

How do I save my data?

When you enter data in SERVE it is automatically saved in one file, the SERVE database. This means that you do not have to remember to save your work as you go. Also you do not have to search for your data files, nor worry about remembering the name of the files you saved.

The SERVE database ensures that all your data is complete. For example, it prevents you from removing foods from the database that are used in recipes and food intakes. SERVE has a number of separate databases, for example: SERVE.MDB, which is based on the NUTTAB data tables, SERVEA.MDB which is based on AUSNUT, and SERVER.MDB which is based on the new ANZFA special edition of AUSNUT for food labelling.

We recommend that you keep regular updated copies (backups) of the SERVE databases in case there is a problem with your PC. We also recommend that these copies are kept separate from your PC, such as on a flash drive, zip drive, CDs, DVDs or other back-up storage media.

If you have a flash drive, zip drive you can use Windows Explorer to copy the SERVE databases or the whole serve folder to a zip disk. Similarly if you have a CD or DVD writer you can burn a copy of the databases or serve folder to CD or DVD.

It is recommended that you take a backup copy either on a regular basis or whenever you have used SERVE and you are concerned about the possibility of losing the data you have just entered.