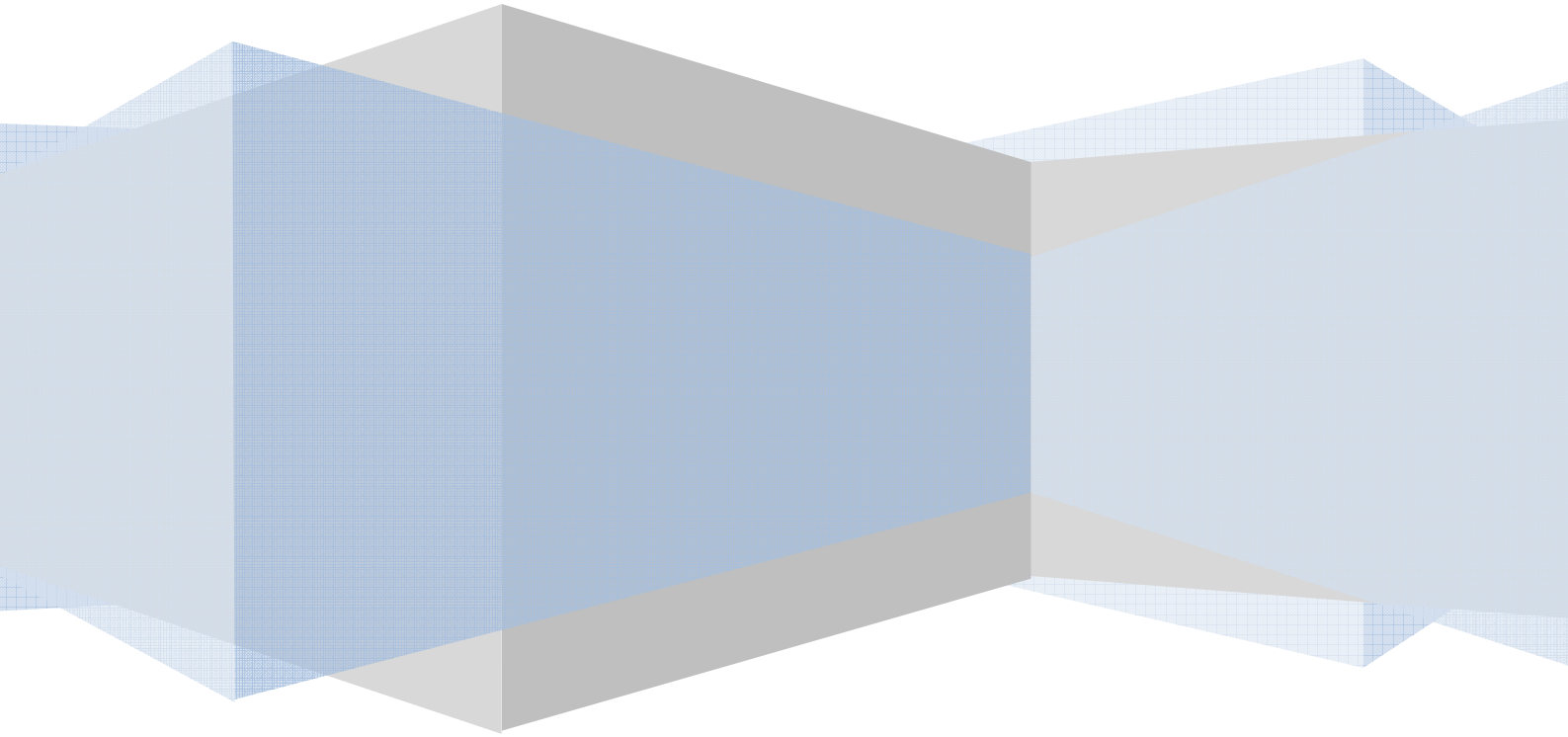
Chefexact

USER GUIDE
Nutrition



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Chefexact Nutrition Facts

Chefexact Nutrition Facts software is tailored-made to be the perfect complement to other Chefexact systems for precise food monitoring in restaurants, hotels, hospitals, and schools. This software has all of the features required for simple yet operative and efficient decision-making on the subject of healthy food.

The system consists of four sections:

1. **Products**
   This section enables you to manage the product sorter and product nutritional values. Chefexact Nutrition Facts has a huge database with almost 7000 products, in both English and Spanish. That is one of its outstanding features.

2. **Recipes**
   This is the section where you make and plan consumption rules by offers and dishes. You have full control over recipes and their respective nutritional values.

