## **User Manual**

## Contents:

- Source code (.java file)
- food.txt file with a list of the food, units that make a portion, and calories.
- catwactualandlimits.txt file with the categories, limit of portions per category, number of portions consumed per category, and number of calories consumed per category.

The first array (the first one to appear in the program) is the array corresponding to the catwactualandlimits.txt file. The contents of the array are separated by a space. The file looks like this:

Vegetables Fruits Cereals Legumes AnimalOrigin Dairy Sugars Oils

63823223

0000000

0000000

And the array looks like this if you print it without any format (only a space between objects):

Vegetables Fruits Cereals Legumes AnimalOrigin Dairy Sugars Oils  $6\ 3\ 8\ 2\ 3\ 2\ 2\ 3\ 0\ 0\ 0\ 0\ 0\ 0\ 0\ 0\ 0\ 0\ 0$ 

It is an 8 (x) by 4 (y) array. In the program it is called categories Actual Limits.

The other array is the array corresponding to the food. It is called foodPortionsCalories and it is a 3 (x) by 89 (y). The array looks like this if there is only a space between data:

chard 2 50 broccoli 0.5 30 mushroom 0.5 15 cuaresmeñochile 2 10 squash 0.5 20 spinach 0.5 20 greenbeans 0.5 13 seed 3 8 jicama 0.5 9 tomato 3 6 lettuce 3 9 nopal 1 12 cucumber 1 15 pepper 1 16 fungus 0.3 10 carrot 0.5 15 asparagus 6 6 artichoke 2 20 chabacano 4 120 prune 7 123 pomegranate 2 34 guava 3 105 kiwi 1.5 60 lychee 12 130 mango 0.5 100 orange 2 124 pear 2 200 custardapple 1 231 tangerine 3 141 lemon 3 54 apple 1 120 alegría 0.3 100 rice 0.25 50 oatmeal 0.5 30 sweetpotato 0.3 20 corn 1.5 10 spaghetti 0.3 150 noodles 0.5 130 grains 3 60 popcorn 2.5 200 potato 0.5 40 amaranth 4 30 habaneras 4 20 bakedtoast 2 18 quinoa 1 10 sweetbread 0.3 80 whitebread 1 60 cookies 3 40 roll 0.3 30 haricot 0.5 20

## How to use it:

The first thing you got to do, is select an Option from the list. There are four options, 1: Register food. 2: See summary. 3: Reset data and 4: Save and exit. To select an option simply enter 1, 2, 3 or 4. Depending on what you want. If you enter something else, the program will tell you to enter a valid number.

If you select Option 1, you will be asked to enter what you ate (without spaces). To see the list of available foods, see the food.txt file. Once selected, the program will search for it in the

foodPortionsCalories array and get the position. If what you entered isn't found, the program will go back to the main menu.

Once the program has the position, it will ask you to select the way you want to register your food. Units or portions. To select units, enter a 1 and to select portions enter a 2.

If you select 1, the program will ask you how many units you ate, to then convert those units to portions. It uses the position of the food to see how many units make up one portion, and then divides the units you entered and the units that make up one portion. Saves the portions and then gets the number of calories, multiplying the number of calories one portion has. Then, it gets the number of category the food belongs to and saves those calories to the array categories Actual Limits.

If you select 2, it will save the portions entered, do the math for the calories, save the calories and get the category it belongs to, to then save the number of calories to the array categoriesActualLimits.

After you enter the number of portions or units, the program returns to the main menu. Now, if you select Option 2, it will print a summary where you can see your limits (in portions), actual calorie consumption per category, and actual portion consumption per category.

If you select Option 3, all data in the arrays and total calories, will return to zero.

If you select Option 4, it will save the arrays to a file called yourData.txt

Here is a diagram to explain better the functionality of this program:



