



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 categoriesActualLimits.

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:



