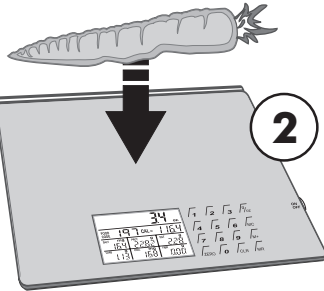
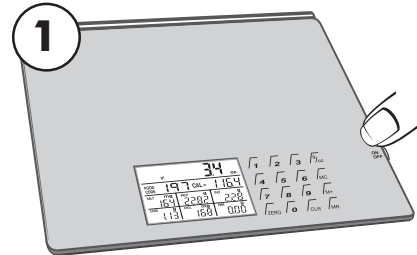


Nutritional Scale Quick Use Guide

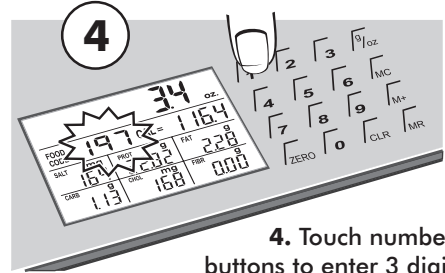
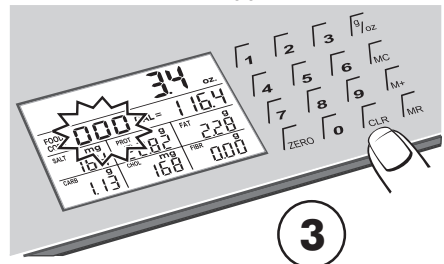
General Nutritional Weighing

1. Touch On/Off to turn the scale on.



2. Place food on scale

3. Touch CLR (clear).
Food code '000' appears.



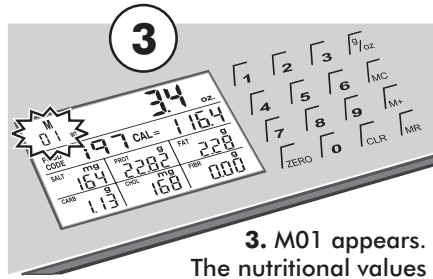
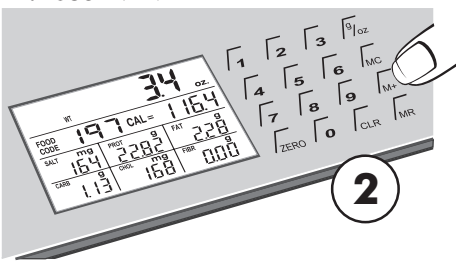
4. Touch number buttons to enter 3 digit food code (see manual for food code list)

5. Nutrition values appear. Repeat steps 3 & 4 to weigh another food.

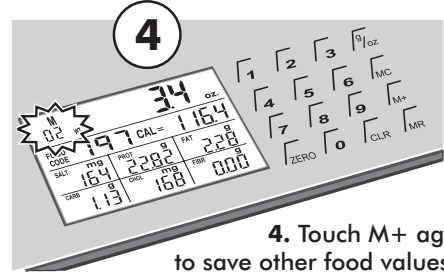
Saving Nutritional Values to Memory

1. Weigh food as described above.

2. Touch M+.



3. M01 appears. The nutritional values are saved.



4. Touch M+ again to save other food values to memory (M02, M03, M04 etc., up to M99).

5. Touch MR to see nutritional totals.

Tips & Troubleshooting

- You may use a bowl to weigh food. Place the bowl on the scale, touch "Zero" to zero out the bowl's weight, and then place the food in the bowl to be weighed.
- The scale may be used as a simple food scale. Turn the scale on, Touch "Zero" to zero out a bowl's weight if necessary, and then add the food.
- Touch "Unit" to switch between ounces, pounds/ounces, milliliters and fluid ounces.
- Touch "Zero" to reset the scale to zero.
- The scale can save nutritional values of 99 foods. Press MR then MC to clear the memories.
- The memory adds up nutritional values; it cannot show a previously weighed food alone.
- The scale is preprogrammed with foods as listed in the manual. New foods cannot be user-added.

Display Illustration

