

Don't Eat That!

User's Manual

Don't Eat That! is a web application that can be used to compare two food items and see their nutritional information, along with a recommendation of which food item is healthier. To start, enter two foods that you want to compare into the text boxes. Make sure to enter two different food items! For the best search results, try to be specific and spell the food items correctly.

DON'T EAT THAT!AboutHow It WorksContact

SignupLogin

DON'T EAT THAT!

Not sure what to eat? Pop it in and we'll tell you!

Enter food item 1

Enter food item 2

Compare

Clear Choices

1 Enter food item 1 here

2 Enter food item 1 here

3 Click Compare button to compare food items

Disclaimer: This web application does not replace a dietitian. It only serves as a quick guide to healthier food choices.

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Figure 1. Comparing food items

If you have specific dietary preferences, you can get recommendations tailored to your preferences by making an account. To make an account go to the top right corner and click the “Signup button”.

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1 Click here to create an account

Figure 2: How to Begin Creating an Account

You will then be redirected to the Registration Form. On the form, enter your name, desired username, desired password, and indicate your meal preferences. Make sure to enter all the information! When you are done, click the “Register” button to make your account and go back to the home page. When you return to the home page, you will be logged in.

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Registration Form

Name Enter Name

Username Enter Username

Password Enter Password

Meal Preference Calories Sugar Sodium Protein Calcium

Normal High Low

Normal

Normal

Normal

Normal

Register

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1 Fill in

2 Use drop down menu to select your preference

3 Click Register button to create account

Figure 3: How to Create an Account with Your Information

To log in, click the “Login” button at the top right corner. Enter your username and password into the respective boxes and click the “Sign in” button to log in.

