SnapCalorie

Your Personal Nutrition Assistant

Comprehensive Instructional Handbook for Application Navigation
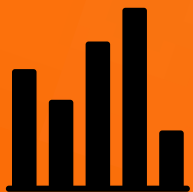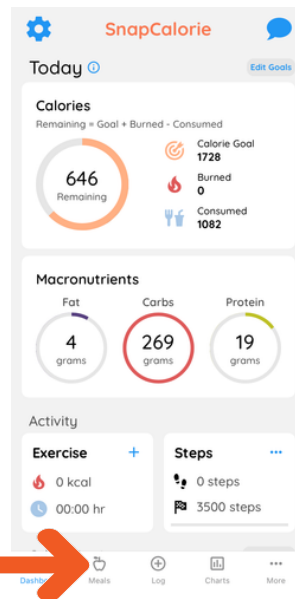
Today
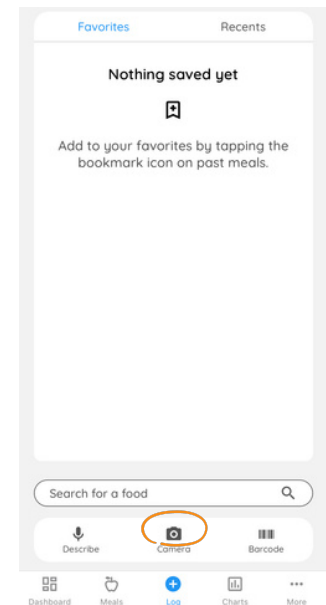
kcal
896
of
1600

- Proteins 31%
- Fats 26%
- Carbs 43%

0 00035 54562 0

Snap Calorie

PHOTO LOGGING

HOW TO MAKE USE OF PHOTO LOGGING FEATURE IN SnapCalorie:

A

Launch the application and select the "log" option below.

SnapCalorie

Today ⓘ   Edit Goals

Calories
Remaining = Goal + Burned - Consumed

646
Remaining

🎯 Calorie Goal **1728**
🔥 Burned **0**
🍴 Consumed **1082**

Macronutrients

Fat	Carbs	Protein
4 grams	269 grams	19 grams

Activity

Exercise ✛	Steps ⋯
🔥 0 kcal	👣 0 steps
🕐 00:00 hr	🏁 3500 steps

Dashboard   Meals   Log   Charts   More

B

Favorites   Recents

Nothing saved yet
🔖

Add to your favorites by tapping the bookmark icon on past meals.

Search for a food 🔍

🎤 Describe   📷 Camera |||| Barcode

Dashboard   Meals   Log   Charts   More

Once you've selected "log," choose the CAMERA option.

C

Capture an image of the food you're consuming ensuring it's clear, uncropped, and well-lit.

378 calories

SnapCalorie

- You can also use the flashlight button to enhance brightness while taking the photo.

D
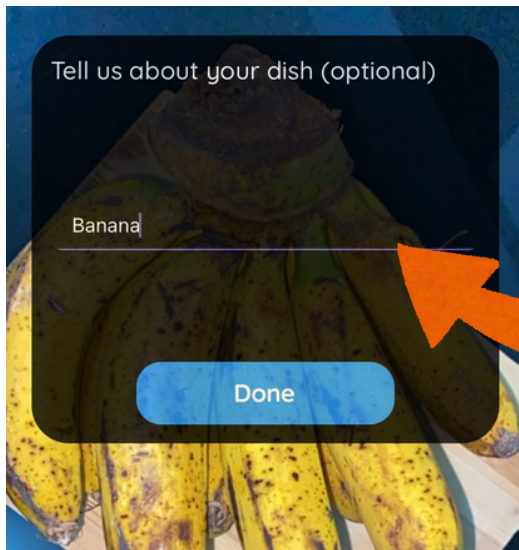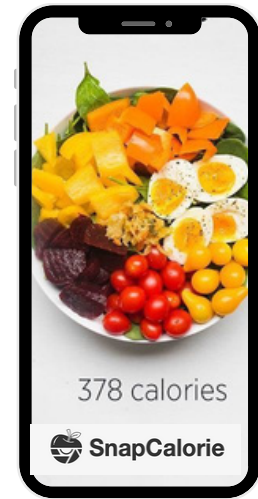
After you've clicked "capture," you can add a description to the food picture you've taken.

