
Converting Intake Records to 6th Edition Data

This article covers the updating of intake records when incorporating 6th Edition Composition of Foods data into WISP or ARMIS V2.0. You should perform any program service pack updates and install the 6th Edition data before following the procedures in this article.

The 6th Edition Composition of Foods databank adds foods to the existing databank of 5th Edition and supplement codes. It does not update any nutrient composition of any existing foods. This means that to take advantage of the 6th Edition data, food codes in intake records may need to be replaced. Note that it is not necessary to do this as all 5th Edition and supplement codes remain 'live' even after updating the system. i.e., you can still analyse any intake record using the original data.

The 6th Edition data comprises new food codes added to the supplements (codes 11000, 12000, etc.) The number ranges for the new codes are listed later in this article. You first need to establish whether any of the new food codes can or should be used in replacement for codes you currently have in your intake records. The best way to do this is to use the **Print food list** function in the **Nutrient Databank** menu of WISP/ARMIS. Set the start and end codes to match the new codes listed below and print out the list of new foods. You can then compare these with food codes you have used in intakes and decide if any replacements are needed. You can review the nutrient content of the new foods either by referring to the printed book (if you have it) or by using the **View Food Composition** function.

From these data, you can build up a list of 'original' codes and their 6th Edition replacements. Armed with this list, you can then use the **Food code replacer** function in the **File** menu. This function can process a single intake record or scan all intake records in a folder for any food code and replace it with another. For example, if you had coded Cheesecake originally using food code 274 (from the 5th Edition) or code 11289 (from the Milk & Milk Products supplement), you might want to replace it with code 12395 from the 6th Edition.

Before you begin

It is usually a good idea to preserve a backup of your intake records before attempting this process. Then, if anything unusual happens, you can restore the intakes to their previous state. This can be done in two ways. Firstly, from the program, via the **Backup** function in the Utilities menu. Select the destination for the backup via the buttons in the first panel. Check the **Intake Records** box, then click **Backup**. The TZIP program will start. Click the **Start** button. Wait until the screen shows either **Backup Completed**, or requires you to insert a further disk (if you are using floppy disk backup and you have a large number of intakes).

Alternatively, you can simply copy the intake files to a safe location. This can be either another folder on your PC, a floppy disk or Zip disk, or a location on your network server. The files to copy are in the **Intakes** folder in your program folder (usually c:\program files\tinuviel\wisp32 or c:\program files\tinuviel\armis32). They are all files with an 8-digit number and a .WIR extension.

Process

Start the Food code replacer function. By default, the intakes list points to the \Intakes folder. If you wish to process intakes from a sub-folder, select it now by clicking on the yellow folder icon. Otherwise, select the intakes to be scanned by clicking on them in the left-hand list then clicking the > button to move them into the selected list on the right. If you want to process all the records, click the >> button. Next, enter the food code to be replaced in the **Replace** box. Then, enter the replacement 6th Edition code in the **With** box. (In each case, the descriptor for the food code is shown as a check). Then, click the **Replace** button at the bottom of the screen. The process can take from a couple of seconds to a minute with large record sets. On completion, the screen will display **Process complete** and there may be a button showing **Results** (if your build of the program has this feature.) Clicking this will show a scrollable list with the number of replacements in each of the records.

The process can be repeated for all other food codes to be replaced. After the replacements are complete, it is suggested that you use the **Open Intake** (Edit) function to view a couple of intake records to check that all is well. This may reveal other codes which you might consider for replacement also.

Finally, you need to re-analyse all records to generate the updated mean daily intake results.

6th Edition Food Codes

The 6th Edition data is made up of the following food codes :

11433-11623	Cereals
12306-12420	Milk products
12918-12926	Egg products
13420-13467	Vegetables
13871	Herbs
14290-14303	Fruit
14870-14882	Nuts
15363-15383	Vegetable dishes
16323-16340	Fish
17485-17554	Miscellaneous foods
18468-18595	Meat, poultry and game
19308-19353	Meat products and dishes