3. **Menus**

4. **Configuration**
   This is a very simple section where you only configure your personal details and your company logo (if you want one).

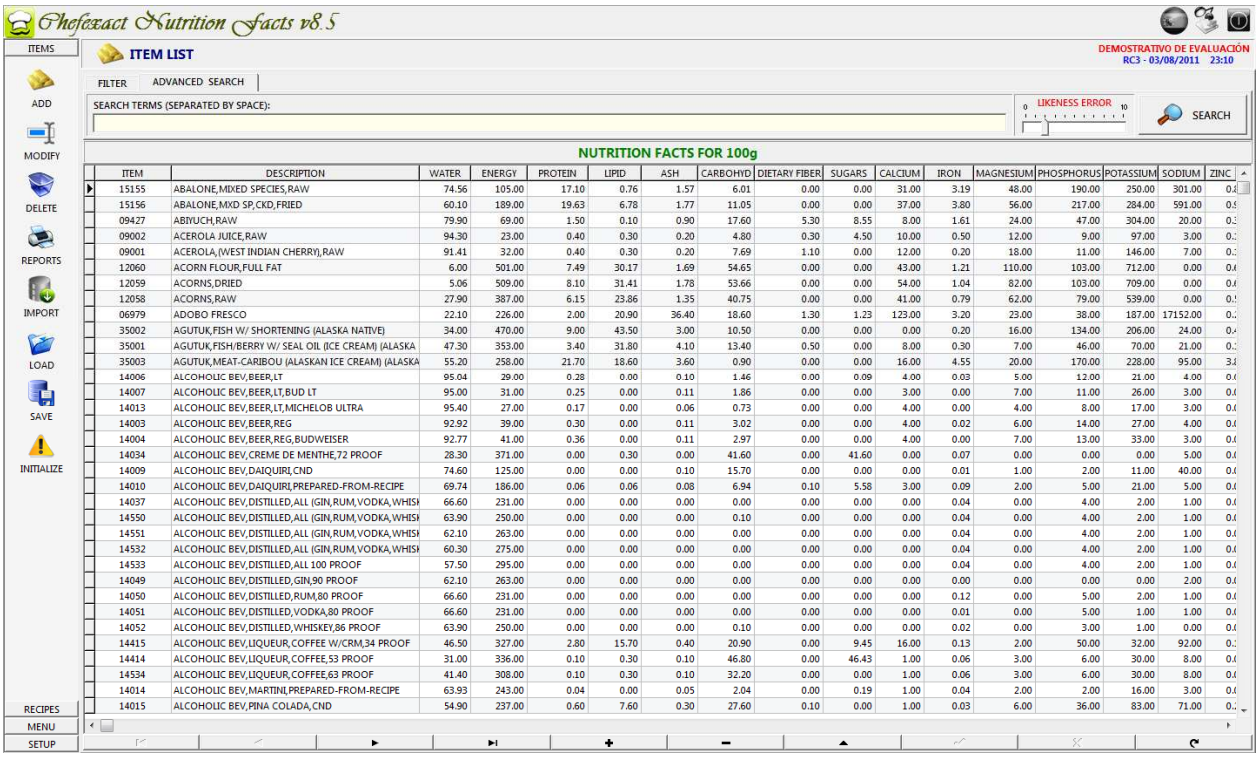
SYSTEM OPERATION

Chefexact Nutrition Facts is software with a user interface that meets the requirements of any professional chef. Every option is easy to access and use. Figure 6 shows a system overview. There are three main regions:

- **BLUE.** It is the upper region. The title and the version that is currently being run on the system (point 1) are on the left. There are three buttons on the right. Button one minimizes the application (point 2), button two (point 3) closes or exits the application and button four (point 4) changes the application's current language (only the application's language, not product descriptions in the database).

- **RED.** This area is the section bar: as you choose each section (bar buttons) you will be toggling from one to the other. As you toggle, the buttons will display the options for each section. This bar will be explained in detail later.

- **GREEN.** This is where every one of the system's work sections are actually located. Each section will appear as it is chosen on the section bar. This is where the work area and the data input by the expert and staff that run the system are actually located.



ITEM	DESCRIPTION	WATER	ENERGY	PROTEIN	LIPID	ASH	CARBOHYD	DIETARY FIBER	SUGARS	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	POTASSIUM	SODIUM	ZINC
15155	ABALONE,MIXED SPECIES,RAW	74.56	105.00	17.10	0.76	1.57	6.01	0.00	0.00	31.00	3.19	48.00	190.00	250.00	301.00	0.8
15156	ABALONE,MXD SP,CKD,FRIED	60.10	189.00	19.63	6.78	1.77	11.05	0.00	0.00	37.00	3.80	56.00	217.00	284.00	591.00	0.9
09427	ABIYUCH,RAW	79.90	69.00	1.50	0.10	0.90	17.60	5.30	8.55	8.00	1.61	24.00	47.00	304.00	20.00	0.3
09002	ACEROLA JUICE,RAW	94.30	23.00	0.40	0.30	0.20	4.80	0.30	4.50	10.00	0.50	12.00	9.00	97.00	3.00	0.1
09001	ACEROLA,(WEST INDIAN CHERRY),RAW	91.41	32.00	0.40	0.30	0.20	7.69	1.10	0.00	12.00	0.20	18.00	11.00	146.00	7.00	0.1
12060	ACORN FLOUR,FULL FAT	6.00	501.00	7.49	30.17	1.69	54.65	0.00	0.00	43.00	1.21	110.00	103.00	712.00	0.00	0.4
12059	ACORNS,DRIED	5.06	509.00	8.10	31.41	1.78	53.66	0.00	0.00	54.00	1.04	82.00	103.00	709.00	0.00	0.4
12058	ACORNS,RAW	27.90	387.00	6.15	23.86	1.35	40.75	0.00	0.00	41.00	0.79	62.00	79.00	539.00	0.00	0.3
06979	ADOBO FRESCO	22.10	226.00	2.00	20.90	36.40	18.60	1.30	1.23	123.00	3.20	23.00	38.00	187.00	17152.00	0.1
35002	AGUTUK,FISH W/ SHORTENING (ALASKA NATIVE)	34.00	470.00	9.00	43.50	3.00	10.50	0.00	0.00	0.00	0.20	16.00	134.00	206.00	24.00	0.4
35001	AGUTUK,FISH/BERRY W/ SEAL OIL (ICE CREAM) (ALASKA	47.30	353.00	3.40	31.80	4.10	13.40	0.50	0.00	8.00	0.30	7.00	46.00	70.00	21.00	0.1
35003	AGUTUK,MEAT-CARIBOU (ALASKAN ICE CREAM) (ALASKA	55.20	258.00	21.70	18.60	3.60	0.90	0.00	0.00	16.00	4.55	20.00	170.00	228.00	95.00	3.8
14006	ALCOHOLIC BEV,BEER,LT	95.04	29.00	0.28	0.00	0.10	1.46	0.00	0.09	4.00	0.03	5.00	12.00	21.00	4.00	0.0
14007	ALCOHOLIC BEV,BEER,LT,BUD LT	95.00	31.00	0.25	0.00	0.11	1.86	0.00	0.00	3.00	0.00	7.00	11.00	26.00	3.00	0.0
14013	ALCOHOLIC BEV,BEER,LT,MICHELOB ULTRA	95.40	27.00	0.17	0.00	0.06	0.73	0.00	0.00	4.00	0.00	4.00	8.00	17.00	3.00	0.0
14003	ALCOHOLIC BEV,BEER,REG	92.92	39.00	0.30	0.00	0.11	3.02	0.00	0.00	4.00	0.02	6.00	14.00	27.00	4.00	0.0
14004	ALCOHOLIC BEV,BEER,REG,BUDWEISER	92.77	41.00	0.36	0.00	0.11	2.97	0.00	0.00	4.00	0.00	7.00	13.00	33.00	3.00	0.0
14034	ALCOHOLIC BEV,CREME DE MENTHE,72 PROOF	28.30	371.00	0.00	0.30	0.00	41.60	0.00	41.60	0.00	0.07	0.00	0.00	0.00	5.00	0.0
14009	ALCOHOLIC BEV,DAIQUIRI,CND	74.60	125.00	0.00	0.00	0.10	15.70	0.00	0.00	0.00	0.01	1.00	2.00	11.00	40.00	0.0
14010	ALCOHOLIC BEV,DAIQUIRI,PREPARED-FROM-RECIPE	69.74	186.00	0.06	0.06	0.08	6.94	0.10	5.58	3.00	0.09	2.00	5.00	21.00	5.00	0.0
14037	ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISK	66.60	231.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.04	0.00	4.00	2.00	1.00	0.0
14550	ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISK	63.90	250.00	0.00	0.00	0.00	0.10	0.00	0.00	0.00	0.04	0.00	4.00	2.00	1.00	0.0
14551	ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISK	62.10	263.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.04	0.00	4.00	2.00	1.00	0.0
14532	ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISK	60.30	275.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.04	0.00	4.00	2.00	1.00	0.0
14533	ALCOHOLIC BEV,DISTILLED,ALL 100 PROOF	57.50	295.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.04	0.00	4.00	2.00	1.00	0.0
14049	ALCOHOLIC BEV,DISTILLED,GIN,90 PROOF	62.10	263.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2.00	0.0
14050	ALCOHOLIC BEV,DISTILLED,RUM,80 PROOF	66.60	231.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.12	0.00	5.00	2.00	1.00	0.0
14051	ALCOHOLIC BEV,DISTILLED,VODKA,80 PROOF	66.60	231.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00	5.00	1.00	1.00	0.0
14052	ALCOHOLIC BEV,DISTILLED,WHISKEY,86 PROOF	63.90	250.00	0.00	0.00	0.00	0.10	0.00	0.00	0.00	0.02	0.00	3.00	1.00	0.00	0.0
14415	ALCOHOLIC BEV,LIQUEUR,COFFEE W/CRM,34 PROOF	46.50	327.00	2.80	15.70	0.40	20.90	0.00	9.45	16.00	0.13	2.00	50.00	32.00	92.00	0.1
14414	ALCOHOLIC BEV,LIQUEUR,COFFEE,53 PROOF	31.00	336.00	0.10	0.30	0.10	46.80	0.00	46.43	1.00	0.06	3.00	6.00	30.00	8.00	0.0
14534	ALCOHOLIC BEV,LIQUEUR,COFFEE,63 PROOF	41.40	308.00	0.10	0.30	0.10	32.20	0.00	0.00	1.00	0.06	3.00	6.00	30.00	8.00	0.0
14014	ALCOHOLIC BEV,MARTINI,PREPARED-FROM-RECIPE	63.93	243.00	0.04	0.00	0.05	2.04	0.00	0.19	1.00	0.04	2.00	2.00	16.00	3.00	0.0
14015	ALCOHOLIC BEV,PINA COLADA,CND	54.90	237.00	0.60	7.60	0.30	27.60	0.10	0.00	1.00	0.03	6.00	36.00	83.00	71.00	0.1

Figure 3: System overview.

ITEMS

This section is highly useful. It is where products and their nutritional values are entered and stored on the system's database for future use in the recipe section. Chefexact Nutrition Facts includes two ready-to-install product files. Each one has close to 7000 items in English and Spanish.

Despite the fact that you will hardly need to add new products with their nutritional facts to the ones existing in the files described above, our software offers you the possibility of adding as much data as you desire. Data capacity is unlimited.

It is worth mentioning that many of the existing products belong to previously made recipes, such as soups and many more. Therefore, we recommend checking whether they already exist in the database before making a recipe. In addition, many commercial products (cereals, soft drinks, for instance) have similar nutritional values to other products, regardless of the brand. Therefore, they can be reused. In that case, if you do not want the product brand to appear in your recipe composition, you can substitute product descriptions for a generic name that is more convenient. For example: cola refreshment.

Detailed and very professional information on the nutritional content of each product is given in addition to basic issues such as code and description. Figure 3 gives a view of this section.

There is such a huge range of products that searching and finding them may get complicated (despite their alphabetical listing). That is why Chefexact Nutrition Facts provides two other ways to make a search:

- **Quick search**
  To find (filter) products by specifying a filter that will allow you to recover or select products whose description contains the specified value in one way or another. It very useful and, above all, simple way to perform an item search.

- **Advanced search**
  This is the most exquisite way to make a search. It identifies the terms (separated by commas) in the search criteria and also in product descriptions and automatically compares them with words. This way, the terms do not need to be in the same order as they appear on the product list. It also includes a facility for setting an error threshold that makes it flexible enough to assimilate errors, such as the absence of parts of the specified criteria in product descriptions. It also identifies spelling errors. Searches work in a similar way to Internet search engines that locate and recover documents according to user criteria.

In addition to all the above, a vast number of operations can be carried out in the product section. You can access them from the section bar by choosing one of the options displayed.

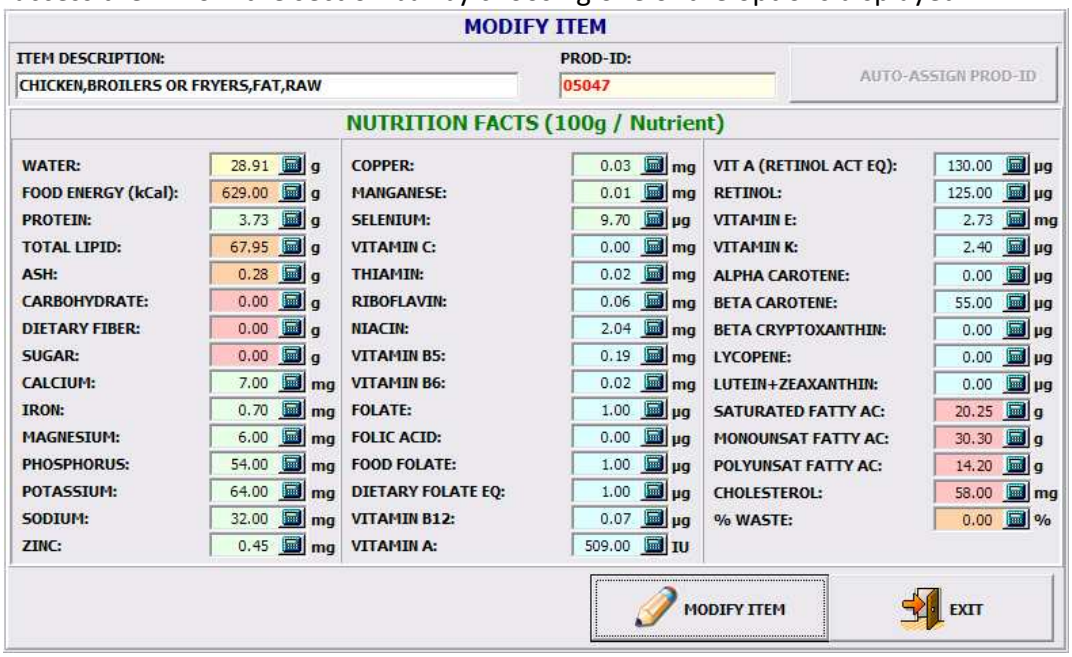


Figure 4: Window for adding/changing product data.

RECIPES

Recipes are highly important for any establishment offering gastronomic services. They allow you to set a standard dish or product for the offer and to control resources and nutritional values. Chefexact Nutrition Facts incorporates an entire section on recipe management, covering the entire spectrum of options and facilities that you need to accomplish your task. Figure 5 shows a view of this section's work area.

As many recipes as you wish can be prepared in the system, allowing you to have your entire recipe repertoire in a reliable format to be taken wherever you want without carrying a pile of papers. Once you have loaded the recipes onto the system, you can save and restore them whenever you need to, and exchange them with other professionals by emailing them.

