

User Guide



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1.0 Introduction

The Smart Diet Scale is a Bluetooth®-enabled food scale that calculates the nutritional value of an entire meal. Simply use the four quadrants to weigh separate components of your meal or your entire meal at once. Use the Smart Diet Scale application to access nutritional information for thousands of foods, record your intake and track your goals. Perfect for those on dietary restrictions due to medical issues, or for anyone looking for a fast and convenient way to assess nutritional values, the Smart Diet Scale makes nutrition tracking simple.



This manual can be viewed and downloaded from the Smart Diet Scale web site at www.smartdietscale.com.

1.1 Safety

Safety Symbol Definitions



Indicates an imminently hazardous situation that, if not avoided, will result in death or serious injury.



Indicates a potentially hazardous situation that, if not avoided could result in serious injury or death, and includes hazards that are exposed when guards are removed.



Indicates a potentially hazardous situation that, if not avoided may result in minor or moderate injury.



Indicates information about procedures that, if not observed, could result in damage to equipment or corruption to and loss of data.

General Safety



Do not operate or work on this equipment unless you have read and understand the instructions and warnings in this manual. Failure to follow the instructions or heed the warnings could result in injury or death. Contact any Rice Lake Weighing Systems dealer for replacement manuals. Proper care is your responsibility.



Failure to heed may result in serious injury or death.

Electric shock hazard.

Do not put the scale in a dishwasher.

Do not use scale with hot pots or pans.

Do not allow minors (children) or inexperienced persons to operate this unit.

Do not jump on the scale.

Do not use for purposes other than weighing food.

Do not place fingers into slots or possible pinch points.

Do not use this product if any of the components are cracked.

Do not exceed the rated load limit of the unit.

Do not make alterations or modifications to the unit.

Do not remove or obscure warning labels.

Always consult with your physician prior to beginning a diet or exercise program.

1.2 Overview



Figure 1-1. Smart Diet Scale Panel



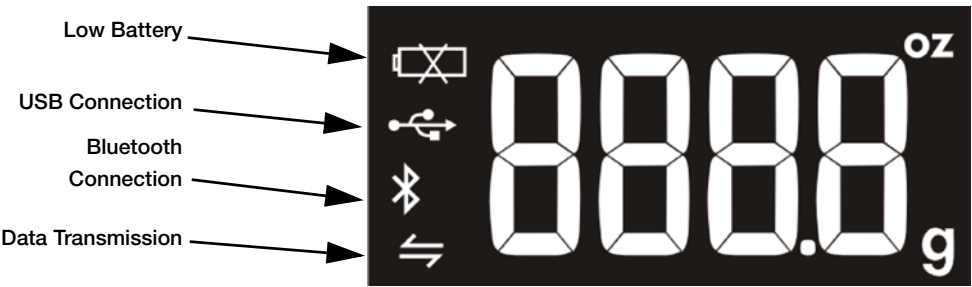
Key	Description
	Press to power on or off.
Tare	Press Tare to zero the scale.
Unit	Press Unit to select the weighing unit (oz/gram).
	Press to turn Bluetooth on or off. When the Bluetooth button is pressed, the icon will blink signaling to wait for the connection. The icon will remain lit when the scale is connected to Bluetooth.

Table 1-1. Touch Key Descriptions



Symbol	Description
Low Battery	Battery needs to be charged or replaced.
USB Connection	If it is OK to connect to USB, the USB icon will be displayed constantly.
Bluetooth Connection	If it is OK to connect to Bluetooth, the Bluetooth icon will be displayed constantly.
Data Transmission	Bluetooth.

Table 1-2. Symbol Descriptions

2.0 Operation

2.1 Installation

1. Unpack the Smart Diet Scale box and its contents:

- Smart Diet Scale
- Smart Diet Scale Plates (qty 4)
- USB Cable
- Quick Start Guide



Note

For best results, power the Smart Diet Scale using four AA batteries or by connecting the scale to a PC through the USB cable.

2. Remove the small cover from the bottom of the scale, insert the batteries and replace the cover.
3. Download and install the **Smart Diet Scale** application to a supported Android or iOS device.



Note

The Smart Diet Scale application works with iOS® 8th generation and above and Android devices 4.4 and above that support Bluetooth Low Energy.

2.2 Smart Diet Scale Operation

1. Place the scale on a dry, level, solid surface. The area should be between 41°F-95°F (5°C-35°C), and 30%-85% relative humidity. The scale can also be connected to a power source via a USB cable.



Note

Ensure there is an Internet connection and that Bluetooth is enabled on the smart device with the SDS application.


2. Press  to turn on the scale. The display will show all segments (888.8) for four seconds. See Figure 2-1.



Figure 2-1. Startup Display

- When the display changes to 0 g (or 0.0 oz), the scale is ready for weighing. See Figure 2-2.



Figure 2-2. Ready for Weighing Display



Note If 0 g (or 0.0 oz) does not display on the screen, press Tare to zero the scale. Tare can be used at any time to zero the scale. If an item is heavier than the scale capacity, the display will show Err. This means that the scale is overloaded.



Figure 2-3. Smart Diet Scale Buttons

No.	Description
1	Bluetooth Icon
2	Power Button
3	Tare Button
4	Unit Button
5	Bluetooth Button

Table 2-1. Smart Diet Scale Buttons

2.2.1 Weighing Food

The smart diet scale has four separate quadrants which enables the user to weigh up to four food items, either one at a time or several items at once. Use the following instructions to weigh a single item or multiple items.

Weighing a Single Item

- Place a single item on the Smart Diet Scale. The scale will automatically determine the location of the food based on the quadrant it was placed in.



Figure 2-4. Smart Diet Scale Determines Location of Food

- The weight will display on the scale in the appropriate area for the corresponding quadrant the item was placed in.
- Repeat steps 1 and 2 for additional food items. Wait until the display blinks three times before adding another item to the scale.

If one item crosses two quadrants, the scale will judge which quadrant to show its weight. If two items, placed at separate times, cross the same region, the scale can also judge the weight and location of each individual item, as long as the second item was placed at least three seconds after the first item (wait for the display to blink three times).



Figure 2-5. Two Items Weighed Individually



Note To weigh items individually, they cannot be placed on the scale at the same time. One item must be placed on the scale and weighed, and then the second item can be added. If both items are placed on the scale at the same time, they will be judged as multiple items and their combined weight will show, see “Weighing Multiple Items” below.

Weighing Multiple Items

To get a combined total weight of multiple items, all items must be placed on the scale at the same time. The scale will display the total weight of all items on the scale. If individual weights of the items are desired, be sure to place the items separately on the scale. See “Weighing a Single Item” above.

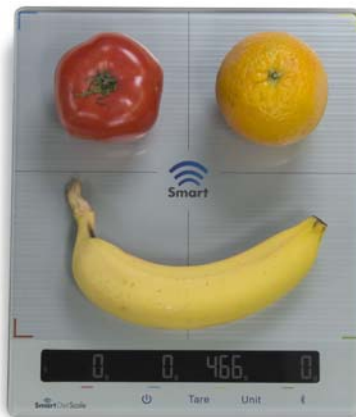


Figure 2-6. Multiple Items Weighed Together

2.2.2 Weighing Food on Plates

If desired, food can be weighed on the included Smart Diet Scale Plates or on your own plate.



Note It is also OK to weigh food directly on the scale as shown in Section 2.2.1 depending on personal preference.

Smart Diet Scale Plates

Use the following steps to weigh food items using the Smart Diet Scale Plates.

1. Place one or more of the Smart Diet Scale Plates on the scale.
2. Wait three seconds for the weight to display.
3. Press the **Tare** button to subtract the weight of the plate(s) from the scale. The scale should read 0.0 on the display for the same quadrant that the plate is sitting in.
4. Add a food item to one of the plates on the scale. The display will show only the weight of the food item, as the weight of the plate has been subtracted from the scale.
5. After the weight of the food item is calculated, repeat step 4 for the another one of the plates on the scale.

Other Food Containers

It is acceptable to use any plate, bowl, or cup with the Smart Diet Scale. Use the following steps to weigh food items using food containers.

1. Place the food container at the center of the scale and wait three seconds for the weight to display.
2. Press the **Tare** button to subtract the weight of the container from the scale. The scale should read 0.0 on the display.
3. To weigh food separately, place a food item on the container in the approximate area of one of the scale quadrants.
4. Wait three seconds for the weight to display.
5. Add another food item on the container in the approximate area of a different scale quadrant.
6. Repeat steps until all the food items have been added to the container.



Note Alternatively, add all of the food items to the container at once to receive one weight reading for the dish.

2.3 Smart Diet Scale Application

The Smart Diet Scale pairs with the Smart Diet Scale Application to calculate and record calorie intake.



Note Unless otherwise stated, all instructions apply to both iOS and Android devices. If the instructions differ between devices, the instructions for the iOS device will be included in the text and the instructions for the Android device will be denoted by an asterisk (*).

