NUTRIENT DATA LABORATORY
U.S. Department of Agriculture, Agriculture Research Service

USDA National Nutrient Database for Windows® Search Software

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User's Guide for the USDA National Nutrient Database for Windows® Search Software

Nutrient Data Laboratory

10300 Baltimore Avenue • Building 005, Room 107

Beltsville, MD 20705

Phone 301-504-0630 • Fax 301-504-0632

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Introduction

If you are reading this user's guide, you have most likely found your way onto the USDA Nutrient Data Laboratory Web site (*www.ars.usda.gov/nutrientdata*) and have browsed through our Web pages. We are glad you have taken the time to explore the nutrient data products available at our site and encourage you to return to our site often to check for new products and updates. The USDA National Nutrient Database for Windows® Search Software is one of our newest products and this user's guide has been developed to make the installation process and use of the program as trouble-free as possible. Please continue reading to learn all about the Windows® PC version of the USDA National Nutrient Database Food Search Software.

The USDA National Nutrient Database for Windows® Search Software has been developed through a Cooperative Research and Development Agreement between the USDA Nutrient Data Laboratory and HealtheTech, Inc. Under this agreement, HealtheTech is developing software applications that allow consumers and professionals to download the USDA nutrient database to their Windows® PCs via the Nutrient Data Laboratory (NDL) Web site. The Government of the United States has a royalty-free government purpose license to use, duplicate, or disclose the work, in whole or in part and in any manner, and to have or permit others to do so, for government purposes.

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Windows® Personal Computer Requirements

The USDA National Nutrient Database for Windows® Search Software requires about 90 megabytes of disk space on your hard drive. The application requires about 60 megabytes of disk space and the installer requires about 20 megabytes of disk space. The application runs on Windows® Vista, Windows® XP, Windows® 2000, Windows® ME, and Windows® 98SE. You will need to be running one of these versions of Windows® to use the application.

Downloading and installing the application

We have made it very easy to install the software onto your personal computer. Please follow the instructions below.

On the same Nutrient Data Laboratory (NDL) Web page where you found this User's Guide (*www.ars.usda.gov/nutrientdata*), you will see a download link titled "**PCS21.exe**". Click this link to begin the download process. Click "**Save**" and select a destination path for the file.

When the download is complete, locate the folder in which you saved the file, and then double click on **"PCS21.exe"**.

A dialog box will appear asking you to continue. Click "**NEXT**".
On the next dialog box, click "**CHANGE**" if you wish to select a different destination folder for the application. After doing so, click "**NEXT**".

The next dialog box will ask whether or not you want an icon on your desktop. Click "**YES**" or "**NO**" depending on your preference.
After clicking "**YES**" or "**NO"** regarding the icon, the first installation screen appears. To proceed with the installation, click "**INSTALL.**"

The application immediately begins installing and a shaded bar will move across your screen.

Click "**FINISH**" to complete the installation process.

The application is now loaded onto your PC.

Using the application

The next few pages will walk you through the application using a sample food item search.
Follow along with the example and you'll learn how to search for any food in the database.
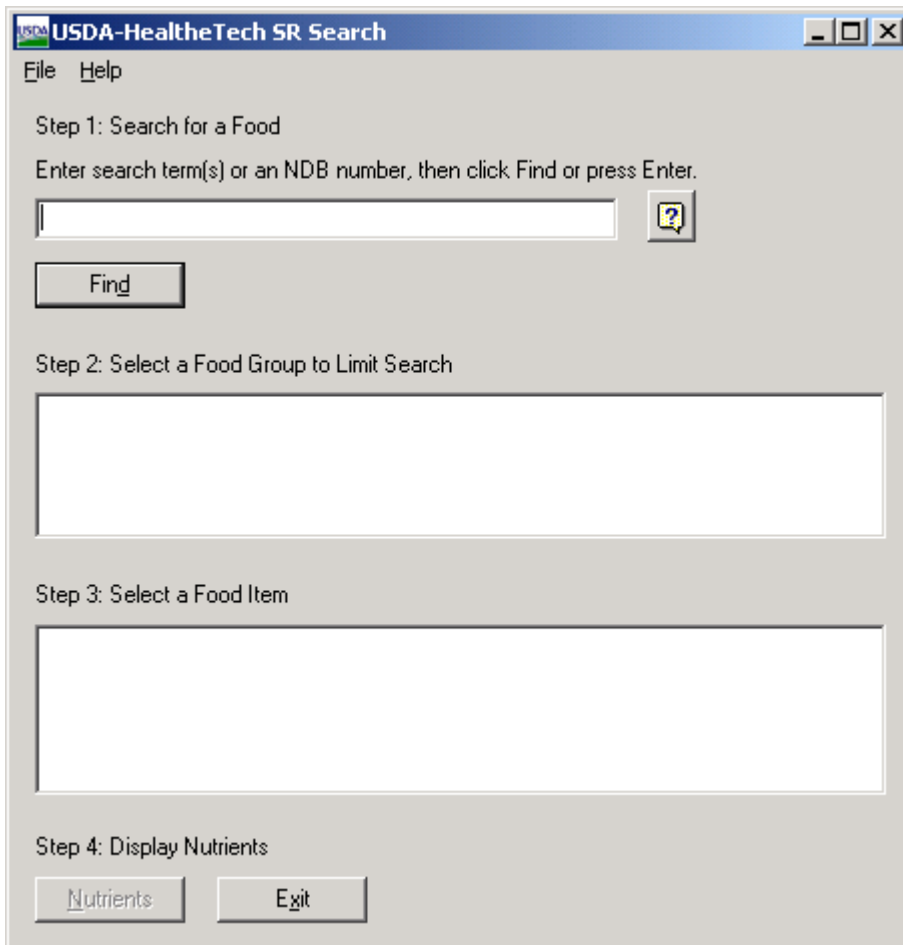
The application icon
On your PC desktop, locate the icon for the USDA National Nutrient Database. The icon looks like this:

USDA
SR15 Search.lnk

Double click on the icon to begin the program.

The search window
Double clicking on the program icon will bring up the search window:

The search screen has four steps to search for a food item. You can search the database by either entering a text search or by browsing the food groups by pressing enter.
To search for a food item by text, start at

Step 1: Search for a Food
Enter one or more food terms to search for. Food terms may be separated by spaces or commas. A food matches if its name contains all the entered search terms. If you know the NDB#, you can also find a food by entering that number into the search field.

Example: apple, skin
This search will find all food names that contain the terms "**apple**" and "**skin**":
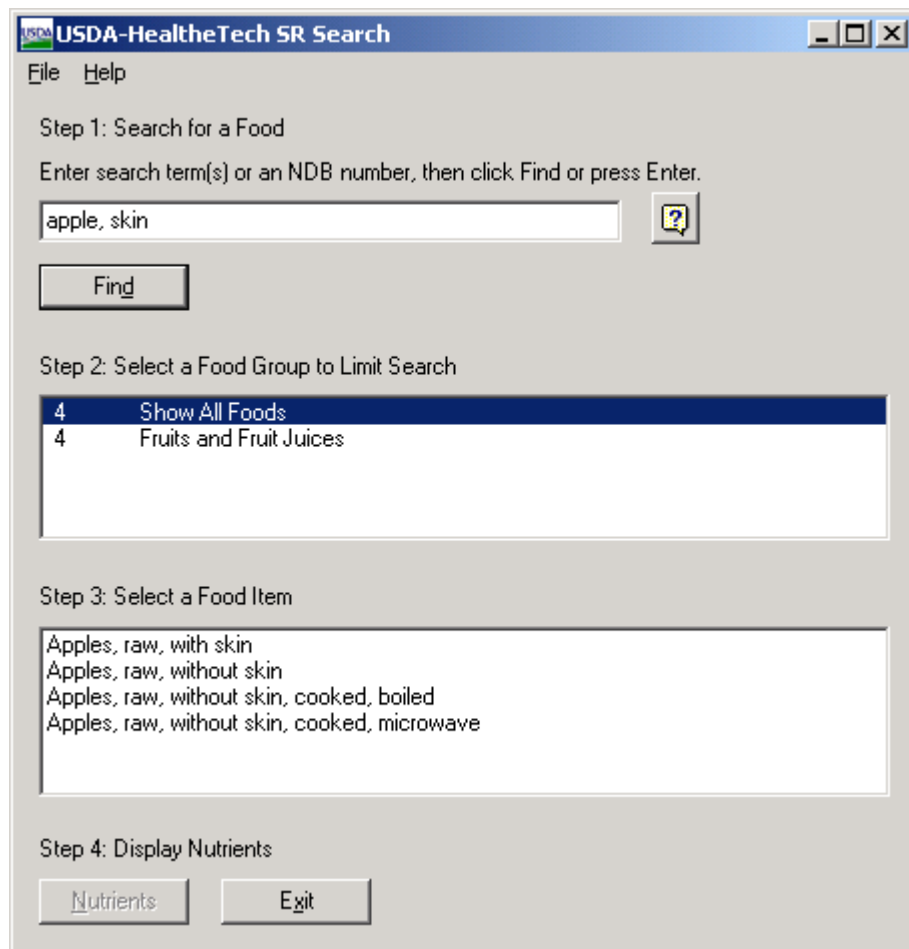
If you don't get any matching foods, check your spelling, try a related term, or limit your food terms. If you get too many results, add more terms to narrow down your search. To exclude foods containing specific terms, type the word "**not**" before each term you wish to exclude.