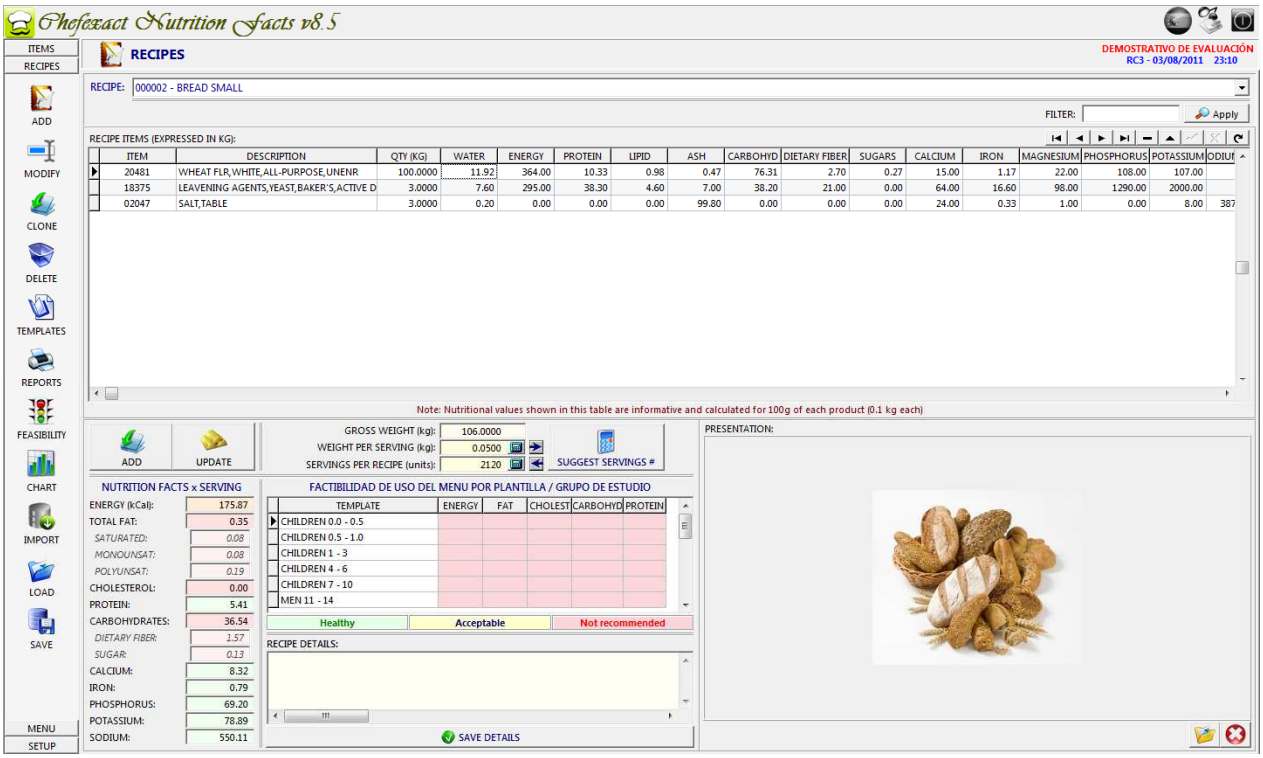


Figure 5: Recipes section.

When setting the quantity of a product to be used in a recipe, input the serving of the unit that you are using instead of the quantity. In other words, the part of the unit that you are using. It is worth noting that the quantities (nutritional values) in the database are given in kilograms. These means that ALL OF THE QUANTITIES that are given in the recipes MUST be in given in kilograms. For instance, suppose that 155gr of a certain product will be used. In this case, since everything is given in kg (1000g), the calculation would be:

155g / 1000g = 0.155 parts, inputting 0.155 in the recipe instead of 155.

Figure 6: Templates.

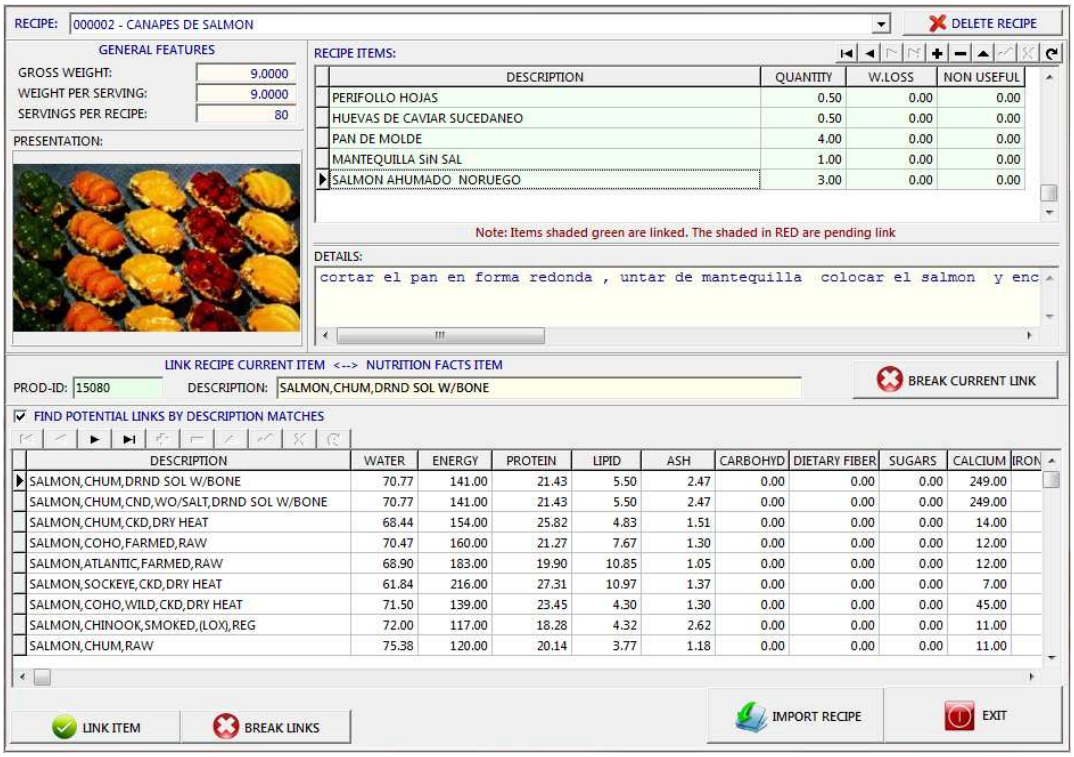


Figure 7: Recipes imported from other Chefexact systems.

