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## **General**

The Heart Smart program was written to help you take care of your heart through monitoring calories, cholesterol, and fat in your diet. The Windows version of the program allows you to create, print, edit, load, and save weekly menus. Version 3.0 of the program adds the capability to preview the weekly menu on the screen and to adjust serving sizes from the food list.

This is a shareware program. For more information on Shareware see the help topic [Shareware](#). To order a registered copy of the program go to the [ordering information](#) screen.

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## **Preparing a Weekly Menu**

The weekly menu allows you selections for three meals and one item for snacks. The best way to prepare a weekly menu is to clear the totals on the main screen at the start of each day. This will give you a running total of nutrition for the day as you select the four menu items for that day. Call up the meal that you are planing and select items from the food list. When the item has been selected, then you can point and click on the add item button, or double click on the item to enter it into that meal. The nutritional values of the food will also be entered in the main window, the running total for the day.

If you delete and item from the meal window then you will have to point and click on the subtract button to subtract it from the running total. When all of the days of the week have been planned, it would be a good idea to save the menu so that it can be recalled at a later time and modified. We tend to eat the same things over and over so menus will repeat.

The menu is now ready to be printed. The printed output contains the totals for each menu item, meal, and for the day so you will have an immediate referenced of the number of calories that you had that day.

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## **Servings**

The serving size of menu items can be adjusted by filling in the servings field in the lower right hand corner of the window. The default serving size is 1 serving. If you are going to have 2 pieces of bread, for instance, you would put a 2 in the serving size and select and add bread to your menu. The food item bread will appear with a (2) in the menu planner for 2 servings.

The program also allows you to have less than one serving. For instance if you were going to have a half of a roll, you would put 0.5 in the servings box.

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## **Main Menu**

The main menu gives you a path to perform the [add](#), [subtract](#), and [clear](#) options. These options are also available from the buttons at the bottom of the Heart Smart window.

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## **Add**

The add function can be invoked from the Main Menu or from the button at the bottom of the Heart Smart Window. If there is no menu meal active, the selected item will be added to the values in the Heart Smart window. If a menu meal is selected the data will also be added to the selected meal.

If when planning your menus you clear the totals before beginning a day, the Heart Smart window values for calories, fat, and cholesterol will give you the daily totals. The data in the selected meal will give you the values for that meal. When you have completed the day that you are working on, clear the totals in the Heart Smart window and begin a new day.

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## **Subtract**

The subtract action will subtract the value of the selected item from the Heart Smart window totals. The subtract action does not affect the data in the menu meal selection. To delete an item from the selected meal, you need to use the [Delete](#) button in the selected meal window.

This function allows you to have negative calories in the Heart Smart window, it is not an error. (Wishful thinking on my part, negative calories that is.)

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## **Clear Totals**

This action from the Main Menu or from the Clear Totals button clears the total values in the Heart Smart Window. This action has no effect on the menu selection.

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## **Exit Program**

This action terminates the program and saves the current food list, totals, and menu selections. This allows you to come back to your meal planning at a later time without losing any data.

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## Food List

The food list menu allows you to change the items in the food list. If you never eat cauliflower, you can delete it from the food list. If you have a special recipe that you use, you can figure out how many calories, fat, and cholesterol in a serving, and add it to the food list. If you use a different brand of something that is in the food list, you can edit the current item and put in the data for your particular brand.

As you can see, the food list is modifiable to suit your particular eating habits. If you have a recipe that you use often you can figure out the data for a serving by:

[Clear totals](#)

[Add](#) all of the ingredients that are in your recipe

Divide the total calories, fat, and cholesterol by the number of servings the recipe makes

[Add the new item](#) to the food list with the Add Item function

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## **Add Item**

This function is to add a new item to the food list. You are allowed 33 characters to describe the food item. Enter the item, calories, fat, and cholesterol. The item will be added to the food list in alphabetical order and the food list will be updated.

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## **Delete Item**

This action will delete an item from the food list. When you select this action you will be presented with a dialog box to confirm your decision to delete the item. When it is deleted it is gone so beware.

