

Don't Eat That!

User Manual

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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; if you don't, the application won't work. For the best search results, try to be specific and spell the food items correctly.

The screenshot shows the web application interface. At the top is a navigation bar with the logo "DON'T EAT THAT!" and links for "About", "How It Works", "Contact", "Signup", and "Login". The main heading is "DON'T EAT THAT!" in blue, with a pizza icon replacing the letter 'A'. Below the heading is the text "Not sure what to eat? Pop it in and we'll tell you!". The interface features two input fields labeled "Enter food item 1" and "Enter food item 2". Between these fields are two buttons: a blue "Compare" button and a red "Clear Choices" button. Three numbered red circles with arrows point to the input fields and the "Compare" button, indicating the steps: 1. Enter food item 1 here, 2. Enter food item 2 here, and 3. Click Compare button to compare food items. At the bottom, there is a disclaimer: "Disclaimer: This web application does not replace a dietitian. It only serves as a quick guide to healthier food choices." and a footer with "Powered by fatsecret" and "© 2016 Don't Eat That!, Inc. WTFPL".

Figure 1: Comparing food items

After you submit two food items for comparison, you will be directed to the Results page, where you can choose to see the nutritional data and recommendations per 100 g portions and typical serving sizes. To switch between the different portion sizes, click on the tab with your desired portion size. To go back to the home page to compare new food items, click the "Change Food Items" button.

Results

Per 100 grams
Per Serving Size

Change serving sizes here

Item (100 g portions)	Calories	Fat	Sugar	Sodium	Cholesterol	Potassium	Fiber	Vitamin A	Vitamin C	Calcium	Iron	Protein
Apples	52 cal	0 g	10 g	1 mg	0 mg	107 mg	2 g	1 %	8 %	1 %	1 %	0 g
Oranges	47 cal	0 g	9 g	0 mg	0 mg	181 mg	2 g	4 %	89 %	4 %	1 %	1 g

100 g of Oranges is healthier than 100 g of Apples

Change Food Items

Use to compare new food items

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Figure 2: Results Page

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”.

DON'T EAT THAT!
About
How It Works
Contact

[Signup](#)
[Login](#)

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

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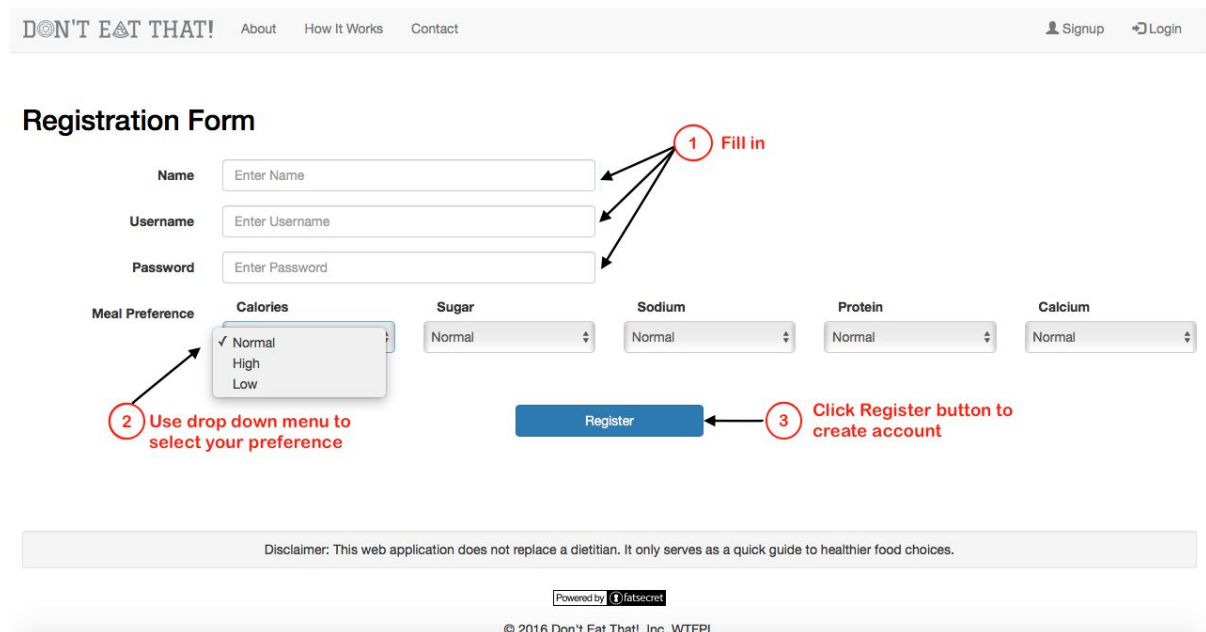
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1 Click here to create an account

Figure 3: 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, or else registration will fail! 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.



The image shows the 'Registration Form' for 'DON'T EAT THAT!'. The form includes input fields for Name, Username, and Password, and dropdown menus for Meal Preference, Calories, Sugar, Sodium, Protein, and Calcium. A 'Register' button is at the bottom. Annotations with red circles and arrows point to the form fields and the Register button. Annotation 1 points to the Name, Username, and Password fields with the text 'Fill in'. Annotation 2 points to the Meal Preference dropdown menu with the text 'Use drop down menu to select your preference'. Annotation 3 points to the Register button with the text 'Click Register button to create account'.

Registration Form

Name: Enter Name

Username: Enter Username

Password: Enter Password

Meal Preference: ☐ Normal ☐ High ☐ Low

Calories: Normal

Sugar: Normal


Sodium: Normal

Protein: Normal

Calcium: Normal

Register

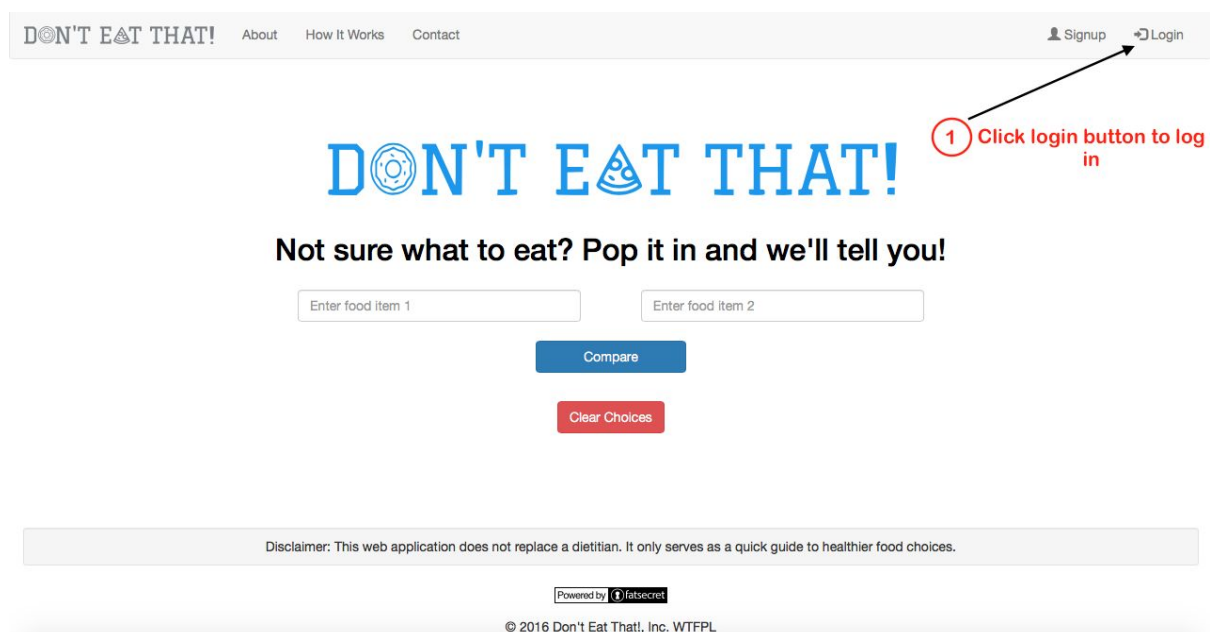
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Figure 4: How to Create an Account with Your Information

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.



