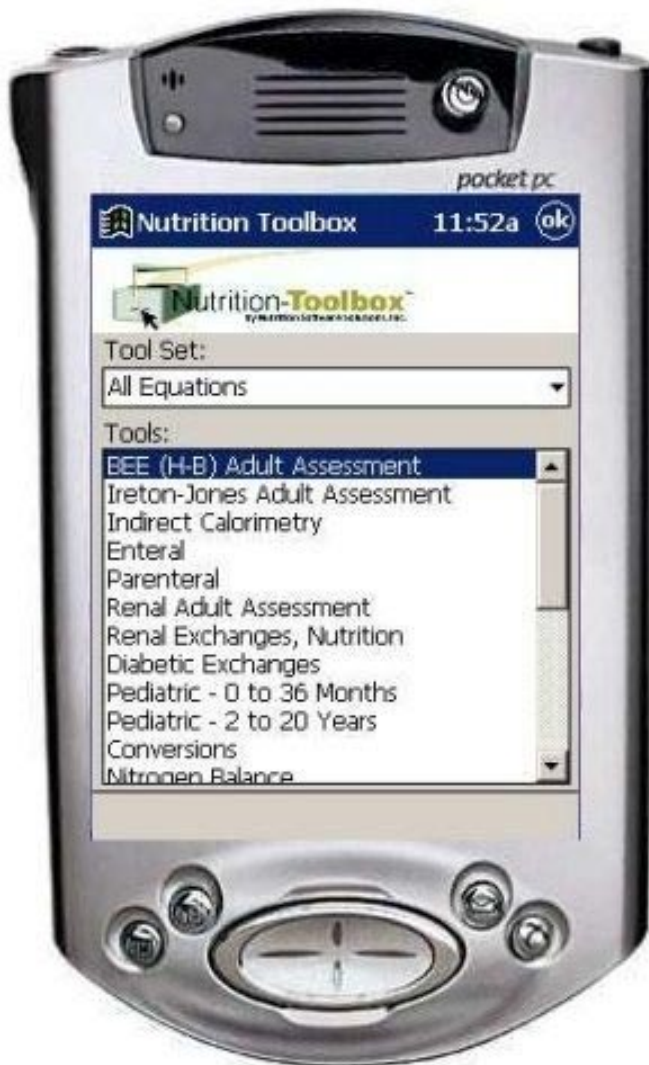




Nutrition-Toolbox Quick Start Guide



Nutrition-Toolbox™

Nutrition Assessment Software
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This Quick Start Guide is presented as a whirlwind tour of Nutrition-Toolbox™ and should get you aquanted with the operation and general layout of the program. Don't be afraid to push every button just to see what happens... we recommend it in fact!

Only a sampling of the screens are shown; take the notes in this guide as examples of how the remaing screens operate.

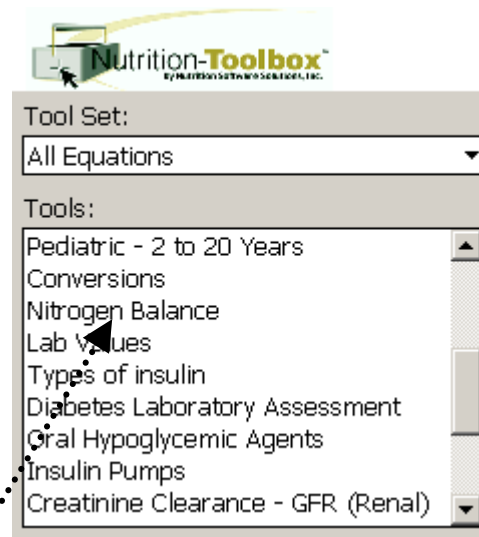
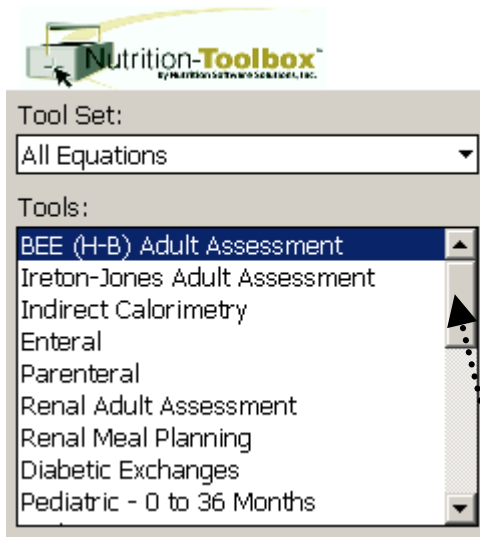
Not sure how the program is generating a number? Email our support at Support@Nutrition-Toolbox.com for a quick and free answer to your questions. Bonus points if you include example numbers.