It is worth mentioning that in the recipe import option, when you select a saved recipe file, all of the recipes will be shown together with their composition, regardless of which Chefexact version the file was in. Users must link the products in the recipe to the products in the system's current database in order to find the nutritional values for each one. As you toggle between recipe products, the system automatically shows the products in the database that are similar in description to the one selected, providing you have activated the similar description option. Double-click on the desired product or use the **LINK PRODUCT** button. In the event that you prefer to make a manual search for products that you want to link, disable the above-mentioned option and proceed as explained for quick and advanced searches.

Recipes cannot be imported until all of the products that comprise it are duly linked. Recipes that you wish to discard for some reason (to not import them) can be deleted via the **DELETE RECIPE** button.

MENUS

While individual recipes are the basis of food control, since they are unity, being methodical and monitoring a diet are extremely vital. That is why Chefexact Nutrition Facts incorporates a section for the installation, elaboration and maintenance of menus. The scope and functionality of this section is not limited: like recipes, it ranges from therapeutic control, hospitals, sportspeople, buffet bars and schools to the household, as those are daily activities in the dining area.

Due to the big volume of offers and different kinds of food that are handled in these activities, their preparation and control are hard tasks. That is the reason why the person in charge of this activity needs help to prevent an estimation of production, as well as to get information on nutritional values. Also, the program calculates the order you should place to be able to make offers automatically, thus avoiding possible oversights.

Producing and changing menus are really simple tasks. The system operates on the principle of re-using recipes formerly developed, so that when you have to create a menu you will only have to select the items you would like to incorporate and set the amount of services and portions you need. Chefexact Nutrition Facts will be in charge of any other possible tasks or calculations.

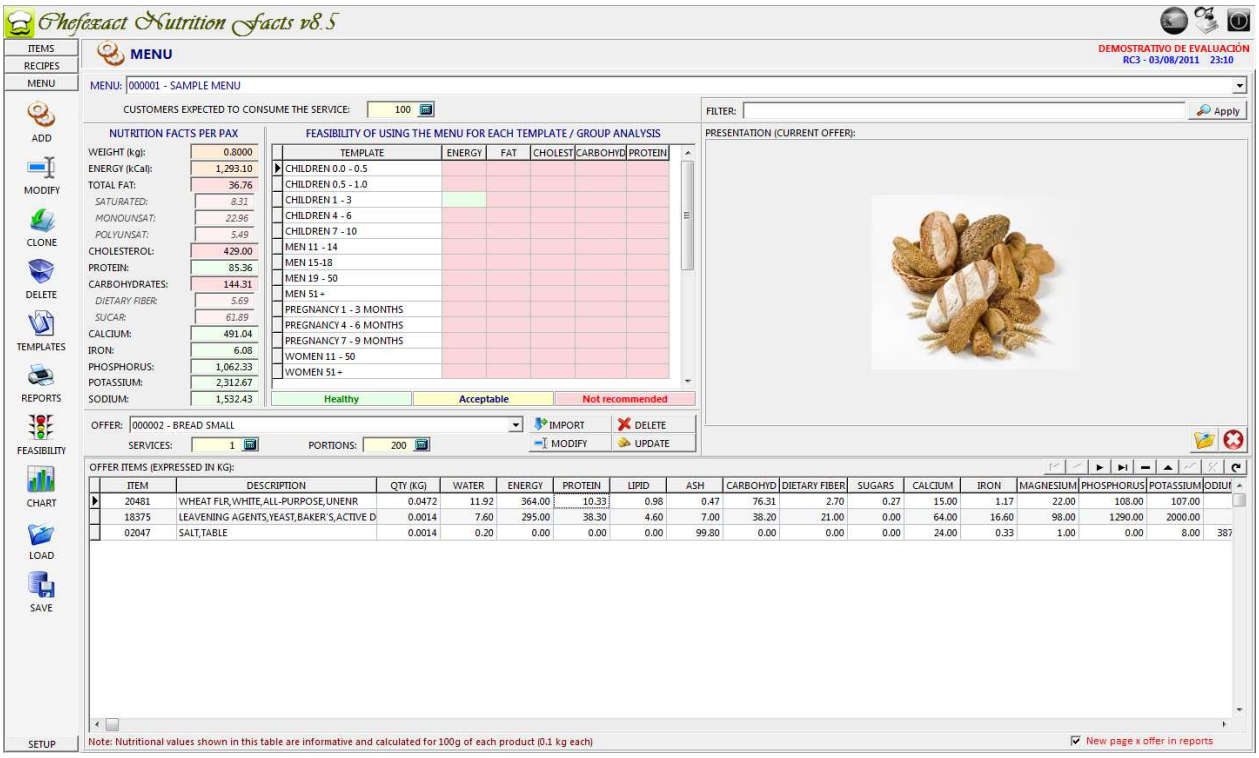


Figure 8: Menus.

