

Escali[®] Measuring What's Next[™]

Nutritional Scale



Cesto

Manual and code list

www.**Escali**.com

Thank you for purchasing the Escali Cesto Digital Nutritional Scale.

The Escali Cesto Digital Nutritional Scale has a smart weighing system inside. This highly diverse diet scale weighs in ounces, pounds+ounces, fluid ounces, grams and milliliters. The scale is advanced with easy to use features to display and memorize nutritional values, including carbohydrates, fat and protein.

The Escali Cesto will prove to be an indispensable tool in your health conscious way of living.

Please read the following operation information to ensure the proper function of your new scale.

How to weigh:

- 1) Press the "ON" key
- 2) All display segments will show for about 2 seconds
- 3) "WT 0.0 oz" will appear on the display
- 4) Press the "g/oz" key to select measuring unit
- 5) Place item slowly on the tray

How to use the Tare feature:

This feature allows you to obtain the exact weight of an item in a container, by subtracting the weight of the container. It lets you add consecutive ingredients to the container, and weigh each ingredient individually.

- 1) Press the "ON" key
- 2) Select measuring units (oz, lb/oz, g, kg)
- 3) Place the container, without the item, slowly on the tray
- 4) Press the "zero" key. The weight of the container will be removed, and the display value will reset to zero
- 5) Slowly add the item to the container. The display will show the weight of the item only
- 6) You may continue to determine the weight of each additional item as they are added by repeating step 4 & 5

How to clear the Tare feature:

Remove all items from the tray. A negative weight will appear on the display. Press the "zero" key again to reset the scale to zero

How to display Nutritional data:

- 1) Make sure your scale is in WT mode (press the g/oz key if necessary), "WT" will display
- 2) Place the food item slowly on the tray
- 3) Find the 3 digit food code from the list in this manual
- 4) Use the number keypad to input the food code. (You may clear the input with the CLR/MC key)
- 5) Weight and Nutritional Data will show on the display



Example of display reading

- CAL – Calories
- SALT – Sodium in milligrams
- PROT – Protein in grams
- FAT – Fat in grams
- CARB – Carbohydrates in grams
- CHOL – Cholesterol in milligrams
- FIBR – Fiber in grams

How to save Nutritional data:

This feature cumulates the dietary values of the foods being weighed in the diet memory.

- 1) Follow step 1 - 5 of "How to display Nutritional data"
- 2) Press the g/oz key to return to weigh mode
- 3) Press the M+ key to save the nutritional data
- 4) The display will show M01 to indicate the first saved nutritional data
- 5) The saved data will remain in the memory until cleared (even after turning off the scale)
- 6) Up to 99 nutritional readings can be added to the memory

How to recall saved Nutritional data:

- 1) Make sure your scale is in WT mode (press "g/oz" key if necessary), "WT" will display
- 2) Press the MR key. The display will show "ΣM" followed by the total memory number
- 3) Total Nutritional data will show on the display
- 4) Press zero to go back to WT mode

How to clear saved data:

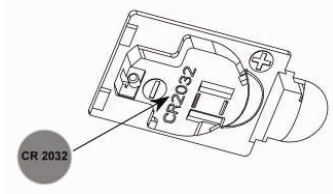
- 1) Make sure your scale is in WT mode, and the food code is 000 (press "g/oz" key if necessary), "WT" will display
- 2) Press the CLR/MC key, M will flash
- 3) Press the CLR/MC key again to clear the memory, or any other key to escape

Do not place overweight items on the scale:

Err will appear on the display when weighing items over the maximum weight capacity. Immediately remove overweight items to avoid causing damage to your scale.

Battery Replacement:

This scale operates on one CR2032 Lithium Battery. Please replace the battery when the low battery symbol appears on the display.



Important additional information:

- 1) Your Escali Nutritional Scale is preprogrammed with 999 food codes containing Calories, Sodium, Protein, Fat, Carbohydrate, Cholesterol and Fiber values for the most commonly used foods, ingredients and beverages. The programmed nutritional values are an indication only, and not an exact value. The nutritional information are approximate mean values and is based on the latest USDA information and other sources.
- 2) Make sure your scale is at room temperature and on a stable horizontal surface free of vibration
- 3) This scale is not waterproof. Do not expose to moisture.
- 4) This scale is a precision instrument, it must be handled with extreme care. Avoid rough treatment, shaking and vibration
- 5) Do not disassemble this scale or the warranty will be void
- 6) The display value may be affected by electromagnetic disturbances such as operating near a radio. If this occurs, move the device that is causing the disturbance and turn the scale off and restart.

Warranty:

Manufacturer's five (5) year warranty, see www.escali.com for full details.

Escali's liability is limited to two (2) times the cost of the product.

© Copyright Escali Corp, 2008; applies to all content of this manual and all data in the scale.

www.Escali.com