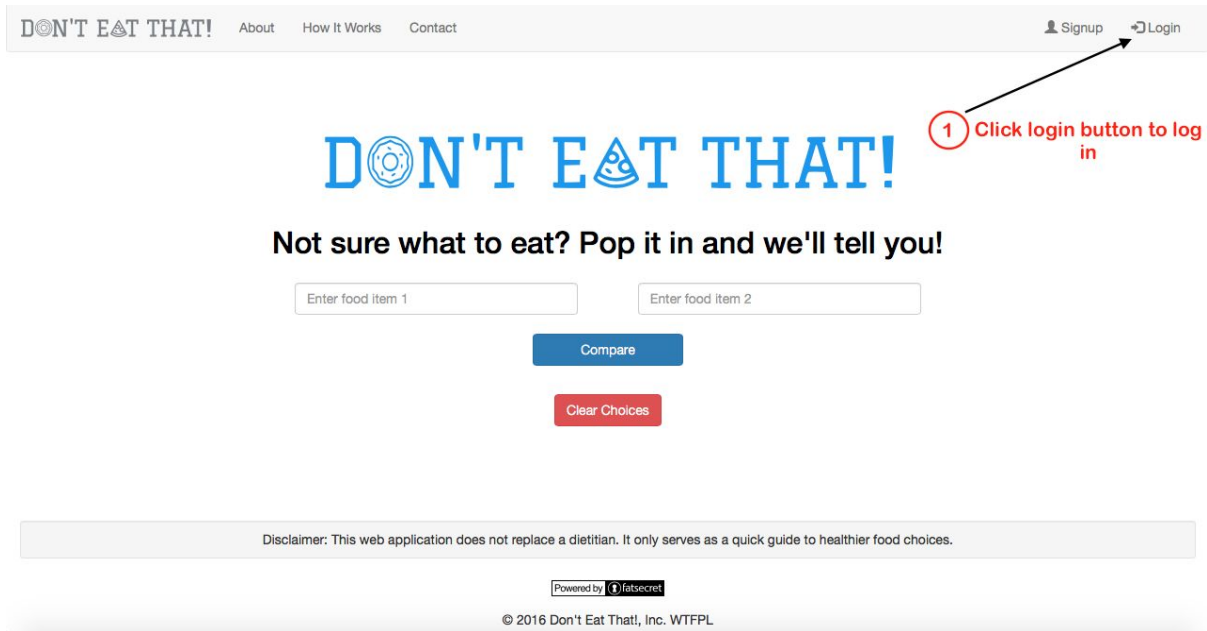


Figure 4: How to Log in

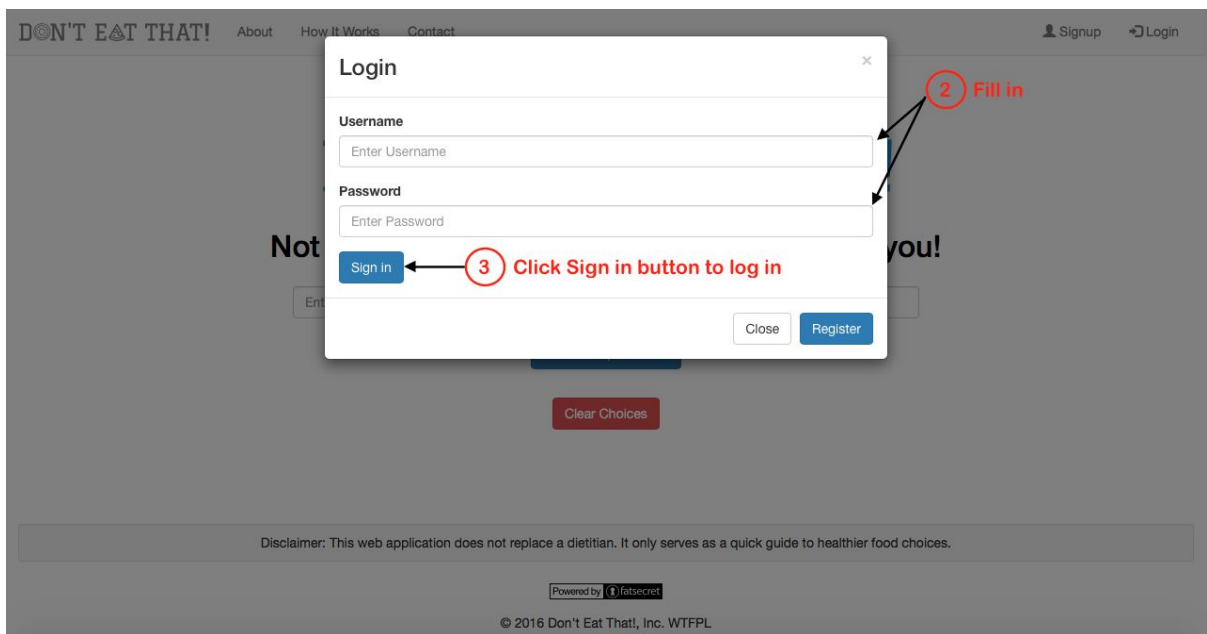


Figure 5: How to Log in (continued)

After logging in, you can manage your account by clicking your name at the top right corner of the screen and clicking "Manage Account" in the drop down menu.

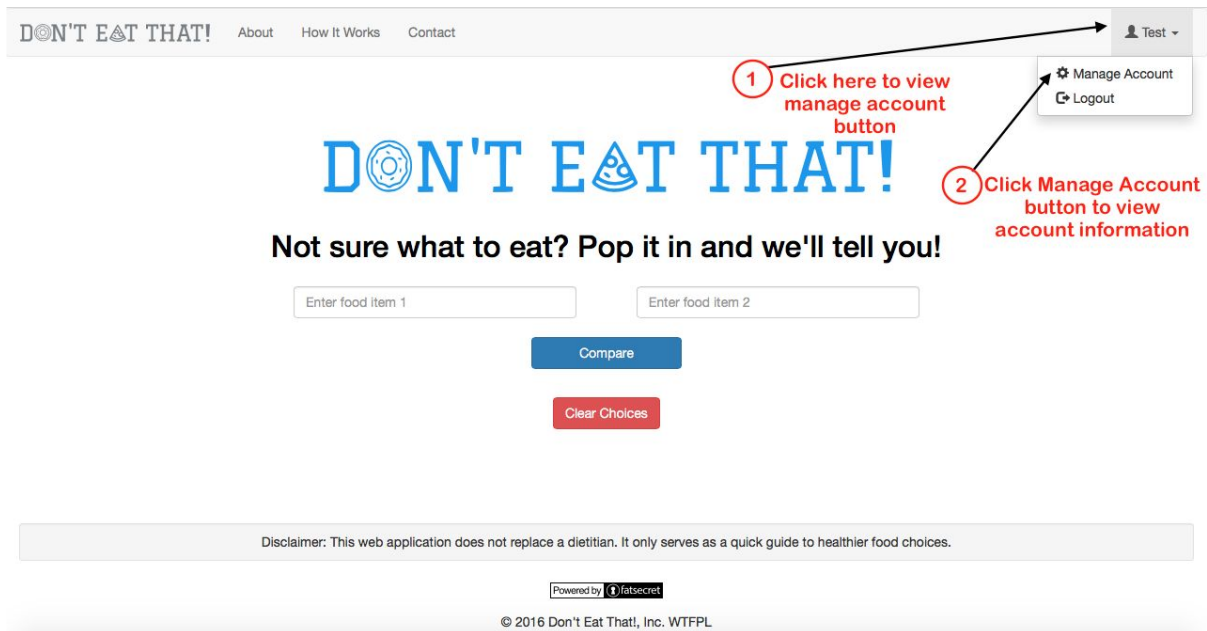


Figure 6: How to Access the Manage Account page

You will be redirected to the Manage Account Page. At the Manage Account page, enter a new password if you would like to change your password. If you wish to change your meal preferences, indicate your new preferences in the drop down menus. Once you have made all changes, click the “Update Account” button to save your changes.

