

**NUTRITION  
SCALE,  
INSTRUCTION  
MANUAL**

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## BASIC INSTRUCTIONS

1. Place the scale on a clean, level surface. Press the ON/OFF key on the right side of the scale; the four digit food code will be blinking.
2. To use a plate or other container to weigh food, put empty plate and/or container on scale. Press ZERO.
3. Find the desired food code in the food code booklet. Enter the 4 digit food code number starting with 1 or 0.
4. Put food on the scale: calculations will appear in the display window.

### OPTIONAL:

5. Press the G/OZ key to toggle between English (lb/oz) and metric (g) units of measurement.
6. Press SAVE to store nutritional information.
7. Press TOTAL to view stored nutritional information. Press TOTAL again to exit total mode.
8. To weigh another food item, press CLEAR and repeat steps 2 through 4.

## QUICK TIPS & REFERENCE

- Computing a meal, page 7.
- Programming and custom food codes, page 8.
- Do not place food on scale before turning on. The scale auto-tares.
- For info on ZERO, see page 6.
- Cleaning the scale, page 9.

# INTRODUCTION

Welcome to your new Perfect Portions Scale—a state-of-the-art Nutrition Scale that weighs your food and simultaneously calculates the amount of 10 key nutritional elements:

- Calories
- Calories from Fat
- Carbohydrates (in grams)
- Protein (in grams)
- Fat (in grams)
- Saturated Fat (in grams)
- Fiber (in grams)
- Sugars (in grams)
- Cholesterol (in grams/milligrams)
- Sodium (in grams/milligrams)

Additionally, the scale will calculate the percent daily value for the most of these elements based on a daily diet of 2,000 calories.

The Perfect Portions nutritional scale is designed to serve the needs of health conscious individuals who want to establish and maintain a healthy lifestyle. This means making a gradual change in your eating habits – becoming increasingly conscious of what you choose to eat and the implications for your health and sense of well being.

Although the Perfect Portions nutritional scale provides a convenient way to create a nutritious diet, perhaps a more important function is to help those who use it to monitor and manage food choices and portion sizes day by day. As the scale helps you to become familiar with the nutritional content of many common foods, you can learn to make decisions with confidence at the grocery store, in restaurants and other places where the scale isn't available. Our idea of portion size has been exaggerated by the huge quantities of food often served in restaurants. The scale will show the relationship between portion size and calorie and nutrient content and allow you to make better nutrition decisions for your family.

The Perfect Portions nutritional scale is a highly sensitive and accurate piece of equipment. It can measure the nutritional values for individual foods or entire meals. The scale also calculates and stores cumulative nutrient totals. Users may want to keep a journal to record their daily nutritional intake over time and to share the information with their physician or nutrition professional.

# GETTING TO KNOW YOUR SCALE

**OPERATING MODES** – the Perfect Portions scale can be in one of the following three operating modes: NORMAL, PROGRAM, or TOTAL.

NORMAL mode is the standard operating mode in which you can enter a food code and weigh items. When you turn on the scale, it starts in this mode.

PROGRAM mode is used to enter user defined, custom food codes. This mode is entered by pushing the CUSTOM key for 3 seconds until you hear the scale beep twice.

TOTAL mode is entered and exited by pressing the TOTAL key. Note that “Total” will be shown near the bottom right corner of the display when in this mode. This mode is useful for tasks such as displaying cumulated nutritional information over the course of a day.

**THE DISPLAY** – the Perfect Portions scale displays the 10 different nutritional values and the weight in grams or pounds and ounces. The food code number for the food being weighed also appears in the display window.

Displaying Amount

<b>Nutrition Facts</b>	
Food Code	0240
<b>Calories</b>	417
<b>Fat Calories</b>	189
<b>Total Fat</b>	21g
Saturated Fat	8g
<b>Cholesterol</b>	11mg
<b>Sodium</b>	826mg
<b>Total Carbs</b>	48g
Dietary Fiber	2g
Sugars	0g
<b>Protein</b>	8g
<b>Weight</b>	83g

Displaying %DV

<b>Nutrition Facts</b>	
Food Code	0240
<b>Calories</b>	21%
<b>Fat Calories</b>	
<b>Total Fat</b>	32%
Saturated Fat	39%
<b>Cholesterol</b>	4%
<b>Sodium</b>	34%
<b>Total Carbs</b>	16%
Dietary Fiber	8%
Sugars	
<b>Protein</b>	
<b>Weight</b>	83g

**REMOVE PACKING MATERIALS** – Be sure to remove the battery pull-tab from the back of the scale before using your scale for the first time.

# GETTING TO KNOW YOUR SCALE

**THE CONTROLS** – includes 18 keys which allow you to select functions, enter numbers (such as those representing food codes), and toggle (switch back and forth) between certain functions. Each function will be explained in detail in the following list.

