



Help+Manual[®]

Write. Publish. Deliver.

User Manual

Version 1.0

Table of Contents

Part I Introduction	4
Part II Getting Started	6
Part III How to use EKM	8
Part IV Meal Screen	12
Part V Products screen	18
Part VI Meal and Product option	22
Part VII Event Log	24
Part VIII Print options and data export	26
Part IX Exchange Lists for Fruit and Vegetables	28
Part X Configuration settings and data backups	30
Part XI Data file structures	33
Part XII Copyright and Legal Notices	35
Part XIII How to report problems	37
Index	0

Part



1 Introduction

Introduction

This program (EKM) has been designed to be a simple yet effective tool for dietitians and parents to produce or modify ketogenic meal plans. It is **not** designed to replace the dietitian or medical supervision while the patient is following a ketogenic diet.

The program has two primary screens. One permits the adding, removing and updating of product information. The other is the main meal planner screen and is where the meals are calculated and recipes printed from.

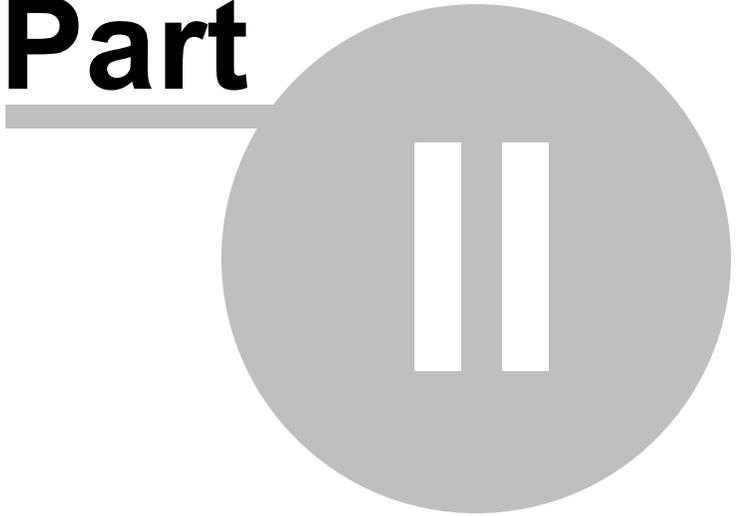
Please take some time to read this short help file. It will give you a good overview of all the functions and features the program has to offer.

There are options within the help file to search via the contents or find function or you may, if you prefer, print out the complete help file and read from this printout.

We welcome any comments or suggestions that may improve the program.

NB: Please review the products help section and the data in the products file as the accuracy of meals is determined by the accuracy of the products.

Part



2 Getting Started

Getting Started

The program can be down-loaded from our web site once we have qualified you as a valid user. Full details will be sent to you once this process has been completed.

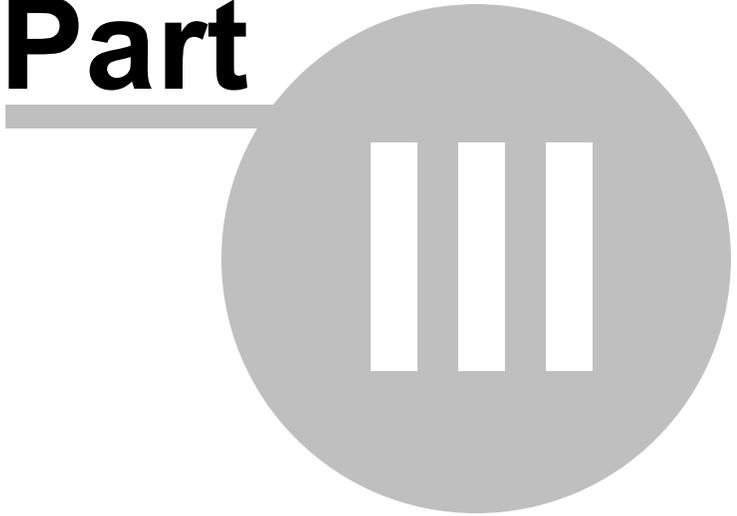
Please use Windows Explorer to browse to your drive and double click on EKMSETUPV once you have down loaded it from the we site. You will be asked for a password before you can proceed with the install. If you have registered you will have received this password. If not, then please email us your details and a password will be sent to you.

Accept all the defaults and the software will be installed onto your C: drive into the EKM directory.

To run the program select Start - Programs - Ketogenic Calculator - Ketogenic Calculator (EKM). This will launch the program. You can also go to the C:\EKM folder and run the EKM32.exe file to run the program.

From time to time new releases will be made available - please check the web site www.edm2000.com for these updates.

Part



3 How to use EKM

How to use EKM

There are two main screens you need to be aware of when using EKM. The main screen is the [Meals screen](#) and the other screen is the [Products screen](#).

Let's now step you through adding a patient meal

From the main EKM screen click on **Files** and then **Meals**. You should then be viewing the Meals screen. To add a new meal/patient click on the *Add* button. Type in the information required - please refer to the help section on [Meal Screen](#) for an explanation of each data entry box. At any stage you can press *Save* or just continue entering information, pressing *Enter* or *Tab* after each entry to move on to the next box. If you enter information into all the boxes then the record will be saved automatically without having to press *Save*.

The screenshot shows the 'Meals' window with the following details:

- Name:** Peter Pan
- Date:** 13/02/2015
- Recipe no.:** 01
- Notes:** Meal recipe
- Prep by:** Parent
- Updated:** // @
- Meal fed/used?

	Ratios	Kcal	Fat	Protein	CHO
Targets:	4.00	600	60.00	12.70	2.30
Actuals:	3.99	600	60.000	12.721	2.333
Over/Under:			0.000	0.021	0.033

Products: Add [F3] Auto-single Auto-all Remove [F4] +1 -1

Products in meal	Amount(g)	Fat	Protein	CHO
> Calogen	97.24	48.621	0.000	0.000
> Cream, fresh, double	1.23	0.588	0.021	0.033
> Eggs, chicken, whole, raw	96.34	10.791	12.043	0.000
> Group 1 veg	32.86	0.000	0.657	2.300

Name: Peter Pan **Location:** C:\Dev\EKM\data\ **Language:** ASCII

Now you will need to add products to the meal. To do this click on the *Add [F3]* button just above the

list of products list. You will now have to select a product from the drop down list. You can start to type the beginning of the word for the product you require and the list will go to that entry. You can use the mouse or up and down arrows to move through the list and then press *Enter* to select the one required. The next entry to add is the quantity. This may be typed in directly and then press the *Enter* key. Continue adding as many products as you need for this meal - there is no limit.

If you made a mistake with an incorrect product then click once on the product and click on the *Remove [F4]* button (or you can just select the product to remove and press the F4 function key). If you need to change or fine tune an amount then either double click on the amount and enter in a new amount and then press *Enter* or use the Adjust amounts buttons to increment the amount up or down.

If you need to change a product then remove the product that is not required and add the new one. You will not be able to change the name of an existing product that has been entered. However, you may change the amount, remove the product or add another product.

To print a recipe sheet click on the *Print this meal* button. If you have more than one meal entered for that day then you can print all of them by clicking on *Print todays meals* button.

To add, change or remove a Product:

The software is supplied with a comprehensive list of products from the Institute Of Chemistry (MAFF) and is Version 6 of their data. You may remove any products you will never use from this list, if you wish. However, you can also set the product as inactive and then it will not be available on the meal screen for selection. This would be the recommended route as you may need this product at a later date and it is better to have the data than having to find it again later. **NB:** Some of the products that are in the full MAFF list have been already set as inactive. This is done for foods that are normally not suitable for the ketogenic diet. These include such things as ready made meals, alcohol and fruit cooked or canned in sugar. Fried foods have also been set inactivate as we would expect the accurate fat value to be calculated separately in the diet. If, however, you need to use some of these foods then they can be simply enabled and used but they must be used with understanding and caution. The MAFF data uses an average value for a range of sample food products. **If in doubt about an individual food value it is strongly recommended that the composition details from the food label are recorded and added to the products table.**

To access the products screen select **File** and then **Products file**. You should now have a scrolling list of all the products in the system. To edit a product double click on the product and entry you need to change and type in new information. Press *Enter* after each box is changed or not as required until you reach the last entry. After pressing *Enter* on the last box the data will be automatically saved.

Full details of all the entries in the [Products Screen](#) can be seen in the relevant help file section.

Other options:

Now that you have your first meal on the program you can do several more things. You could create a completely new meal by clicking on the Add button. However, you also have the option to Copy the existing meal. You may wish to do this if you have created a 'template' type meal and now need to create variations of this meals. To copy a meal, ensure the meal you need to copy is on screen then click on the Copy button. You will now have the option to input a new recipe number and/or date. There is also a tick box to select if you wish to copy the products to the new meal or not. Once you have made your selections click on the Save button. The program will now check to ensure you do not have an existing meal on the system with the same date and recipe number combination (as this is not permitted for data integrity reasons). If the copy is checked and verified then you will now be viewing the

new meal on the screen. You can then change any item on the new meal (except date or recipe number) to create a new recipe.

If the meal you have on screen is no longer required and not needed to be referred back to later then it may be deleted. If you click on the Delete button you will then delete the meal and all associated products in the meal.

As with any Windows program there are many shortcuts to the operation of the program. If there is a shortcut then it will be shown when you move the mouse over the button - a tool tip window will appear with more details for each button and any shortcut that may be applicable.

Part



4 Meal Screen

Meal screen

This screen is accessed by clicking on **Files** and then **Meals**. The information required on this screen is very basic, however it is sufficient to produce the header information for a ketogenic meal.

Meals

Add Edit Copy Delete << < > >> Print this meal Print todays meals Instructions for meal

Name: Peter Pan Find meal

Date: 13/02/2015 Updated: // @

Recipe no.: 01 Notes: Meal recipe Prep by: Parent

Meal fed/used?

	Ratios	Kcal	Fat	Protein	CHO
Targets:	4.00	600	60.00	12.70	2.30
Actuals:	3.99	600	60.000	12.721	2.333
Over/Under:			0.000	0.021	0.033

Products: Add [F3] Auto-single Auto-all Remove [F4] +1 -1

Products in meal	Amount(g)	Fat	Protein	CHO
> Calogen	97.24	48.621	0.000	0.000
> Cream, fresh, double	1.23	0.588	0.021	0.033
> Eggs, chicken, whole, raw	96.34	10.791	12.043	0.000
> Group 1 veg	32.86	0.000	0.657	2.300

Name: Peter Pan Location: C:\Dev\EKM\data\ Language: ASCII

There are buttons on the top of the window to permit records to be added, edited or deleted. These functions can be accessed by clicking on the buttons with the mouse or pressing the letter that is underlined on the desired function. Thus to add a new meal you could simply press the letter 'a'.

Description of each data entry box:

Name: Enter the name of the patient that is on the ketogenic diet

TIP: If you are the parent of a child and only using EKM for this one patient then it will not be required to put your child's name here. It would be better to use this box to input the name of the recipe you are creating. This will then help you find and retrieve the recipes by the name of the recipe very easily.

Date: This is the date that the meal is to be for, or, the date for a series of meals.

Recipe number: Any number to enable multiple meals with the same date to have a unique recipe number.

Notes: Normally this will detail which meal it is - i.e. Breakfast, Lunch or Snack etc, you may also enter other details or a fuller description (up to 254 characters).

Updated: Automatically updated by the system and will show the date and time of the last change to the recipe.

Prep by: Name of the person preparing the meal recipe - this can be selected from a drop down list that is pre-set in the Prepby table.

Meal fed/used?: This is designed for use by dietitians and will enable the dietitian (or parent) to have a set of meals for one day and then select which meals were actually used. There is then an additional print option (F7) to print out all used meals and this report will also give the total intake for Fat, Protein and Carbohydrate.

