Using drop-down menus is an easy way to ensure that your clients enter only acceptable and predefined values into a spreadsheet. To create a drop-down menu in Excel 2007, follow these steps:

Open an MS Excel file and move your cursor to any blank cell

- 1. Click the "Data" tab
- 2. On the "Data Tools" section, click the "Data Validation" button
- 3. On the "Data Validation" window on the "Settings" tab, choose "List" from the "Allow:" drop-down menu
- 4. In the "Source" field, type a list of values separated by commas
- 5. Click the "OK" button

To view a screen cast of this tip, click here:

http://screencast.com/t/PDvSdnBv