

Using the ERS Food Database CD

Version 1.0

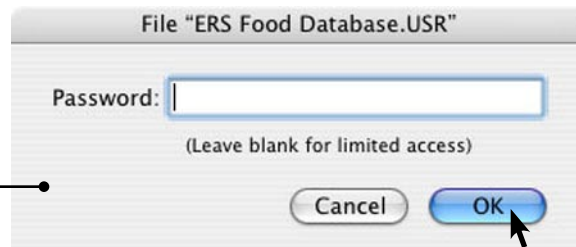
1. Insert the CD into your disk drive.
2. **For Macintosh users:** A CD icon with the title "ERS Food Database" will appear on your desktop double click on the icon to open the folder.

For Windows users: Double click on the My Computer icon on your desktop. When the My Computer window opens, double click on your CD drive (usually D: drive) with the title "ERS Food Database."

3. Find the yellow and purple ERS Food Database icon and double click on it to launch the program.



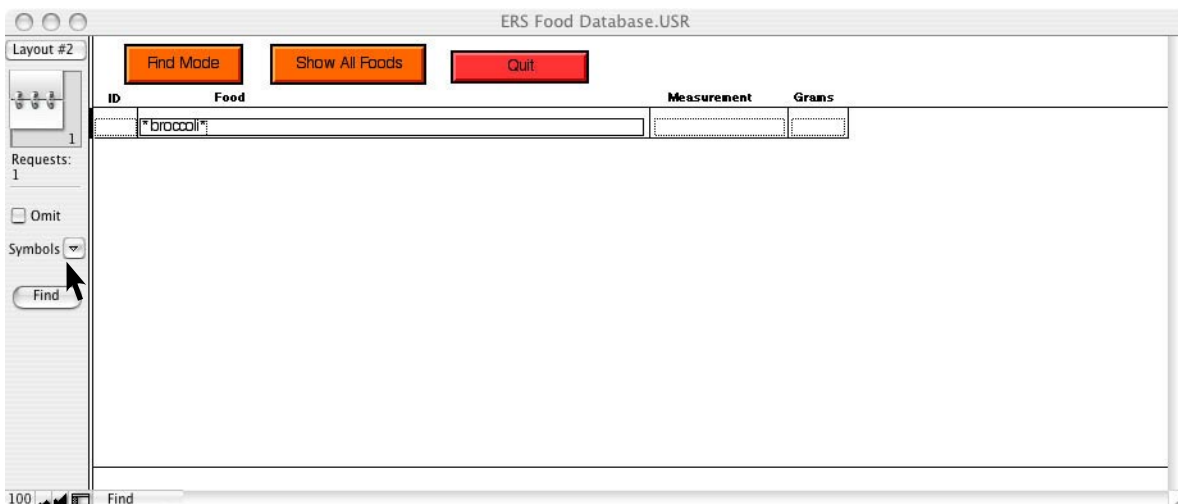
4. A window will appear asking for a password. Leave it blank and click OK.



5. The database will open in FIND MODE and you can begin searching right away. The cursor (flashing line) is ready to insert your text in the FOOD column of the table. Just start typing to begin your first search.



6. You probably noticed the small star or asterisk that automatically appeared before your search word. The asterisk will appear before every search you do and may also be typed in after your search word. Typing in the asterisk after the word you are searching for will help you search for the most possible food matches with that word in the name. You can type an asterisk by holding down the shift key and pressing the number "8" key on your keyboard.



Once you have typed in the name of a food you can search for matches by pressing the return key (on a Mac) or the enter key (on a PC) on your keyboard or you can click on the Find button on left side of the screen.

7. The database will now display a list of foods that match your search term. The first column is the FOOD ID NUMBER. The second column contains a description of the food. The third column is the measurement of the food and the last column contains the number of grams in one serving of the food. This is the same information found in the printed copy of your ERS Food List.

ID	Food	Measurement	Grams
61	BEEF, AND BROCCOLI	CUP	200
161	BROCCOLI, CHOPPED, FROZEN, COOKED	CUP	185
163	BROCCOLI, COOKED, FAT NS	CUP	161
164	BROCCOLI, RAW	CUP	88
165	BROCCOLI, W/CHEESE SAUCE	CUP	243
947	PORK, AND BROCCOLI STIRFRY	SERVING	249
1155	SOUP, BROCCOLI	CUP	237
1406	CASSEROLE, BROCCOLI (RICE, CHEESE, MUSHRO)	CUP	228
90006	TUNA HELPER, CREAMY BROCCOLI, PREPARED	CUP	250

8. To search again click on the orange FIND MODE button at the top of the window. To browse all foods click on the orange SHOW ALL FOODS button. Click on the arrows on the right side of the screen to scroll up or down through the list.

ID	Food	Measurement	Grams
1	ALFALFA SPROUTS, RAW	CUP	33
2	APPLE, DRIED, UNCOOKED	RING	6
3	APPLE, RAW W/O SKIN	MED APPLE	128
4	APPLESAUCE, STEWED APPLES, W/SUGAR	CUP	255
5	APPLESAUCE, STEWED APPLES, WO/SUGAR	CUP	244
6	APRICOT, DRIED, UNCOOKED	CUP	130
7	APRICOT, NECTAR	FL OUNCE	31
8	APRICOT, CKD OR CND, IN HEAVY SYRUP	CUP	253
9	APRICOT, CKD OR CND, JUICE PACK	CUP	244
10	APRICOT, DRIED, COOKED, W/O SUGAR	CUP	250
11	APRICOT, RAW	ITEM	35
12	AREPAS (CORNMEAL FRITTERS)	AREPA	80
13	ARTICHOKE, COOKED, NO FAT	ARTICHOKE	120
14	ASPARAGUS, CKD W/O FAT	CUP	180
15	AVOCADO, RAW	CUP	146
16	BACON	STRIP	8
17	BACON, BITS, MEATLESS	TABLESPOON	7
18	BACON, CANADIAN, COOKED	OUNCE	28
19	BACON, GREASE OR MEAT DRIPPINGS	TABLESPOON	13
20	BACON, STRIPS, MEATLESS	STRIP	5
21	BAGEL	BAGEL	55
22	BAKING POWDER	TEASPOON	4
23	BAMBOO SHOOTS, CKD W/O FAT	CUP	120
24	BANANA	BANANA	114
25	BANANA, AND COCONUT	CUP	160
26	BANANA, FLAKES, DEHYDRATED	CUP	100
27	BANANA, GREEN, CKD IN SALT WATER	BANANA	89
28	BANANA, IN COCONUT MILK	CUP	260
29	BANANA, NECTAR	FL OUNCE	31
30	BANANA, RIPE, FRIED	BANANA	91

9. When you are finished with the program click on the red QUIT button to quit the ERS Food Database.