If the program did not include a feature you expected or would really like to see, email us and we will do our *very best* to improve Nutrition-Toolbox™ until it exceeds your expectations.

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MAIN SCREEN

This is the main screen.

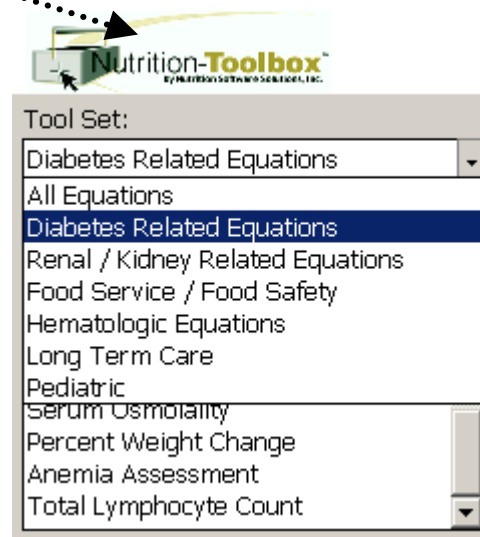
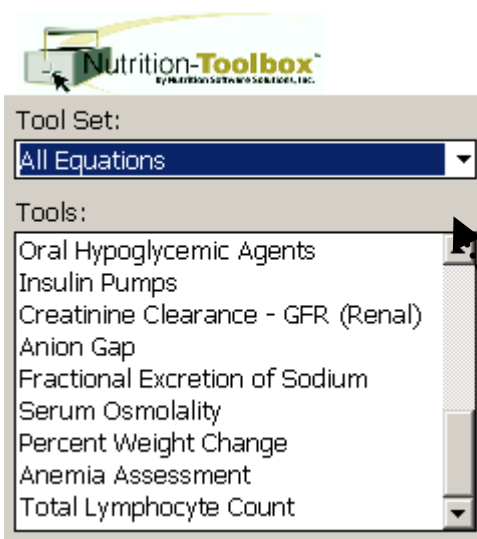


Scroll the list to find the tool you wish to run.

Click on tool to use..

Most tools are calculator-like; some are information screens and tables.

Click on Graphic to display Version Number and Registration box



Click on the Tool Set pop-down box to view a sub set of the available tools.

Harris-Benedict Adult Assessment

Adult Assessment 3:07a (ok)

Age: 45 years Male

Height: 70 in (70.00 ins = 177.80 cm)

Weight: 210 lbs (210.00 lbs = 95.25 kgs)

Use Metabolic Active Wt (183 lbs, 83 kgs)

Stress: Healthy Adult/ No Stress
Stress Factor: 1.00-1.00 Protein: 0.80-1.00

Activity: Confined to bed: 1.0 to 1.1 1.2

Amputation: Custom Factor ----> 0

BEE = 1962 Fluids=2805 cc - 3334 cc
Kcal = 1962 to 2354 (21 - 25 /kg)
Protein = 76.2 to 95.3 (0.8 - 1.0 g/kg)
BMI = 30.13 Kg/m² (Obesity Grade I)
DBW lbs = 166.0 lbs (149 - 183)
DBW kgs = 75.3 kgs (68 - 83) DBW 127%

Data Entry Not

Click on "Male" to change to Female.
Click on "in" and "lbs" to change units.