The image shows the 'Login' form for 'DON'T EAT THAT!'. The form includes input fields for Username and Password, and a 'Login' button. An annotation with a red circle and arrow points to the Login button with the text 'Click login button to log in'.

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

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Figure 5: How to Log in

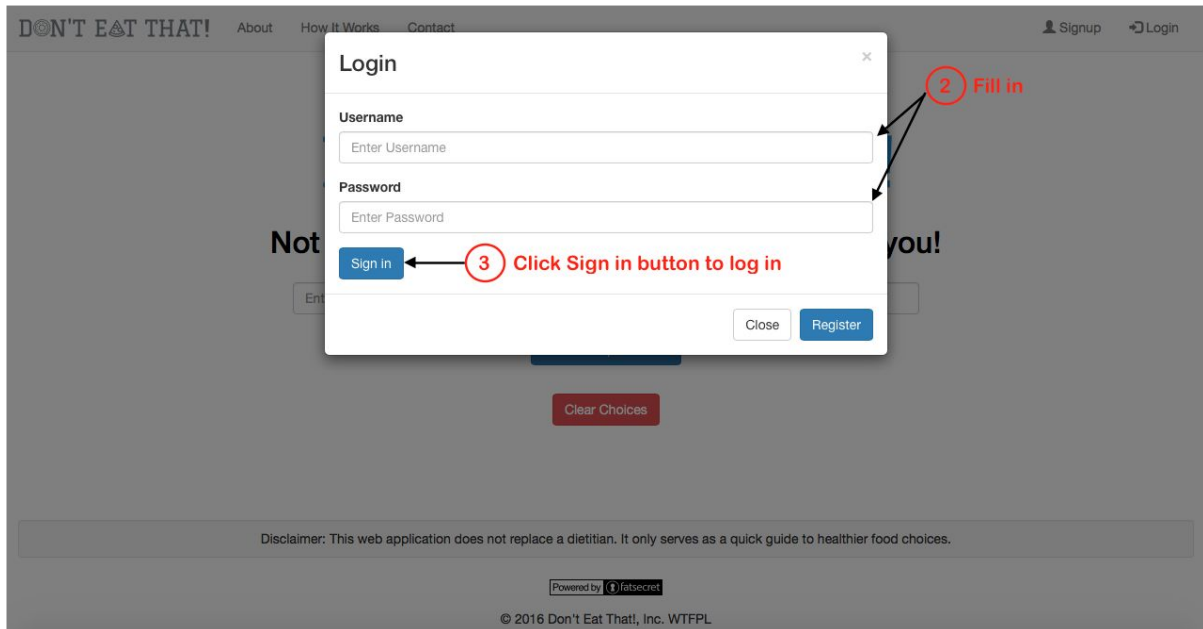


Figure 6: How to Log in (continued)

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.