Tell us about your dish (optional)

Banana

Done

e.g. BANANA

Tell us about your dish (optional)

E

Analyzing your meal...

LOADING

The application will now analyze the food image you captured.

F

1. Once the photo has loaded, it will display information of calories, fat, carbs, and protein.

Banana ✕

1000   g   ⌄

Save this food

- You can specify the portion size of the food.

Edit Entry ✓

890   3   228   11
Calories Fat (g) Carbs (g) Protein (g)

See full nutritional information

Banana
890 calories, 1 bunch
Edit portion size ✏
Source: SnapCalorie Database
Could also be:

Plantain +   Apple +   Pear +   Banana +   ✕

+ Add Food

Issue with your meal? Report it here.

2. Tap on the check button positioned at the top right corner to confirm and save the calorie intake for the food.

- You can also view comprehensive nutritional information for the food you photographed here.

Add Food

Apple   ✕

Apple
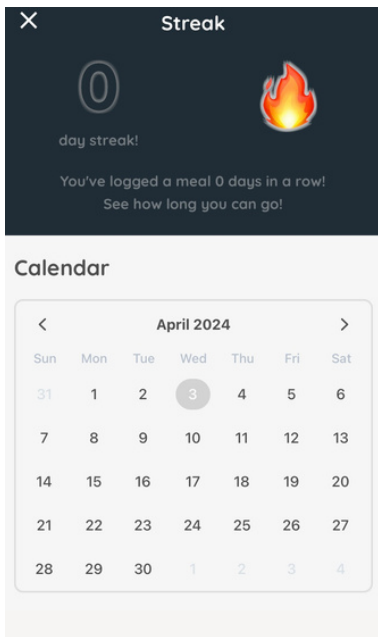95 calories per 1 apple
● Low NutriScore 52 / 100

Pineapple
41 calories per 1 serving
● High NutriScore 74 / 100

Apple Crisp
227 calories per 1 serving
● Low NutriScore 3 / 100

Apple Fritter
170 calories per 1 fritter
● Low NutriScore 21 / 100

Apple Sauce
75 calories per 1 container

e.g. apple

- If you have consumed additional food items for your breakfast, lunch, or dinner, you can click the "add food" option below.

Nutrition   ✕
1000 g banana

Serving size	(1000g)
Calories	**890**

	% Daily Value
Total Fat 3.3g	5%
Saturated Fat 1.1g	8%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 228.4g	91%
Dietary Fiber 26.0g	93%
Total Sugars 122.3g	245%
Protein 10.9g	11%

Micronutrients

|	
Magnesium, Mg 270mg	77%
Calcium, Ca 50mg	5%
Iron, Fe 3mg	22%
Zinc, Zn 2mg	17%
Folate, total 200µg	50%
Thiamin 0mg	26%
Riboflavin 1mg	56%
Niacin 7mg	44%
Vitamin A, RAE 30µg	4%
Vitamin B-6 4mg	282%
Vitamin C, total ascorbic acid 87mg	109%
Vitamin E (alpha-tocopherol) 1mg	7%
Vitamin K (phylloquinone) 5µg	4%

G

Choose the date of the food photo to record and monitor your daily calorie intake.

- Next, choose "continue" located at the bottom of the calendar to save your selection.
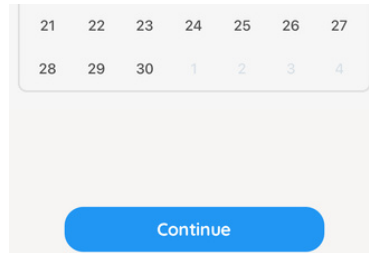
H

Your calorie intake has been saved successfully. It will now be displayed in the dashboard, meals, and charts.
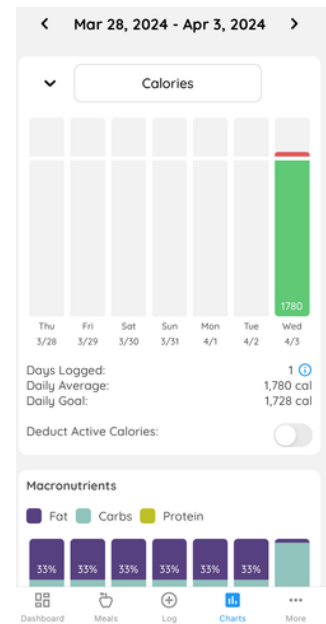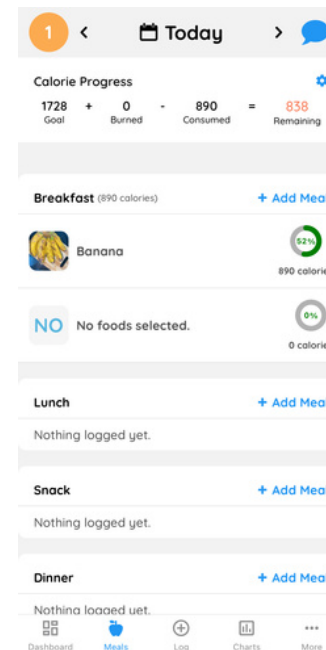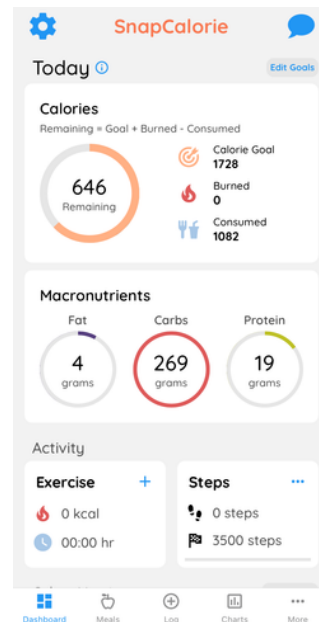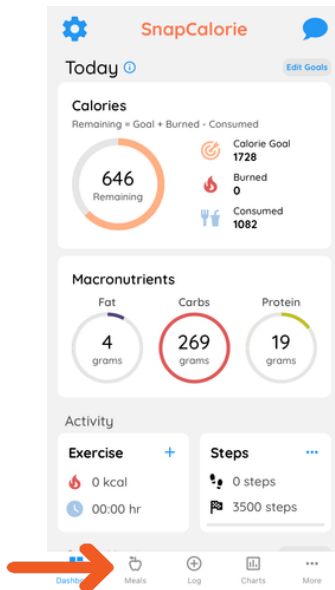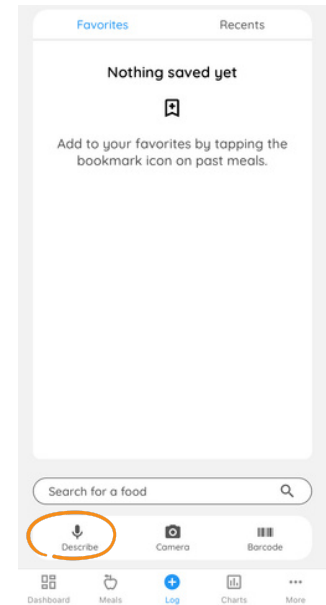
VOICE LOGGING

A

Launch the application and select the "log" option below.

B

Once you've selected "log," choose the DESCRIBE option.

C

Describe

Describe your meal below.