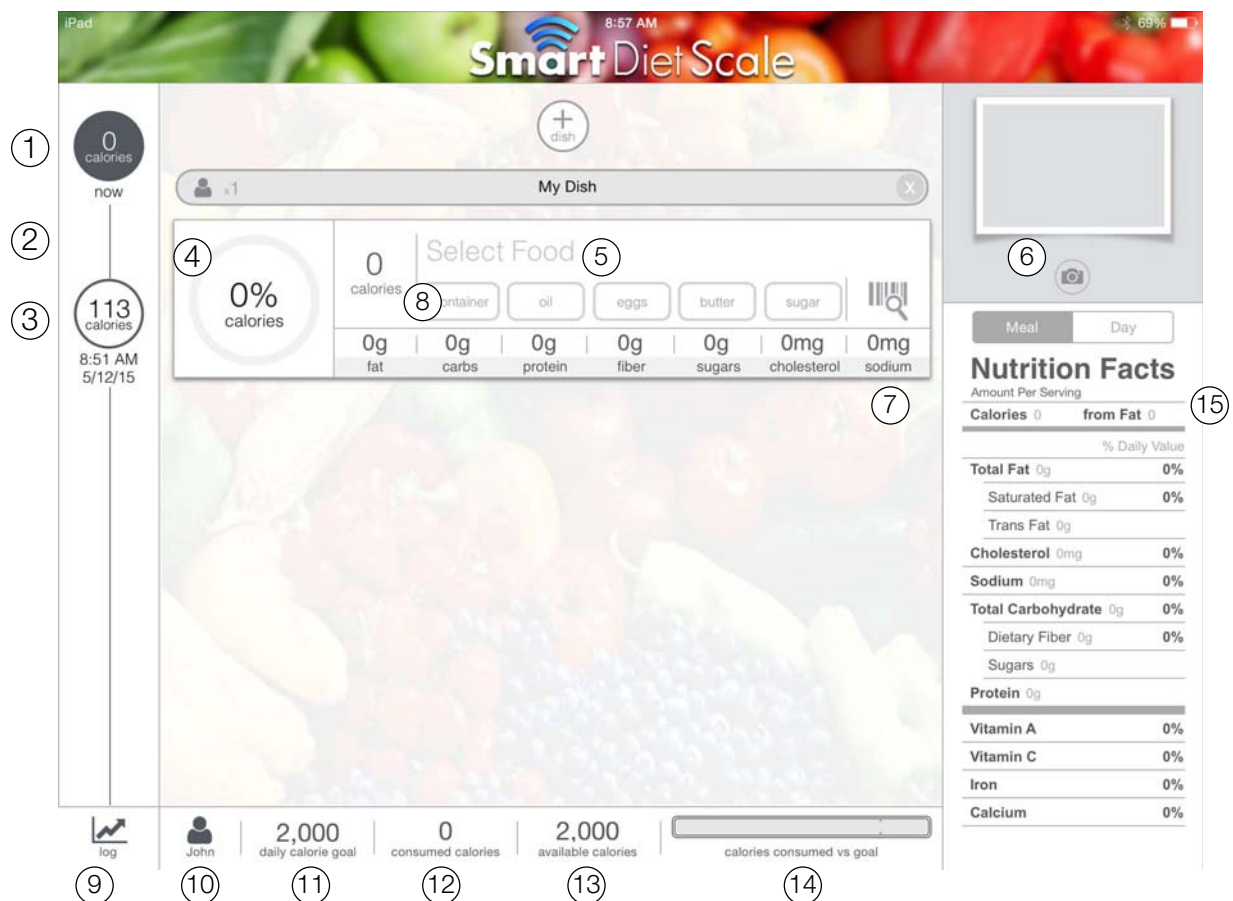


Figure 2-7. Smart Diet Scale Application

No.	Description
1	Now (current meal)
2	Meal Timeline (the most recent meal is shown first)
3	Previous Meal
4	Calories Percentage. This area will display the four quadrants of the scale when the app is connected to the scale. This is also where the weight will display after a dish is added.
5	Select Food
6	Meal Photo
7	Bar Code Scanner
8	Common Ingredients
9	Log
10	Profile
11	Calorie Goal
12	Consumed Calories (for the day)
13	Available Calories (for the day)
14	Calories Consumed vs Goal
15	Nutrition facts of the current meal

Table 2-2. Smart Diet Scale Application

On the left side of the application screen is the timeline. *Now* displays at the top of the timeline and previous recordings are displayed with the most recent recording first. Each item on the timeline is a meal, which is comprised of separate dishes. A dish can be thought of as a recipe. Over time, dishes that have previously been entered will be available to be selected and combined to create a meal. As meals are added, they are stored on the timeline, along with date and time. Meals will be saved to the timeline upon exiting the application. Opening the application will create a new meal, titled *Now*, that can be customized with dishes.

2.3.1 Add/Edit/Switch Profiles

To add a profile to the Smart Diet Scale application, press the **Profile Icon** (#10). The *Select Person* menu displays. In the upper right hand corner of the *Select Person* menu, press **Add**. Select the question mark to use a calorie calculator to estimate the number of calories you should consume each day. Enter the name and calorie goal for the new profile.