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## **Edit Item**

If you need to change the data for a food item it can be done with the edit function. Enter the new data in the dialog box. You are only allowed 33 characters to describe the item. You may find that you are not able to enter any more data and you know you don't have 33 characters. If this happens, the program has space filled your item data. You can either turn insert off, or deleted the trailing spaces and then enter your description data.

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## **Menu Planner**

The menu planner is a new function with the Windows version of Heart Smart. You are allowed to select a weekly meal and then enter the food items for that meal.

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## **Delete Button**

This button will delete an item from the selected meal and subtract the value from the menu item totals. It does not affect the Heart Smart Totals, or the food item list.

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## Select Meal

To select a meal to plan use the [Menu Planner](#) menu. The days of the week are displayed. When a day is selected a second menu appears for the specific meal. Selecting a meal will present a meal window with the food items for the meal, the total calories, fat, cholesterol, and percent of fat for that meal.

You can close the window with the window control box in the upper left corner of the meal window, or if you select a new meal, the new menu box will replace the previous meal. The data from the previous meal will be stored.

The menu need not be complete to [print](#) the data. If the menu meals are clear, a blank menu will be printed.

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## **Print Menu**

When this item is selected the current menu data in memory will be printed to the default Windows printer. You will be prompted for a menu title which you can enter, or use the default. While the menu is printing you have the opportunity to cancel the print with the cancel button.

Be sure to exit any meal window before printing so the menu data for that meal will be updated.

The higher the resolution you have selected for your printer in the Windows printer setup window, the longer it will take to format the menu for output.

**The print function requires a graphics printer.**

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## **Printer Setup**

This action allows you to change the parameters for the default printer. The program uses default fonts and a portrait orientation for output. If you change the paper orientation you will get undesirable results. It will speed the program up if you select a lower density for the printer (dots per inch). There is a trade off in print quality and speed by doing that.

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## **Clear Menu**

This action is used to clear all of the menu data. All of the data for each meal, every day will be reset to zero.

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## **Load Menu**

When invoked this action will present a dialog window to select a file. The default extension for menu files is \*.MNU. When a menu file is selected the data from that file will replace any menu data that currently resides in program stores. If you have created menus using version 2.0 then the menu will be upgraded to a 3.0 menu with all serving sizes set to 1.

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## **Store Menu**

The menu store function allows you to save the current menu data in the program to a file. This can be useful for making minor modifications to an existing menu to create a new menu and to have standard menus at your disposal to load and modify.

You will be asked to select a file to store the data into. If you are creating a new file then type in the new menu name. The default extension for menus is \*.MNU. If you type in a new name, make sure that you do not delete the extension, it will not be put on by default.

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## **Copy and Paste Meal**

The copy and paste meal function allows you to put a meal in temporary stores and use it on another menu meal. For instance you might have the same breakfast three times in a week. Put in the breakfast once and use the copy meal function. The meal that is displayed in the menu window is duplicated. Open the meal window of the meal that you want to paste the information to and use the Paste Meal function. The meal is duplicated on the new day.

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## **Help**

This is the menu item to invoke this help file.

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## **Index**

Selecting the help index will call the Windows 3.1 help utility and display the index for this programs help file.

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## **Mouse**

All of the Windows mouse functions are available in the Heart Smart program. You can point and click food items from the food list, and additionally, if you double click a food item from the list, an add action is taken.

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## Shareware

Shareware distribution gives users a chance to try software before buying it. If you try a shareware program and continue using it, you are expected to register. Individual programs differ on details -- some request registration while others require it, some specify a maximum trial period. With registration, you get anything from the simple right to continue using the software to an updated program with printed manual.

Copyright laws apply to both Shareware and commercial software and the copyright holder retains all rights, with a few specific exceptions as stated below. Shareware authors are accomplished programmers, just like commercial authors, and the programs are of comparable quality. (In both cases, there are good programs and bad ones!) The main difference is in the method of distribution. The author specifically grants the right to copy and distribute the software, either to all and sundry or to a specific group. For example, some authors require written permission before a commercial disk vendor may copy their Shareware.

