

Dietary kitchen scale

User's manual

EN



SENCOR[®]

SKS 6000

Before first use, please read all instructions contained in this user's manual carefully, even if you are already familiar with using similar products. Only use this product in accordance with the instructions described in the user's manual. Please store this manual for later use.

Keep the original packaging, including the internal packing material, warranty card and proof of purchase receipt, at least for the duration of the warranty. If you need to ship this product, pack it in the original cardboard box to ensure maximum protection during transport (e.g., when moving or when you need to send this product for repair).

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IMPORTANT SAFETY NOTICE

- 1) Carefully unpack the product, and take care not to throw away any part of the packaging material before you have found all parts of the product.
- 2) This product must not be used by persons (including children) with physical or mental impairments or by inexperienced persons, unless properly trained or schooled in the safe use of the product, or unless they have been properly supervised by a qualified person who will be responsible for their safety.
- 3) Children must be supervised to ensure that they do not play with the product.
- 4) Under no circumstances should you repair or alter the product yourself. Entrust all repairs and adjustments to a specialised company/service. Tampering with the product may void the warranty.
- 5) Store and use the product away from flammable or volatile materials and substances.
- 6) Keep the product away from extreme temperatures, direct sunlight and excessive humidity. Do not use in a dusty environment.
- 7) Do not place the product near heaters, open fires or other sources of heat.
- 8) This product is designed for household use. Do not use in industrial surroundings or outdoors!
- 9) Do not use the product for purposes other than those intended.
- 10) Do not spray the product with water or any other liquid. Do not submerge the product in water or any other liquid.
- 11) If you will not be using the product for an extended period of time, remove the batteries. Otherwise they may leak inside the product and cause irreparable damage.
- 12) For plugging the product into the mains socket, use only the type of adaptor included with the product.
- 13) It is not permitted to make construction changes to the product nor to attach HF amplifiers or antennas.
- 14) The manufacturer is not responsible for damages caused by incorrect use of this appliance or its accessories. Such damages include food spoilage, injuries, burns, scalding, fire, etc.

INTRODUCTION

This special dietary (nutritional) scale is intended primarily for:

- weight reduction diets
- athletes
- persons with diabetes
- persons with heart disease
- persons with kidney disease, higher cholesterol, high blood pressure, etc.

The scale has 999 programmed food codes using which it is possible to display nutritional values of individual foods, i.e. calorie, sodium, protein, fat, carbohydrate, cholesterol and fibre content for the majority of commonly used foods and drinks. Because even the same foods may contain slightly different nutritional values, the programmed values are only informational in nature and not accurate. Averaged nutritional values are used.



Warning

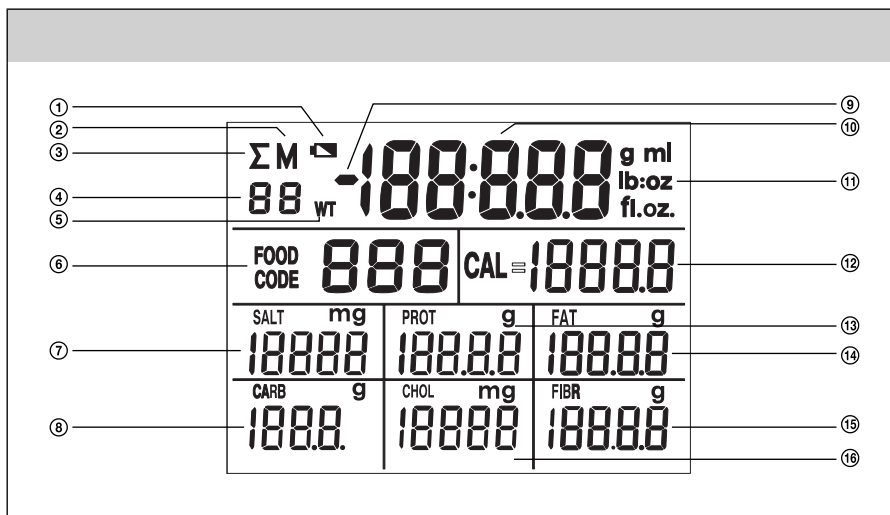
- As a result of the incorrect use of this scale, or possibly a wrong entry of a food code, the incorrect nutritional values may be displayed, which may lead to an incorrect diet or even cause health damage! For this reason please read this manual very carefully.
- This scale cannot be a substitute for necessary medical supervision and care.