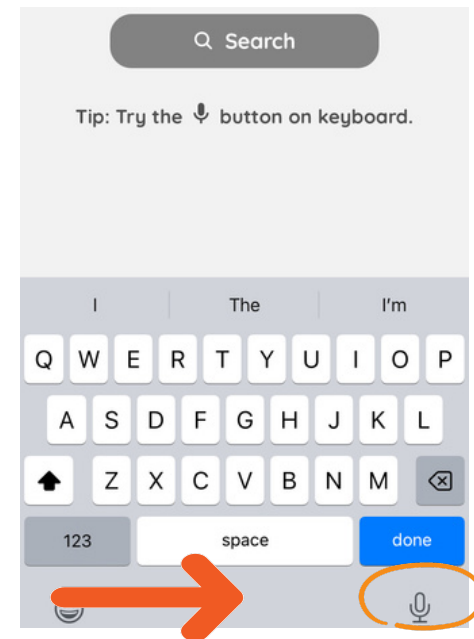e.g. 100g rice, 2 cups broccoli

Q Search

Tip: Try the 🎤 button on keyboard.

You have the option to input your calorie intake by typing or using voice recording.

To make use of voice recording, initiate the keyboard and then select the voice recorder button. Begin describing your food intake once activated.

D

Q Search

Tip: Try the 🎤 button on keyboard.

| I | The | I'm |

Q W E R T Y U I O P

A S D F G H J K L

⬆ Z X C V B N M ⌫

123 space done

🎤

📌TAKE NOTE: Ensure that your voice is clear and audible to ensure proper capture.

E
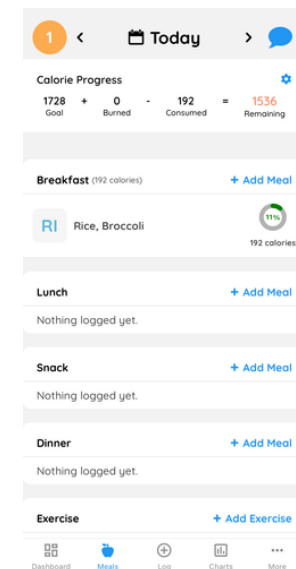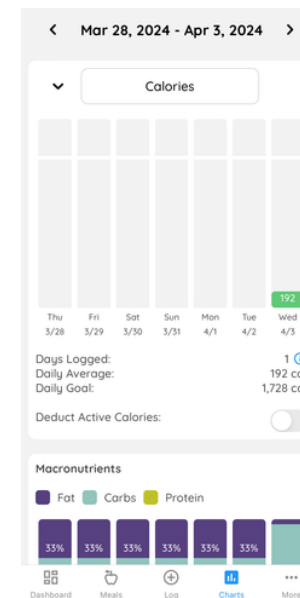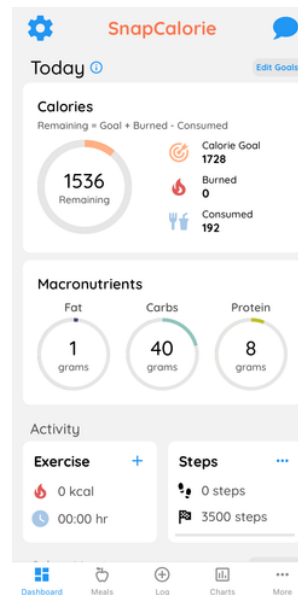

After finishing describing the food, it will be displayed in the description box.
e.g. 100 grams rice. 2 cups of broccoli

Save the meal to log your daily calorie intake for breakfast, lunch, or dinner.

Your calorie intake has been saved successfully. It will now be displayed in the dashboard, meals, and charts.
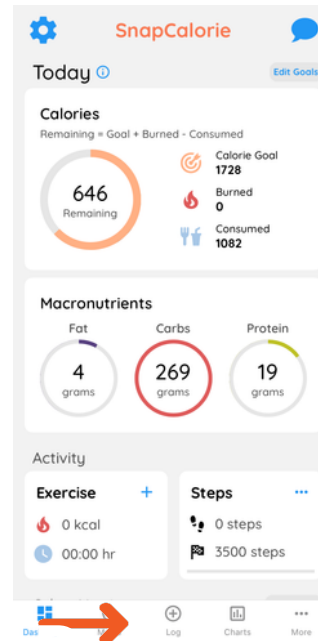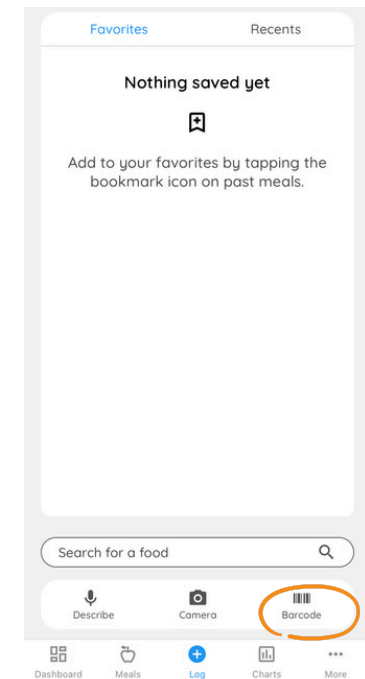
F

║█║ BARCODE LOGGING 🍎

A

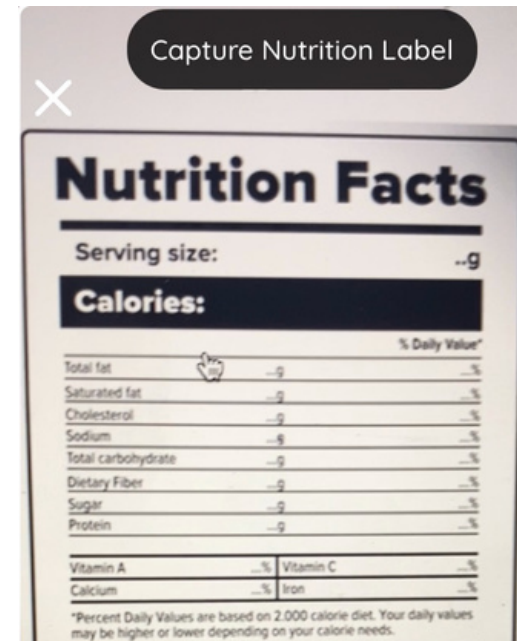Launch the application and select the "log" option below.

B

Once you've selected "log," choose the BARCODE option.

C

Place the barcode within the red line, ensuring it fits neatly within the square to ensure proper scanning.

Take a picture of the nutrition table.

D

Nutrition Facts

Serving size: --g

Calories:

% Daily Value*

Total fat	--g	--%
Saturated fat	--g	--%
Cholesterol	--g	--%
Sodium	--g	--%
Total carbohydrate	--g	--%
Dietary Fiber	--g	--%
Sugar	--g	--%
Protein	--g	--%

Vitamin A	--%	Vitamin C	--%
Calcium	--%	Iron	--%

*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

E

Enter the nutritional information.

- After inputting the information, click on the "save" button.

Choose the date of the barcode photo to record and monitor your daily calorie intake.

F

- Next, choose "continue" located at the bottom of the calendar to save your selection.
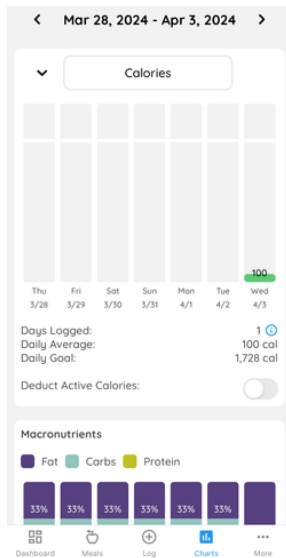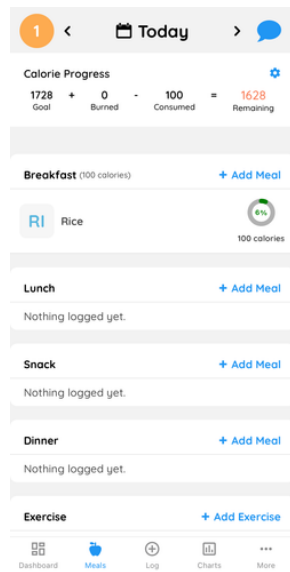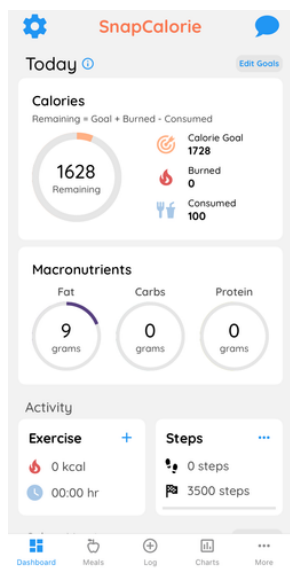
Your calorie intake has been saved successfully. It will now be displayed in the dashboard, meals, and charts.

