

Personal Digital Assistant

User's Guide

Contents

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Notice

Recommendations

- The manufacturer strongly recommends that separate permanent written records be kept of all important data. Data may be lost or altered in virtually any electronic memory product under certain circumstances. Therefore, the manufacturer assumes no responsibility for data lost or otherwise rendered unusable whether as a result of improper use, repairs, defects, battery replacement, use after the specified battery life has expired, or any other cause.
- The manufacturer assumes no responsibility, directly or indirectly, for financial losses or claims from third parties resulting from the use of this product and any of its functions, such as stolen credit card numbers, the loss or alteration of stored data, etc.
- The information provided in this manual is subject to change without notice.

Cautions

- Do not carry the organizer in the back pocket of your slacks or trousers.
- Do not drop the organizer or apply excessive force to it.
- Do not subject the organizer to extreme temperatures.
- · Clean only with a soft, dry cloth.
- Since this product is not waterproof, do not use it or store it where fluids can splash onto it. Raindrops, water spray, juice, coffee, steam, perspiration, etc. will also cause the organizer to malfunction.

Important Notice

This unit is shipped in "Sleep" mode in order to conserve battery life. To start the unit, it must first be reset. The Reset button is accessed via the hole above the battery door on the back of the unit.

Using the Organizer for the First Time

The first time you use this organizer, you should perform a system reset. **Warning!** A system reset erases any user-entered information and clears all settings.

- 1.Turn the organizer over and carefully pull the battery insulation sheet to remove it.
- 2. Press ON/OFF to turn the organizer off.
- 3. Use a paper clip to gently press the reset button on the back of the organizer.
- 4. Tap ENTER to reset the organizer.

Selecting a Language

1. Tap TIME and then tap LANG at the bottom of the screen.

ENGLISH? appears on the screen.

- 2. Tap ≫ or \Leftrightarrow to cycle through the seven available languages: English, Español, Français, Deutsch, Português, Italiano, Nederlands.
- 3. Tap ENTER when you see the one you want.

When the device is on, press and hold **ON/OFF** for about two seconds to turn the backlight on. Press and hold again to turn the backlight off (RF-8131 only).

About Screen Illustrations

Some screen illustrations in this User's Guide may vary slightly from what you see on the screen. This does not mean that your organizer is mal-functioning.

Nato-Shut Off

When none of the keys have been pressed for approximately seven minutes, the organizer automatically turns the power off to save the battery. Press **ON/OFF** to resume. The actual life of the battery depends on the usage.

Keyboards

ABC/123 at bottom right of screen controls the keyboards. Tap this to toggle between the letter/number keyboards. The Calculator function icons and SYML appear only in the numeric keyboard. Note: ABC/123 only appears in data entry screens.

Symbols

You can enter 22 symbols such as @, \$, and 32 accented characters such as Å, É, etc. To enter a symbol or special character when tapping letters, first tap **ABC/123**, then tap **SYML**, then tap \blacktriangle or vote through the 53 available symbols and characters. When you see the symbol or character you want, tap **1-6**. Tap **ABC/123** to return to the letter keyboard.

Several icons appear on the upper left of the screen to indicate active modes. These are indicator icons only and perform no function when tapped.

Note: \forall / \blacktriangle on the upper left indicates data extending beyond the current screen. Tap \forall / \blacktriangle to scroll up and down and read all the available data.

The bottom half of the screen contains the function icons, directions arrows, letters, numbers and other icons that you can tap to perform a number of functions.

Note: The display is dependent on the mode you are in. For example, the Calculator function keys are displayed only in the Calculator.

Function Icons

The function icons appear in a row beneath the data display.

TEL TEL	Cycles between the Business, Business 2, and Personal phone directories.
() Www	Goes to the Internet directory.
TIME	Cycles between Home Time, World Time and daily alarm mode.
CALEN	Cycles between the Calendar, Schedule and Anniversary (RF-8131
TODO	only). Toggles between the Todos and Memos.
GAMES	Cycles through the available games.

TIMER	Goes to the Timer.
EE BOOK	Goes to the currently installed book.
CALC	Cycles through the four calculators.
€euro	Cycles through the three converters and the Expense manager (RF-8131 only).
<u>_</u> == <u>-</u>	Goes to the Data Synchronization screen. This is active only if you have the PC Sync program installed on your PC and your unit is connected to your PC.
	Other Icons
▲ / ▼ /◀/►	Moves cursor in the indicated direc- tion.
*	Searches up through records.
\otimes	Searches down through records.
(())	Enables/disables the alarms.
1	Enables/disables the keytone.
9	Goes to the Enter Password screen.
له	Enters a hard return.
\square	Jumps directly to the e-mail field in a phone record.

Each time you press **ON/OFF**, tap ^(C) TIME, or after a system reset, you see the Home Time screen. You can perform the following functions in Home Time.

- Tap TIME to go to World Time.
- Tap MD/DM on bottom left of screen to toggle between the month/day and day/month formats.
- Tap **12/24** on bottom of screen to toggle between 12- and 24-hour displays for the clock.
- Tap DST on bottom right of screen to enable/disable daylight savings time.
- Tap J to enable/disable the keytone. The keytone is the beep that sounds when you touch the screen. J on the upper left indicates the keytone is enabled.
- Tap ((••)) to enable/disable the hourly chime.
 O on the upper left indicates the hourly chime is enabled.
- Tap to go to the Password entry screen.
- Tap <u>■</u> = to start data synchronization with your PC.
- Tap M.CHK to see the percent of available memory.
- Tap ▼/▲ to adjust the LCD contrast.
- Tap LANG to go to the Language selection screen.
- Tap EDIT to go to the Home Time edit screen.

Setting Home Time

1. Tap TIME until you see HOME TIME.



- 2. Tap EDIT.

Tap **A-Z** to edit a city name. This will be your Home city.

You can edit the city, month, day, year, hour and minute.

Tap $\blacktriangle/ \bigtriangledown/ \checkmark / \blacklozenge$ to move the cursor in the indicated direction.

- 4. Tap 0-9 to edit the year, day and month.
- Tap 0-9 to edit the hour and minute. Tap AM/PM at bottom left of screen to toggle between a.m. and p.m. in the 12-hour format.
- 6. Tap ENTER to store the time. Seconds are updated automatically. If you enter an invalid time, you will be prompted for a correction.

Viewing World Time

You must set your home time before viewing World Time. There are 45 built-in cities. The list is available at the end of this User's Guide.

1. Tap 🖤 TIME until you see WORLD TIME.



Tap **12/24** at the bottom of screen to toggle between the 12- and 24-hour time format. Tap **DST** on bottom right of screen to enable/disable daylight savings time.