Input Numbers in white boxes

Click on Stress Factor to get factor selection box shown below

Click Drop-Box to make selection. You can always change the values by entering new numbers in the Edit Boxes to the right

Scroll to see all information

Click Notes Tab in any screen to read notes & reference tables

Note MAW checkbox only shows up when appropriate!

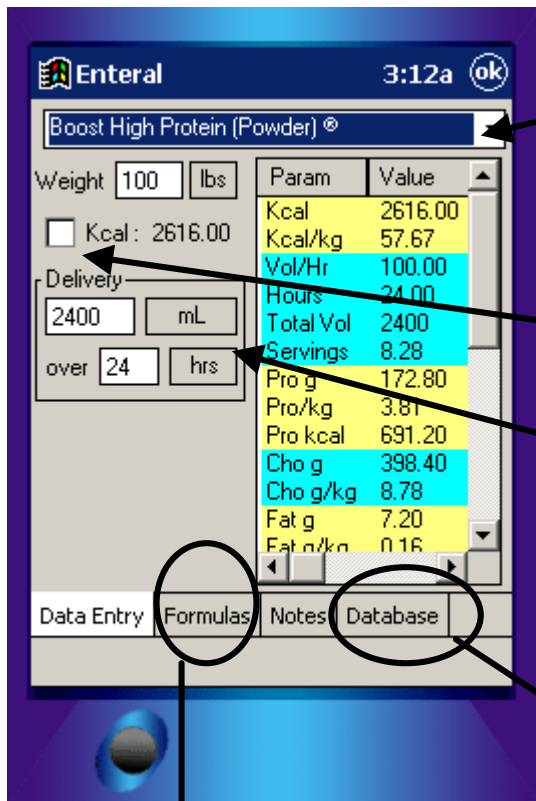
Enter Stress Factor 3:08a

SF = Stress Factor
PF = Protein Factor

Stress	SF min	SF max	PF min	PF max
User Defined	1.00	1.00	0.80	1.00
Healthy Adult/ ...	1.00	1.00	0.80	1.00
Acute Pancreat...	1.20	1.40	1.20	1.50
ARDS 2 ^o Sepsi...	1.20	1.40	1.50	2.00
Burn <20% Bod...	1.00	1.50	1.50	2.50
Burn >40% Bod...	1.85	1.95	1.50	3.00
Burn 20-40% B...	1.50	1.85	1.50	3.00
Cancer	1.10	1.45	1.00	1.50
Chronic Pancre...	1.70	1.90	1.50	2.00
Cirrhosis	1.20	1.30	1.00	1.20
CRF	1.10	1.40	0.60	0.80
Elderly	1.20	1.30	1.00	1.20

Resize Columns to read entire text in first column. This is standard windows table behaviour. Click and hold On the dark line between columns and drag it over.