**ON/OFF:** Used to turn the scale on and off. The button is located on the right side of the scale.

**Number keys 0-9:** To enter numbers as required.

**SAVE key:** Press SAVE to store the nutritional information shown on the display to the nutritional information cumulative total. This is helpful for tracking nutritional intake over time.

**CLEAR key:** The Clear key has three functions:

- Press CLEAR in NORMAL mode to clear the current food code. The four digit food code number will flash to signify the scale is ready to accept another food code entry.
- It is used to clear entries. All entries repeatedly flash on and off when the scale is ready to accept input in a particular field. Press clear to zero any blinking field.
- Press and hold CLEAR for 3 seconds in TOTAL mode to clear the stored, cumulative total.

**CUSTOM key:** The CUSTOM key has two functions.

- Press CUSTOM and enter a two digit number to retrieve a user defined custom food code.
- Press and hold CUSTOM for 3 seconds to enter user defined, custom food code for up to 99 of your most commonly consumed foods.

**G/OZ key:** used to toggle between metric (g) and English (lbs/oz) units of measure. The button is just next to the ON/OFF button on the right side of the scale.

**ZERO key:** The ZERO function allows you to omit the weight of a container and weigh only the food within it.

**TOTAL key:** used to toggle between NORMAL and TOTAL Modes when operating the scale.

**% DV key:** This function toggles the display between weight amounts and Percent Daily Values (DV) for the different nutritional values.

- Note: The Percent Daily Values are based on a 2,000 calorie diet.
- Note: A Percent Daily Value is not shown for Fat Calories, Sugars, and Protein.

# SCALE FUNCTIONS

**TURNING THE SCALE ON AND OFF** – Place the scale on a clean, level surface. Push the ON/OFF button located on the right side of the scale to turn the scale on. Push it again to turn it off. If you don't make an entry for several minutes, the scale turns itself off automatically

**WEIGHING ITEMS** - When a food is placed on the scale, its weight will automatically appear next to the Weight heading in the display window. The weight can be displayed in either metric units (grams) or English units (pounds and ounces). To convert between metric and English units, press the G/OZ key on the right side of the scale.

**WEIGH USING A CONTAINER** – You may want to weigh foods or ingredients using a container such as a bowl or plate. In these situations, the ZERO function can be used to offset the weight of the container so that only the weight of the food is calculated by the scale. This is also commonly referred to as “tare”.

To use the ZERO function, place the empty container on the scale and press the ZERO key. The weight registered by the scale will return to zero. The scale will display “0” after the Weight heading and “ZERO SET” will be shown on the display. Then, when you place food in the container, only the food is weighed.

If you want to reset the scale for a new measurement, remove all items from the scale and press ZERO again. The scale can also be reset by turning it off and then back on again.

**Note:** With each different container used, you should set a new zero weight.

**Tip:** If you place the empty container on the scale while the scale is turned off, the container weight will automatically be zeroed out when you turn the scale on.

# SCALE FUNCTIONS

**ENTERING FOOD CODES** – The food code is entered to tell the scale what is being weighed. Each food has been assigned a code number from 0001 to 1999. Find the food you want to weigh in the Food Code Booklet, arranged by category. Enter the Food Code number when the four digit Food Code number is blinking on the display. The display will show the nutrient value for the amount of food you have placed on the scale. NOTE: If no food code has been entered, the nutrient values will not be displayed, except when in the TOTAL mode (see below for more information on cumulative data).

**COMPUTING PERIODIC TOTALS** – The scale allows you to keep a running total of your nutritional intake by using the TOTAL function. NOTE: The TOTAL function is active when the word TOTAL appears near the bottom right corner of the display. The TOTAL key toggles between the display of cumulated totals and the nutrient values of the current food being weighed. When in the TOTAL mode, only the CLEAR function is available. You must always exit the TOTAL mode by pressing TOTAL again before you can access other functions. TIP: The word TOTAL will not be visible near the bottom right corner of the display screen once you have exited the TOTAL mode.

**TO ADD TO THE CUMULATIVE FOOD TOTAL:** With food on the scale and the nutrients displayed, press SAVE. The values will be added to the cumulative food total. Press TOTAL to toggle into the TOTAL mode. Review the cumulative food total. Press TOTAL again to return to NORMAL mode.

**TO CLEAR THE TOTAL:** Press the TOTAL key to enter the TOTAL mode. Press and hold the CLEAR key for 3 seconds to zero the total (You would typically clear the totals before making the first entry of the day).



