The Value of Supporting User's Preferences

Different users use different features more frequently. "One size" does not always fit all. That is why NutriBase IV introduced that user-customizable Tool Bar. But in addition to a customizable Tool Bar, there are many other facets of the software that merit customization.

"User Preferences" are settings that you can alter to change the way the software behaves.

For example, when you select an item to add to a recipe, a prompt comes up and says something like "Add TOFU, SOFT to your recipe?" You can then respond by clicking the Yes or No Button. This is a handy feature when you are first learning the software because it reassures you clicked the correct button to add an ingredient to your recipe.

As you get used to creating recipes with the software, however, you may find that you don't need the reassurance of a prompt. In fact, you may find this prompt to be a bit annoying. Fortunately, you can turn off any or all non-mandatory prompts by clicking on your Prefs Icon and checking the options you want to enforce. This lets you teach the software to adapt itself to your likes and dislikes (your "preferences").

NutriBase lets you control some 70+ preference options.

Here are some of the types of preferences you can control:

General Tab - Set your nutrient goals default, units of measure (English or Metric), calorie ratio format, export parameters, and success criteria icon options.
Prompts - Set your prompt preferences. (We recommend leaving them all on until you get used to doing things, then turn them off as you master new skills.)
Settings - Set miscellaneous settings, calorie adjustments for pregnant or nursing, and default PCF ratio (Protein-Carbohydrate-Fat Ratio) goals. Turn off quotations and/or new user help.
Fitness - Set the defaults for daily exercise goals; select and/or adjust maximum heart rate formulas; set default resting heart rate entry; select and/or adjust min/max training heart rate formulas; adjust the zone name, major benefit and min/max settings for five target heart rate training zones. etc.
Reports - Set the type of custom report headers (graphical or rich text) to insert at the top of your reports, set the template files to use with assessment reports.
Toolbar - Set your Tool Bar up by controlling the size and type of icons. Also select whether you prefer Internet Explorer-style or Windows XP style Icons.

In response to requests from customers, this edition of NutriBase allows you to add quotations of your own choosing. To do so, click the Settings Tab in the User's Prefs, then click the Edit Quotes radio button.

The best way to learn about the User Prefs is to click the Prefs Icon, then click the tabs to see what you can control. Try it... you'll either like a preference or you won't. And if you don't like it, just change it back or change it to something else.