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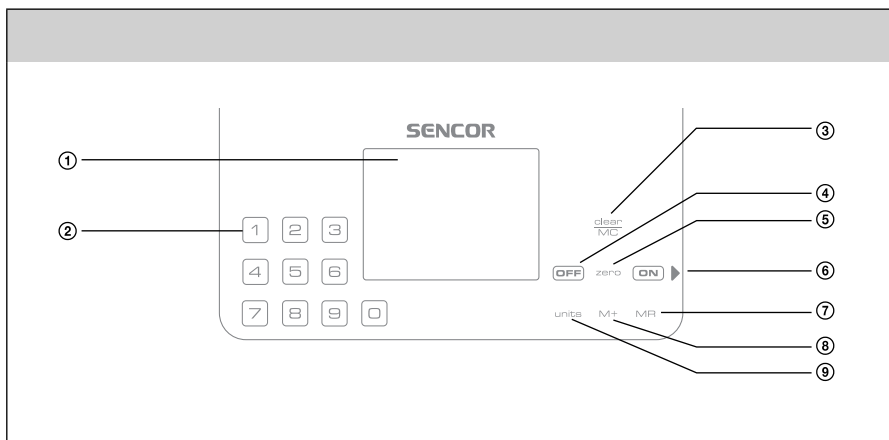
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DESCRIPTION OF LCD DISPLAY



- ① Low battery indicator
- ② Memory indicator
- ③ Indicator for the sum of all values stored in memory
- ④ Number of foods stored in memory
- ⑤ Weighing mode indicator
- ⑥ Food code
- ⑦ Salt content value [mg]
- ⑧ Carbohydrate content value [g]
- ⑨ Negative weight value indicator
- ⑩ Weight
- ⑪ Selected weight unit
- ⑫ Number of calories [cal]
- ⑬ Protein content value [g]
- ⑭ Fat content value [g]
- ⑮ Fibre content value [g]
- ⑯ Cholesterol content value [mg]

DESCRIPTION OF BUTTONS



- ① Display
- ② Number keys 0 – 9
- ③ CLEAR/MC button
- ④ OFF button
- ⑤ ZERO button
- ⑥ ON button (located on the side of the scale)
- ⑦ MR button
- ⑧ M+ button
- ⑨ UNITS button

INSTRUCTIONS FOR USE

Turning the scale on and off

**Warning**

Before turning on the scale for the first time, please check the back of the battery cover and remove the insulation tape, which prevents the discharge of batteries during transport.

- 1) Turn the scale on by pressing the "ON" button.
- 2) Turn the scale off by pressing the "OFF" button.

**Warning**

The scale turns itself off automatically after approximately 60 seconds after displaying "0" on the LCD display or while it is idle. By turning it off after weighing using the "OFF" button you will save the battery.

Switching units

While weighing you may switch between units (g -> oz -> ml -> fl:oz) by pressing the "UNITS" button.

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Weighing procedure

- 1) Turn the scale on by pressing the "ON" button.
- 2) If necessary select the weight unit (g -> oz -> ml -> fl:oz).
- 3) All segments of the display will show „0“. In the top left corner the weighing indicator "WT" will be displayed, which means that the scale is ready for weighing.
- 4) Place the food that you wish to weigh on the weighing surface.
- 5) The weight will be displayed on the display in the selected units.

Additional weighing function

- 1) Turn the scale on by pressing the "ON" button.
- 2) If necessary select the weight unit (g -> oz -> ml -> fl:oz).
- 3) Place the food that you wish to weigh carefully on the plate.
- 4) As soon as the scale stabilises, press the "ZERO" button. The current weight will be erased and the display will be reset to zero.
- 5) Place other foods on the scale. The display will display only the weight of the newly placed foods.
- 6) In this way you may continue to weigh additional foods by adding them step by step and repeating steps 4 and 5.

How to turn off the additional weighing function (ZERO)

Remove all food from the scale. A negative value will be displayed on the display. By repeatedly pressing the "ZERO" button you will reset the scale to zero.