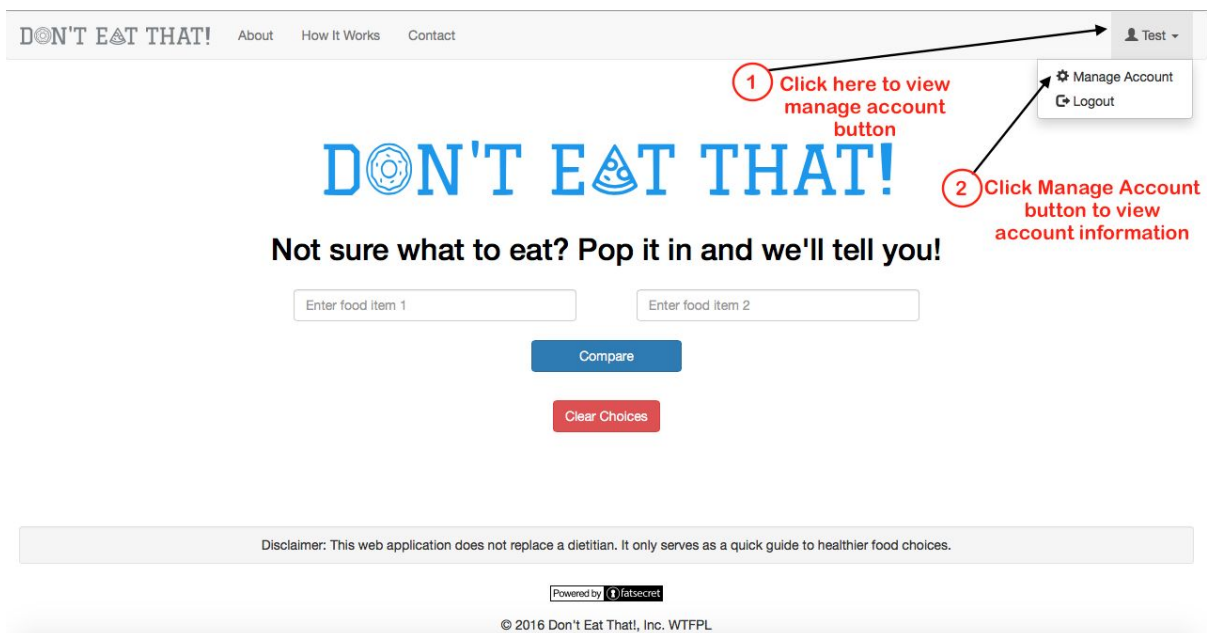


Figure 7: How to Access the Manage Account page

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.

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

Manage Account

Name
Test

Username
Test

New Password
Enter Password

Meal Preference

Calories

Normal
High
Low

Sugar
Low

Sodium
Low

Protein
High

Calcium
Normal

Update Account

Delete Account

1 Fill in if you want to change your password

2 Use drop down menu to change preference if you want to update them

3 Click Update Account button to save changes

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Figure 8: 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.

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

Manage Account

Name
Test

Username
Test

New Password
Enter Password

Meal Preference

Calories
Normal

Sugar
Low

Sodium
Low

Protein
High

Calcium
Normal

Update Account

Delete Account

1 Click Delete Account button to delete user account

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Figure 9: How to Delete Your Account