The calorie calculator only provides an estimated calorie goal based on age, gender, height, weight and activity level. Consult with your physician to get an accurate calorie goal to fit your specific needs. Always consult with your physician prior to beginning a diet or exercise program.

Up to six profiles can be added to the application. Press the gear to the right of the person's name* in order to edit the name or calorie goal for that profile.

*On an Android device, press and hold the persons name, then select **Edit** to edit the name or calorie goal for that profile.

To switch between profiles, press the **Profile Icon** (#10). Select the name of the profile you would like to access. A check mark will appear to the right of the selected profile. Click off of the *Select Person* menu in order to exit the menu.

To delete a profile, press on the profile and slide left. A red **Delete** button will appear to the right of the profile. Press **Delete**.

2.3.2 Add a Dish (Recipe)

1. Place an item on the scale. The corresponding quadrant will blink and display the weight in the Smart Diet Scale application window.
2. Type over *Select Food* (#5) with the name of the item.
3. Press **Done**.
4. Select an item from the list of food that displays.
5. Press **Done**, if the item isn't automatically added.
6. Press the green check mark.
7. The food item slides down. The application is ready for another food item to be added.

8. Items can also be added by selecting one of the five commonly used ingredients (#8) displayed under *Select Food*. See Section 2.3.4 to learn how to edit these ingredients.
9. Repeat steps 1-7, removing items from the scale as needed. Nutrition facts (#15) are displayed on the right of the application screen.
10. Touch the weight (#4) to the left of an item to display calories. Touch again to cycle through fat, protein, carbohydrates, fiber, cholesterol and sodium.
11. Exit the application to save the meal to the timeline (#2).



Note *The smart device requires an Internet connection in order to access the food items in the Smart Diet Scale application. For best results, wait 2-3 seconds for the scale to stop blinking after: powering on the scale, zeroing the scale with Tare (with/without containers/plate) and when adding/removing weight from the scale.*

2.3.3 Add a Food Item with Bar Code Scanner

Below *Select Food*, find the **Bar Code Icon** (#7). Press the **Bar Code Icon** and the Bar Code Reader will open. Scan the bar code of any food item. The food item will display. Press **Done**.

2.3.4 Review/Edit a Meal

Touch the **Calories Circle** on the timeline (#2) to view a past meal. To delete a dish from a meal, slide the dish to the left.* Press **Delete** to delete the dish from the meal.

*On an Android device, press and hold the dish to delete the dish from a meal.

Press and hold one of the commonly used ingredients (#8) in order to edit that ingredient. A list of ingredients used in existing dishes will appear. Any ingredient can be selected to replace an existing commonly used ingredient (for example, oil). Alternatively, search for the ingredient using the *Enter Ingredient Name* search bar or filter by ingredient name.

2.3.5 Divide a Meal with Others

Touch the person icon on My Dish to select and divide a meal. A list of registered users will appear. Select those whom you will be sharing your meal with. The calories of the meal will divide evenly amongst those you select and the calories will be recorded on the timelines of everyone selected.

2.3.6 Add a Photo of a Meal (Optional)

If desired, a photo of the meal can be added. When the meal is ready, click on the camera (#6) in the upper right hand corner of the Smart Diet Scale Application. This will turn on the camera of the smart device. Take a photo of your meal. If the photo looks good, press **Use Photo*** in the bottom right corner. If the photo is unsatisfactory, press **Retake**** in the bottom left corner. The captured photo will display in the upper right corner of the application screen.

* On an Android device, press **OK**.

On an Android device, press **Cancel.

2.3.7 Log

Press the **Log** icon (#9) to access a log of the calories consumed for each profile. Switch between profiles by pressing on the person icon on the left side of the *Log* menu. Press **Done*** when finished.

*Press the back button on an Android device when finished.

2.4 Multiple Scales

The Smart Diet Scale Application can only sync with one Smart Diet Scale at a time, even if there are two Smart Diet Scales within close proximity to the application. Two Smart Diet Scales can be used in one home only if there is a smart device, equipped with the Smart Diet Scale Application, uniquely available for each scale. Saved data is specific to the smart device used and would not be available on a smart device that was not used to record the data. Saved data is not shareable between devices.

3.0 Appendix

3.1 Specifications

Dimensions	10.5 in x 8.8 in x 1.13 in
Weight	1.18 lb
Operating Temperature	41 to +219°F (5 to 104°C)
Minimum Weight	6 g
Maximum Tare	5018 g

Battery

Battery Type	Four AA size Alkaline Batteries
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3.2 Federal Communications Commission (FCC) Statement

15.21

You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

15.105(b)

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. this device may not cause interference and
2. this device must accept any interference, including interference that may cause undesired operation of the device.

FCC RF Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

 **Smart** Diet Scale™