

NutraTrack™ Mini Kitchen/Calorie & Nutrition Scale



For over a decade, the aging nutrition fanatics at Mackie Scientific have been designing and engineering affordable fitness tools up here in the scenic Pacific Northwest.

Your NutraTrack Mini is your essential tool for creating appealing, healthful meals, yet staying

within your goals or specific diet program.



Whether you're on a weight loss program, personal fitness regime or managing health risk conditions such as diabetes or hypertension, knowing exactly what's in your food is the key to making smarter choices.

Enjoy!






Instructions

SIMPLE NUTRITION MODE

- 1 Press POWER  button. Scale will turn on.
- 2 To use a container or plate to weigh food, place it on the platter first, then press TARE  to subtract its weight.
- 3 Place a food on the scale. Locate the desired food code listed on the glass platter of the scale, or from the Food Code Book.
- 4 Enter the 3-digit code and read the nutrition information and weight.


CUMULATIVE MODE

- 1 Enter the Food Code and weigh the food.
- 2 Press SAVE . The Memory Indicator will be displayed with the number of entries (M01, M02, M03, etc.)
- 3 Press CLEAR  to clear Food Code Selection for next item. Repeat Steps 1-3 for each additional food.
- 4 Press RECALL  to view the totals; press again to exit this mode.


Note that your scale can display up to 9999 units.

If you see _____, you have exceeded the limit for that nutritional value.


TO CLEAR THE DAILY OR WEEKLY FOOD MEMORY

Turn the scale on, press and hold CLEAR  (for about 3 seconds) until the Memory Indicator (M01, M02, M03, etc.) is no longer displayed.

Creating Custom Food Codes



- 1 Press and hold **SAVE**  until the scale beeps (about 3 seconds) and displays "**Progr**" (Program), and then "**Fdcod**" (Food Code).

- 2 Enter a custom 3-digit food code of your choice.


- 3 Press **SAVE** . "**CAL**" (Calorie) will begin blinking indicating it is ready for your entry.

- 4 Enter nutrition values exactly as shown in the food package's "Nutrition Facts" label, or from our downloadable data base. Examples:

Scale Entry	Nutritional Facts value	Enter these digits
Calories	125	0125
Fat	9.5	0095
Cholesterol	49	0049
Sodium (salt)	240	0240

- 5 Press **SAVE**  after completing each of the following entries: Calories, Fat, Cholesterol, Sodium (salt), Carbohydrates, Fat, and Protein. If you mis-enter a nutritional value, press **CLEAR** , and then re-enter it*. After your last entry (Protein), "**WT**" (Weight) will begin to blink.

- 6 Enter the Serving Size weight in grams.

- 7 Press **SAVE** . The scale will now beep twice indicating you have entered a custom food successfully — hooray !

**If you totally mess up, you can begin again by turning the scale off and then on. You can overwrite your own custom codes with new ones whenever you want, but don't worry about losing the built-in food codes — they can't be overwritten!


Take advantage of our 6,500-food on-line database!



It's super-easy to add up to **999 more** food codes to your NutraTrack Mini scale. Just go online and visit www.MackieScientific.com to quickly get the latest food vales download.



Using a Custom Food Code

- 1 Press and hold **RECALL**  until the scale display blinks "**C**" (about 3 seconds), indicating you are in Custom Mode. To exit this mode, press and hold **RECALL** for about 3 seconds.

- 2 Enter your previously-saved custom 3-digit food code.

- 3 Use the scale as you normally would.

Enter your Custom Food Codes here

Press and hold **RECALL** for about 3 seconds until scale beeps; then enter a Custom Food Code

CODE	VEGETABLE	CODE	LEGUME	CODE	GRAIN	CODE	DAIRY & EGG

Need more space? Download a PDF copy of this form at www.MackieScientific.com

ENTER OTHER FOOD CODES FROM OUR CODE BOOK HERE

CODE	VEGETABLE	CODE	LEGUME	CODE	GRAIN	CODE	DAIRY & EGG

CODE	FRUIT	CODE	MEAT	CODE	LIQUID	CODE	SNACKS/OTHER

Need more space? Download a PDF copy of this form at www.MackieScientific.com

Limited Warranty

Your Mackie Scientific nutrition scale is warranted by the manufacturer to be free from defects in materials and workmanship for a period of five (5) years under normal use. This warranty covers working parts that affect the function of the product but does not cover cosmetic deterioration caused by normal wear and tear from normal usage, or damage caused by accident, from mechanical stress, submersion, or misuse. A defective unit should be returned to the store where it was purchased along with proof of purchase, and will be replaced or repaired at the manufacturer's sole discretion. This warranty is in lieu of all warranties, and limits the liability of the manufacturer. This warranty gives you certain rights. You may have other rights depending upon the state in which you purchased this product. The above warranty is complete and exclusive. The warranter expressly disclaims liability for incidental, special, or consequential damages of any nature.

About NutraTrack Mini's internal database

NutraTrack's food database was derived from the most current nutritional data. While the scale itself is very sensitive and highly accurate, we presume that the nutritional information supplied to us by our sources to be accurate for the samples they tested. The nutritional content of food can vary depending on the growing season, origin, processes, recipe variations etc. The information provided by the scale is sufficiently accurate to serve as a very useful guide, and to support your dietary requirements. However, the values displayed should not be considered to be absolute. We cannot assume any liability for the way in that the information is used by the consumer, or assume any liability related to the accuracy and completeness of the information provided.

Specifications

Maximum Capacity: 11 lbs / 5 Kg • Resolution: 1 gram / 0.10 oz • Battery: 3 x AAA • Measurement System: precision steel sensors, followed by digital signal processing • Units of Measure: Grams, Milliliters, Ounces, Pounds/Ounces, Fluid Ounces

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