Nutritional Scale User's Manual

This Nutritional Scale is designed for precise measuring of ingredients or portions and for the better understanding of various, nutritional values (Calorie, joule, Cholesterol, Bread Units, Carbohydrate, Fat and Protein) for food or ingredients in cooking, baking, or just general dietary consumption.

This scale offers a complete database on nutritional information of 400 kinds of foods for ingredients. With its 99 memory entry capacity, the scale has the facility to make multiple food entries and help you to track over an extended period of time and store it in its' memory. At the end of the day or week (or anytime in between), the total accumulated calories(Kcal), cholesterol(mg), fat(g), Carbohydrate(g), protein(g) etc that have been entered into the scale memory can be recalled.

THE LCD DISPLAY

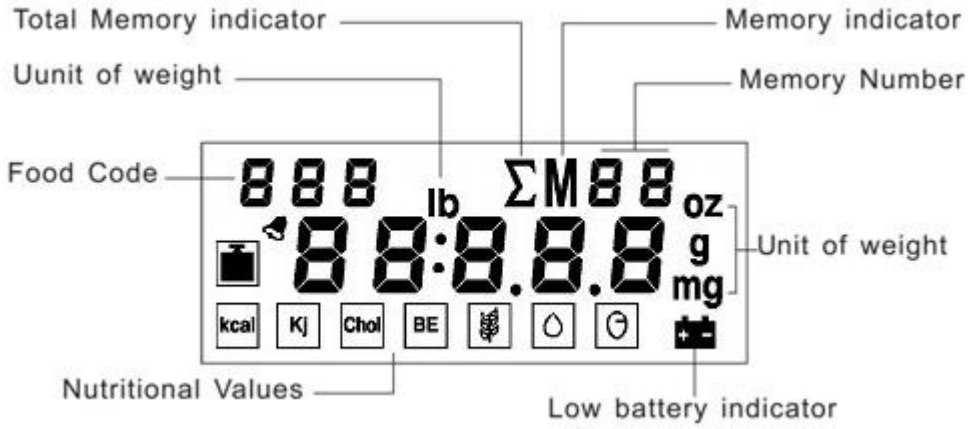


Fig. 1

BUTTONS

1. NUTRITION BUTTONS

Kcal

Kcal: Press the button to show the Calorie (Kcal) of the food.

Kj

Kj: Press the button to show the Joule(Kj) of the food.

Chol

Chol: Press the button to show the Cholesterol(mg) of the food.

BE

BE: Press the button to show the Bread Units of the food.

Carb：Press the button to show the Carbohydrate(g) of the food.

Fat：Press the button to show the Fat(g) of the food.

Prot：Press the button to show the Protein(g) of the food.

Weight：Press the button to normal weighing mode.

2. **NUMBER BUTTON ”0”--”9”: Press this button to input the food code.**

3. **FUNCTION BUTTONS:**
   M+：Press the button to save the data of the weighing food.
   MC：Press the button to clear the saved data.
   MR：Press the button to look over the saved data.

4. **“ON/OFF/TARA” BUTTON**
   Press “ON/OFF/TARA” button to turn on the scale.
   Press “ON/OFF/TARA” button to zero the weight.
   Long press “ON/OFF/TARA” button for two seconds to turn off the scale.

5. **There is a “g/oz” switch on the bottom scale to convert between G and OZ.**

FUNCTION

1. **TO WEIGH:**
   Press the “ON/OFF/TARA” button to turn on the scale, when the scale reads “0g” , place the food on the weighing tray, the scale shows the food’s weight.(Press “ON/OFF/TARA” button to zero the weight when weighing food).

   For example: the weighing food is 750g
   Switch “g/oz” to “g”, the scale displays “750g” (Refer to Fig.3)



Fig.3

Switch “g/oz” to “oz”, the scale displays “1 lb 10.5oz” (refer to Fig.4).

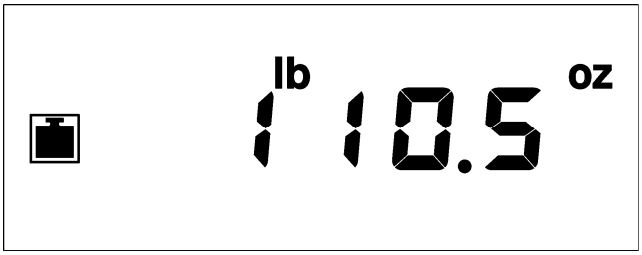


Fig.4

2. TO DISPLAY NUTRITIONAL READINGS AFTER INPUTTING FOOD CODE:

1) Place the food either directly onto the scale or in a bowl(remembering that you need to zero the weight first), refer to Fig.3.
2) Find the correct food code from the code list, press numbers button to input the code. For example, the code is “058”, input “0”,”5”,”8” one by one, it displays “058”, refer to Fig.5.

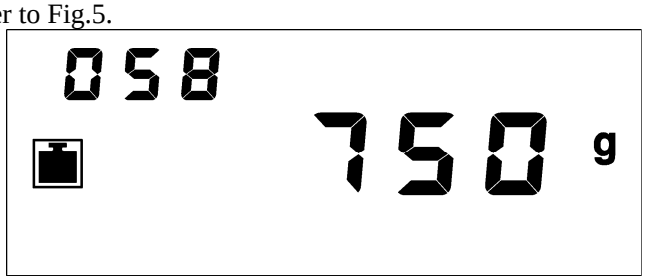


Fig. 5

3) Press nutrition buttons to show the nutrimental value of the food. For example, press “Kcal” button, it shows the kilo caloria of the weighing food, the scale displays as follows (Fig.6).