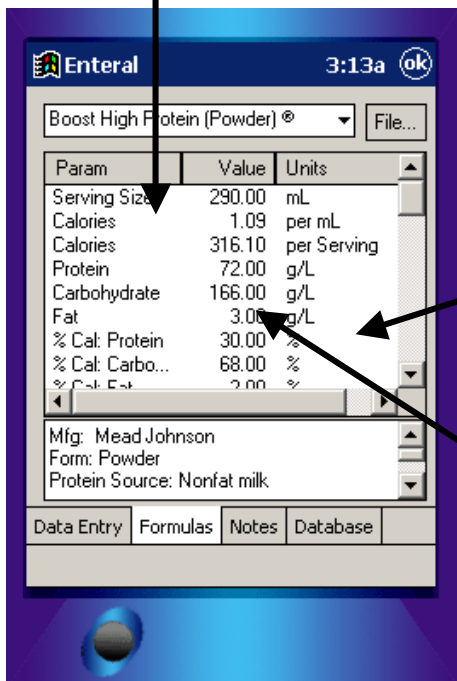
Enteral



Select Formula to use

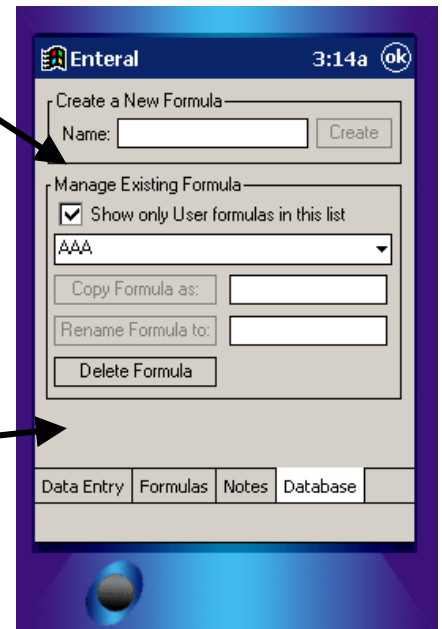
Want to define number of kcals to administer? **Check the Kcal checkbox**

The **Delivery Options** lets you select mL over number of hours or mL per hour for a number of hours



The Formulas screen lets you view a formulas parameters, and edit the values of **USER CREATED** Formulas, as created in the **Database tab**

To edit number, click right on the number and wait until the edit box shows up.



Parenteral

Parenteral Wizard 3:55a ok

PPN/TPN Wizard will ask a few questions to customize the calculator for you. Select the best answer and click "Next".

- This will be a 3-in-1 or TNA Mixture: dextrose + protein + lipids in a single volume.
- This will be a 2-in-1 Mixture of dextrose + protein in a single volume, and lipids in a separate volume.
- I need to customize the volumes of dextrose, protein and lipids individually.

< Back Next >

Cancel

3-in-1 TNA

What data will you be entering?

- INITIAL concentrations from Standard Solutions in percentages such as D 25% + AA 5% + L 3% or in grams 240g D + 50g AA + 30g L
- FINAL values of Kcals and grams protein such as: 1800 kcal and 85g protein; source of non-protein kcals are defineable.

< Back Next >

Cancel

2-in-1 Mixture : What will you be entering?

- INITIAL concentrations from Standard Solutions such as 1000mL of 25% DEX + 5% AA, plus a separate bottle of 500 mL 10% lipids.
- FINAL concentrations from Standard Solutions such as a mixture with 500mL of 250g DEX + 500mL of 40g AA, plus a separate bottle of 500mL 10% lipids.
- Final values of KCALS and grams protein such as: 1800 kcal and 85g protein; source of non-protein kcals are defineable.

< Back Next >

Cancel

Custom Mixture

What data will you be entering?

- INITIAL concentrations from Standard Solutions such as a mixture of 357mL 70% DEX + 1000mL 15% AA + 500mL 10% lipids.
- Final values of KCALS and grams protein such as: 1800 kcal and 85g protein; source of non-protein kcals are defineable.

< Back Next >

Cancel

The **Parenteral Wizard** leads you through a few questions to customize its input screens for your exact needs. You may always hit **Back** to go back to the last screen and it's choices.

Parenteral, Custom

Parenteral 3:57a ok

AA 500 mL of 4 g/L

DEX 500 mL of 24 g/L

Lipid 8 mL of 30 %

Mix Delivery
1000 mL
over 24 hrs

Weight 80 kg

Kcal	73
Volume	1000 mL
NPC	65
NPC:N	203:1
Rate	21 mL/hr
Pro	2 g (11%)
Pro	0.0 g/kg
Pro	0.0 mg/kg
Pro	8.0 kcal
Cho	12 g (56%)
Cho	0.1 g/kg

< Back Options

Custom/Initial Reviews TPN PPN MEDS

Click **Units buttons** to toggle between available units.

