, do not let children handle batteries. If swallowed, seek medical attention immediately.**

**PRECAUTION: Do not dispose of batteries in fire. Batteries may explode or leak. Remove the batteries if the scale will not be used for a long period of time.**

- The display value may be affected by electromagnetic disturbances from other electronic equipment that operate near your scale, such as radios, microwaves, cell phones, etc. If this occurs, move the device that is causing the disturbance and turn the scale off and restart.
- Weighing items over the maximum weight capacity will cause an error to display. Immediately remove overweight items to avoid causing permanent damage to the scale.
- Scales have delicate sensors, so avoid rough treatment, shaking and vibration.

# PRODUCT SPECIFICATIONS

- **999 Food Items**
- **12 nutritional values**
- **Memory 99 entries**
- **Auto Shut Off: after 2 minutes idle**
- **Capacity: 176oz/5000grams**
- **Weigh mode: grams, ounces**
- **Power Source: 4AAA batteries**

Caution: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

## WARRANTY

The EatSmart warranty covers defects in material and workmanship of the product (excluding batteries) under normal use for a period of two (2) years from the date of retail purchase. The warranty does not cover damages resulting from misuse, abuse, immersion, normal wear and tear or unauthorized modification.

Should this scale require service (or replacement at our option) while under warranty, please contact EatSmart for return authorization and troubleshooting.

EatSmart (866) 843-3905 (8 to 5 MST) or [www.eatsmartproducts.com](http://www.eatsmartproducts.com)

There are no expressed warranties except as listed above. This warranty gives you specific legal rights which may vary from state to state. NOT LEGAL FOR TRADE.

**Nutritional Data**— the selection of foods and their nutritional values were derived from the USDA National Nutrient Database. The nutritional value of food may vary to some degree and should be used as a guideline to nutritional goals. EatSmart cannot assume any liability related to the accuracy and completeness of this information, nor to the way the information is used by the consumer.

# MY FAVORITES

<i>Food Code</i>	<i>Description</i>
<b>Meats</b>	
<b>Grains</b>	
<b>Others</b>	



## Connect with EatSmart



EatSmart Products



EatSmartScales



EatSmart Products



EatSmartScales

[www.eatsmartproducts.com](http://www.eatsmartproducts.com)



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