3. Tap 💬 TIME twice to return to Home Time.

Setting the Daily Alarm

When the set time is reached, the alarm sounds for 20 seconds. Tap any key other than Time to activate the snooze function and stop the sound. When the snooze function is activated, the alarm sounds every eight minutes. Tap Time to stop the sound and de-activate the snooze function.

To set the daily alarm, do the following:

1. Tap 🕸 TIME until you see ALARM.

```
ALARM
12:00 PM
```

2. Tap EDIT.

Tap 0-9 to edit the hour and minute.

Tap $\blacktriangleright/4$ to move the cursor in the indicated direction.

Tap **AM/PM** at the bottom of screen to toggle between a.m. and p.m.

- 3. Tap ENTER to store your settings.
- Tap ((i•i)) on bottom left of screen to disable/reenable the daily alarm.

```
ALARM
• 5:30 AM
```

to the left of the display indicates the daily alarm is enabled.

There are three telephone directories: Business, Business 2 and Personal. Each directory has 10 fields in which to enter data. The fields appear in the following sequence: Name, Company, Address, Home, Work, Fax, Cell, Pager, E-mail and Note. Each field has a character limit. Please see the table below.

Field	Character Limit
NAME	40
COMPANY	18
ADDRESS	80
HOME PHONE	18
WORK PHONE	18
FAX	18
CELLULAR	18
PAGER	18
EMAIL	40
NOTE	60

To enter a phone record, do the following:

1. Tap 🗊 TEL to go to the Business phone directory.

Tap \mathfrak{B}_{TEL} again to go to the Business 2 phone directory. Tap \mathfrak{B}_{TEL} a third time to go to the

Personal phone directory.

2. Tap A-Z to enter a name.

Name is the first field. You MUST enter a name if you want to save the record.

```
BUSINESS
NAME?
```

Tap **ABC/123** to toggle between the letter/number keyboards.

Tap **SYML** on the numeric keyboard to cycle through the list of available symbols.

Tap SPACE to insert a space.

Tap **DEL** to delete a character. The character at the cursor is deleted.

Tap INS to insert a character.

Tap $\blacktriangleright/4$ to move the cursor.

3. Tap ENTER to enter data in each successive field.

You need not enter data in every field.

```
NOTE?
"_
```

Note is the last field.

4. Tap ENTER in the Note field to save the record.

There are three fields in the Schedule: Start Date, End Date, and Message. You can set a Schedule alarm which sounds for 20 seconds. You can enable/disable the alarm, and stop the sound at any time. To enter a Schedule record, do the following:

1. Tap DCALEN twice.

You see START DATE? on the screen.

2. Tap 0-9 to enter a Start Date and time.

The date format is what you set in Home Time.

You MUST enter a Start Date and time if you want to save the record.

Tap $\blacktriangleright/4$ to move the cursor left or right.

3. Tap ENTER to enter data in each successive field.

You need not enter data in every field.

on the upper left indicates the Schedule alarm is activated.

At the time fields, tap **AM/PM** to toggle between a.m. and p.m. in the 12-hour format.

If you enter an invalid date or time, you are prompted for a correction.

Message is the last field. You can enter up to 490 characters in this field.

Note: In the date and time fields, only the number keyboard is available. In the Message field, tap ABC/123 to toggle between the letter/number keyboards.

Tap A-Z or 0-9 to enter your data.

Tap **SYML**, then tap \blacktriangle to cycle through the list of available symbols.

Tap SPACE to insert a space.

Tap **DEL** to delete a character.

The character at the cursor is deleted.

Tap INS to insert a character.

Tap $\blacktriangleright/4$ to move the cursor.

4. Tap ENTER to store your data.

Using the Calendar

1. Tap DCALEN.

- 2. Tap \ll or \otimes to move to a different month.
- Tap ▲/♥/▶/◀ to move to a different day, week or month, by day.

The active date blinks on the screen.

4. Tap ENTER to add a schedule entry for the date the cursor is on.

This is available only in RF-8131. Each Anniversary record consists of a Date field and a Message field. To enter an Anniversary do the following:

1. Tap Talen **until you see ANNIVERSARY.** You see DATE? on the screen.

2. Tap 0-9 to enter the anniversary date.

The date format is what you set in the Home Time, without the year.

You MUST enter a date if you want to save the record.

Tap $\blacktriangleright/4$ to move the cursor left or right.

3. Tap ENTER to move to the Message field.

You can enter a maximum of 108 characters.

You need not enter data in the message field.

Note: In the Date field, only the numbers keyboard is available. In the Message field, tap **ABC/123** to toggle between the letter/number keyboards.

Tap A-Z or 0-9 to enter your data.

Tap **SYML**, then tap \blacktriangle or \blacktriangledown to cycle through the list of available symbols.

Tap SPACE to insert a space.

Tap DEL to delete a character.

Tap INS to insert a character.

4. Tap ENTER to store your data.

There are four fields in the Todo book: Date Due, Message (description), Date Done and Priority. You can set priority levels of one to three. To enter a Todo record, do the following:

1. Tap I TODO once.



2. Tap 0-9 to enter the due date for the Todo.

The date format is what you set in Home Time.

You MUST enter a due date if you want to save the record.

If you enter an invalid date, you are prompted for a correction.

Tap $\blacktriangleright/4$ to move the cursor left or right.

3. Tap ENTER to enter data in each successive field.

You can enter a maximum of 108 characters in the *MESSAGE* field.

Note: In the date and priority fields, only the number keyboard is available. In the Message field, tap ABC/123 to toggle between the letter/number keyboards. Tap A-Z or 0-9 to enter your data.

Tap SYML, then tap Ψ/\blacktriangle to cycle through the list of available symbols.

Tap SPACE to insert a space.

Tap DEL to delete a character.

Tap INS to insert a character.

Tap ▶/◀ to move the cursor.

Priority is the last field.

4. Tap ENTER to store your data.

The Todos are sorted by the due date.

Each Memo record consists of a Message field in which you can enter a maximum of 490 characters.

To enter a Memo do the following:

1.Tap I TODO twice.



- 2. Tap any key to begin entering your memo.
- 3. Tap A-Z or 0-9 to enter your data.

Tap **SYML**, then tap \blacktriangle or \checkmark to cycle through the list of available symbols.

Tap SPACE to insert a space.

Tap **DEL** to delete a character.

Tap INS to insert a character.

Tap $\blacktriangleright/4$ to move the cursor.

4. Tap ENTER to store your record.

Entering an Internet Record

Each Internet record has five fields: Message (description), Internet (address), Login ID, Password and Note. You can enter descriptions of your favorite Web sites, the addresses and a note. You can enter a maximum of 108 characters in the Message and Note fields and 80 characters in the Internet field. To enter an Internet record, do the following:

1. Tap 🕮 www.

You see MESSAGE? on the screen.

2. Tap A-Z or 0-9 to enter your description.

You must enter data in this field if you want to save the record.

Tap **SYML**, then tap $\mathbf{\nabla}$ or \mathbf{A} to cycle through the list of available symbols.

Tap SPACE to insert a space.

Tap **DEL** to delete a character.

Tap INS to insert a character.

Tap ▶/◀ to move the cursor.

3. Tap ENTER to go to the Internet (address) field.

4. In each field, enter data and tap ENTER to go to the next field.

Note is the last field. Enter a note if you want.

5. Tap ENTER to store the data.

The Expense manager is available only in RF-8131. Each Expense record consists of the following fields: Date, Amount, Expense Type, Payment Type, and Note. To enter an Expense do the following:

1. Tap €EURO until you see EXPENSE.

You see DATE? on the screen.

2. Tap 0-9 to enter the expense date.

The date format is what you set in the Home Time, without the year.

You MUST enter a date if you want to save the record.

Tap $\blacktriangleright/4$ to move the cursor left or right.

3. Tap ENTER to move to the Amount field.

Tap **0-9** and . to enter your amount. Tap \rightarrow to erase the last entered digit.

4. Tap ENTER to move to the Expense Type field.

Use $\mathbf{\nabla}/\mathbf{A}$ to cycle through the eight expense types. Stop when you reach the one you want.

5. Tap ENTER to move to the Payment Type field. Use ▼ /▲ to cycle through the Payment types. Stop when you reach the type you want.

6. Tap ENTER to move to the Note field. You can enter a maximum of 108 characters. You need not enter data in the Note field.

Note: In the Date and Amount fields, only the numbers keyboard is available. In the Note field, tap ABC/123 to toggle between the letters/numbers keyboards.

Tap A-Z or 0-9 to enter your data.

Tap **SYML**, then tap \blacktriangle/ Ψ to cycle through the list of available symbols.

Tap SPACE to insert a space.

Tap DEL to delete a character.

Tap INS to insert a character.

7. Tap ENTER to store your data.

Calculating an Expense

- 1. Tap €EURO until you see EXPENSE.
- 2. Tap ENTER twice.
- 3. Enter the start date and tap \forall .
- 4. Enter the end date and tap \forall .

After the *MISC* field, you see the *TOTAL* expense for the selected period.

Phone, Memo and Internet records are sorted alphabetically. Schedule and Todo records are sorted chronologically. You can review your records, edit them or delete them.

Searching for a Record

- 1. Tap the icon of the directory you want to search.
- 2. Tap \forall or \Leftrightarrow to view the records in the order they appear.

In the Telephone, Memo and Internet directories, enter the first few letters of a record then tap \forall or \Leftrightarrow to find it quickly. The first record starting with the input letters is displayed if it exists. You can then tap \forall or \Leftrightarrow to view other matching records. If no matching record is found, *NOT FOUND* is displayed.

In the Phone books, you can do a wildcard search using *. For example, to find all the records ending in "ant", tap **ABC/123**, tap **SYML** and then tap the number for *. Enter "ant". Tap \forall or \ll to display the first record ending in "ant" if it exists. You can then tap \forall or \ll to view other matching records. **Note:** Only records matching the entered keywords or wildcards are displayed.

Viewing a Record

- Find the record you want to view as described above.
- 2. Tap ▲/▼ to view other fields in the record.

Empty fields are not displayed.

In a phone record, tap $\begin{tabular}{ll} & \end{tabular}$ to go directly to the email field.

Editing a Record

1. Find the record you want to edit.

To learn how, read "Searching for a Record".

2. Tap EDIT.

Edit your records as needed.

- Tap ENTER to go through the fields in the record.
- 4. Tap ENTER in the last field to store the edits.

Deleting a Record

1. Find the record you want to delete.

To learn how, read "Searching for a Record".

- 2. Tap DEL on bottom center of screen.
- 3. Tap ENTER to confirm the deletion.

Tap any other icon to cancel the deletion.

Using the Timer

You can use your organizer as a Timer. To set the Timer, do the following.

1.Tap TIMER.

- 2. Tap the number keys or use ▶/◀ to input the hour, minute and seconds you want.
- 3. Tap ENTER to store your setting.

The Timer will beep at the appointed time no matter where you are in the organizer.

Tap any key to stop the beeping.

To pause the Timer, tap **ENTER**. To re-start it, tap **ENTER** again.

Your organizer comes with four fun games: Keyboard Wizard, Tic Tac Toe, Chance and Memory.

Keyboard Wizard

This game challenges you to tap a letter that floats across the screen before it gets to the other side.

- 1. Tap 🖾 GAMES until you see KEYBOARD WIZARD.
- 2. Tap ENTER to begin.
- 3. Tap the letter that is rightmost on the screen.

If you tap the correct letter, it disappears.

Once 12 characters are displayed, the game is over.

Tic Tac Toe

You play against the organizer. The object of the game is to get three Os in a row before the organizer gets three Xs.

- 1. Tap Barres until you see TIC TAC TOE.
- 2. Tap ENTER to begin.
- 3. Tap 1 to play first or 2 for the organizer to play first.
- 4. Use ▲/♥/▶/◀ to move the cursor to the position you want and press ENTER.

The game is over when there are three Xs or Os in a row or when all the spots are filled.

Chance

You can have the unit select a maximum of 10 numbers from a range of 1-99.

- 1. Tap Barres until you see CHANCE.
- 2. Tap ENTER.



3. Enter a range of numbers from 1 to 99.

For example, enter 01-75.

 Tap ▼ and enter the amount of numbers you want between 1-10.

For example, enter 5.

5. Tap ENTER.

You will see five numbers in the 1-75 range.

Tap ENTER repeatedly to see new sets of numbers.

Memory

This game tests your memory.

- 1. Tap AMES until you see MEMORY.
- 2. Tap ENTER to begin.

4

- Use ▲/▼/▶/ < to move the cursor to a hidden number.
- 4. Tap ENTER to see the number.

The number behind the cursor is revealed. Continue doing this until you find matching numbers.

The object of the game is to find all the matching number sets. When you reveal two similar numbers one after the other, both numbers stay revealed, otherwise the numbers remain hidden. When all the numbers are revealed, the game is over.

5. Press ENTER to play another round.

You can use your organizer to spell check, find thesaurus entries, translate or find phrases for a word. The RF-8121 includes the US Spell Checker and Foreign Language Phrase Book. The RF-8131 includes the US Spell Checker, Foreign Language Phrase Book, Thesaurus and Six Language Translator.

