Factor: This field is not needed for data set use. It is a "check" field for the developers that indicates the difference between the standard measure code and the default portion provided in the dataset. For example, a standard measure for 1 fluid ounce is "3000," and if the factor is 8, then the default portion should be 8 x 1 fluid ounce, or 8 fluid ounces.

Increment: This field tells the program in what increments portion options should be provided for users to choose from. An increment of .25 with a default portion of 1 cup would move the portion options up or down in ¼ cup increments, while an increment of 1 for a default portion of 8 fluid ounces would move the portion options up or down in 1 fluid ounce increments.

Multiplier: This field tells the program by how much to multiply all of the food group and nutrient values, and then add or subtract from the default amounts, for a single increment change in the portion option. For example, if the increment is .25, the food group values will be multiplied by .25 and then added to the default value if the increment moves up by one unit, or subtracts it if the increment moves down.

Putting this all together: A user chooses food # 11111000, whole milk. The portions that are provided are 1 cup or 8 fluid ounces. The user selects the fluid ounce option and selects 10 fluid ounces rather than the default of 8 fluid ounces. The program calculates that the user has moved the portion up 2 increments (increment =1 for the fluid ounce portion), and multiplies the milk group value by 2 (the # of increments) x .125 (the multiplier) x the milk group value of 1, to get .25, and then adds this (increment increased so +) to the default of 1 to get 1.25 cups of milk in 10 fluid ounces.

Portion Defaults: The portion default field simply indicates which of the various portion options should initially show up when the user selects a food. This is given a "1." All other portions for the same food have a "2" and this means the user must select them from a pull-down menu.