Click the **Options button** to change the number of kcals per gram of lipids.

Configure options related to Parenteral.

Lipids have 10 kcals per gram (9 to 10)

Review System

- Show Reviews (adult standards)
- Review indicator flashes

OK

Parenteral 4:03a ok

===== REVIEW 1 =====
Lipids may be too HIGH. It should be between 20 to 30% of total calories (~1g/kg/day). Lipids exceeding 30% of non-protein calories may lead to: hepatic, renal, cardiac, pulmonary, and/or immunological (RES) dysfunctions.

===== REVIEW 2 =====
Total carbohydrates may be too LOW. Generally, minimum of 1mg/kg/min of CHO per day is required to prevent gluconeogenesis.

Custom/Initial Reviews TPN PPN MEDS

The Reviews Tab is a very powerful feature that flags when values are outside the recommended limits or normal ranges. Reviews are regenerated every time you change a number so they are always up to date. They should be considered as general guidelines – please research any specific information you may apply to a patient!

Parenteral, 3-in-1

3-in-1 TNA
What data will you be entering?

INITIAL concentrations from Standard Solutions in percentages such as D 25% + AA 5% + L 3% or in grams 240g D + 50g AA + 30g L

FINAL values of Kcals and grams protein such as: 1800 kcal and 85g protein; source of non-protein kcals are definable.

< Back Next >
Cancel

AA 4 g/L
DEX 24 g/L
Lipid 30 %
Mix Delivery
1000 mL
over 24 hrs
Weight 80 kg

Kcal	3098
Volume	1000 mL
NPC	3082
NPC:N	4815:1
Rate	42 mL/hr
Pro	4 g (1%)
Pro	0.1 g/kg
Pro	0.0 mg/kg
Pro	16.0 kcal
Cho	24 g (3%)
Cho	0.3 g/kg
Cho	0.2 mg/kg
Cho	81.6 kcal
Lipids	300.0 g (9%)
Lipids	3.8 g/kg
Lipids	0.6 mg/kg

< Back Options

3-in-1/Initial Reviews TPN PPN MEDS

Kcals Wanted
1316 kcal
Pro. 50 g
Fluid 1500 mL

Solutions to use
% AA 4 %DEX 24 %Lipids 30
Weight 80 kg

Calories are from:
25 % Lipids
so 75% from Dex
 Using NPC

Kcal	1516
Volume	1360 mL
NPC	1316
NPC:N	165:1
Rate	57 mL/hr
Pro	50 g (15%)
Pro	1250 mL
Pro	0.6 g/kg
Pro	0.4 mg/kg
Pro	200.0 kcal
Cho	290 g (75%)

< Back Options

3-in-1/kcals Reviews TPN PPN MEDS

Parenteral 4:03a ok

===== REVIEW 1 =====
Lipids may be too HIGH. It should be between 20 to 30% of total calories (~1g/kg/day). Lipids exceeding 30% of non-protein calories may lead to: hepatic, renal, cardiac, pulmonary, and/or immunological (RES) dysfunctions.

===== REVIEW 2 =====
Total carbohydrates may be too LOW. Generally, minimum of 1mg/kg/min of CHO per day is required to prevent gluconeogenesis.

Custom/Initial Reviews TPN PPN MEDS

Parenteral, 2-in-1

2-in-1 Mixture : What will you be entering?

- INITIAL concentrations from Standard Solutions such as 1000mL of 25% DEX + 5% AA, plus a separate bottle of 500 mL 10% lipids.
- FINAL concentrations from Standard Solutions such as a mixture with 500mL of 250g DEX + 500mL of 40g AA, plus a separate bottle of 500mL 10% lipids.
- Final values of KCALS and grams protein such as: 1800 kcal and 85g protein; source of non-protein kcals are definable.

< Back Next >

Cancel

Parenteral 4:08a

AA + DEX Mixture

AA 500 mL of 4 g/L

DEX 500 mL of 24 g/L

Rate 1000 mL over 24 hrs

Lipid Delivery

Lipid 30 %

250 mL over 12 hrs

Weight 80 kg

Kcal	755
Volume	1250 mL
Rate 1	63 mL/hr, h
Rate 2	42 mL/hr, h
NPC	754
NPC:N	23565:1
N	0.0 g
Pro	0 g (0%)

< Back Options

2-in-1/Initial Reviews TPN PPN MEDS

Nutrition Toolbox 4:09a

Kcals Wanted

1316 kcal

Weight 80 kg

Pro. 50 g

AA% 4 Dex% 24

Lipid Delivery

Lipid 30 %

250 mL over 12 hrs

Kcal	1970
Volume	1500 mL
Rate 1	125 mL/hr
Rate 2	104 mL/hr
NPC	1770
NPC:N	221:1
N	8.0 g
Pro	1250 mL
Pro	50 g (10%)
Pro	200 kcal
Pro	0.6 g/kg
Pro	0.4 mg/kg

< Back Options

2-in-1/kcals Reviews TPN PPN MEDS

AA + DEX Mixture

Vol 500 mL

AA 4 g/L

DEX 24 g/L

1000 mL over 24 hrs

Lipid Delivery

Lipid 30 %

250 mL over 12 hrs

Weight 80 kg

Kcal	848
Volume	1250 mL
Rate 1	63 mL/hr, h
Rate 2	42 mL/hr, h
NPC	832
NPC:N	1299:1
N	0.6 g
Pro	4 g (2%)
Pro	16 kcal

< Back Options

2-in-1/Final Reviews TPN PPN MEDS

Note that the name on the tab indicates what "flavor" of TPN Calculator you are using

Renal Exchanges

Deselecting Potassium Restriction checkbox (labeled as "K*") removes some of the potassium exchanges.

Hemodialysis w/Diabetes Mellitus K*

Meat 0 Weight 100 kg

Starch 1 nonDairy 7

Fat 2 Milk 8

Sodium 13 Hi Cal 15

Veg lo K 3 Fruit lo K 2

Veg m K 3 Fruit m K 4

Veg hi K 3 Fruit hi K 1

Kcal = 3495 (34.95 kcal/kg)
 Protein = 50.0 g (0.50 g/kg)
 Protein = 200.0 kcal 5.7 % total
 High Biological Value Protein= 32.0g 64.0%
 Cho = 538 g (5.38 g/kg)

Renal Exchanges 3:17a OK

Hemodialysis w/Diabetes Mellitus K*

Meat 0 Weight 100 kg

Starch 1 nonDairy 7

Fat 2 Milk 8

Sodium 13 Hi Cal 15

Veg 3 Fruit 2

Kcal = 3045 (30.45 kcal/kg)
 Protein = 41.5 g (0.41 g/kg)
 Protein = 166.0 kcal 5.5 % total
 High Biological Value Protein= 32.0g 77.1%
 Cho = 433 g (4.33 g/kg)

Clicking on any of the Exchange Names will bring up exact exchange values.

NutritionToolbox OK

For each single NonDairy exchange:

Kcal	140
Pro	0.5 g
Cho	12 g
Fat	10 g
Na	40 mg
K	80 mg
P	30 mg

Hemodialysis w/Diabetes Mellitus K*

CRF Pre-Dialysis kg

CRF Pre-Dialysis w/Diabetes Mellitus

Hemodialysis

Hemodialysis w/Diabetes Mellitus

Peritoneal Dialysis

Peritoneal Dialysis w/Diabetes Mellitus

Sodium 13 Hi Cal 15

Veg lo K 3 Fruit lo K 2

Veg m K 3 Fruit m K 4

Veg hi K 3 Fruit hi K 1

Kcal = 3495 (34.95 kcal/kg)
 Protein = 50.0 g (0.50 g/kg)
 Protein = 200.0 kcal 5.7 % total
 High Biological Value Protein= 32.0g 64.0%
 Cho = 538 g (5.38 g/kg)

