

CookBookPlus Desktop 2016 <> USDA Food Values Database

Hold Ctl Key When Clicking Links ... Use ctl-W To Close Any Open Menus and Videos

ctl-F Will Open Search Box ... Type Keyword then Hit Enter Key ... Enter Key Again Finds Next ... Esc Key To Close

Submenu	Order	Link
<input type="checkbox"/>	1	USDA Database
<input type="checkbox"/>	2	Access From Nutritional Data Tab
<input type="checkbox"/>	3	Open Database With Key Values
<input type="checkbox"/>	4	Open database Without Key Values
<input type="checkbox"/>	5	Key Values and Displayed Record
<input type="checkbox"/>	6	Nutrient Value vs. Measure Value
<input type="checkbox"/>	7	Search For USDA Food Item
<input type="checkbox"/>	8	Create Ingredients Using USDA Values
<input type="checkbox"/>	9	Post As Is
<input type="checkbox"/>	10	Post Mul X
<input type="checkbox"/>	11	Post By The Dozen
<input type="checkbox"/>	12	Post Per Oz
<input type="checkbox"/>	13	Post Per LB
<input type="checkbox"/>	14	Post Div X