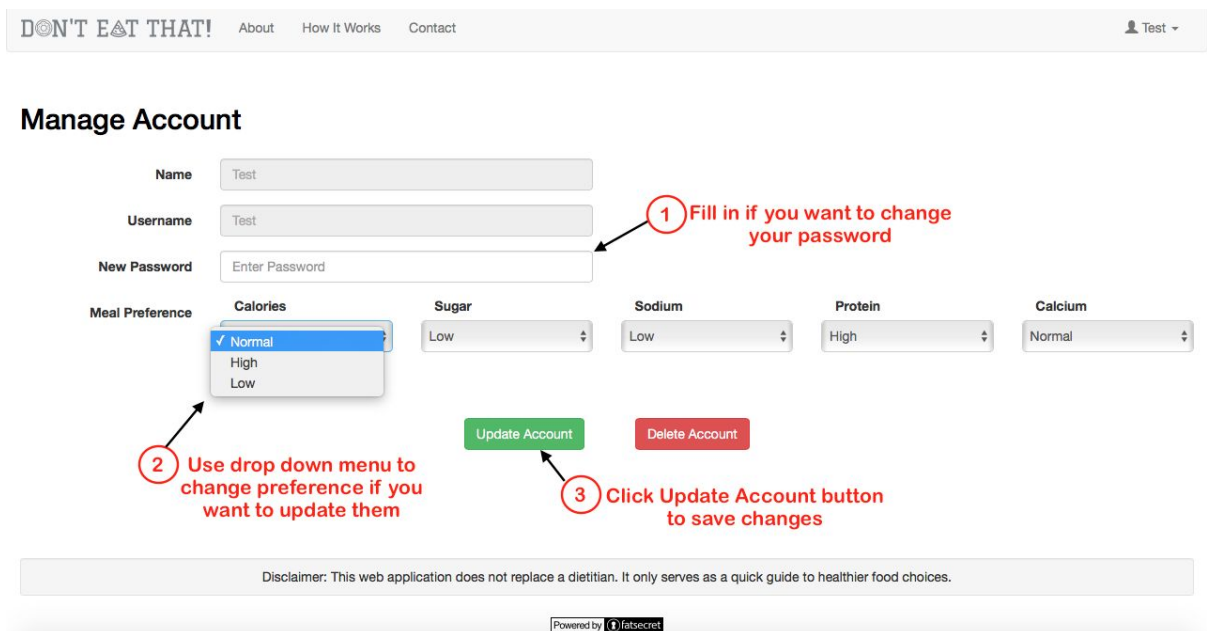


Figure 7: How to Manage Your Account

If you wish to delete your account, click the “Delete Account” button and click “Yes” in the following confirmation message.

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Manage Account

Name

Username

New Password

Meal Preference

Calories	Sugar	Sodium	Protein	Calcium
<input type="text" value="Normal"/>	<input type="text" value="Low"/>	<input type="text" value="Low"/>	<input type="text" value="High"/>	<input type="text" value="Normal"/>

1 Click Delete Account button to delete user account

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Figure 8: How to Delete Your Account

DON'T EAT THAT! About How It Works Contact Test

Manage Account

Name

Username

New Password

Meal Preference

Calories	Sugar	Sodium	Protein	Calcium
<input type="text" value="Normal"/>	<input type="text" value="Low"/>	<input type="text" value="Low"/>	<input type="text" value="High"/>	<input type="text" value="Normal"/>

Delete Account

Deleting your account will disable some features when comparing future food items.
Are you sure you want to delete your account?

2 Click the Yes button to confirm that you want to delete your account

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Figure 9: How to Confirm Your Deletion

To contact the development team, click the “Contact” part of the top menu bar. You will be redirected to the Contact page. Enter your first name, last name, an email (so developers can reply to you), and your message. Once you are done, press the “Send Message” button to send your message to the developers.

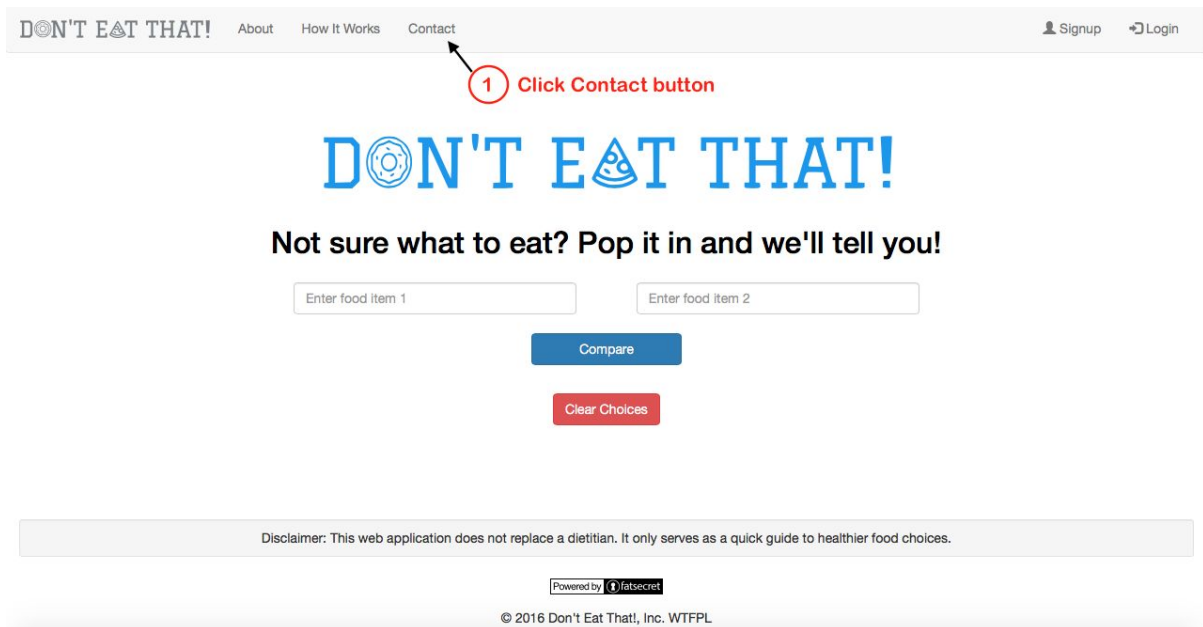


Figure 10: How to Access the Contact Page

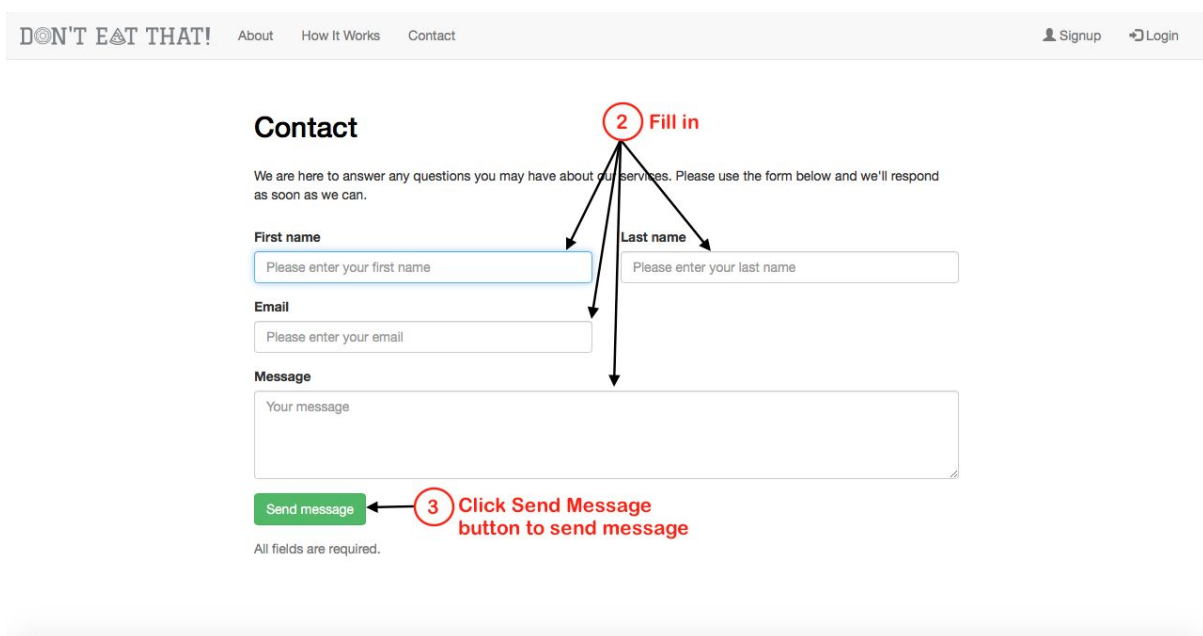


Figure 11: How to Contact Developers