You must first download the book you want from the PC Sync CD to your organizer. **Note:** You can download only one translator at a time. When you download a second one, the first one is overwritten.

1. Тар 🗐 воок.

Tap **LANG** to switch the direction of the translator or phrase book.

- 2. Tap ENTER.
- 3. Tap A-Z to enter a word.
- 4. Tap ENTER.

If the entry is found, you first see the message FOUND and then the word, synonym, phrase or translation depending on the book you are viewing.

5. Tap \otimes or \approx to scroll.

If the word you entered is not found, you see the closest match. Tap \bigotimes or \bigotimes to scroll and see other possible matches.

For details on downloading and deleting a book, please see "Transferring Data" on page 48.

Using the Calculators

Your organizer has four calculators: a Math Calculator, a Calorie Calculator, a Tip Calculator and a Discount Calculator.

Making a Calculation

1. Tap 🖾 CALC once.



The numeric keypad appears.

- 2. Tap 0-9, . or +/- to enter the numbers you want. You can enter a maximum of 10 digits.
- 3. Tap +, -, x or ÷ to perform an addition, subtraction, multiplication or division.

Tap - to erase the last entered digit.

Tap $\sqrt{}$ to calculate the square root.

- 4. Enter another number.
- 5. Tap = to do the calculation.

Or tap % to calculate the percentage.

6. Tap C/CE to clear the calculations.

Note: If there is an error or overflow, **E** is displayed on the screen and you will not be able to do any further calculations. Tap **C/CE** to clear the error screen and return to the Calculator.

Using the Calculator Memory

- 1. In the Calculator, make a calculation or enter a number.
- 2. To add the number on the screen to the number stored in memory, tap M+ on lower left of screen.

To subtract the number on the screen from the number stored in memory, tap M- on lower left of screen.

M appears on the screen to indicate the number is stored in memory.

Note: The number is retained in memory even when you turn the unit off.

- 3. To retrieve the number from memory, tap MRC once.
- 4. To clear the memory, tap MRC twice.

Using the Calorie Calculator

Your organizer comes with a built-in database of 100 common food items and their caloric values. **Note:** The data is available in English only. Please see "Bonus Nutritional Guide" at the end of this User's Guide. You can use this database to calculate the calories consumed in a selected period. To enter a record, do the following.

1. Tap

When there are no stored records, you see NO DATA on the screen. When records are stored, you see the latest record.

- 2. Tap INS.

You can also tap **ABC/123** (if necessary) to go to the alphabet keypad and tap the first letter of the food you want.

Tap \blacktriangleright/\P to scroll across the screen and read all the text.

- 4. Tap ▼ and enter the date.
- 5. Tap ▼ again and enter the time.

You can tap **AM/PM** to enter the proper time of day if you previously selected the 12-hour time display format.

6. Tap ▼.

The unit for the food you selected will appear.

7. Enter the relevant number.

For example, if the food is Pizza, enter the number of slices.

8. Tap ENTER.

The latest record is displayed on the screen.

Viewing and Deleting Calorie Records

- 1. Tap File until you see the CALORIE.
- 2. Tap $\forall / \Leftrightarrow$ to scroll through your records.

Use ∇/\blacktriangle to see the details of a record.

- 3. When you see the record you wish to delete, tap DEL.
- 4. Tap ENTER to delete the record.

Tap any other key to cancel the deletion.

Getting a Calorie Report

- 1. Tap Teac until you see the CALORIE.
- 2. Tap R on the letter keypad.
- 3. Enter the begin and end dates.

Use ▼/▲ to move between the fields.

4. Tap ENTER to see the report.

Tap \forall repeatedly to scroll through the daily reports.

5. Tap CE when done to exit the report mode.

Using the Tip Calculator

There are three built in percentages:10%, 15% and 20%. You can use these when calculating a tip or you can set your own percentage. To use the tip calculator, do the following.

1. Tap Teracci until you see TIP CALC.

2. Tap T, enter a number and tap ENTER to set a percentage.

The default percentage is 15%.

You can also use \forall or \blacktriangle to change the percentage to 10% or 20% respectively and tap **ENTER**.

3. Tap the amount of the bill and tap ENTER.

The result you get is the bill amount plus the tip.

Using the Discount Calculator

There are three built in percentages: 5%, 10% and 20%. You can use these when calculating the discount on an item, or you can set your own percentage. To use the discount calculator, do the following.

1. Tap The until you see DISC CALC.

2. Tap T, enter a number and tap ENTER to set a percentage.

The default percentage is 5%.

You can also use \blacktriangle to change the percentage to 10% or 20% and tap **ENTER**.

3. Enter the price of the item and tap ENTER.

The result you get is the price minus the discount.

There are three converters: Euro, Currency and Metric.

Doing Euro Conversions

Use the Euro converter to do any of the 12 built-in conversions. Note that the rates are set and cannot be changed. In the table below, the rate shown is for 1 Euro.

1 EURO
= 40.3399 BEF (Belgian Francs)
= 1.95583 DEM (German Marks)
= 166.386 ESP (Spanish Pesetas)
= 6.55957 FRF (French Francs)
= 0.787564 IEP (Irish Pounds)
= 1936.27 ITL (Italian Lire)
= 40.3399 LUF (Luxemburg Francs)
= 2.20371 NLG (Dutch Gilders)
= 13.7603 ATS (Austrian Shillings)
= 200.482 PTE (Portuguese Escudos)
= 5.94573 FIM (Finnish Marks)
= 340.750 GRD (Greek Drachma)

1. Tap €_{EURO}.

EURO EUR		BEF
	40.	3399

You see the first conversion screen.

- 3. Tap ▶/◀ to change the direction of the conversion.
- 4. Tap 0-9 and . to enter the number you want.
- 5. Tap ENTER to convert.

Setting Currency Rates

Once you set currency rates, you can do currency conversions. You can set four currency rates. The default currency settings are USD \longleftrightarrow USD and the default rate is 1. To set a conversion rate, do the following:

1. Tap \bigoplus_{EURO} until you see CURRENCY.

You see the first conversion screen.

2. Tap EDIT.

The first letter on the left flashes.

 Tap A-Z to enter an abbreviation first for the currency name on the left, then for the currency name on the right.

You can enter a maximum of 3 letters for each name.

Tap ▶/◀ to move the cursor.

4. Tap ENTER to edit the rate.

Tap → to erase previously entered digits.

5. Tap 0-9 and . to enter a rate.

You can enter a maximum of eight digits including a decimal point.

- 6. Tap ENTER to save the setting.

Once you set your currencies and rates, you can do currency conversions in the same way you do metric conversions.

