Healthy and Fit User Manual

Adding items to the table:

To add items to the table you will have to input into the text fields the food name, number of calories, and mealtime (Figure 1). Once you have filled in all three text fields, then click on the "add" button (Figure 2). The items typed out will then appear in the table below and the total number of calories will also be updated (Figure 3).
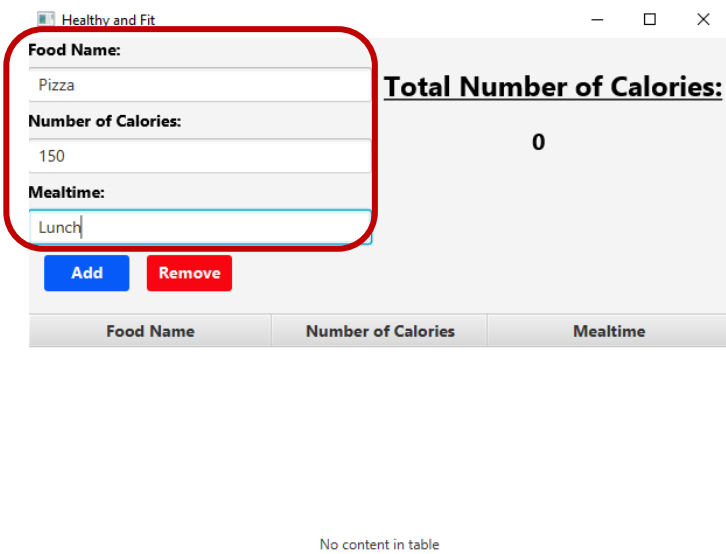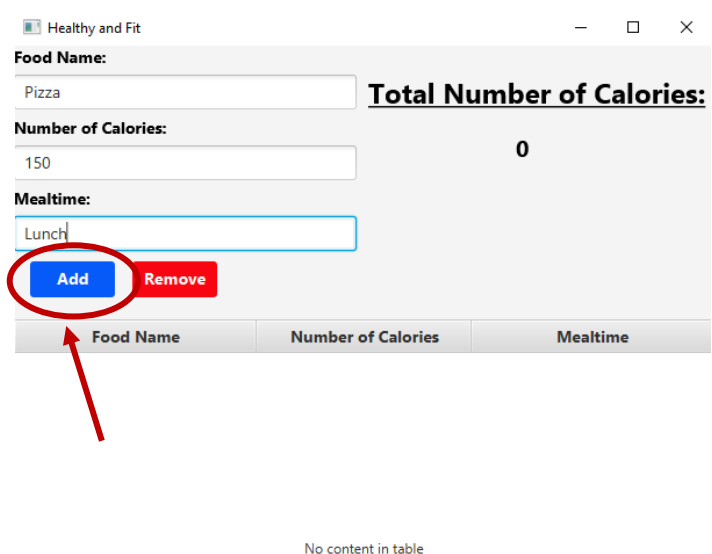

Figure 1

Figure 2

Figure 3

Removing an item from the table:

To delete an item from the table you will have to click on the row you want to remove. Then go to the "remove" button and click on it to delete that row from the table (Figure 4). Since the row was deleted, you will immediately see that the total number of calories has also been updated to reflect the deletion (Figure 5).

Figure 4

Figure 5