Fat: The total figure for target Fat in this meal

Protein: The total figure for target Protein in this meal.

CHO: The total figure for target Carbohydrate in this meal

Once these three figures are entered then the system will calculate the target ketogenic ratio and the energy content. The ketogenic ratio is calculated as Fat divided by the sum of Protein and CHO.

The Kcal value (energy content) will also be calculated and displayed.

Once all the data boxes are filled the record will be automatically saved. If you need, there is a button that can be clicked to save the record.

After a meal has been entered and saved the program will not permit you to change the date or recipe number. This is due to the fact that these are parts of the data for the keys to the products for the meal. If you were to change these then the data for the products would be lost and thus the integrity of the data would be compromised.

To add or remove a product from the meal use the relevant button just above the products section. Please note that there are also two hot keys (F3 and F4) which, if you

do not wish to use a mouse, can be used instead.

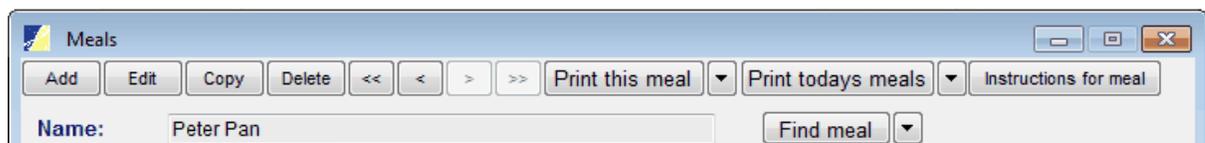
Once a product has been added to a meal only the amount can be changed. If you no longer require the product then delete it and add a new one if required.

Under the Fat, Protein and CHO columns the figures for target, actual and variation are shown. The variations are shown in colour coded boxes. If the figure is in a green box then the actual figure is within + or - 0.25 of the target value. If the figure is in a orange/yellow box then the actual figure is within + or - 2.5 of the target value. If it is outside these levels then it will be in a red box. This is what we call the 'traffic light' system. If you have three greens then the meal is within normally acceptable levels. However, if your child is very sensitive you may need to be even more accurate.

You have the choice to add the product amount, fat, protein or cho values when you add or edit a product. The system will recalculate the other values based on the latest figure added. Please add these figures in turn and wait for the system to calculate all figures.

When the meal is complete you can print the recipe by pressing the F5 function key or clicking on the *Print this meal* button.

Buttons:



Exit - Exit meal screen

Add - Add a new meal

Edit - Edit the current meal

Copy - Copy the current meal

Delete - Delete the current meal

<< - Goes to the first meal stored in the program

< - Moves one meal backwards

> - Moves one meal forwards

>> - Goes to the last meal stored in the program

Print this meal - Prints the current meal

Print today's meals - Prints all meals that have the same date as the current meal

Instructions for meal - Opens an edit window for typing recipe instructions. These can be cut and pasted from any standard Windows application including Word.

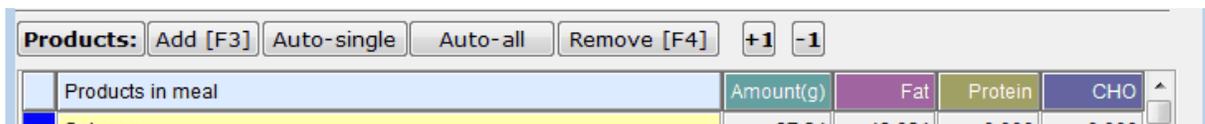
Find meal - This shows a search window to find a meal by browsing all meals. If you click on the down arrow box next to find you will have three options:

Find - by date/number - locate by date of recipe

Find - by name - locate by name of patient/name

Find - by notes - locate by notes

Type into the box provided and use the mouse to select the meal required.



Products: - Can be used to refresh products list and totals, also move list to top entry.

Add [F3] - Add a new product

Auto-single: try to automatically calculate the value for the product currently selected.

Auto-all: try and automatically calculate all ingredients to obtain three green 'traffic lights', best used when you are first creating a meal and have the three core items in that provide Fat, Protein and CHO.

Remove [F4] - Remove the selected product

The 1+ and 1- are used to increment or decrement the selected product amounts by 1 gramme. You can also use the + or - keys to do the same adjustment. By pressing the [or] keys the amounts can be move 0.1 grammes.

Advanced feature: If you wish to view the actual product values per 100g when in the meal screen then use the scroll bar at the bottom of the products area to scroll across to view these details.

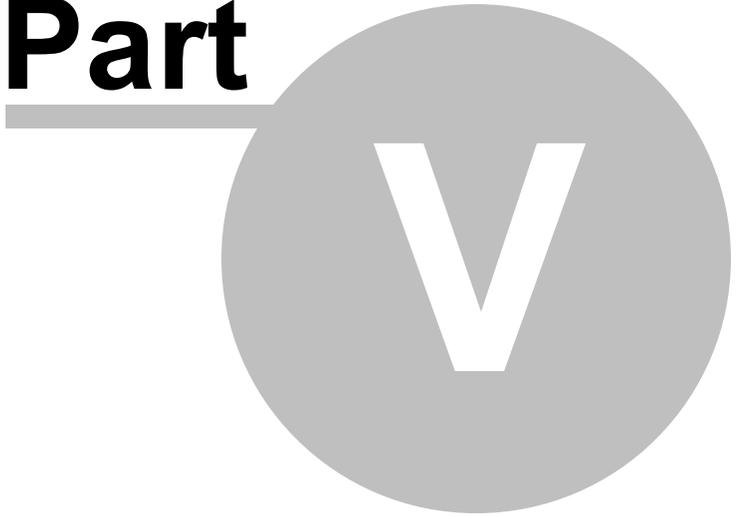
Additional Printing facilities:

F7 = print a detail analyst of all day's feed

Shift+F6 = print single page parent sheets.