Doing Metric Conversions

Use the Metric converter to do any of the eight builtin conversions.

inch	\Leftrightarrow	cm
yd	\bigcirc	m
mile	\bigcirc	km
F°	\bigcirc	C°
ft	\Leftrightarrow	m
oz	(g
lb	\Leftrightarrow	kg
gal	\Leftrightarrow	1 US
gal	\Leftrightarrow	l UK

1. Tap €_{EURO} until you see METRIC.

You go to the first conversion screen.

The conversion rate is displayed to the right of the screen.

- 2. Tap \otimes or \approx to find the conversion you want.
- 3. Tap ▶/◀ to change the direction of the conversion.
- 4. Enter the numbers you want.
- 5. Tap ENTER to do the conversion.

Installing the Rolodex[®] Electronics Desktop Manager

The Rolodex[®] Electronics Desktop Manager is the PC software program that transfers data between the Rolodex[®] Personal Digital Assistant and a personal computer (PC). You can synchronize MS Outlook[®] 97/98/2000/2002 and Intellisync Mobile Desktop files or add books to the Organizer. The Desktop Manager has the following system requirements:

- · IBM[®] compatible Pentium[®] class PC or higher
- Windows 95, 98, Me, 2000 or XP (English, French or German version)
- 64 MB RAM
- 256 Color VGA Monitor
- 30 MB hard disk space
- CD-ROM drive (for installation)
- · One free serial communications (COM) port
- · Mouse or other pointing device

Installing the Rolodex[®] Electronics Desktop Manager

To install the Desktop Manager on your PC:

1. Insert the Rolodex[®] Electronics Desktop Manager CD into the CD-ROM drive on your PC.

The Setup screen appears.

If this screen DOES NOT launch automatically, follow these steps.

- · Go to Start | Run.
- Type d:\setup and press ENTER.
- 2. Click the Install Rolodex Electronics Desktop Manager button.

Select the one for your model number, if needed. To install Intellisync Mobile Desktop, click the corresponding button.

3. Select a language, if necessary.

Consult a User's Guide in the desired language, if needed.

- Follow the instructions on the screen to install the program.
- 5. Click the Finish button when done.

Before you can synchronize records you must:

- 1. Install the Rolodex[®] Electronics Desktop Manager onto your PC. See "Installing the Rolodex[®] Electronics Desktop Manager" on page 41.
- Connect the organizer to the PC using the serial cable provided.



- Turn your personal computer off.
- Connect the 9-pin plug of the cable into a free communications (COM) port.
- Connect the single-pin plug of the cable into the PC PORT hole on your organizer.
- 3. Start the Desktop Manager. From the PC, click Start | Programs | Rolodex[®] Electronics Desktop Manager.
- 4. Set the communication port. From the Desktop Manager, click Setup | Connection. Select the port you want and click OK.
- 5. Use Intellisync for Rolodex Electronics to match the PC organizer programs to with the organizer programs on your Rolodex[®] Electronics Personal Digital Assistant. See "Using Intellisync™" on page 43.
- 6. Move data between the organizer and the Desktop Manager. See "Transferring Data" on page 48.

Intellisync for Rolodex Electronics is the program that allows you to import, export or synchronize files between the PC organizer programs and your Rolodex[®] Electronics Personal Digital Assistant. The PC organizer applications can be synchronized

with the following programs located in your device:

- Schedule
- Memo Book
- Phone Book
- To Do

Data can be transferred in the following ways:

- Imported from your PC organizer application to the organizer.
- Exported from the organizer to your PC organizer application.
- Synchronized so that the most up-to-date information is placed in both locations.

To synchronize your organizer, follow these steps.

- 1. Configure your organizer programs.
- 2. Change advanced settings.
- 3. Synchronize your personal information.

Configuring Your Organizer Programs

For your organizer data to be included in a synchronization, the organizer programs must first be aligned with your PC organizer application. You must select the organizer programs and the PC organizer applications that you want to synchronize. To configure the synchronization settings, follow these steps.

1. From the Desktop Manager, click Setup | Intellisync.

You see the Intellisync Sync Options dialog box.

2. Click the box next to the organizer program you want to synchronize with your PC organizer application.

Note: The Choose Translator dialog box appears the first time you select a translator. During subsequent configuration, you must check the box next to the organizer program you want to edit and click the Choose button.

3. Click your PC organizer application from the list of available translators.

A PC organizer application file is assigned to the program you are aligning.

- 4. Click the check box next to the operation you want to perform.
 - Import Imports data from your PC organizer application to the organizer program on the organizer.

Export	Exports data to your PC organizer application from the organizer program on the organizer.
Synchronize	Synchronizes data between the organizer program on the organizer and your PC organizer applica- tion.

Click **Options** to change settings used when exchanging data with your PC organizer application or click Browse to map an alternate file or folder to this application.

Click **Cancel** to exit without saving any changes. Click **Help** for additional information.

- 5. Click OK to accept your changes and return to the Intellisync Sync Options dialog box.
- 6. Repeat this process for each organizer program you want to include in the synchronization.

The organizer programs you want to include in the synchronization are now connected to your PC organizer application.

Click the **Write to log file** check box to create a synchronization log file.

Click **Cancel** to return to the Desktop Manager without saving your configuration settings.

7. Click OK to save your configuration settings. When you are finished configuring the applications, edit the advanced settings.

Changing Advanced Settings

Each organizer program contains advanced settings, such as confirmation, conflict resolution, and field mappings. These include program specific parameters and fields to be mapped for the data exchange. **Note:** These settings vary by organizer program. Once you have selected a translator for an organizer program, you can change the advanced settings.

- 1. In the Intellisync Sync Options dialog box, click the organizer program for which you want to change advanced settings.
- 2. Click Advanced.

You see the Advanced Settings dialog box. This dialog box differs for each organizer program.

3. Click the tab containing the settings you want to change.

For details about the settings, click Help.

4. To edit field mappings, click Field Mapping.

You see a dialog box indicating the file or folder the field names are retrieved from. This is the file or folder assigned to the organizer program when your PC organizer application is selected in the Choose Translator dialog box.

5. Click OK to accept this file or folder.

Click **Cancel** to map fields without refreshing the information from the file or folder.

Click Help for additional information.

You see the Field Mapping dialog box.

6. Map the fields for the organizer program.

Your PC organizer application fields are bold and listed in the right column. Click and drag a field in the right column, up or down to align it with a matching organizer application field in the left column. Select a field, then double-click or press the space bar to map or unmap the fields. Mapped fields contain a double arrow between the columns. You can also click in the middle column to map or unmap fields. Click **Reset** to return the field mapping to the default settings.

Click Cancel to exit without saving your changes.

Click Help for additional information.

