

# FAT AND CHOLESTEROL COUNTER (FCC)

## What is FCC?

FCC is a Microsoft Windows program that allows you to calculate and monitor the amount of fat (saturated and total fat), cholesterol, sodium and calories in your diet. It comes with a data base of over 1,000 carefully selected common foods divided into 30 food groups. The program is a perfect companion to American Heart Association's *Fat and Cholesterol Counter*, a reference for everyone who wants a more healthful diet.

## Why FCC?

According to the National Center for Health Statistics, heart disease is the leading cause of death in the United States. In 1989 (the latest year for which up-to-date figures have been compiled), more than 737,800 people died of heart disease while cancer ranked second with nearly 500,000 deaths. In addition, almost 150,000 people died yearly because of stroke.

To reduce the risk of heart disease, the American Heart Association has recommended three phases of dietary modification:

In Phase I, the diet would include no more than 300 mgs of cholesterol daily. This will usually reduce cholesterol levels by from 10 to 15 percent in normal individuals.

In Phase II, fat intake should not exceed 30 percent of calories and cholesterol intake should not exceed 250 mgs per day.

Finally, in Phase III, the diet would contain only 20 to 25 percent of calories as fat and cholesterol intake should be kept under 100 mgs daily.

FCC allows you to easily analyze and monitor the amount of fat, cholesterol and sodium in your diet to control the risk factors for heart attack and stroke.

## How to use FCC?

### **System requirement**

FCC requires Microsoft Windows version 3.1.

### **Installation**

Copy all files from the diskette to a directory which must be on your path.

### **Running the program**

From the File menu in Program Manager or File Manager, choose Run. The Run dialog box appears. Type 'fcc.exe' in the edit control. Then choose the OK button or press ENTER.

### **Meal selection**

First you choose a meal to analyze by clicking on the Meal combo box using the mouse (or type Alt-m to set the focus there). There are 6 meals: breakfast, morning snack, lunch, afternoon snack, dinner and evening snack. You can use the mouse to select one of these meals, or you can use the keyboard to type in the first character of the meal you want. Typing 'b' will select breakfast, typing 's' will move the selection sequentially from one snack to another, for example.

### **Food group selection**

The next step is to choose a food group from the Group combo box. Again the selection of a food group is similar to the selection of a meal. Once a food group has been chosen, the food items in that group are displayed in the list box below the combo box. Now you can select the food you eat.

### ***Food item selection***

Double click on a food item; or single click on the desired item then click on "I eat" push button. Using the keyboard, you can move to the desired food item using the first character of the food name when the focus is in the food selection list box, then hit Alt-e to select the food. The selected food will be displayed in the meal list box and its nutrients in the Food Item group box.

### ***Quantity adjustment***

If you are satisfied with the serving size, you can go on to select other food items. Otherwise, you can change the quantity by editing the number in the serving edit control and click on the Amount OK button. Data in the analysis group boxes will be updated to reflect the new amount. The acceptable values are from .1 to .9 servings and from 1 to 99. You can always go back and adjust the quantity of the food item later.

### ***Deleting food item from meal***

If you make a mistake and want to remove a food item from a meal, just select the food item in the left list box then click on the delete button or type Alt-d.

### ***File commands***

#### **New**

Use this command to clear the existing food selection and create a new file.

#### **Open**

If your diet doesn't vary much from day to day, FCC makes it convenient for you to create new analysis by modifying an existing file.

#### **Save and Save as**

You can save a day's data in a file for later reference. Just select the 'Save' or 'Save as...' menu item. The saved file extension should be .f11.

#### Tips:

One of the more tedious tasks in keeping track of your diet is that of selecting food items for each day. However, you can take advantage of the Save and Save as commands to greatly facilitate the food selection task: if you eat certain food items every day (for example, a glass of orange juice, some milk, slices of toast, a fried egg at breakfast; a hamburger, or steak, or chicken at lunch; etc.), you can prepare a file which consists of most of the food items you usually eat. Save this file under an easily remembered name such as 'core.f11' or 'daily.f11'. Then when preparing a new daily analysis, you can open this file and quickly modify it: deleting the food items you didn't actually eat that day, adding a few other food items which you did eat, adjusting their quantities if necessary. When you save this modified file under a new name, you have another daily diet file and the core file is still available for future use. The key thing is to pre-add your favorite food items to the core file so you don't have to search for them again in the database; if you don't actually eat any of the pre-selected food items, it is very fast to remove them from your day diet: just highlight the item then click on 'Delete'.

Or if you have a set menu for each day, you can save the files under 'monday.f11', 'tuesday.f11', etc. and reuse these files as appropriate.

#### **Print**

You can print the analysis of your food consumption by selecting the 'Print' command. Only meals containing food items will be printed.

**Printer setup**

Use this command to set up your printer.

**Utilities****Desirable weight**

Use scroll bar to specify your height (without shoes). The recommended weight (based on American Heart Association guideline) is that without clothes.

**Caloric need**

Recommended value is also based on American Heart Association guideline. Use scroll bars to specify your age, weight and activity level.

**Caloric expenditure**

This utility allows you to calculate the amount of calories expended based on the type of activity (from sitting still to boxing), its duration and your weight. Registered users will receive an expanded Caloric Expenditure database.

**Average cholesterol levels**

This dialog box gives the average total serum cholesterol values for white males and females (not using oral contraceptives) in the U.S. The lower the blood cholesterol level, the lower the risk for heart attack, so it would be desirable to have even lower values than those listed in the dialog. Average values for low-density lipoprotein, high-density lipoprotein and triglycerides are also listed.

Low-density lipoprotein (LDL) is generally regarded as the real culprit in coronary heart disease. The higher level of LDL in the blood, the greater the risk of heart disease occurring.

On the other hand, high-density lipoprotein (HDL) is the protective fraction of cholesterol. HDL actually acts to draw cholesterol away from the linings of the arteries. Therefore, the higher the HDL level, the more protection against heart disease.

The higher the triglyceride count, the lower the HDL score and the greater your risk of heart disease.

**Risk ratings for Heart Disease**

This utility estimates your risk of heart disease based on your age and serum cholesterol level.

**Recommended Daily Soluble Fiber Intake**

There are 2 kinds of fiber. One type, known as insoluble because it is not digestible. This type will help your elimination but does not lower serum cholesterol. The other type, *soluble fiber*, has been shown to be effective in lowering cholesterol levels.

A person who is accustomed to a low fiber diet (the average American diet) will often feel bloated and may sometimes experience gastrointestinal discomfort if large amounts of fiber are suddenly introduced. The first rule for those who wish to increase the fiber content of their diet is to do so gradually.

A maximum of 18 grams of soluble fiber per day is recommended: there is a limit to the amount of fiber a person can eat because at very high levels of fiber intake, some unwanted side effects may begin to appear.

**Foods with High Soluble Fiber Content**

This utility allows you to quickly identify foods with high soluble fiber content. Foods can be sorted alphabetically or according to their fiber values. Registered users will receive an expanded Fiber

database.

### **Major sources of Omega-3**

Researchers have found that fats in fatty fish are mostly unsaturated and that a distinctive type of this unsaturated fat *Omega-3* tends to lower serum cholesterol. One component of the Omega-3 fats is *eicosapentaenoic acid (EPA)*. Much research now seems to indicate that foods containing Omega-3 and EPA are among the most important cholesterol-lowering products you can eat.

This utility lists over one hundred major sources of Omega-3 polyunsaturated fish oil based on U.S. Department of Agriculture statistics. It also allows you to easily calculate the Omega-3 content based on serving size. All entries are based on 3.5 ounce servings (100 grams) raw, without shell or bones. Registered users will receive an expanded Omega-3 database.

### **Registration information**

To register or buy additional copies, please send \$19 per unit to:

**NutriSoft  
P. O. Box 8226  
Stanford, CA 94309**

The registered version's food database contains hundreds of additional items in categories such as fast foods, poultry and poultry products, vegetable and vegetable products, soups, sauces, and gravies, sugars and sweets, and many more miscellaneous items.

American Heart Association's *Fat and Cholesterol Counter* (ISBN 0-8129-1885-1) can be obtained by calling 1-800-733-3000.

### **About NutriSoft**

NutriSoft was established by a group of Stanford University researchers to provide consumers with quality software to help them achieve better health. Your suggestions and comments on our products are much appreciated.

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