HOW TO TRANSMIT CSV DATA FOR YOUR SNAPCALORIE LOGS VIA REGISTERED EMAILS.

A

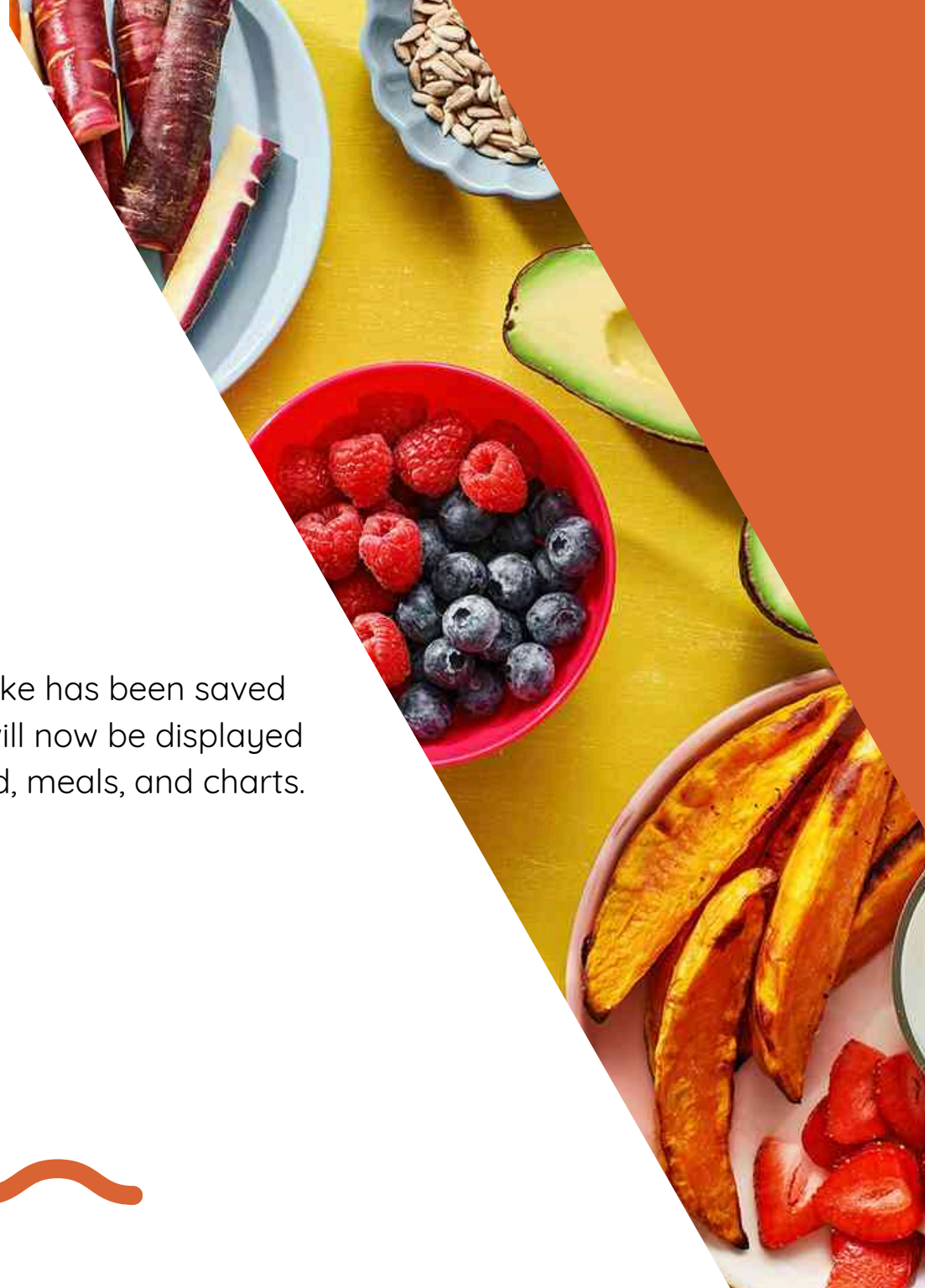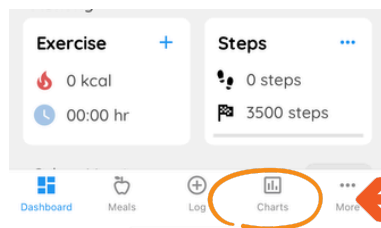Launch the application and select the "CHARTS" option below.