Alt+F6 = print all meals on system - use with care as could print many pages, depending on how much data is in the system.

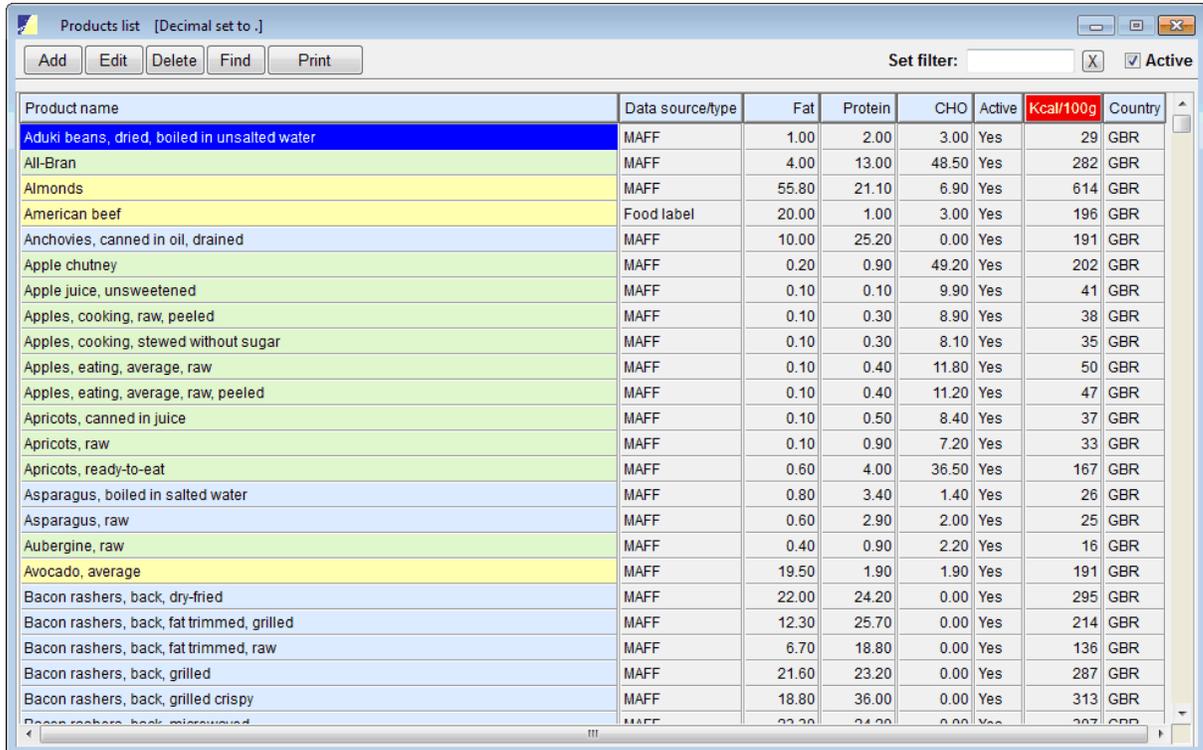
Part



5 Products screen

Products screen

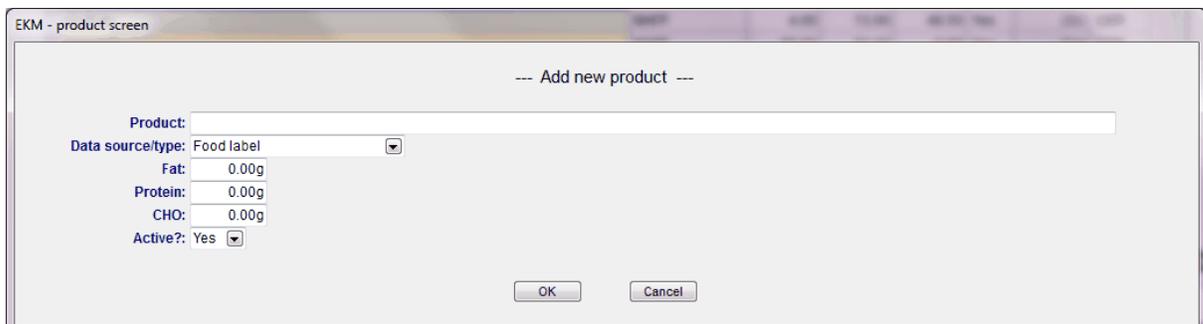
This screen permits the adding, deleting, modification and printing of products used in the meal planner. It is critical that the figures entered here are accurate and are values per 100g oven for liquids.



Product name	Data source/type	Fat	Protein	CHO	Active	Kcal/100g	Country
Azuki beans, dried, boiled in unsalted water	MAFF	1.00	2.00	3.00	Yes	29	GBR
All-Bran	MAFF	4.00	13.00	48.50	Yes	282	GBR
Almonds	MAFF	55.80	21.10	6.90	Yes	614	GBR
American beef	Food label	20.00	1.00	3.00	Yes	196	GBR
Anchovies, canned in oil, drained	MAFF	10.00	25.20	0.00	Yes	191	GBR
Apple chutney	MAFF	0.20	0.90	49.20	Yes	202	GBR
Apple juice, unsweetened	MAFF	0.10	0.10	9.90	Yes	41	GBR
Apples, cooking, raw, peeled	MAFF	0.10	0.30	8.90	Yes	38	GBR
Apples, cooking, stewed without sugar	MAFF	0.10	0.30	8.10	Yes	35	GBR
Apples, eating, average, raw	MAFF	0.10	0.40	11.80	Yes	50	GBR
Apples, eating, average, raw, peeled	MAFF	0.10	0.40	11.20	Yes	47	GBR
Apricots, canned in juice	MAFF	0.10	0.50	8.40	Yes	37	GBR
Apricots, raw	MAFF	0.10	0.90	7.20	Yes	33	GBR
Apricots, ready-to-eat	MAFF	0.60	4.00	36.50	Yes	167	GBR
Asparagus, boiled in salted water	MAFF	0.80	3.40	1.40	Yes	26	GBR
Asparagus, raw	MAFF	0.60	2.90	2.00	Yes	25	GBR
Aubergine, raw	MAFF	0.40	0.90	2.20	Yes	16	GBR
Avocado, average	MAFF	19.50	1.90	1.90	Yes	191	GBR
Bacon rashers, back, dry-fried	MAFF	22.00	24.20	0.00	Yes	295	GBR
Bacon rashers, back, fat trimmed, grilled	MAFF	12.30	25.70	0.00	Yes	214	GBR
Bacon rashers, back, fat trimmed, raw	MAFF	6.70	18.80	0.00	Yes	136	GBR
Bacon rashers, back, grilled	MAFF	21.60	23.20	0.00	Yes	287	GBR
Bacon rashers, back, grilled crispy	MAFF	18.80	36.00	0.00	Yes	313	GBR

