If the STORE key **20** is being pressed, the microprocessor **25** performs step s**111** where the entered number is added to the accumulated POINTS total stored in the RAM **29**. Finally, the target and POINTS left values are displayed at step s**120**.

If it is determined, at step s**104**, that the CAL key **17** is being pressed, the microprocessor **25** repeatedly performs a number entry step, s**113**, until a non-numeric key is pressed. This enables a user to enter the calorie value of an item of food. When this occurs, the microprocessor **25** determines whether it is the CLEAR key **21** that is being pressed, step s**114**. If the CLEAR key **21** is not being pressed, the microprocessor **25** determines that the FAT key **18** is being pressed, step s**115**. If the answer at step s**115** is no, the microprocessor **25** returns to step s**114**.

Once the FAT key **18** has been pressed, the microprocessor **25** performs another number entry step, step s**116**. This enables the user to enter the quantity in grams of fats for the food item. At step s**117**, the microprocessor **25** determines whether the CLEAR key **21** is being pressed. If the CLEAR key **21** is not being pressed, the microprocessor **25** performs step s**121** to determine whether the fiber (FIBER) key **50** is being pressed. If the fiber (FIBER) key **50** is not being pressed, the microprocessor **25** returns to step s**117**.

Once the fiber (FIBER) key **50** has been pressed, the microprocessor **25** performs another number entry step, step s**122**. This enables a user to enter the quantity in grams of dietary fiber for the food item. At step s**123**, the microprocessor **25** determines whether the CLEAR key **21** is being pressed. If the CLEAR key **21** is not being pressed, the microprocessor **25** performs step s**118** to determine whether the POINTS key **19** is being pressed. If the POINTS key **19** is not being pressed, the microprocessor **25** returns to step s**123**. If, however, the POINTS key **19** is being pressed, the microprocessor **25** performs step s**119**. At step s**119**, the microprocessor **25** calculates the POINTS for the food item according to the equation:

$$p = \frac{c}{50} + \frac{f}{12} - \frac{r}{5}$$

where p is the POINTS value, c is the number of kilocalories entered, f is the number of grams of fat entered and r is the number of grams of dietary fiber entered. The microprocessor **25** then causes the display driver **33** to display the POINTS value on the display **5**.

Once the POINTS value has been displayed, the microprocessor **25** moves to step s**109**. If, for instance, the displayed POINTS value is greater than the POINTS left for the use for the current day, the user may not eat the food item and can press the CLEAR key **21**.

After step s**120** is performed, the microprocessor **25** reenters the loop of steps s**102**, s**103** and s**104**.

The skilled person will appreciate that many variants of the present invention are possible. For instance, the process of the present invention may employ a calculator provided with an alphanumeric keyboard and be programmable to allow a user to enter all or part of a word for searching the database. Additionally, a user could use the keyboard to add records to the database. The art of calculators includes many techniques for updating stored data and the skilled person will readily see how these might be applied to the present invention.

The skilled person will also appreciate that a calculator, used in the process of the present invention, may have a subset of the features of the described embodiments. For example, the storing of the target and "POINTS left today" values may be omitted.

Furthermore, the features of the second and third calculator embodiments may be combined in a single calculator.

It will also be appreciated that the process of the present invention may be manually implemented by measuring the various quantities, calculating point values by hand, determining daily point ranges and selecting and ingesting food servings having a total point value within said range, all done without resort to a specialized calculator. Moreover, the step of measuring properties of candidate foods and/or calculating point values may be performed, for example, by diet plan organizers or food packagers, and provided to individuals participating in a weight control program.

Another alternative embodiment of the present invention involves the use of a slide rule calculated in accordance with the appropriate point algorithm. Such a slide rule, incorporating the algorithm of equation 1, where k_1=50, k_2=12 and k_3=5, is shown in FIG. **8**(*a*).

In FIG. **8**(*a*), a slide rule **100** consists of a sleeve **102** and a slider **104** moveable within said sleeve in the directions indicated by double-headed arrow **106**. Windows **108** and **110** in the sleeve **102** provide views to calorie scale **112** and point scale **114** printed on the slider **104**. The arrangement of the scales on the front and back of the slider **104** are shown in FIGS. **8**(*b*) and **8**(*c*), respectively.

In operation, the user first determines the values of dietary fiber in grams, calories and total fat in grams for a candidate food serving. The slider **104** is then moved until the calories scale **112** is aligned with the dietary fiber measurement on the dietary fiber scale **116** on the sleeve **102**. Total fat in grams is then located on the fat scale **118**. The number of POINTS for the food serving is then read in window **110** opposite the total fat for the serving. If calories per serving are more than 300, the slide is removed, turned over and reinserted to complete the calculation.

Thus, for example, if values of c=270, r=4 and f=14 were used, the slide rule would provide a value of 6 POINTS for the food serving.

While the present invention has been exemplified by numerous embodiments, the scope of the invention is intended to be defined by the following claims and their equivalents recognized under law.

We claim:

1. A process for reducing body weight in a human being comprising the steps of

(a) measuring the number of kilocalories, c, in the candidate food servings;

(b) measuring the total amount of fat, f, in the candidate food servings;

(c) measuring the amount of dietary fiber, r, in the candidate food serving;

(d) calculating a whole number point value p for each candidate food serving in accordance with the equation

$$p = \frac{c}{k_1} + \frac{f}{k_2} - \frac{r}{k_3}$$

wherein k_1, k_2 and k_3 are preselected constants; wherein k_2 is in the range $k_1/4.5$ to $k_1/1.5$ when f is measured in grams; and wherein k_3 is in the range of $k_1/20$ to $k_1/5$, when r is measured in grams;

(e) determining a range of points allotted per day based on current body weight and caloric reduction to be achieved;

(f) during a day, selecting and ingesting food servings having a total point value within said range; and

(g) repeating at least step (f) in successive days until the desired weight reduction is achieved.