7. Click OK to save your changes.

Repeat this process for each organizer program for which you want to change advanced settings. You can synchronize personal information between the Desktop Manager on a PC and your organizer, or you can move a book to your organizer.

Note: Make sure the cable is connected securely to both the PC and the organizer.

To transfer data from the Desktop Manager, follow these steps.

1. Click 💽 or File|Synchronize.

To send a book, click **File|Send book** or and then select the file for the book you want.

Note:Only one book may be present on the Organizer at any time. When a new book is installed, any book on the device is overwritten. It is highly recommended that you delete the book that is currently installed BEFORE you download a new book.

To delete a book from the organizer, tap BOOK and tap **DELETE**.

DELETE? appears on the screen.

Tap ENTER to delete the book.

Tap any other key to exit without deleting the book.

- 2. From the Organizer, tap 🖤 TME.
- 3. Tap SYNC.
- 4. Tap ENTER.

Warning! Once you transfer data between your handheld organizer and the PC, they become a matched pair. Should you try to synchronize data between your handheld organizer and a different PC, your data is likely to be corrupted. It is best to synchronize between a single matched pair.

Note: For proper synchronization, make sure that the organizer applications you want are selected in Intellisync.

Warning! PC organizer applications may have longer fields than the Rolodex[®] Organizer can accept. When the data in your PC organizer application fields exceeds the number of characters allowed in the corresponding Organizer program fields, the portion of the data that exceeds the field limit will not be copied. If you edit the fields in the Organizer, the Organizer data will be considered the newer data, and your PC organizer application data WILL BE

OVERWRITTEN when you next sync. If you do not edit those fields in the Organizer, your PC organizer application data WILL NOT BE OVERWRITTEN. When you synchronize your data, records that were deleted either in your handheld organizer or the Desktop Manager will be deleted in both. New records added in either, will now be added in both. Edited records will be updated in both. If you edit the same record in both your handheld organizer and the Desktop Manager, copies of both records will be retained.

During synchronization, you will see the following messages on your organizer:

- Sending... this means your handheld organizer is transmitting the data necessary for synchronization.
- Receiving... this means your PC has processed the data and is transmitting back the data necessary for synchronization.
- OK! this means synchronization is complete.

After two seconds, your handheld organizer will return to the initial display mode.

You can lock your handheld organizer so that only the Clock, Calculator and Converter can be used without supplying the password. **Note:** You do not need to set a password to use this organizer. **Warning!** Please keep written records of your data. If you forget your password, you will not be able to recover any of the data stored in your handheld organizer. To bypass the password, you will have to perform a system reset, which will clear the password but will also erase all the data stored in memory. To learn how to perform a system reset, read "Getting Started."

Setting a Password

- 1. Tap OTME until you see HOME TIME.
- 2. Tap 🛥 .



3. Enter a password.

You can use a maximum of 6 digits.

4. Tap ENTER to store your password.

 is displayed on the upper left to indicate your handheld organizer is locked.

Accessing Password Protected Data

When your password is activated, you have to unlock your handheld organizer in order to access the phone records, schedules, todos, memos, anniversary and expense records.

To unlock your handheld organizer, do the following: **1. Tap** TIME until you see HOME TIME.

2. Tap 🛥 or tap 🕲 TEL, 🕲 WWW, 🔟 CALEN, 🗘 TODO,

or €_{EURO}.

3. Tap your current password and tap ENTER.

If you enter the wrong password, OPEN ERROR is displayed on the screen and you are again prompted to enter your password.

Once you enter the correct password, you can enter new data or view existing data.

Note: The unit automatically locks when your handheld organizer is turned off.

Changing or Deactivating the Password

- 1. Unlock your handheld organizer.
- 2. Tap 🖤 TIME until you see HOME TIME.
- 3. Tap 🛥 .
- 4. To change your password, enter a new password, then tap ENTER.

To deactivate your password, tap **ENTER** without entering a password.

This unit may change operating modes due to Electro-static discharge. Normal operation of this unit can be re-established by pressing the reset key, ON/OFF or by removing/replacing batteries. This organizer uses two CR-2032 lithium batteries.



When you find the display becomes dim, please change the batteries.

Note: Replace both batteries at the same time. Follow these steps to change the batteries. Before you follow these steps you should have a small Phillips screwdriver and the new batteries at hand.

1. Turn the organizer off and turn it over.

With the Phillips screwdriver, remove the screw to the battery cover and then remove the cover.

Do not remove the screws at the sides of the organizer.

- 3. Remove the old batteries and quickly replace them with the new ones, with the positive (+) side up.
- 4. Replace the battery cover.

Warning! When you next turn on the organizer, if RESET? is displayed, DO NOT tap ENTER unless you want to delete all previously entered data. Tap any Function Icon instead. Model: RF-8121 • Size: 10.4 X 8.0 X 1.17 cm

 Weight: 2.8 oz • Battery: 2 CR-2032 Lithium Storage Capacity: 384 K ISBN: 1-59074-002-5

Model: RF-8131 • Size: 10.4 X 8.0 X 1.17 cm

 Weight: 2.8 oz • Battery: 2 CR-2032 Lithium Storage Capacity: 750 K ISBN: 1-59074-107-2

Cleaning this Product

To clean this product, spray a mild glass cleaner onto a cloth and wipe its surface. Don't spray liquids directly onto the unit. Don't use or store your organizer in extreme or prolonged heat, cold, humidity, or other adverse conditions.

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Contacts

For registration, sales and customer service call 1-800-266-5626 (U.S. only) or visit us at www.franklin.com. Please have your product number (**RF-8121** or **RF-8131**) and date of purchase handy when you call to register. For technical support call 609-366-8997.

FCC Notice

NOTE: 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.

NOTE: This unit was tested with shielded cables on the peripheral devices. Shielded cables must be used with the unit to insure compliance.

NOTE: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

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FRANKLIN ELECTRONIC PUBLISHERS, INC. ATTN: SERVICE DEPARTMENT ONE FRANKLIN PLAZA BURLINGTON, NJ 08016-4907

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This product, excluding batteries and liquid crystal display (LCD), is guaranteed by Franklin for a period of two years from the date of purchase. It will be repaired or replaced with an equivalent product (at Franklin's option) free of charge for any defect due to faulty workmanship or materials.

Products purchased outside the European Union and Switzerland that are returned under warranty should be returned to the original vendor with proof of purchase and description of fault. Charges will be made for all repairs unless valid proof of purchase is provided.

This warranty explicitly excludes defects due to misuse, accidental damage, or wear and tear. This guarantee does not affect the consumer's statutory rights

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Products purchased outside the United States, the European Union and Switzerland that are returned under warranty should be returned to the original vendor with proof of purchase and description of fault. Charges will be made for all repairs unless valid proof of purchase is provided.