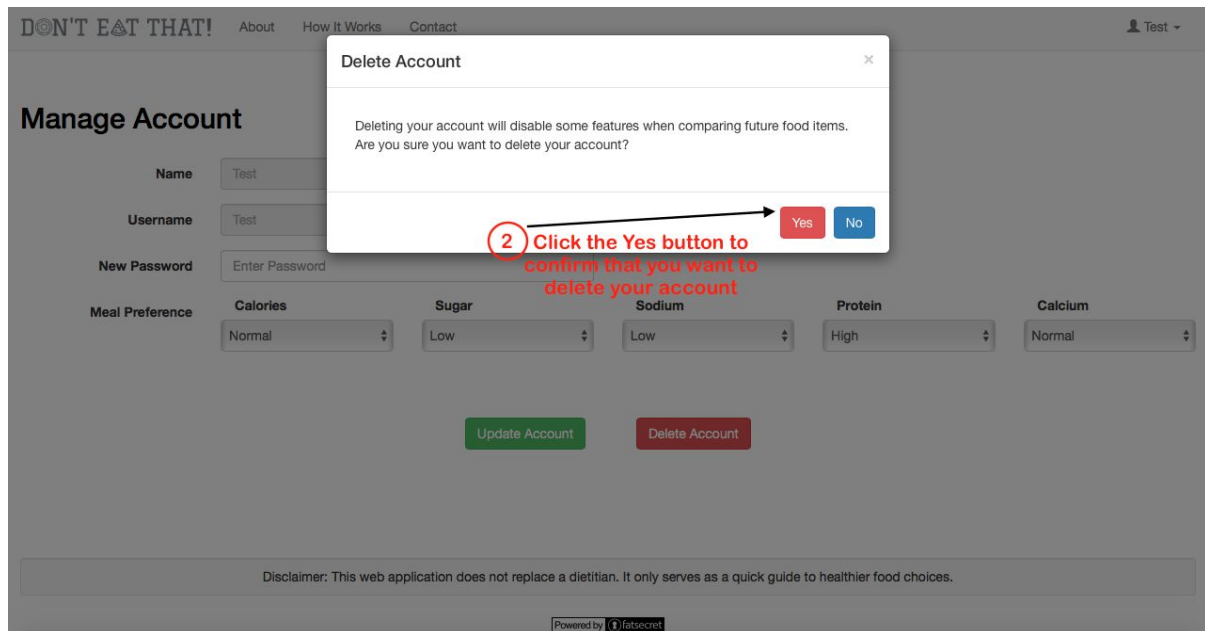


Figure 10: How to Confirm Your Deletion

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. The developers will receive your message shortly and reply to you as soon as possible.

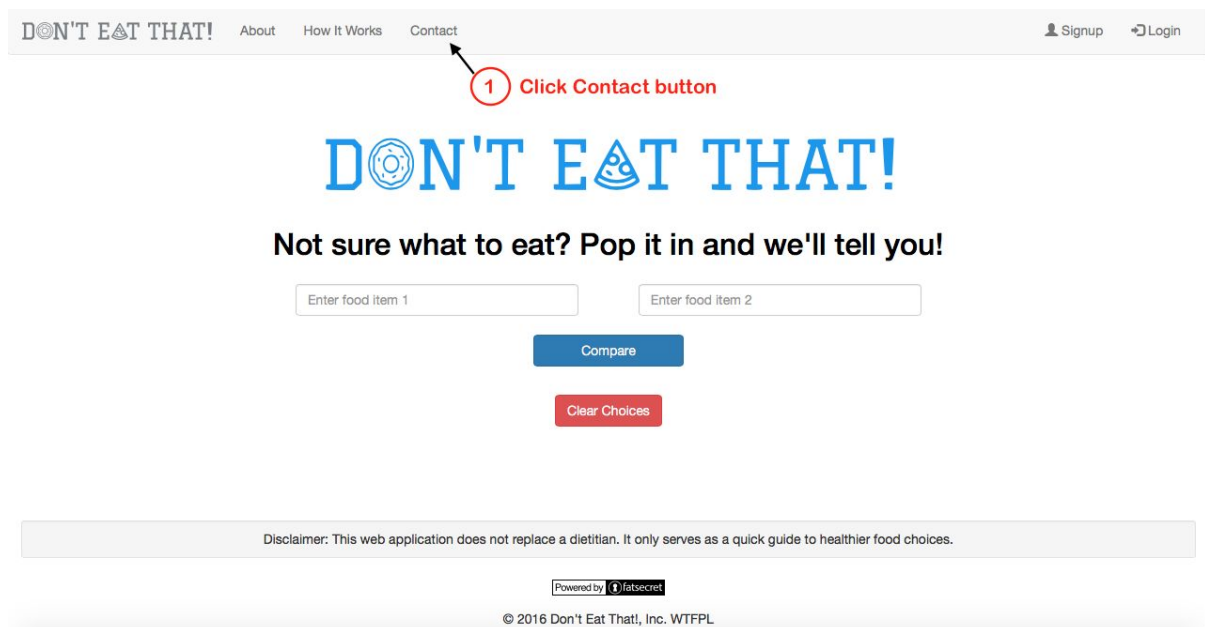


Figure 11: How to Access the Contact Page

DON'T EAT THAT!

[About](#)[How It Works](#)[Contact](#)

[Signup](#)[Login](#)

Contact

We are here to answer any questions you may have about our services. Please use the form below and we'll respond as soon as we can.

First name

Please enter your first name

Last name

Please enter your last name

Email

Please enter your email

Message

Your message

Send message

3 Click Send Message button to send message

All fields are required.

Figure 12: How to Contact Developers