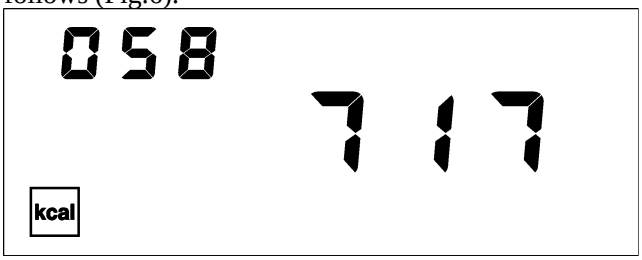


Fig.6

4) The scale will return to simple weighing mode if not pressing any key in 5 seconds.

3. TO SAVE NUTRITIONAL VALUES TO MEMORY:

1) Follow step 2 of the “**TO DISPLAY NUTRITIONAL READINGS”** section.
2) Press ”M+” key to add the food item being weighed to memory.
3) If succeed, the buzzer will long beep for once, the upper right corner of the LCD display will shows the saved number of the food. Refer to Fig.7

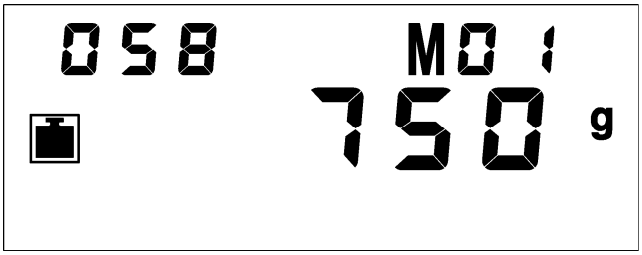


Fig. 7

Fig.7: “M01” on the upper right corner of the display shows that there is one kind of nutritional value saved in the scale.

Note: The memory is saved permanently, even if the scale is switched off or the battery is removed.

Note: Repeating the above step 1)to step 3), you can add more nutritional values.

Note: The maximum number of food items that can be added to the memory is 99, when the memory number on upper right corner of the LCD display reaches “99”, it will begin to flash, it shows the memory must be cleared by following the instruction in the “TO CLEAR MEMORY” section.

4. TO RECALL MEMORY

1) Press “MR” button to see the total calories of the food items stored to memory . Take the above-mentioned data for example, the scale display as follows(Fig.8):

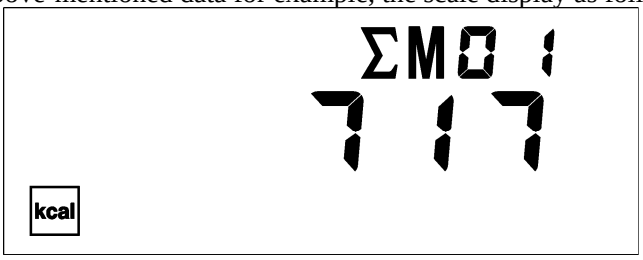


Fig.8

Fig.8:“ Σ ” means the scale is currently in “RECALL MEMORY” state. The “M01” on the upper right corner of LCD means there is 1 kind of nutritional value has been saved in the scale memory. (the maximum number of food items that can be added to the memory is 99)

2) Press function buttons ”Kcal”, ”Kj”, ”Chol”, ”BE”, “Carb”, ”Fat”, “Prot” to display the total nutritional values of the food items stored to memory.

3) The scale will return to simple weighing mode if not pressing any key in 5 seconds.

5. TO CLEAR MEMORY

To get an idea of how much nutritional values you have taken per day, you need to clear the saved data before you weighing food.

Press “MC” button for 2 seconds to clear the saved data, the LCD display shows “M00” on the upper right corner, 5 seconds later, the scale come into simple weighing mode.

6. AUTO-OFF

The scale will turn off automatically if not press any button or keep same weighing reading for 120 seconds. You can also turn off the scale by pressing “ON/OFF/TARA” button for more than 2 seconds.

7. WARNING INDICATORS:

1) The scale displays “”: battery is low, you need to change new batteries.
   If the scale check low battery itself when turning on the scale, it displays “Lo” as follows(Fig.10), and auto-off in 2 seconds:

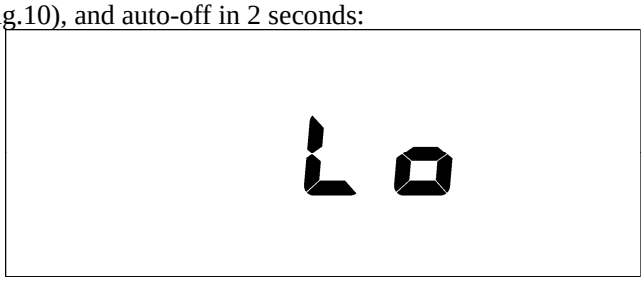


Fig.10

2) Overloading

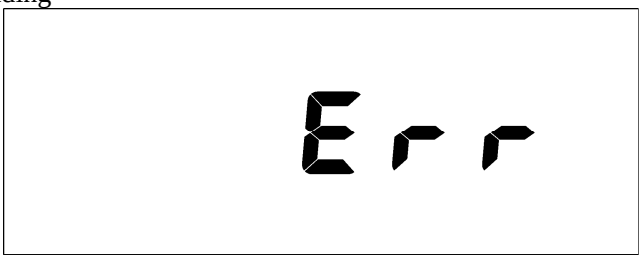


Fig.11

3) Press “MR” button if there is no any nutritional value saved in the scale.



Fig.12

8. OTHER PARAMETERS

1) Capacity: 5000g
2) Division: 1g
3) battery: 1 x 9V Battery
4) Tare: full range
5) Operation Temperature: 10 -- 40 ℃



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