SETUP

This section is designed for you to input personal data and configure the logo you will use (if you have one and wish to use it) on the reports and charts.

The figure below gives a view of this section.

Figure 9: Work area – setup section.

SYSTEM REQUIREMENTS

Chefexact runs perfectly under any version of Windows later than Windows 98, i.e.: Windows 98 SE, Windows ME, Windows 2000, Windows XP, Windows Server 2003 and higher versions compatible with API Win32.

To ensure correct operation and to obtain acceptable software performance, we recommend a PC with the features given below:

- Pentium 3 or higher, no less than a 500MHz microprocessor. Recommended: Pentium 4, 1GHz or higher.
- 128 Mb RAM Memory. Recommended: 256 Mb or higher.
- 250 Mb of available space on hard disk space because the program will increase its need for space, depending on data input. Recommended: 1 Gb or more.
- Super VGA Monitor with 16 color bits per pixel with a resolution of at least 800x600 pixels. We recommend 1024x768 pixels for greater comfort, more workspace and better data distribution in the software's windows. The program adapts to the operating system's resolution, readjusting its visual components automatically.
- You will need to have installed a PDF viewer to read the PDF user's manuals. We recommend Acrobat Reader 6.0 or higher.
- Chefexact uses the Crystal Reports 7 as its report engine, so it is advisable not to have any software that uses a different version of report engine installed. Otherwise, conflicts could arise between the different Dynamic Link Libraries (DLL) and inside the operating system, causing incorrect execution of this and other programs.

INSTALLATION

The system can be installed from a CD. Once it s introduced in the CD drive, the installer will run automatically. If it does not, that is, if the program does not run automatically, you can execute it manually, using the explorer. You will find the SETUP.EXE file in the root directory of the CD-ROM.

Another way to install the program is to download the installer from the internet site and run it manually, as described in the previous paragraph. The result will be the same either way.

During installation, the software that guides you through the process will ask you for personal details such as your name, company, and the directory where the system's files will be placed (copied).

The rest of the installation process is not new for the user. After completing the installation, run the application for the first time and register it as explained below.

If you have installed a trial version, you should uninstall it before installing the purchased version.

REGISTRATION & ACTIVATION

Unlike other software, registration and activation take place when you run the system. Protection against piracy occurs at hardware level, not at software level as is usually the case (a serial number). In other words, the software is protected by a HASP key connected to a USB port (See Figure 1).

The key is obtained once payment is made for the amount specified in the sales contract. The key is immediately sent via courier or post.

Each time the program is run, it checks for a HASP key in the PC's USB ports. If the system fails to detect this key, it closes up automatically, preventing the program from being used. This key should **ALWAYS** be present in the USB port for the program to run properly. Loss of the key will prevent you from being able to run the application. The software uses the key to identify you as our customer.

Figure 1: HASP keys for USB ports used for software registration.

USB keys prevent software piracy. The also protect users from malicious use of the program. Without the key, the software cannot be run, and no queries or changes can be made.

With this registration method you will be able to install the software in as many PCs as you wish, but you will only be able to use one PC at a time. To be able to run the software simultaneously in different PCs, you will have to get as many keys as the workstations you need.

For customers to have an exact idea of the scope of this software, a demo version is available on our Web site. It has limited functions and restricted testing time.

The system offers the functional and valuable option of working in two languages: English and Spanish. The default language is Spanish (see lower left corner of the window at startup), but the user can change it as many time as needed to feel comfortable and work better. The option to change to one language or the other stays enabled when the program is run again, so it can be changed as needed.

The first time the program is run, it will request user or administrator identification (user name and password). This will protect the system from intruders who sometimes modify the information contained in the program (see Figure 2).

This window in Figure 2 allows you to determine the privileges that each user you enter will enjoy. In other words, user access to the sections. If you do not change any of the default privileges, then the user will be the system administrator and will be able to add or remove users and access all system sections at will. If, to the contrary, you decide to change options, you can define the level of access to the sections in which the user will be able to work.

IMPORTANT: It is important to define a user to be the administrator, otherwise the possibility of adding or deleting users would be lost.

Figure 2: Personal data input during registration.