Add Product

Click on the Add button to add a new product. A pop-up screen will appear on the screen. Double click on the Product name blank box to edit and add an entry. After typing the product name press the Enter key and then select from the drop down list the source of the data. The selections are as follows:



--- Add new product ---

Product:

Data source/type: Food label

Fat:

Protein:

CHO:

Active?: Yes

Produce: Name of product, can be as descriptive as you wish.

Date source/type: Where the data for the details of the composition came from (see below for details).

Fat: Amount of Fat in the product (in 100g of product).

Protein: Amount of Protein in the product (in 100g of product).

CHO: Amount of CHO in the product (in 100g of product).

Active: Normally set to Yes so that the product can be selected. If there are foods that are never required then set this to No to limit the selected products available.

Data source explanation:

[Grouper value](#) - this is used for special groups of foods such as selections. You will have to refer to a Grouper values chart for details of these products.

MAFF - If the data is from the Institute of Chemistry then it will show MAFF. As standard, the majority of the data in this table will initially be from MAFF.

Food label - If this data has been input from a label attached to the food or its container. This may indicate that the figures are less than very accurate.

Product - Any other source of data that does not fall into the above categories.

NB: Some of the products that are in the full MAFF list have been already set as inactive. This is done for foods that are normally not suitable for the ketogenic diet. These include such things as ready made meals, alcohol and fruit cooked or canned in sugar. Fried foods have also been inactivate as we would expect the accurate fat value to be calculated separately in the diet. If, however, you need to use some of these foods then they can be simply enabled and used but they must be used with understanding and caution. The MAFF data uses an average value for a range of sample food products. **If in doubt about an individual food value it is strongly recommended that the composition details from the food label are recorded and added to the products table.**

Delete Product

To remove a product from the list (only recommended for foods that you are NOT EVER going to use) highlight the food in the list and press the 'd' key (NOT the Delete key).

You will be prompted to confirm the deletion.

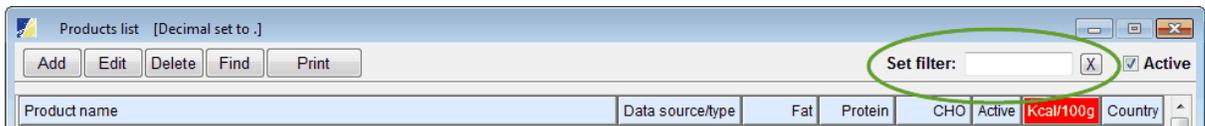
Modify Product

Highlight any entry in the list and double click on that entry to edit. Press Tab to finish editing or Enter to edit the next entry to the right of the current entry.

Print product list

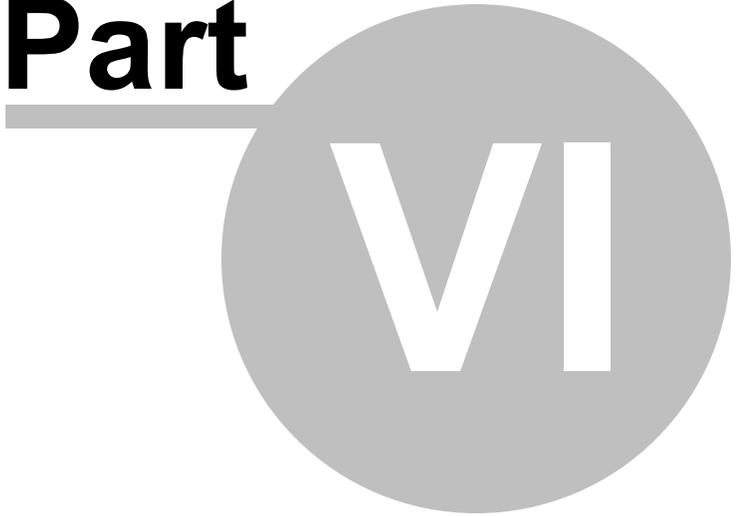
You will have the option to print Active or Inactive products. Make your selection and the print will go to the default device. Also note that this report may be very large and not normally required in hard copy format.

Filter function:



This function permits you to search for items by any word. Thus if you are looking for a 'chicken' product then enter chicken in the box and press the Enter key. All products that contain the word 'chicken' will then be listed in the window.