# SCALE FUNCTIONS

**COMPUTING A MEAL** – When you have learned how to compute totals, you can use the ZERO function to compute the nutrient value for several food items from a cooked meal by adding them to a plate. Make sure that the total has been cleared before you begin. Let's walk through an example. First, place the empty plate. On the scale and press the ZERO key. The scale will show "0" next to WEIGHT. Next, place the first item on the plate and enter its code. Then press SAVE to store its nutrient values. Next, press ZERO again, and the weight will return to zero (but the appropriate nutrient values for the first item have been stored in the scale's memory). Now add the next item to the plate, press CLEAR, enter its food code, and press SAVE again to add the nutrient values of this second item to those stored for the first food item. Repeat until all the foods for your meal have been added to the plate and saved. To complete the calculations, press TOTAL and the nutrient values for your entire meal will be displayed.

**ENTERING CUSTOM FOOD CODES** – The scale allows you to program and store up to 99 custom food codes for those instances when you want to weigh an ingredient or food that is not included in the built-in food code list. It is best to use these custom entries for items that are frequently consumed.

Tip: Record your custom entries on the back cover of the food code book using a permanent marker.

To program a custom entry, you need the nutritional information commonly found on the food's Nutrition Facts label. Also, most restaurants can provide the nutrition facts information for their offerings. The standard Nutrition Facts label looks similar to the digital display on your scale.

Note that the nutritional information is typically given in grams and represents the amount of an individual serving. The weight of one serving is called the serving size, which is also measured in grams. Follow the simple procedure on the next page to store this information in your scale.

# SCALE FUNCTIONS

**ENTERING CUSTOM FOOD CODES CONT–** When in NORMAL operating mode, press and hold the CUSTOM key until the scale beeps twice. This indicates that the scale is now in the PROGRAM mode. The display will be blank except for a “U” and blinking “00” in the Food Code display area. The blinking digits indicate that the scale is ready to accept user input.

Enter the two digit (01-99) custom food code number that you want to use and press the CUSTOM key. If you need to zero the entry, the CLEAR key can be used at any time. After you enter the custom food code number, the scale will beep and the 9 nutrient values and Weight (per serving) will appear for programming.

Starting with Calories, enter the 9 displayed nutrients in grams exactly as they are listed on the Nutrition Facts label. The active nutrient is indicated by the blinking digits. Press the CLEAR key to reset an entry to zero. Always enter the amounts in grams or milligrams, as shown on the label. Press CUSTOM to store the current entry and move to the next entry.

After pressing CUSTOM to store the final nutrient value (Protein), the four digits next to Weight will begin blinking. This is the weight of the individual serving size. Enter the weight of the serving size in grams.

After pressing CUSTOM to store the Weight per serving size, the scale will calculate the nutritional information per 100 grams and store these values to memory. The scale will then beep twice and return to the NORMAL operation mode. The custom entry is now ready for your use.

**USING CUSTOM FOOD CODES –** To make use of the nutrient values programmed in the preceding section, make sure the scale is in the NORMAL operating mode and ready to accept a food code entry. The scale is ready when the food code digits are blinking. Press CUSTOM. The Food code will now show a steady “U” and a blinking “00.” Enter the two digit user code from 01 to 99. Proceed as when using a standard food code entry.

## CARING FOR YOUR SCALE

**CLEANING** – Your scale is not waterproof. Never immerse the scale in water or place it in a dishwasher. To clean the scale platform, use a soft, slightly damp cloth or sponge. For stains or other residue, use a mild dishwashing soap. Never use harsh cleaners or treated cloths.

**CHANGING THE BATTERY** – Your scale uses two AA batteries. To change the batteries, open the battery door on the bottom of the scale, remove the old batteries and replace them with the + end oriented as shown in the battery compartment.

Caution:

1. Do not mix old and new batteries.
2. Do not mix Alkaline, Standard (Carbon-zinc), or Rechargeable (Nickel Cadmium batteries).
3. Please dispose of used batteries properly.

## MANUFACTURER'S WARRANTY

Your scale is warranted by the manufacturer against defects in materials and workmanship for five (5) years for the original purchaser from the date of purchase. Proof of purchase is required.

The warranty is void if the product has been subjected to mechanical damage or mistreatment, such as immersion. This warranty is in lieu of all other warranties, and limits the liability of the manufacturer. This warranty gives you certain legal rights and you may have other rights depending on which state the product was purchased.

If your scale is defective, please contact DMD, LLC toll-free at (866) 991-8494.

## USE OF DATA

The scale contains data derived directly from a U.S. Department of Agriculture Data Base. While the scale is very sensitive and highly accurate, the nutritional content of foods can be variable. The data given is presumed to be accurate for the sample the Government tested, but there can be significant variability in samples of the same types of food. For example, chocolate cake may be quite different because recipes vary from family to family and bakery to bakery. Similarly, the sugar content of fruits can vary considerably. On the other hand, certain quality-controlled foods, such as milk, won't vary much in nutritional content, and others, such as butter, are naturally uniform.

