

NutriBase Diet Software Overview

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NutriBase Diet Software for Individuals and Families

There has been confusion about this being my software. I have no ownership rights in this software. I recommend it so highly because it is the best I have found and it is what I use to get such good glucose control.

Site Admin

NutriBase Diet Software for Individuals and Families

NutriBase 8 is - hands down - the most powerful and flexible nutrition and fitness software you can buy. Sixteen years of intense ongoing development brings a broad range of unique features you won't find in any other nutrition software package.

We released the Upgrade Edition (which includes software to convert NB7 data into NB8 format) in March of 2009. This Upgrade Edition serves as the bridge from earlier versions of NutriBase into NB8. Enterprise (network) Editions will be released in May, 2009. If you are serious about achieving your nutrition and fitness goals, please scroll down to learn how NutriBase can help you achieve your health goals. While you're at it, learn why NutriBase is your best choice.

We are the only consumer-level diet software package to provide you with professional Meal Plans. NB8 Meal Plans contain up to three meals and three snacks per day for four weeks. They address 11 special needs and each plan is available at eight calorie levels.

NutriBase provides a powerful and

flexible reporting capability. It provides food exchange information and pyramid analysis capabilities.

You can customize the new Quick Access Toolbar to suit the way you work. Track up to 88 nutrients with our versions designed for individual and family use.

NB8 lets you track and graph Body Fat Content as well as body weight.

NB8 tracks up to 88 nutrient factors for over 37,000 food items. With our most recent release, we allow you to track up to 20 additional nutrients that we don't already track.

NB8 allows you to import recipes, PFI's, meals, and meal plans by simply double-clicking their file names.

NB8 is also the only low-end diet software package that includes an integrated emailer.

NutriBase Diet Software is the official software for the Calorie Restriction Society Pilot Study.

As we continue our tradition of bringing you the most powerful NutriBase ever, you benefit by making the tracking and management of your nutrition, body weight, and health more affordable, accurate, and - dare we say it? - fun!

Jordan Gold's ninth and latest book, "Get Fit with Technology: How to Lose Weight Using Your PC," provides information regarding over 30 nutrition software products. Here are a few quotes from this book that we'd like to share with you:

"The Journal of the American Medical Association has found that people who use their PCs in conjunction with weight loss programs lose three times more weight than people who don't."

"NutriBase is much more powerful than competing products, with more reports, options, and bells and whistles than its competition."

"NutriBase is nutrition software on steroids."

Looking for professional nutrition software?

If you are a health, nutrition, or fitness professional, you're probably looking for features that aren't offered in consumer-level products. Features like web-based questionnaires, customizable intake software you can provide for your clients, Nutrition Facts Labels, the ability to save reports in word processor, web page, and PDF formats, etc. \

NutriBase Diet Software provides a number of unique features. This has made NutriBase the leading diet software package by a wide and ever-increasing margin. And the list of things it can do that its competitors can't do is likely to be larger than you might have imagined. [Click through here](#) to find out what makes NutriBase unique amongst all our competitors.

If you are a Type 2 Diabetic, you know that controlling blood glucose through diet can be a complicated affair. The more you know about nutrition and how your body reacts to foods, the better prepared you are of controlling your blood glucose. NutriBase tracks and graphs your blood glucose along with your exercise calories and actual carbohydrates (and/or other nutrients). Through careful and accurate measurement of your food and exercise intakes, you can manage your condition to a higher degree... with NutriBase.

Why you should buy NutriBase.

Here are 20 reasons why you should buy NutriBase Diet Software rather than any other diet software product. NutriBase provides capabilities that simply don't exist elsewhere. We believe that if you want the best diet software available, you need to give strong consideration to NutriBase. C'mon... indulge us... we're dying to show you!

NutriBase Diet Software includes four-week Meal Plan Collections. Each collection targets a special need at eight different calorie levels... just select the calorie level you need. These Meal Plans require the NutriBase Junior, Personal, Personal Plus, Clinical or one of the Network Editions to function.