This warranty explicitly excludes defects due to misuse, accidental damage, or wear and tear. This guarantee does not affect the consumer's statutory rights.

Table of Cities in World Clock

CITY	ABBREVIATION	CITY	ABBREVIATION
LONDON	LON	SINGAPORE	SIN
LISBON	LIS	TOKYO	TYO
PARIS	PAR	ADELAIDE	ADL
BERLIN	BER	SYDNEY	SYD
ROME	ROM	GUAM	GUM
AMSTERDAM	AMS	NOUMEA	NOU
BARCELONA	BCN	WELLINGTON	WLG
MADRID	MAD	AUCKLAND	AKL
BRUSSELS	BRU	TONGA	TNG
HELSINKI	HEL	MIDWAY ISLANDS	MID
CAIRO	CAI	HONOLULU	HNL
MOSCOW	MOW	ANCHORAGE	ANC
RIYADH	RUH	LOS ANGELES	LAX
TEHRAN	THR	DENVER	DEN
DUBAI	DXB	CHICAGO	CHI
KABUL	KBL	NEW YORK	NYC
KARACHI	KHI	TORONTO	YYZ
DELHI	DEL	CARACAS	CCS
DHAKA	DAC	RIO DE JANEIRO	RIO
YANGON	RGN	MID ATLANTIC	MAT
BANGKOK	BKK	FERNANDO DE NOAH	FER
BEIJING	BEI	AZORES ISLANDS	AZO
HONG KONG	HKG		

Bonus Nutritional Guide

Food	Serving	Carbohydrates	Fiber	Calories	Protein	Total Fat
Alfalfa sprouts	1/2 cup raw	0.6 a	N/A	5	070	010
Apple pie	1 slice (about 4 1/4	45.0 g	1.9 g	302	2.6 g	13.1 g
Artichoke hearts	1/2 cup. boiled	9.4 a	4.4 a	42	2.9 a	0.1 a
Asparagus	1/2 cup, boiled	4.0 a	1.5 a	23	2.3 a	0.3 a
Bacon	3 medium slices (about 3/4 oz)	0.1 g	N/A	109	5.8 g	9.4 g
Bagel, Water	1 (about 2 oz.)	31.0 a	1.2 a	163	6.0 a	1.4 a
Baked beans, homemade	1/2 cup	27.0 g	9.8 g	190	7.0 g	6.5 g
Baked potato with sour cream and	1 (about 10 3/4 oz.)	50.0 g	N/A	393	6.7 g	22.3 g
Bass, sea, mixed species	3 oz., cooked, dry heat	0	0	105	20.1 g	2.2 g
Beef ravioli	5 oz. Frozen entrée	24.4 g	N/A	185	9.2 g	5.7 g
Bologna, pork	2 slices (about 2 oz.)	0.4 g	0	140	8.7 g	11.3 g
Brownie with nuts, homemade	1 (about 3/4 oz.)	10.1 g	0.5 g	93	1.3 g	6.0 g
Burrito, bean	2 (about 7 3/4 oz.)	71.4 g	N/A	447	14.1 g	13.5 g
Catfish, channel, breaded and fried	3 oz.	6.8 g	N/A	195	15.4 g	11.3 g
Cheese steak	1 (9 3/4 oz.)	48.8 a	2.2 a	519	35.3 a	18.6 a
Cheeseburger, plain	1 (3 1/2 oz.)	31.8 a	N/A	319	14.8 g	15.2 a
Cheesecake	1 slice (about 3 oz.)	24.3 a	1.8 a	257	4.6 g	16.3 a
Chicken breast	1/2 (about 3 oz)	0	0	142	26 7 n	310
broiler/fryer Chicken drumsticks,	meat only 2 (about 3 oz.), meat	0	0	151	24.9 g	5.0 g
broiler/fryer	only				-	-
Chicken noodle soup, condensed	1 cup, made w/water	9.4 g	N/A	75	4.1 g	2.5 g
Chicken potpie, homemade	1 piece (about 8 1/4 oz.), baked	42.5 g	N/A	545	23.4 g	31.3 g
Chicken thigh, broiler/fryer	1 (about 2 oz.), meat only	0	0	109	13.5 g	5.7 g
Chicken wings, broiler/frver	4 (about 3 oz.), meat only	0	0	171	25.6 g	6.8 g
Chips, corn	30 (about 1 oz.)	16.9 g	1.6 g	155	1.7 g	9.1 g
Chips, potato	10 (about 3/4 oz.)	10.4 g	1.0 g	105	1.3 g	7.1 g
Chocolate chip cookie	5 (about 2 oz.)	36.6 g	1.4 g	247	2.8 g	11.0 g
Clams, mixed species, breaded and	20 small (about 6 3/4 oz.)	19.4 g	N/A	380	26.8 g	21.0 g
Coffee cake from mix	1 slice (about 2 1/2 oz.)	37.7 g	1.8 g	232	4.5 g	6.9 g
Corn, sweet yellow	Kernels from 1 ear, boiled	19.3 g	2.9 g	83	2.6 g	1.0 g
Combread,	1 slice (about 1 1/2	13.1 g	1.2 g	93	3.3 g	3.2 g
Corned beef	2 slices (about 2 oz.)	0	0	142	15.4 g	8.5 g
Crab cake	1 (about 2 oz.), fried	0.3 g	N/A	93	12.1 g	4.5 g
Egg and cheese sandwich	1 (about 5 1/4 oz.)	25.9 g	N/A	340	15.6 g	19.4 g
Eggnog	4 fl. oz.	17.2 g	0	171	4.8 g	9.5 g