Display of nutritional values

- 1) First check that the scale is in the weighing mode (a "WT" indicator must be displayed on the display). If this is not the case, press the "ZERO" button.
- 2) Then place the food that you wish to weigh on the weighing surface.
- 3) Find the 3 digit food code in the list, which is supplied with this scale.
- 4) Enter the food code for the food you found in the list using the keypad on the scale. The code will be displayed in the left corner. (The entered value may be deleted by pressing the "CLEAR/MC" button.)
- 5) In the relevant columns on the display the individual nutritional values of the weighed food will be displayed:
CAL - calorie content
SALT - salt content
PROT - protein content
FAT - fat content
CARB - carbohydrate content
CHOL - cholesterol content
FIBR - fibre content

Saving nutritional values

- 1) According to the preceding point, display the nutritional food values.
- 2) Press the M+ button to save the nutritional values to memory.
- 3) M01 is displayed on the display, which means that it is the first nutritional value that has been saved.
- 4) Place other foods on the scale and repeat the above mentioned procedure. M02 will be displayed on the display, which means that the nutritional values for two foods have been saved.



Warning

- The memory is permanent, the data is not lost even if the scale is turned off.
- If you wish to measure the nutritional values for more foods, repeat the steps above.
- You may save up to 99 various nutritional values. If you exceed 99 entries, delete the memory by pressing the „CLEAR/MC“ button.

Display of nutritional values

- 1) First check that the scale is in the weighing mode (a "WT" indicator must be displayed on the display). If this is not the case, press the "ZERO" button.
- 2) Press the "MR" button. The sum of all nutritional food values saved to memory is displayed on the display. "Σ" is displayed in the upper right corner. By pressing the "MR" button you will switch to the "WT" mode.



Warning

It is not possible to display the total weight of all foods, whose nutritional values have been saved to memory.

Deleting saved information

With the scale in the "WT" mode and displaying "000" on the display, press the CLEAR/MC button and "M" will begin to flash. If you really wish to delete the records, press the CLEAR/MC button again; If not, stop the deletion by pressing any other button.

OVERLOAD INDICATOR

If the scale is overloaded (max. capacity 5 kg), the display will show the symbol "Err". Remove the food from the scale immediately so as not to damage the scale.

CHANGING THE BATTERIES

If the display shows the dead battery icon, it is time to change the batteries.

- 1) Remove the battery compartment cover on the bottom part of the scale.
- 2) Remove the old batteries.
- 3) Place one 3V type CR2032 lithium battery into the battery compartment. Pay attention to the polarity. The positive pole must always be facing upwards.



Warning

- If you will not use the scale for a long time, store it in a horizontal position. This position better protects the sensitive sensors located in the scale footings.
- Do not place or leave any objects on the scale that may place unnecessary stress on the sensors.
- Strong magnetic fields may negatively influence the weighing precision. Do not use the scale in environments with strong magnetic fields.

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CLEANING AND MAINTENANCE

To clean the outer parts of the appliance, use a soft cloth dipped in lukewarm water.

DISPOSAL OF USED BATTERIES

This product comes with one alkaline battery. Do not place used batteries into regular household waste. Instead, use the appropriate waste collection and recycling centres.

TROUBLESHOOTING

If the scale is displaying random values or if it is not turning off automatically, you need to restart it. In such cases, remove the batteries for about 10 seconds and place them back again. The scale should work normally again.

TECHNICAL SPECIFICATIONS

Power supply	1 x 3V lithium battery (CR2032)
Max. measurable weight	5000 g
Weighing precision:	1 g
Switching between weight units	g -> oz -> ml -> fl:oz
Number of pre-programmed nutritional food values	999
Number of memory positions for the total sum of nutritional values	99
Automatic shut off when idle	60 s
Dimensions (width x depth x height).....	157 x 224 x 17 mm
Display dimensions (length x height).....	60 x 45 mm
Weight	0.55 kg

DISPOSAL OF USED ELECTRICAL & ELECTRONIC EQUIPMENT

The meaning of the symbol on the product, its accessory or packaging indicates that this product shall not be treated as household waste. Please, dispose of this equipment at your applicable collection point for the recycling of electrical & electronic equipments waste. In the European Union and Other European countries which there are separate collection systems for used electrical and electronic product. By ensuring the correct disposal of this product, you will help prevent potentially hazardous to the environment and to human health, which could otherwise be caused by unsuitable waste handling of this product. The recycling of materials will help conserve natural resources. Please do not therefore dispose of your old electrical and electronic equipment with your household waste. For more detailed information about recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product.

INSTRUCTIONS AND INFORMATION REGARDING THE DISPOSAL OF USED PACKAGING MATERIALS

Dispose of used packaging material in a location determined by the municipality of disposal of wastes.



This product is in compliance with the requirements of the regulations of EU on electromagnetic compatibility and electrical safety.