Compare NutriBase Diet Software to High-End Diet Software Products. Compare NutriBase to the top diet software packages. Examine their differences in detail - one feature at a time. Although the consumer editions of NutriBase lack some of the features that professionals must have, they do compare favorably in a number of areas. This chart gives you an indication of the value you will find in NutriBase Diet Software.

The NutriBase series of books.

Did you know that the nutrient database used in NutriBase software has been published in the world's most popular series of nutritional information books? It's true. NutriBase data is featured in over 3 million nutritional information books - the NutriBase Series. These books are published by Avery, a member of Penguin Putnam, Inc. Click through here for a description of the seven volumes in the NutriBase Series.

What is NutriBase Diet Software?

NutriBase Diet Software is a tightly integrated set of nutrition and fitness applications that work together to bring you capabilities that have never been available in other products. This topic describes each application individually and includes links to related topics in this web site.

What to look for in diet software.

If you've used diet software before, you probably have some good ideas about what to look for in a new package. If you've never used diet software before, you might like to look at some features that we think you ought to think about. Click through here to see a listing of features you have thought about before - and some you may not have considered.

View, print, or download the NutriBase User's Manual.

For a detailed look at the NutriBase User's Manual, [click here](#). To download this manual to your computer, right-mouse click on this link and click the "Save target as..." option. You will need the free Acrobat Reader to use this manual... if you don't already have it, [click here to download it now](#).

Research Quality Nutrient Data featured in NutriBase.

Review the documentation for the nutrients featured in NutriBase. NutriBase contains the USDA Nutrient Database for Standard Reference, Release 14. Learn how values were derived and which scientific processes were relied on.

Nutrients Featured in NutriBase Diet Software.

NutriBase diet software tracks up to 88 nutrient factors, including basic nutrients, vitamins, minerals, and food exchanges. Omega-3 and Omega-6 fatty acids are also featured.

Food Names Featured in NutriBase Diet Software.

NutriBase consumer editions contain nutrient information for 37,000+ unique food listings, including the USDA SR17 nutrient data, brand name foods, medical nutritionals, restaurant menu items and sports and diet nutritionals (exercise recovery drinks, power bars, shakes, etc.). Click this option to view listings of every unique food name in NutriBase software.

Brand Names Featured in NutriBase Diet Software. NutriBase Diet Software contains nutrient information for 2,030 unique brand names. [Click here](#) to access a listing of all the unique brand names featured in NutriBase.

Restaurant Menu Items Featured in NutriBase Diet Software.

NutriBase Diet Software contains nutrient information for 3,200+ restaurant menu items. The nutrient database covers the offerings of 52 popular American restaurants. Clicking here will take you to a listing of the restaurants featured in NutriBase Diet Software.

Sports and Diet Nutritionals.

NutriBase Diet Software provides nutrient information for hundreds of sports and diet nutritional products. These new products, which include exercise recovery drinks, power bars, shakes, body building formulations, liquid meals, and weight-loss products, are geared toward a very health and nutrition-conscious segment of the population.

Medical Nutritionals.

NutriBase Diet Software includes the popular enteral and parenteral nutrition products from leading companies like B. Braun/McGaw, Mead Johnson Nutritionals, Nestlé Clinical Nutrition, Novartis (Sandoz), R&D Laboratories, Ross and others. This category includes nutrient injections and tube feed formulations used in hospitals and other modern care facilities.

Vitamin and Mineral Supplements.

NutriBase Diet Software includes nutrient information for all the popular off-the-shelf vitamin and mineral supplements. With NutriBase, you can "auto-record" your supplements and have NutriBase automatically add these for you to each day's intake.

NutriBase Diet Software Update History.

We release free updates regularly. We fix all reported bugs within 24 hours and post an immediate update. But we also use our updates to introduce major new features and capabilities. This section shows you what we've added or enhanced in NutriBase Diet Software through our updates since January of 2000.

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