B

At the bottom of the chart, you'll find the option to export data as CSV via email.
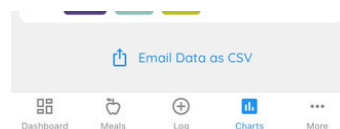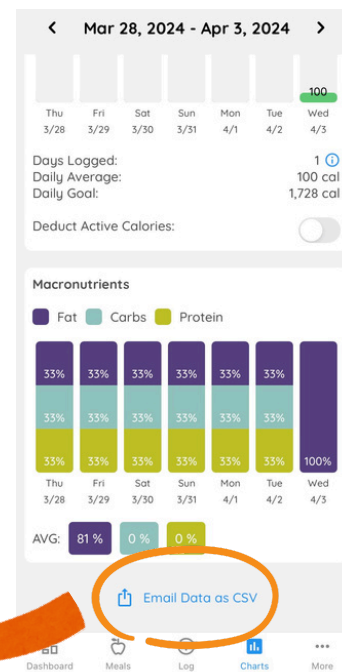
- After selecting the "Email Data as CSV" option, you will then find the CSV data in your registered email inbox.

SnapCalorie CSV Export [Inbox] ☆

help 6:51AM
to me

Below is the requested CSV data for your SnapCalorie logs for the following dates.

Start Date: Mar 28, 2024
End Date: Apr 3, 2024

Date,Food,Quantity,Unit,Calories (kcal),Protein (g),Carbs (g),Fat (g),Saturates (g),Fiber (g),Sugar (g),Cholesterol (mg),Sodium (mg),Potassium (mg)
2024-04-03,Rice,1,serving,100,0,0,9,9,,,,0
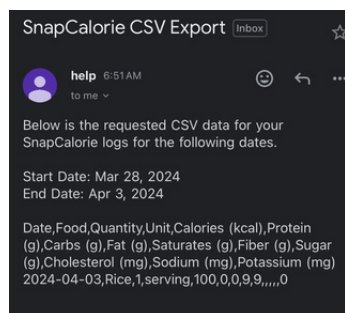
USEFUL INFORMATION WITHIN THE APPLICATION IS ALSO AVAILABLE FOR YOUR CONVENIENCE.

In the dashboard, you'll find some handy features that you can make use of.