Diabetic Exchanges

Diabetic Exchange 3:21a

Fruit:

Vegetable

Milk: Soy Milk, plain, 8oz

Starch:

Meat: Medium Fat (1oz)

Fat:

KCal = 1287 kCal
 Carbohydrate = 92.9 g 28.5 %
 Protein = 68.8 g 21.1 %
 Fat = 72.8 g 50.3 %
 Approximate Grams of Fiber/day 10.0 - 13.0

Hint: Click on the name of the exchange to see a list of common exchanges (such as Fruit.) Click here to see "FREE FOODS"

Data Entry Insulin Labs Oral Pumps

Milk Type	CHO	PRO	Fat	Calories
User Defined	0.0	0.0	0.0	0.0
Non-fat Milk, ...	11.9	8.0	0.4	86.0
1% Low fat, 8...	11.7	8.0	2.6	102.0
2% (reduced f...	8.1	8.1	4.7	121.0
Whole 3.3% ...	11.4	8.0	8.1	150.0

Buttermilk, 8oz	11.7	8.1	2.2	99.0
Yogurt, plain, ...	10.6	7.9	7.4	139.0
Yogurt, Low-...	15.0	11.0	3.0	130.0
Dry Milk, 1/4c	12.3	8.4	8.5	159.0
Soy Milk, plai...	4.3	6.6	4.6	79.0
Goat Milk, 8oz	10.9	8.7	10.1	168.0

Meat Type	CHO	PRO	Fat	Calories
User Defined	0.0	0.0	0.0	0.0
Very Lean (1oz)	0.0	7.0	1.0	35.0
Lean (1oz)	0.0	7.0	3.0	55.0
Medium Fat (...)	0.0	7.0	5.0	75.0
High Fat (1oz)	0.0	7.0	8.0	100.0

Peas (1/2c)	15.0	10.0	2.0	115.0
Beans (1/2c)	15.0	10.0	2.0	115.0
Lentils (1/2c)	15.0	10.0	2.0	115.0
Tofu (1/2c)	0.0	7.0	5.0	75.0
Soymilk (1c)	0.0	7.0	5.0	75.0
Tempeh (1/4c)	0.0	7.0	5.0	75.0

Nutritionists Toolbox 3:23a

Diabetic Exchange List

STARCH

80 kcals, 15g CHO, 3g PRO, 1g FAT
per exchange

- 1/2c Pasta or Barley
- 1/3c Cooked rice, Cooked dried beans & peas
- 1 Small Potato
- 1/2c Mashed Potatoes
- 1/2c Sweet Potatoes, Yams

Pediatric, 0 to 36 Months

Pediatric - 0 to 36 Mon 3:25a

Age: Male Female

Weight: (49.00 lbs = 22.23 kgs)

Length: (44.00 ins = 111.76 cm)

Head Circumference:

Use Catch-up Growth Equations

REE = 842.97 Protein = 26.67 g
Kcal = 2267.05 a day 102.00 kcal/kg
BMI = 17.79 kg/m² Z Score = 2.90
Fluids = 1556 - 2556 cc (70 - 115 cc/kg)

Chart	Percentile	50th Percentile
Weight/Age	age high	31.58 lbs
Length/Age	age high	37.82 in
Weight/Length	no data	36.23 lbs
Circumfr/Age	age high	19.56 in

Pediatric - 0 to 36 Months

Click on Header to cycle through the standard percentiles. Clicking on the middle columns header will cycle in reverse order.

75th Percentile
34.12 lbs
38.87 in
38.33 lbs
19.98 in