MEMORY FUNCTIONS

To Save Nutritional Values to Memory

1. Select food. Weigh food.

2. Wait for beep

3. Press M+

4. Press **ENTER**. "ITEM ADDED" appears. Nutritional values are saved. Press **CANCEL** to return to weighing screen.
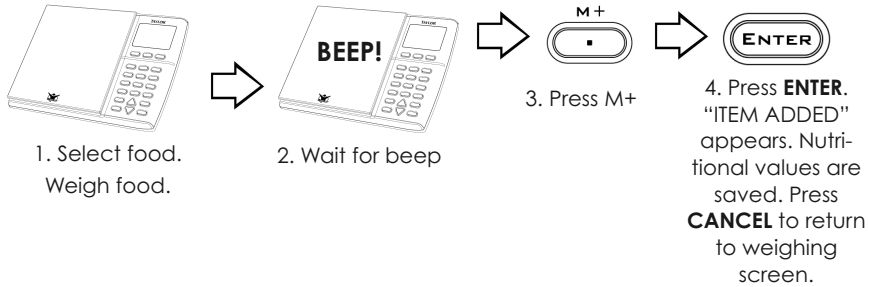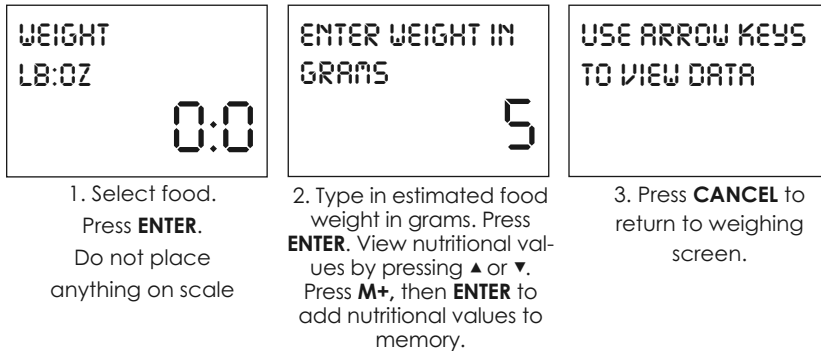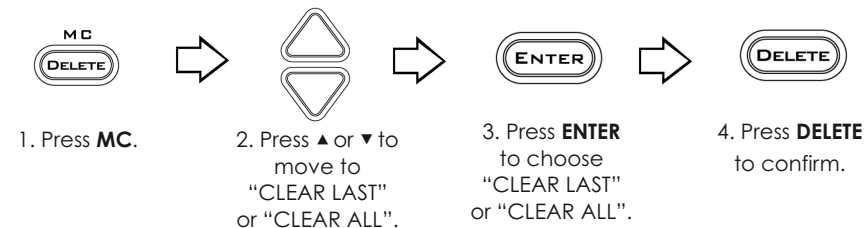
To See Saved Nutritional Values

1. Press MR while scale is in weighing mode ("0.0" is on screen).
2. Press ▲ or ▼ to view saved nutritional values.
3. Press CANCEL to return to weighing screen.

Press MR

Press "▲" or "▼" to view nutritional values

To Add Nutritional Values to Memory Later

WEIGHT LB:OZ 0:0	ENTER WEIGHT IN GRAMS 5	USE ARROW KEYS TO VIEW DATA

1. Select food. Press **ENTER**. Do not place anything on scale

2. Type in estimated food weight in grams. Press **ENTER**. View nutritional values by pressing ▲ or ▼. Press **M+,** then **ENTER** to add nutritional values to memory.

3. Press **CANCEL** to return to weighing screen.
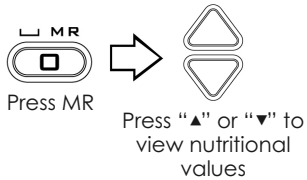
To Clear Nutritional Values from Memory

1. Press **MC**.

2. Press ▲ or ▼ to move to "CLEAR LAST" or "CLEAR ALL".

3. Press **ENTER** to choose "CLEAR LAST" or "CLEAR ALL".

4. Press **DELETE** to confirm.

THE BIGGEST LOSER by TAYLOR®
Nutritional Scale
Quick Start Guide

STOP

### CUSTOMER SERVICE INFORMATION
PLEASE READ!

For your questions regarding this product, please contact us at:

Taylor Precision Products
2220 Entrada Del Sol, Suite A
Las Cruces, New Mexico 88001
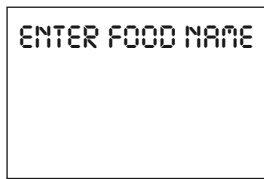1-866-843-3905
www.taylorusa.com

Please contact us before returning to retailer.

For more information on NBC's The Biggest Loser, or to join The Biggest Loser Club, please visit the official Biggest Loser website at **www.nbc.com/The_Biggest_Loser.com** or **www.biggestloserclub.com**. Get a free diet profile at **www.biggestloserclub.com**.
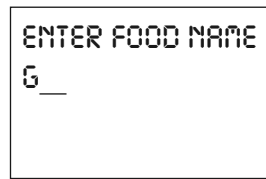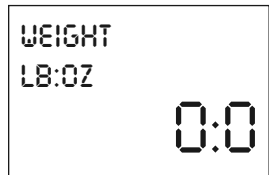
GENERAL NUTRITIONAL WEIGHING

```
WEIGHT
LB:OZ
        0:0
```
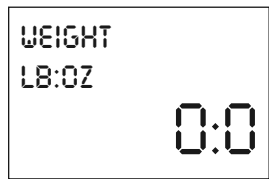
1. Place container (if needed) on scale. Press **ON/OFF**. Add food.
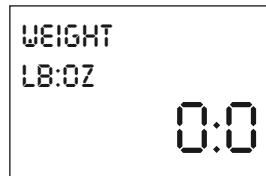
```
ENTER FOOD NAME
```

2. Press **FOOD**

```
ENTER FOOD NAME
G_
```

3. Use **keypad** to choose first letter of food name. Use keypad to type out food name, or press ▲ or ▼ to search for food.

```
WEIGHT
LB:OZ
        0:0
```

4. Press **ENTER** to select displayed food. Wait for weighing screen.

```
BEEP!
```

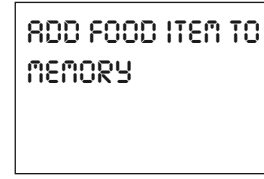5. Place food on scale. Weight will display. When scale beeps, press ▲ or ▼ to view nutritional values.

```
WEIGHT
LB:OZ
        0:0
```

6. Press **CANCEL** to back up to other screens. Press **ZERO** to reset scale to zero.

TO ADD NEW FOODS

```
WEIGHT
LB:OZ
        0:0
```
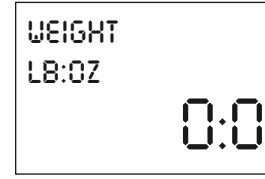
1. Press **ON/OFF** to turn scale on. Press **MENU** to access New Food Database.

```
ADD FOOD ITEM TO
MEMORY
```

2. Press ▲ or ▼ to display "ADD FOOD ITEM TO DATABASE", then press **ENTER**.

```
ENTER FOOD NAME
G_
```

3. Use keypad to enter food name. Press **ENTER** to select displayed food name.

```
CALORIES
KCAL ENTER/EDIT
        0
```
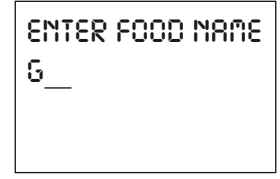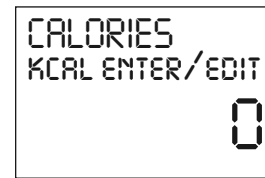
4. Use keypad plus **ENTER** to enter nutritional values.
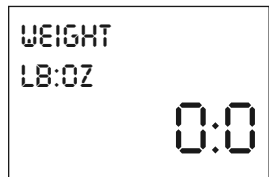
```
GI VALUE
LOW
```
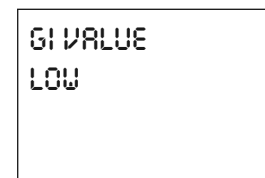
5. Press **ENTER** after last nutritional screen (GI Value).

```
ITEM ADDED
```
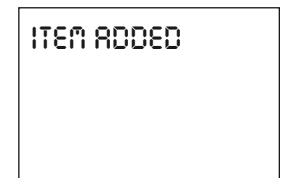
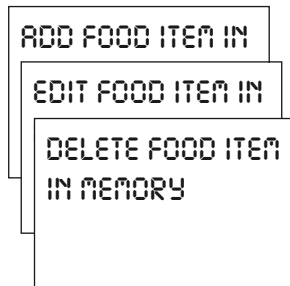6. New food is added. Repeat steps to add additional foods, or press ▲ or ▼ to scroll to "EXIT MENU", then press **ENTER**.

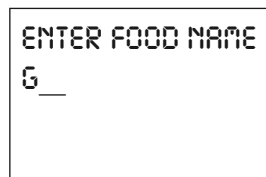**Note: To select GI value, press 4 = High, 6 = Medium, 5 = Low.**

TO EDIT OR DELETE USER-ADDED FOODS

```
WEIGHT
LB:OZ
        0:0
```

1. Press **ON/OFF** to turn scale on. Press **MENU** to access Food Database.

```
ADD FOOD ITEM IN
EDIT FOOD ITEM IN
DELETE FOOD ITEM
IN MEMORY
```

2. Press ▲ or ▼ to display "EDIT FOOD IN MEMORY" or "DELETE FOOD IN MEMORY", then press **ENTER**.

```
ENTER FOOD NAME
G_
```

3. Use **keypad** to enter food name. Press **ENTER** to select displayed food name. If editing, press **DELETE** to backspace and use keypad to retype name.

```
CALORIES
KCAL ENTER/EDIT
        20
```

4. Press **ENTER**. Then use keypad plus **ENTER** to change nutritional values. Press **DELETE** to backspace.

```
PRESS ENTER TO
CONFIRM CHANGES
ITEM UPDATED
```
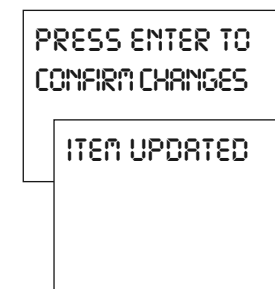
5. After last screen, press **ENTER** to confirm changes. If deleting, press **DELETE** to confirm deletion.

```
WEIGHT
LB:OZ
        0:0
```
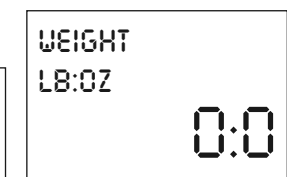
6. Repeat steps to edit/delete additional foods, or press ▲ or ▼ to scroll to "EXIT MENU", then press **ENTER** to return to weighing screen.