Bonus Nutritional Guide

Food	Serving	Carbohydrates	Fiber	Calories	Protein	Total Fat
English muffin	1 (about 2 oz.) plain, togeted	30.0 g	1.5 g	154	5.1 g	1.3 g
Frankfurter, beef	1 (about 1 1/2 oz.)	0.8 g	0	142	5.4 g	12.8 g
French fries	20-25, "strips""	29.3 g	N/A	235	3.0 g	12.2 g
French or Vienna	1 slice (1 1/4 oz.)	19.4 g	0.8 g	102	3.2 g	1.0 g
French toast.	1 slice (about 2 oz.)	17.2 g	0.1 a	153	5.7 a	6.7 a
Fried chicken	2 pieces (about 5 1/4	15.7 a	N/A	431	30.1 a	26.7 a
drumsticks or thighs	oz.)				5	
Fried chicken wings or breasts	2 pieces (about 5 1/4 oz.)	19.6 g	N/A	494	35.7 g	29.5 g
Frozen yogurt, nonfat, all flavors	1/2 cup	21.0 g	N/A	100	4.0 g	0
Fudge, chocolate	1 oz.	21.0 g	0.4 g	112	0.8 g	3.4 g
Green peas	1/2 cup, boiled	12.5 g	2.4 g	67	4.3 g	0.2 g
Ham	2 slices (about 2 oz.)	1.8 g	0	103	10.0 g	6.0 g
Hamburger, plain	1 (about 3 1/4 oz.)	30.5 g	N/A	275	12.3 g	11.8 g
Hot dog	1 (about 3 1/2 oz.)	18.0 g	N/A	242	10.4 g	14.5 g
loe cream, French vanilla, soft serve	1/2 cup	19.1 g	0	188	3.5 g	11.3 g
Lasagna	6 oz. Frozen entrée	21.0 g	N/A	244	15.6 g	10.8 g
Lobster	3 oz,cooked, moist heat	1.1 g	0	83	17.4 g	0.5 g
Margarine, soft	2 tsp.	Trace	0	67	0.1 g	7.6 g
Marshmallow	1 large	5.8 g	N/A	23	0.1 g	0
Martini	2.5 fl. oz.	0	NA	156	0	0
Mashed potatoes	1/2 cup	18.4 g	2.1g	81	2.0 g	0.6 g
Meat loaf	3 oz.	2.8 g	N/A	170	13.5 g	11.2 g
Minestrone, condensed	1 cup, made w/water	11.2 g	1.0 g	82	4.3 g	2.5 g
Mints, plain	1 oz.	25.1 a	N/A	102	trace	0.6 a
Muffin, Plain,	1 (about 1 1/2 oz.)	16.9 g	N/A	118	3.1 a	4.0 a
Mushrooms	1/2 cup pieces, boiled	4.0 g	1.7 g	21	1.7 g	0.4 g
Nachos, cheese	6 E8 (about 4 oz.)	36.3 g	N/A	346	9.1 g	19.0 g
Oatmeal cereal	3/4 cup, cooked	18.9 g	3.9 a	109	4.6 a	1.8 a
Onions	1/2 cup chopped, boiled	6.9 g	1.3 g	30	0.9 g	0.1 g
Oysters, Eastern, breaded and fried	6 medium (about 3 oz.)	10.2 g	0	173	7.7 g	11.1 g
Pancake, plain or buttermilk from mix	1 (about 1 oz.) made w/egg & milk	8.8 g	0.4 g	61	1.9 g	2.0 g
Pasta, Fresh	1 cup, cooked	34.9 g	2.2 g	183	7.2 g	1.5 g
Peanut butter	2 Tbsp.	6.6 g	1.9 g	188	6.6 g	16.0 g
Peanuts, dry-roasted	1 oz.	6.0 g	2.2 g	164	6.6 g	13.9 g
Pickles, dill	1 (about 2 oz.)	2.7 g	0.8 a	12	0.4 a	0.1 a
Pizza, cheese	1 slice (about 2 1/4	20.5 g	N/A	140	7.7 g	3.2 g
Popcorn, air-popped, unsalted	1 cup	4.6 g	0.9 g	23	0.8 g	0.3 g
Pork sirloin	3 oz., lean only, roasted	0	0	201	23.4 g	11.2 g
Pork tenderloin	3 oz., lean only,	0	0	141	25.0 g	4.1 g

Bonus Nutritional Guide

Food	Serving	Carbohydrates	Fiber	Calories	Protein	Total Fat
Potato	1 (about 7 oz.), baked	51.0 g	2.2 g	220	4.7 g	0.2 g
Pound cake	1 slice (about 1oz.)	15.9 a	N/A	119	1.9 a	5.4 a
Pumpkin pie	1 slice (about 4 oz.)	27.9 a	3.1 a	241	4.6 a	12.8 a
Rib eye steak	3 oz., lean only, broiled	0	0	191	23.8 g	10.0 g
Rice, White, Enriched	1/2 cup, cooked	29.2 g	0.2 g	133	2.4 g	0.2 g
Roast beef sandwich	1 (about 5 oz.)	33.4 a	N/A	346	21.5 a	13.8 a
Rve bread American	1 slice (about 1 oz)	13 0 g	060	61	230	0.3 a
Salmon sockeve	3 oz cooked dry	0	0	184	23.2 a	930
fresh	heat		-	104	20.2 9	0.09
Sausage, beef,	1 link (about 1 1/2	1.0 g	0	134	6.1 g	11.6 g
Scallions	1/2 cup, chonned	370	120	16	0.9 a	0.1 a
Ocditions	raw	0.7 9	17.9	10	0.09	0.19
Sherbet orange	1/2 cun	29.4 n	N/A	135	110	190
Shrimo mixed	3.07	980	N/A	206	18.2 a	10.4 a
species, breaded and fried	0.02	5.0 g	-	200	10.2 g	10.49
Sirloin steak wedge	3 oz lean only	0	0	166	25 8 a	61 a
bone	broiled	-	-		5	
Spaghetti and	1 cup	38.7 g	N/A	332	18.6 g	11.7 g
Spinoch	1/2 cup, boiled	240	200	21	270	0.2 a
Stock conduich	1/2 cdp, bolled	52.0 g	2.0 g	460	2020	14.1 a
Cteau tranica	1 (about 7 1/4 02.)	40.E =	2.0-	455	30.3 g	0.6 -
Strawbernes	i cup	10.5 g	3.99	43	0.99	0.69
Sugar, granulated	1 tsp.	4.U g	0	15	0	0
Sweet potato	1 (about 4 oz.) baked	27.7 g	3.4 g	117	2.0 g	0.1 g
Тасо	1 sm (about 2 1/2 oz)	26.7 g	N/A	369	20.7 g	20.6 g
Tofu, regular	1/4 block (about 4oz)	2.2 g	1.4 g	88	9.4 g	5.5 g
Tomato	1 (about 4 oz) raw	570	160	26	110	04 a
Tuna fresh	3 oz cooked dry	0	0	156	25.4 a	530
	heat				5	0
Turkey breast	2 slices (about 1 1/2	0	0	47	9.6 g	0.7 g
Turkey white meat	3 oz megtonly	0	0	133	25.4 a	270
	roasted	-	-		5	
Veal sirloin	3 oz., lean only,	0	0	143	22.4 g	5.3 g
Wofflo homomodo	1 (about 1 2/4 oz.)	19.9 0	N/A	140	470	40.0
enriched	i (auour i 3/4 02.)	10.0 g	IN C	140	4.79	4.09
White bread, soft	1 slice (about 1 oz.)	12.6 g	0.5 g	68	2.2 g	0.8 g
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64

RPP-28000-00 Rev. A

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