Shareware is a distribution method, not a type of software. You should find software that suits your needs and pocketbook, whether it's commercial or Shareware. The Shareware system makes fitting your needs easier, because you can try before you buy. And because the overhead is low, prices are low also. Shareware has the ultimate money-back guarantee -- if you don't use the product, you don't pay for it.

### Disclaimer - Agreement

Users of **Heart Smart** must accept this disclaimer of warranty: **Heart Smart** is supplied as is. The author disclaims all warranties, expressed or implied, including, without limitation, the warranties of merchantability and of fitness for any purpose. The author assumes no liability for damages, direct or consequential, which may result from the use of **Heart Smart**.

**Heart Smart** is a "shareware program" and is provided at no charge to the user for evaluation. Feel free to share it with your friends, but please do not give it away altered or as part of another system. The essence of "user-supported" software is to provide personal computer users with quality software without high prices, and yet to provide incentive for programmers to continue to develop new products. If you find this program useful and find that you are using **Heart Smart** and continue to use **Heart Smart** after a reasonable trial period, you must make a registration payment of **\$15** to **Henning Associates**. The **\$15** registration fee will license one copy for use on any one computer at any one time. You must treat this software just like a book. An example is that this software may be used by any number of people and may be freely moved from one computer location to another, so

long as there is no possibility of it being used at one location while it's being used at another. Just as a book cannot be read by two different persons at the same time.

Commercial users of **Heart Smart** must register and pay for their copies of **Heart Smart** within 30 days of first use or their license is withdrawn. Site-License is withdrawn. Site-License arrangements may be made by contacting **Henning Associates**.

Anyone distributing **Heart Smart** for any kind of remuneration must first contact **Henning Associates** at the address below for authorization. This authorization will be automatically granted to distributors recognized by the (ASP) as adhering to its guidelines for shareware distributors, and such distributors may begin offering **Heart Smart** immediately (However **Henning Associates** must still be advised do that the distributor can be kept up-to-date with the latest version of **Heart Smart**).

You are encouraged to pass a copy of **Heart Smart** along to your friends for evaluation. Please encourage them to register their copy if they find that they can use it. All registered users will receive a copy of the latest version of the **Heart Smart** system.

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## Ordering Information

When registering Heart Smart:

You will receive a registered version of the program personalized with your name.

You will receive product support for the life of the product.

You will receive notification of program upgrades.

You will receive program upgrades for the cost of shipping and handling for 12 months.

You will be able to use Heart Smart with a clear conscience as a registered user.

The registration fee is \$15. Specify the size of disk, 5.25" or 3.5" that your computer requires. If you elect to obtain a copy of the software by electronic transmission over CompuServe or AOL you can register your software for \$13. If you chose electronic transfer please include your CompuServe user id or AOL login name.

To register Heart Smart send your registration fee, name, address and CompuServe id or AOL login name if requesting electronic transfer to:

Henning Associates  
Rt. 2 Box 526-A  
Crozet, VA 22932

(804) 823-6896

(800) 823-6896

**By selecting Print Registration Form from the Main menu, all of the data can be entered and printed from the program.**

The registered version of **Heart Smart** entitles the user to lifetime product support by mail, phone, or CompuServe online. Additionally the user will receive product upgrades for the first 12 months after registration for the cost of shipping and handling (\$5).

Henning Associates is a member of the Association of Shareware Professionals (ASP). ASP wants to make sure that the shareware principle works for you. If you are unable to resolve a shareware-related problem with an ASP member by contacting the member directly, ASP may be able to help. The ASP Ombudsman can help you resolve a dispute or problem with an ASP member, but does not provide technical support for members' products. Please write to the ASP Ombudsman at 545 Grover Road, Muskegon, MI 49442-9427 USA, FAX 616-788-2765 or send a CompuServe message via CompuServe: Mail to ASP Ombudsman 70007,3536.

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## **Order by FAX**

If you have a fax/modem connected to your machine you can easily order Heart Smart by FAX. Create the file ORDER.TXT from the order dialog box. Enable your Notepad, or word processor. Load the ORDER.TXT file. Print the file to your FAX by selecting the FAX as the print device. You can send the order to 800-823-6896. Your FAX tones will key the answering machine to receive your fax.

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