SnapCalorie

Today ⓘ   Edit Goals

Calories
Remaining = Goal + Burned - Consumed

1628 Remaining

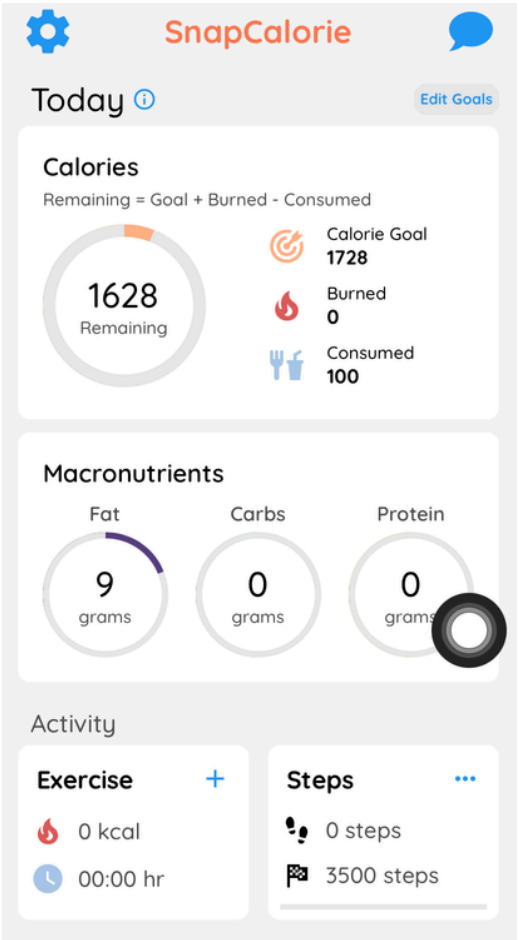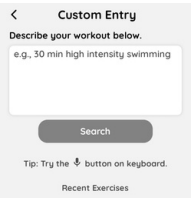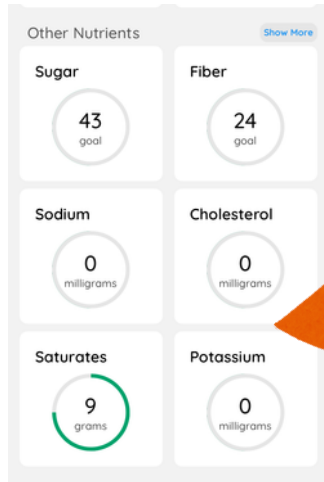Calorie Goal
1728

Burned
0

Consumed
100

• You can view the total calories consumed throughout the day.

You can easily check the amount of macronutrients (in grams) you've consumed.

Macronutrients

Fat   Carbs   Protein

9   0   0
grams   grams   grams

You can select the exercises you've completed, either by typing or using the voice recorder for tracking, and it will be automatically saved.

Activity

Exercise +

🔥 0 kcal

🕐 00:00 hr

Steps ···

👣 0 steps

🏁 3500 steps

You can record your daily step goals.

‹ **Custom Entry**
Describe your workout below.

e.g., 30 min high intensity swimming

Search

Tip: Try the 🎤 button on keyboard.

Recent Exercises

Other Nutrients — Show More

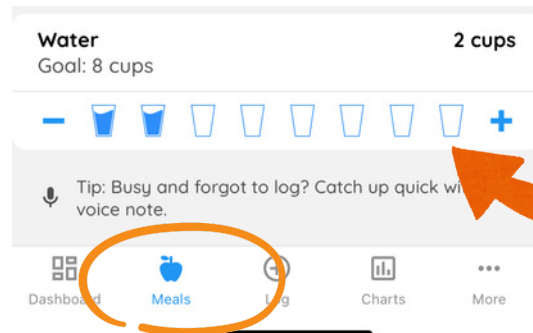|	
Sugar 43 goal	**Fiber** 24 goal
Sodium 0 milligrams	**Cholesterol** 0 milligrams
Saturates 9 grams	**Potassium** 0 milligrams

You can also view your goals for other nutrients; simply click on each button to track them.

Towards the bottom, you'll find a breakdown of the sources of nutrients you've consumed throughout the day.

Nutrient Sources

Food	Saturates ⌄
Rice	9 g

Water — 2 cups
Goal: 8 cups

− ▮ ▮ ▯ ▯ ▯ ▯ ▯ ▯ +

🎤 Tip: Busy and forgot to log? Catch up quick wi... voice note.

Dashboard | Meals | Log | Charts | More

In the meals section, you can also record the quantity of cups you've consumed.