Example: apple not raw
This search will find all foods that contain the term "**apple**" in their description, but not the term "**raw**":

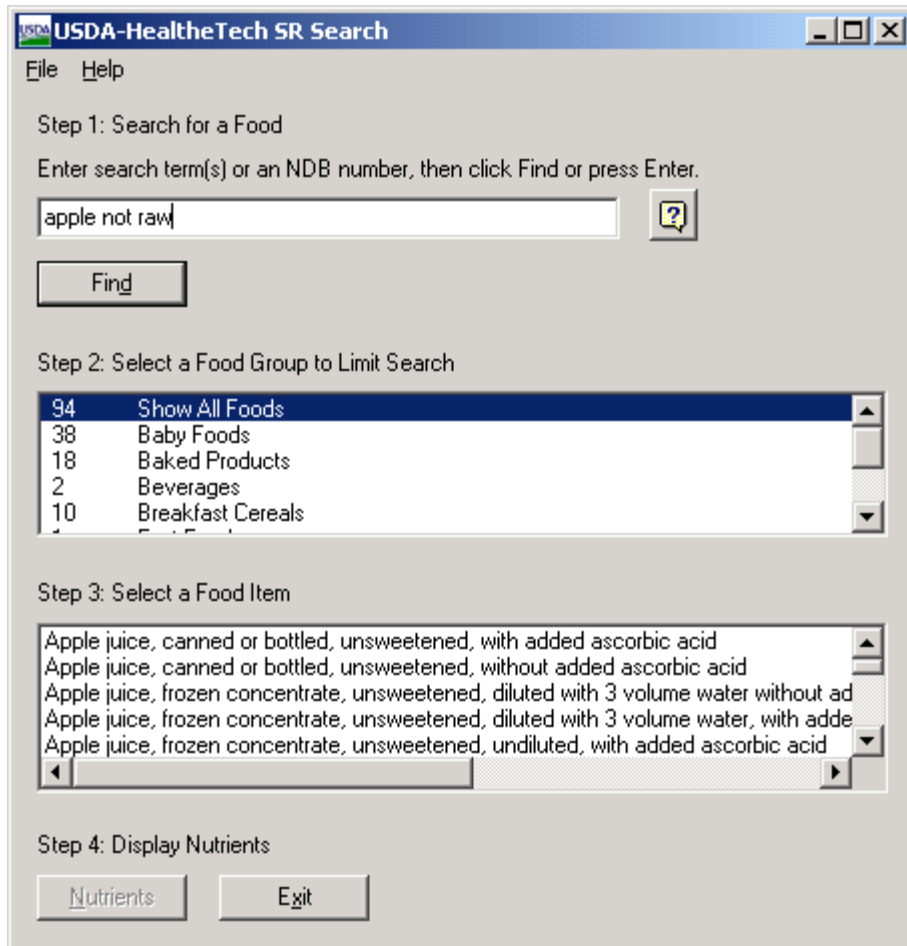You can enter the name or part of the name of the food item you are searching for. Additionally, you can search on common names of food items such as "**hot dog**" instead of frankfurter, or "**soda**" instead of carbonated beverage.

Step 2: Select a Food Group to Limit Search
You can limit your search to a particular food group. The food groups in which your search terms appear are listed in alphabetical order and shows how many foods related to your search are in each food group.

Example: 4 Fruits and Fruit Juices
This means there are 4 items in the food group *Fruits and Fruit Juices* that contain your search terms. If you do not wish to limit your search, you can skip this step.
Notice that the first group listed is *Show All Foods*. This choice is selected by default and gives a listing of all foods in the database containing your search terms.