Part



6 Meal and Product option

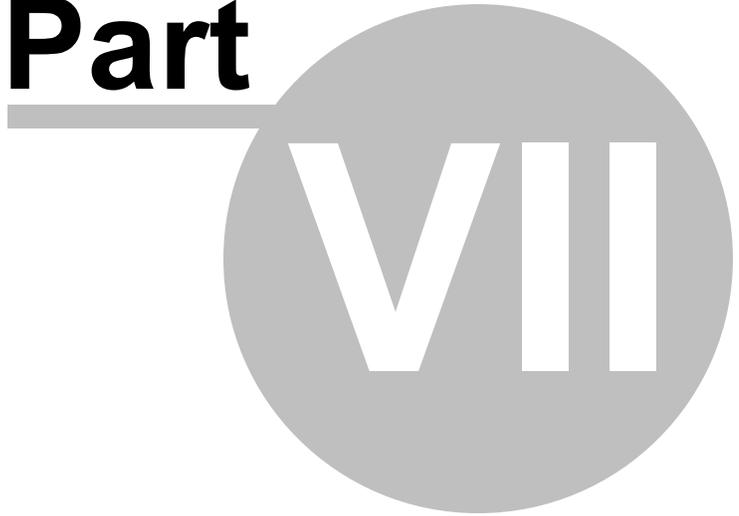
This is the recommended default way of creating meals. It will permit you the ability to search for products, then drag and drop them into the meal screen. Once dropped the program will automatically try and calculate the correct value of the product to gain three green 'traffic lights',

The screenshot shows two windows from the MicroMan2000 software. The 'Meals' window on the left shows a meal named 'Peter Pan' with the following targets: Ratios (4.00), Kcal (600), Fat (60.00), Protein (12.70), and CHO (2.30). The 'Actuals' are: Ratios (3.99), Kcal (600), Fat (60.000), Protein (12.721), and CHO (2.333). The 'Over/Under' status is shown as three green traffic lights. The 'Products in meal' table lists: Calogen (Amount: 50.24, Fat: 48.621, Protein: 0.000, CHO: 0.000), Cream, fresh, double (Amount: 1.23, Fat: 0.588, Protein: 0.021, CHO: 0.033), Eggs, chicken, whole, raw (Amount: 96.34, Fat: 10.791, Protein: 12.043, CHO: 0.000), and Group 1 veg (Amount: 32.88, Fat: 0.000, Protein: 0.657, CHO: 2.300). The 'Products list' window on the right shows a search for 'double' in the 'Set filter' box. The list includes: Adult beans, dried, boiled in unsalted water (MAFF, Fat: 1.00, Protein: 2.00, CHO: 3.00, Active: Yes, Kcal/1000: 29, Country: GBR), All-Bran (MAFF, Fat: 4.00, Protein: 13.00, CHO: 48.50, Active: Yes, Kcal/1000: 282, Country: GBR), Almond (MAFF, Fat: 55.80, Protein: 21.10, CHO: 6.90, Active: Yes, Kcal/1000: 614, Country: GBR), American beef (Food label, Fat: 20.00, Protein: 1.00, CHO: 3.00, Active: Yes, Kcal/1000: 196, Country: GBR), Anchovies, canned in oil, drained (MAFF, Fat: 10.00, Protein: 25.20, CHO: 0.00, Active: Yes, Kcal/1000: 191, Country: GBR), Apple chutney (MAFF, Fat: 0.20, Protein: 0.90, CHO: 49.20, Active: Yes, Kcal/1000: 202, Country: GBR), Apple juice, unsweetened (MAFF, Fat: 0.10, Protein: 0.10, CHO: 9.90, Active: Yes, Kcal/1000: 41, Country: GBR), and Azules cooking raw peeled (MAFF, Fat: 0.10, Protein: 0.30, CHO: 8.90, Active: Yes, Kcal/1000: 38, Country: GBR). A red arrow points from the 'Products list' window to the 'Meals' window, indicating the drag-and-drop process.

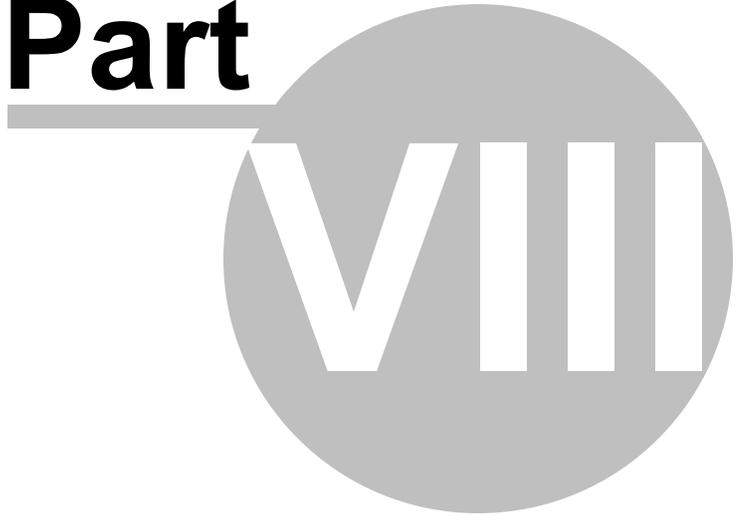
To use this screen(s) you enter a search term into the Set Filter box. i.e.: double then press Enter. All products that contain the word 'double' will then list in the products screen. You can then left click and hold on the product you require and drag across to the meal screen into the lower section until you see the cursor change to a smiley face. At this point release the left mouse button. The product will then be added to the meal and a value should be calculated automatically. If the program can not calculate a value then it will warn you and you can then enter a value manually.

If you build your meal with the main three products that will provide the majority of the Fat, Protein and Fat for the meal you can then click on Auto-all button to get the program to try and recalculate all products to obtain three green traffic lights.

Part



Part



8 Print options and data export

Print options and data export

The EKM system will permit you to select output format and to also export the data to another format to use with different Windows programs (such as MS Word or Excel).

The following options are stored in the Configuration file under the Maintenance option.

Default printer port:

The two options here are '?' or 'Default'. If Default is selected then when you send the report to the printer it will go to your windows default printer. If you wish to select which printer you need to send the report to then set this option to ?. When you print you will then have a selection from all the installed printers on your PC. You can select any of these and send the print to there.