For these reasons, the nutritional values displayed by the scale should be considered as a very useful guide to good nutrition, but not as an absolute measure. In most cases, the accuracy will be sufficient to support your dietary requirements. However, we cannot assume any liability related to the accuracy and completeness of the information provided, nor to the way in which the information is used by the consumer. Before beginning any diet management program, users should consult with their physician or a registered dietitian.

# GLOSSARY

**NUTRITIONAL TERMS** – Your body depends on the food you eat to provide nutrients. Nutrients are chemical substances found in foods that are essential for life processes like breathing, thinking, and digestion. The nutrients found in food are vitamins, minerals, water, fat, protein, and carbohydrates. All foods contain some combination of these nutrients. Only three nutrients supply calories: protein, fat, and carbohydrates. Vitamins, minerals, and water do not supply calories. The following defines the nutrients whose values are calculated by the scale, as well as other terms the user may not be familiar with. The definitions will be found in alphabetical order.

**Calorie** – A calorie is a basic unit used to measure the energy contained in food.

**Carbohydrate** – Carbohydrates are the body's primary source of readily available energy. The main forms of carbohydrate are sugars and starches. Sources of simple carbohydrates include table sugar, candy, and refined flour products. Complex carbohydrates include starches like oatmeal, high fiber cereals and whole wheat flour products.

**Cholesterol** – A wax-like substance that is not soluble in water. There are two different types of cholesterol: a blood (serum) form and a dietary (food) form. It is important to know that cholesterol is not only consumed in the diet, but also produced in the body. Studies show that lowering the amount of high cholesterol food in your diet is not nearly as effective in lowering blood cholesterol as eating less saturated fat, because some foods which are "cholesterol free" can still be high in fat.

Dietary cholesterol is found in foods of animal origin such as egg yolks, organ meats and higher fat dairy products. Saturated fat may increase the level of blood cholesterol. A high level of cholesterol in the blood has been shown in studies to be a major risk factor for heart disease. Plant-based foods such as fruits, vegetables, grains, legumes (beans, peas, and lentils) do not contain cholesterol.

# GLOSSARY

**Fat** – Fats occur naturally in foods and play an important role in nutrition. Fats, oils and some foods like nuts (e.g., peanuts, walnuts, and almonds) are a concentrated source of energy for the body. Fats store energy in the blood. Fat is found in meats, fish, and meat substitutes, breads, starches and some dairy products. Fat supplies nine calories per gram, twice as many as protein or carbohydrates.

**Saturated fat** – Saturated fat is found chiefly in animal sources such as meat, poultry, milk and butter. Some tropical vegetable oils like coconut, palm kernel and palm oils, are also rich in saturated fats. Studies show that eating less total fat in the diet and especially saturated fat is one of the most effective ways to lower blood cholesterol.

**Fiber** – A form of carbohydrate that is not digestible in the body. While carbohydrates have a big impact on blood sugar, fiber does not. Fiber gives a feeling of fullness and causes a person to feel less hungry. Foods such as beans, fruits and vegetables (especially their skins), and whole grains are an excellent source of dietary fiber and also contain many nutrients. If you eat more fiber it is important to drink more water to avoid bloating. Fiber contributes about 1.5 to 2.5 calories per gram.

**Gram** – An unit of mass in the Metric system. There are about 30 grams in an ounce. One gram of carbohydrate or protein contains about 4 calories and 1 gram of fat contains about 9 calories. A milligram is one-thousandth of a gram.

**Ounce** – An unit of mass in the “English” system. There are 16 ounces in a pound. An ounce is equal to approximately 30 grams.

## GLOSSARY

**Protein** – Contains complex chains of amino acids necessary for conducting a variety of body functions, such as building tissues, making important body chemicals (e.g., enzymes and hormones and maintaining growth and repair processes). While many plant-based foods, including beans, peas, vegetables, nuts and seeds contain some protein these foods do not contain all the essential amino acids. Other protein sources from animals, such as meat, fish, poultry, eggs, and dairy products (milk, cheese, and yogurt) are considered higher in protein content since they contain all essential amino acids. Each gram of protein provides four calories of energy.

**Tare** – the weight of a food wrapper or empty container, bowl or jar. To set the tare, the container must first be weighed alone before filling it with food to be weighed (see “Setting zero weight” on page 7 for more information).

**Toggle** – to switch back and forth between functions on the keypad by pushing a particular key.

**Water** – A nutrient required for all cells in the body to function. The adult body is approximately 70% water.

## SPECIFICATIONS

- Requires 2 AA batteries, included
- Maximum weight: 10 lb / 5 kg
- Resolution: 0.1 oz / 1 g

Patent Pending. Product made to our exact specifications in China.

For more information, please contact us at:  
Email: [info@DMDcompany.com](mailto:info@DMDcompany.com)  
Phone: 866.991.8494