Once you select the food group that you are interested in, proceed to *Step 3: Select a Food Item.*

Step 3: Select a Food Item
You can now select the food item from the food group that you are searching.

Example: Select 'Apples, raw, with skin:'
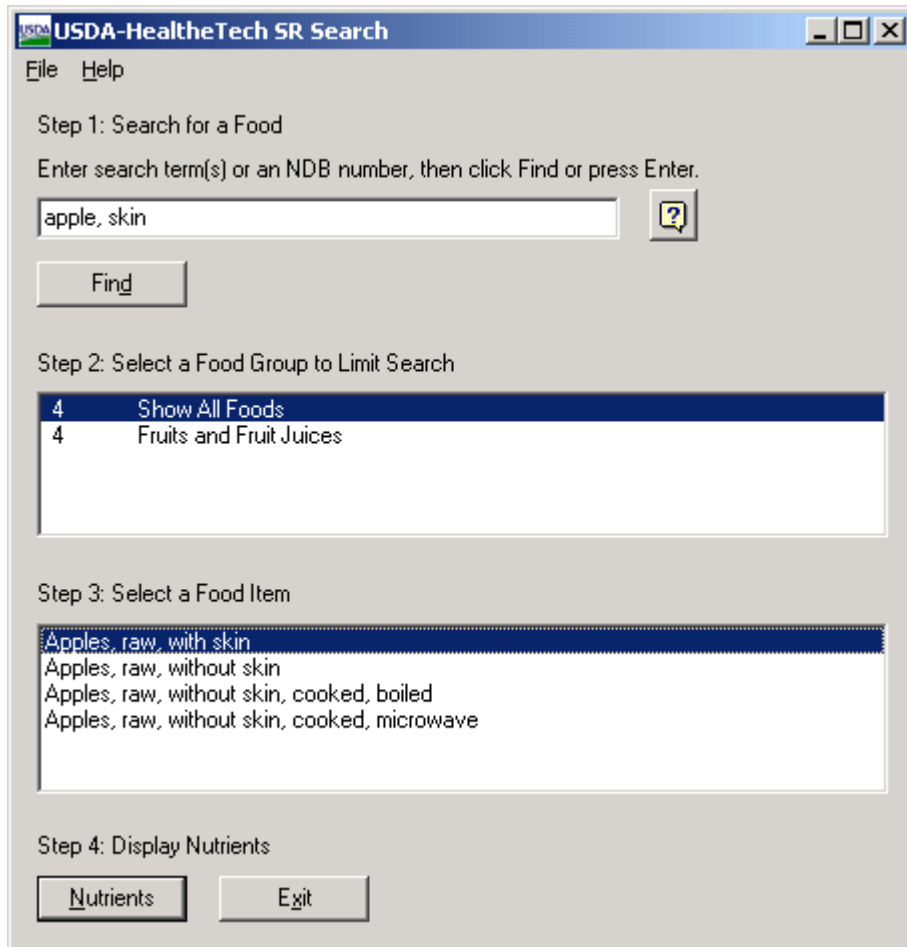
Step 4: Display Nutrients
Once a food item has been selected, click the "**Nutrients**" button (or double click on the food item) to open up the Food Nutrient Report window containing the nutrient values of the food item you have selected.

The Nutrient Values Display

Step 1: Select a Measure
Step 1 on the Food Nutrient Report window is to select a measure for your food item. The default measure for this application is 100 grams.

In the example "**Apples, raw, with skin**", we see nutrient values displayed for the 100 grams default measure:

Food Nutrient Report, NDB: 09003

Apples, raw, with skin

Step 1: Select a Measure

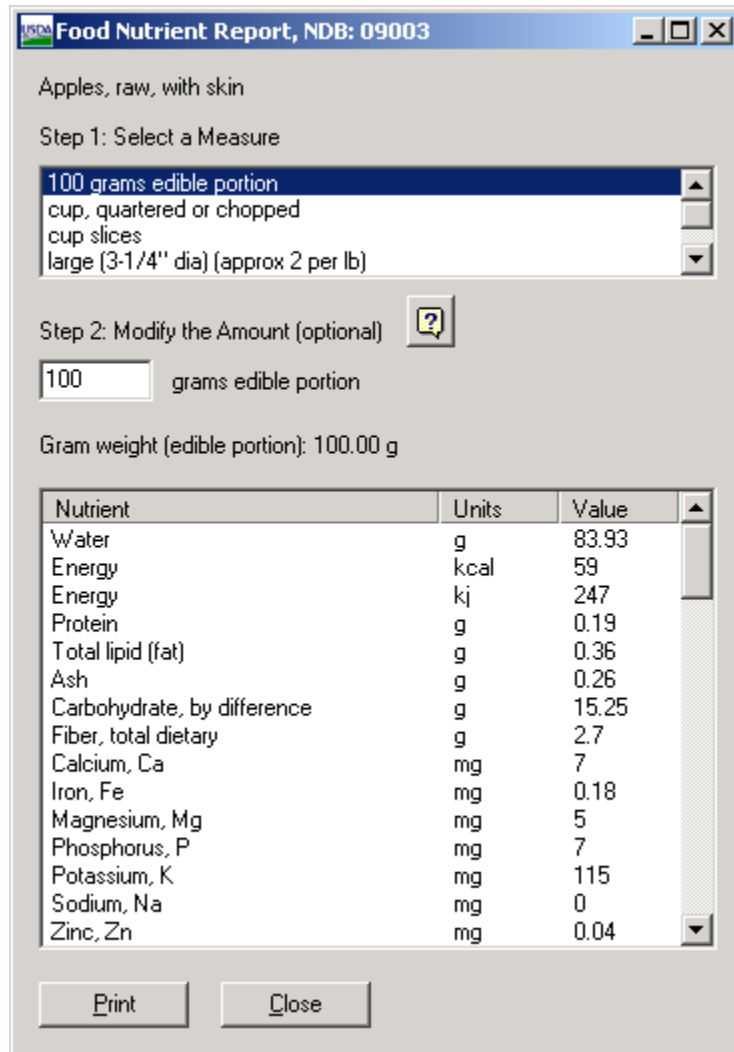| |
|---|
| 100 grams edible portion |
| cup, quartered or chopped |
| cup slices |
| large (3-1/4'' dia) (approx 2 per lb) |

Step 2: Modify the Amount (optional)

100   grams edible portion

Gram weight (edible portion): 100.00 g

Nutrient	Units	Value
Water	g	83.93
Energy	kcal	59
Energy	kj	247
Protein	g	0.19
Total lipid (fat)	g	0.36
Ash	g	0.26
Carbohydrate, by difference	g	15.25
Fiber, total dietary	g	2.7
Calcium, Ca	mg	7
Iron, Fe	mg	0.18
Magnesium, Mg	mg	5
Phosphorus, P	mg	7
Potassium, K	mg	115
Sodium, Na	mg	0
Zinc, Zn	mg	0.04

Print   Close

Step 2: Modify the Amount
Once you select a measure, you have the option to modify that measure in Step 2.
If you do not want to modify the measure, you can skip Step 2.
To modify a measure, you can type in a different value in the measure modifier box. The nutrient values are then recalculated and displayed for the new portion size.

Example: Select a measure such as "**large**", then change the amount to "**0.5**", giving nutrient values for a one half of a large apple. The new values will be displayed. If you need help converting fractions (e.g. ½) to decimals (e.g. .50), there is a "**Help**" button to the right of Step 2 that can help you with these conversions.

Food Nutrient Report, NDB: 09003

Apples, raw, with skin

Step 1: Select a Measure

100 grams edible portion
cup, quartered or chopped
cup slices
large (3-1/4" dia) (approx 2 per lb)

Step 2: Modify the Amount (optional)

`0.5`   large (3-1/4" dia) (approx 2 per lb)

Gram weight (edible portion): 106.00 g

Nutrient	Units	Value
Water	g	88.97
Energy	kcal	63
Energy	kj	262
Protein	g	0.20
Total lipid (fat)	g	0.38
Ash	g	0.28
Carbohydrate, by difference	g	16.16
Fiber, total dietary	g	2.9
Calcium, Ca	mg	7
Iron, Fe	mg	0.19
Magnesium, Mg	mg	5
Phosphorus, P	mg	7
Potassium, K	mg	122
Sodium, Na	mg	0
Zinc, Zn	mg	0.04

[Print]   [Close]

When the values are displayed, you can scroll through the nutrients available for the food item. You also have the option to print the entire nutrient report by pressing the "**Print**" button at the bottom of the screen.
If you would like to start a new search go back to the search screen and type in new search text in the search field.