Nutrition Button

Predict Meal
In order for predict meal to work correctly for you, you will need to fill out a health assessment on the health page selecting your activity level and diet plan so the app knows your calorie target and weight goal. You will also want to complete your food preferences on the Nutrition page so the app will know your macro targets. Once food preferences and a health assessment is completed, predict meal will be personalized to return meal suggestions that fall into your calorie target and food preferences.

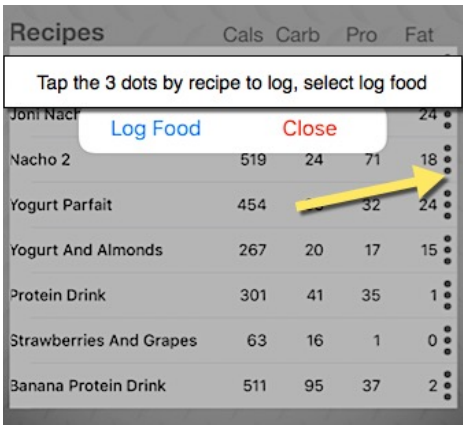
Select Predict Meal button and a map will display of the restaurant locations nearest you. Select a restaurant on the map. A new screen opens that displays a list of menu items from the restaurant you selected.
Slide the menu item list to the right to view the calories, carbohydrates, protein ,fat, sugar and sodium. Select a food item from the list.
To **log the item as a food favorite**, select “add to favorites”.
To **log the item as a food eaten**, select “log food”**.** You will be given an option to log any other food item you may have eaten on the “what else did you eat” screen. Type in the food item and select it, then select “log food”. Go to your meal history to see items you logged.

Search Food Items
Enter food item into the search box, select the item that most closely represents the food item you ate in calories and serving size. You can increase the serving size by tapping the + button above the list of foods.The calories and macros will increase accordingly. Select the item to log it to your meal history.

Food Favorites
Each time you log a food item, you will have an option to add that food item to your Food Favorites. Once you do that, you will not have to search that food again, instead you can go directly to your Food Favorites button to log that food for the day. Food Favorites is also where you can find your created recipes.

Scan Barcodes
Find the barcode on the food item, select the scan barcode button, position your phone where the apps screen has the barcode in the square, you should here a bell sound and the food item should display in the app. Select the item to log or add to food favorites.

Create a Recipe
This is a great tool for quick and easy food logging. Type in a food item in the search box, select the item from the list (item will be highlighted gray), enter a number for the quantity, select add (food item you added will appear under the recipe name). Once you have searched and added all foods, type in a recipe name, scroll to the bottom and select “add to favorites”. Your recipe will be found on the Food Favorites button for quick logging.



Here are just a few examples of recipes/snacks/meals:

Protein Drink
Apple and walnuts
Omelette
Salad
Healthy Nachos
Greek Yogurt and strawberries

*You can create a “true” recipe with ingredients or your recipe can be any food combination you eat frequently that you want to quickly log that combination.

Meal History
A list of logged food for breakfast, lunch, dinner and snack with a day total of calories, protein, carbohydrate, and fat grams.