Default destination:

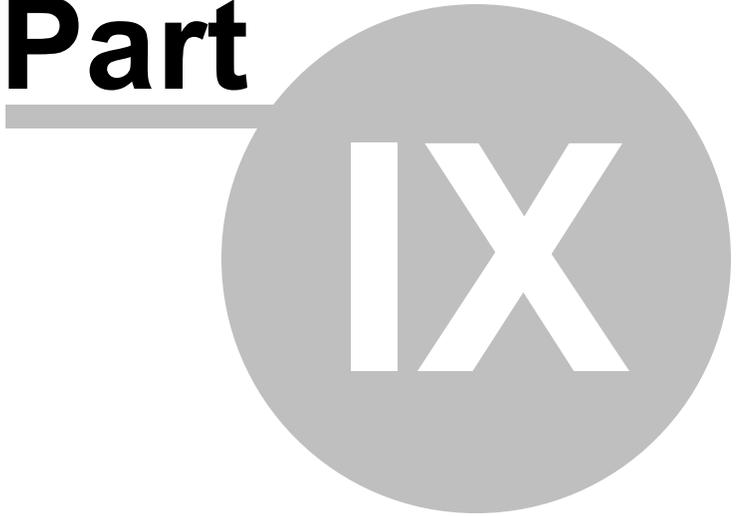
Again you will have two options. The first is 'D' and this will send the print to the display for you to be able to preview the report before sending to the printer (or other destination). If this option is set to '?' you will have a choice menu appear when you print to select Screen, Printer or Export. The first two are self explanatory. The Export option will permit you to select from a list of options to export the report data to other file formats - or even email directly as an e-mail attachment. For the purposes of this help level we will limit the explanation to exporting into a Word format file.

Word report export:

To export a report to Word select *Export* from the print option menu (as detailed above) and then from the list select *Rich Text Format (RTF)* from the list and click on *Edit*.

You will now have a file destination and name box appear. Type in the name you wish to call the export file and click on *Export*. If you do not specify a drive or directory then, by default, the file will be saved to C:\EKM. We would recommend that you store all such files in the C:\EKM\Docs directory.

Part



9 Exchange Lists for Fruit and Vegetables

Exchange Lists for Fruit and Vegetables

FRUIT

Weights are given for raw fruit (not dried), fruit stewed without sugar, or fruit canned in natural juice. As there are individual variations in the carbohydrate content of the different fruits within a group, try and vary choices. If you find that one type of fruit is being used very regularly then discuss this with the dietitian as the overall ratio of your diet may need to be checked.

10% fruit - these contain an average of 10g carbohydrate per 100g. Use the amount prescribed for each meal:

Apples	
Apricots	Kiwi fruit
Cherries	Nectarines
Damsons	Paw-paw
Peaches	Plums
Pears	Watermelon
Pineapple	
Canned fruit cocktail (in natural juice)	
Oranges, including mandarin, satsuma and tangerine	

Lower Carbohydrate fruits (approx 6 ½ %) - these contain an average of 6 ½ g carbohydrate per 100g. Use 1 ½ times the amount prescribed for each meal:

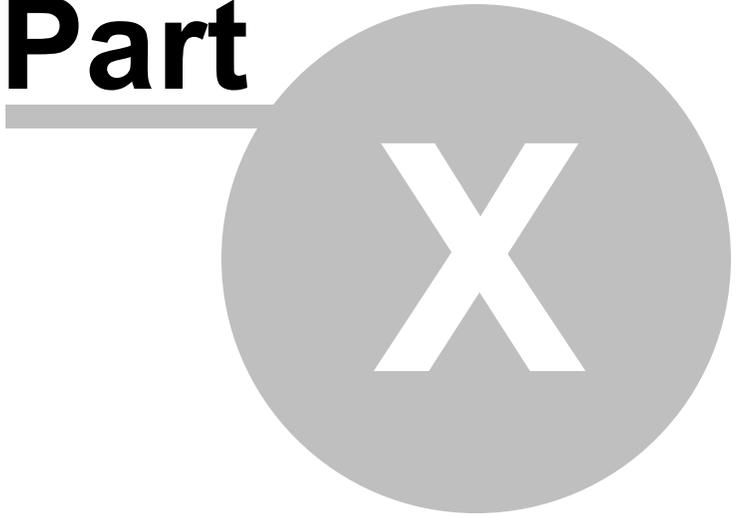
Blackberries	Loganberries
Blackcurrants	Melon - canteloupe, honeydew, galia
Blueberries	Raspberries
Grapefruit	Redcurrants
Lemons	Strawberries
Gooseberries	Cranberries

Higher carbohydrate fruits (approx 15%) - these contain an average of 15g carbohydrate per 100g. Use 2/3 of the amount of fruit prescribed for each meal:

Mango
Grapes
Lychees

Banana - contains approx 23g carbohydrate per 100g. Use 1/3 of the amount of fruit prescribed for each meal.

Part



10 Configuration settings and data backups

Configuration settings and data backups

Configuration:

The program has various custom settings that can be changed to alter the way the program works. This is to provide flexibility for the dietitian and parent. These settings can be changed via the Maintenance - Configuration file option. Details of each settings are as follows:

The screenshot shows a dialog box titled "EKM - config" with the subtitle "--- Edit config details ---". The settings are as follows:

Last used date:	13/02/2015
Last record edit:	564
Default printer port:	Default
Default destination:	D
Display picture?	Y
Picture file name(BMP/JPEG):	mm2klogo.jpg
Default scale (1-5):	1
Edit nutrients?	Y
Country:	GBR

At the bottom of the dialog box are two buttons: "OK" and "Cancel".

Last used date: This is set by the system each time the program is loaded. No need to change this setting.

Last record edit: Set by the system to remember last edit - the program always returns to the last record edited.

Default printer: There are two options for this setting. Either 'Default' to print to your default windows printer or '?' to provide a selection of available printers when printing. Normally this would be set to Default.

Default destination: There are two options for this setting. Either 'D' can be selected to provide a print preview before printing option, or, select '?' to have an option to select Screen, Printer or Export. With the Export option reports can be sent to Word, Excel or other such programs

Display picture: Select Y or N - permits the background picture to be displayed on the program.

Picture file name: If the option above is set to Y then the picture to view can be specified here. The

picture must be in bmp or jpg format. Thus you can display your hospitals logo or your child's picture within the program.

Default scale (1-5): Permits larger scale fonts and screens for clarity.

