

Calorie Counter

Installation

Blackberry

Unzip the attachment and forward the calorie.jar file to your Blackberry.

Open the calorie.jar file on your device and follow the installation instructions.

Palm

Unzip the attachment.

Copy the contents to a memory card and open on your device. Follow the installation instructions.

This Java application requires WebSphere Everyplace Micro Environment (<http://palmone.r3h.net/downloads.palmone.com/WEME571.zip>) java runtime to be installed on your device.

Windows Mobile 6.0 (J2ME) – Pocket PC – Smartphone

(requires java runtime) – phoneMe JVM - <http://www.cs.kuleuven.be/~davy/phoneme/?q=node/10>

Upload the calorie.jar file to your machine by using a memory card or by using ActiveSync to drag and drop the file onto your device.

Next, go to your phone and locate the .jar file, open it and follow the instructions to install.

Mobile Phone

Upload the calorie.jar file to your machine.

Using Bluetooth drag and drop the *.jar file from the folder onto OBEX Object Push on "Your Phone".

PSP

Copy the unzipped attachment to your PSP memory stick.

Download PSPKVM from <http://www.pspkvm.com>

Copy the file to /PSP/GAME or /PSP/GAME150 folder and run from AMS.

Select "Install from memory stick (ms0:/)". Browse your memory stick and select the *.jad file, which will install and run the application.

After installation it can be run from AMS

Nintendo DS

To run the dictionary on the NDS requires the installation of Pstros NDS - MIDP for the Nintendo DS.

This program requires a card which allows you to run custom software on the NDS.

Download Pstros NDS from http://www.volny.cz/molej/pstrosnds/java4nds_r6.zip and copy the content of the archive to the card as well as the *.jar file supplied. Run the kvm.nds file (dont forget to patch the program if your card requires it). Then select the *.jad file and press the (A) button.

GP2X

To run the dictionary software on the GP2X requires the installation of phoneMe for GP2X.

This is available from <http://www.4shared.com/file/56929212/ae9c700a/newsinsideorgphoneMEgp2x02.html>.

Open the compressed folder and follow the instructions - README.GP2X.txt.

Operation

Enter a broad food item term, such as potatoes and select **Search** from the menu options. A long list will be displayed.

A second search term (fries for example) can be entered to search within the long list, by selecting the menu option **Search Results**, which then searches with the list only.

Select a food item from the list and select **Details** from the menu to display Calories, Fat, Protein and Carbs per 100 grams.

While the Details are displayed enter the number of grams of the food item in your meal and use the menu option **Calculate** to display the Calories, Fat, Protein and Carb counts for your custom weight. This is stored to memory.

A second food item can be found. Again with the Details shown for 100 grams calculate the meal value for the weight of the second item and add it to the meal total (or daily total) by selecting **Calculate**.

Once all the meal items are calculated the meal total can be displayed by selecting **Meal Total**. This will maintain a running total until the application is closed or until the **Clear Total** Menu option is selected.