Edit Nutrients: Normally set to 'Y' for Yes, enables the product nutrients to be changed within a meal to assist with meal calculation.

Nutrient sliders on?: The sliders that can be used to adjust the levels of amount and nutrients can be set on or off with this setting.

Country: Select your country code here. Used to identify food types by country.

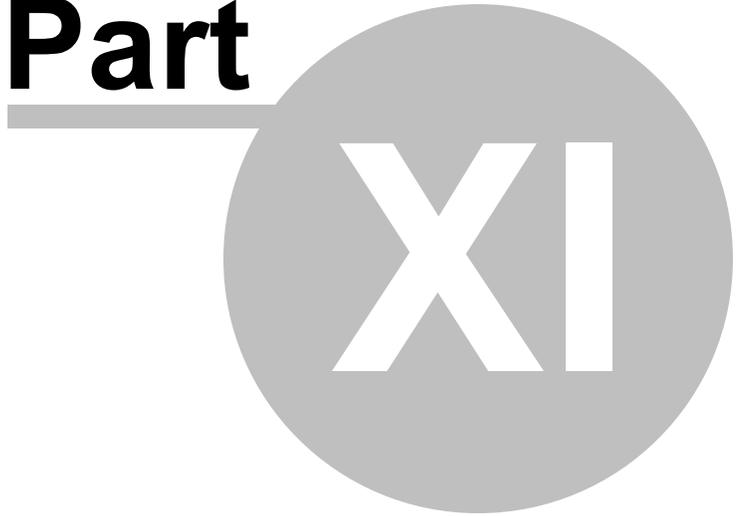
To view more products in the meal screen configure an environment setting of EKMSize=Big. The screen will then show 12 products - ensure your screen is set to at least 1024x768 to view this option.

Data Backups

The program, by default is installed onto the C: drive and into the \EKM directory. Within that directory there is a sub-directory called \Data. This is where the data created by the program is stored. To back up your data you will need to copy the files ending with .DBF and .FPT in the data directory to your backup disk, CDRW or tape. It is not necessary to backup files ending .CDX as these are index files that can be recreated by the system in the event of a data restore.

You are responsible for any data you store or edit on your system. You must ensure that you maintain regular backups. Before applying any updates please backup the complete \EKM directory and all sub directories. This will ensure you can return to a previous version should the upgrade fail.

Part



11 Data file structures

Data file structures

It is built essentially around three core data files (there are others but we will keep things simple for this explanation).

KETHEAD.DBF

This file contains details of the patient name and when and who created the meal sheets. It also contains the target amounts.

KETDETAI.DBF

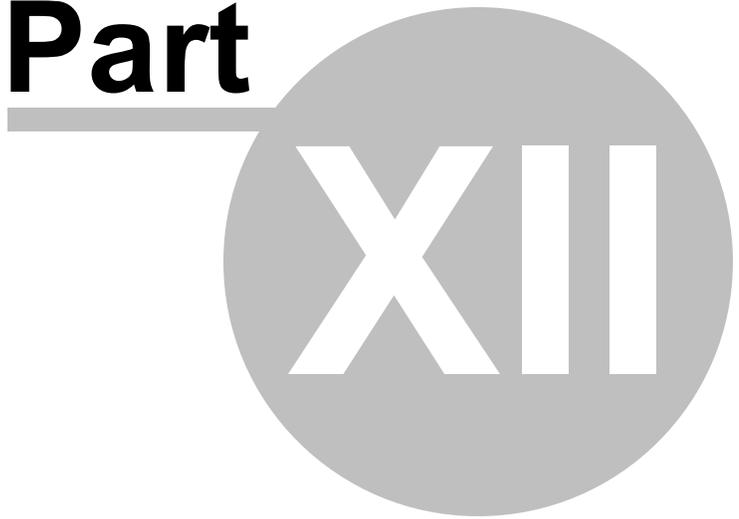
This file just contains the products and the amounts in grams.

KETPROD.DBF

This file is critical to the accuracy of the whole system. It contains the list of all foods and the values per 100g. If this is not correct then the meals will be incorrect.

These three files are used together in the Meals Screen to enable you to create meals and calculate the correct values.

Part



XII

12 Copyright and Legal Notices

Copyright and Legal Notices

EKM is based on an original idea from Liz Neal at the Institute of Child Health, London, England. The software was developed, designed and written by Bruce Carroll of MicroMan2000 Ltd - all rights reserved - 2004.

In the products table is nutritional data from the Composition of Foods -FSA-© Crown copyright. Reproduced with the permission of the Controller of HMSO and Queen's Printer for Scotland. Use is limited to individual and personal use only.

This software is supplied free of charge to all parents with children who are on a medically supervised ketogenic diet and the dietitian that is administrating that diet. It is not to be sold or marketed separately.

Note for dietitians: This software is the smaller brother of a much larger system that is designed for modular feed production within a hospital environment. The system, EDM (Electronic Dietetic Manager) is used in the majority of paediatric hospitals through out England and Ireland. Please visit our web site at www.edm2000.com or www.edm3000.com for full details.

Disclaimer:

No liability is accepted for the incorrect use or errors or omissions in the software. It is your responsibility to ensure the accuracy of the data you use, input, or change within the software.

Trade marks and Registered names:

All Trade marks and Registered names mentioned in this document are fully acknowledged.

Part



13 How to report problems

How to report problems

This software has been extensively tested over many years. However, if you do find a problem then please let us know so that it can be corrected. As with most computer problems can you please first try and close down your PC. Switch it off, go and have a cup of tea and then try the same routine again.

Under the **Maintenance** option of the menu is several utilities. Always try the **Reindex All** files first as this will rebuild the index files and may correct any basic data based problems.

To rebuild and pack the data files (normally only required after a lot of changes to the data has occurred over time) select the **Pack** option and then work through the list until you have packed all the files.

If the problem is still present then please let us know!

Contact details:

Email: ekm@microman2000.co.uk

Web: www.edm2000.com