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| Healthy Food Application |
| User Manual |
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Cadence Health

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# 1. Introduction and Overview

The following user guide will help new users understand how to use the healthy food application.

## 1.1 Installation

Simply go to the Google Play Store on your Android Device.

From there search “Healthy Food App”

## 1.2 Features

The Healthy Food App will allow its users various features to view, customize and edit healthy meals for a better lifestyle. Features included in this Application include:

* Snap & Tag
* Camera & Picture Gallery for capturing and storing new meals
* Customization and Editing of Meals

Benefits of using this App: etc.

## 1.3 Tutorial

Upon installation of this app, the user will be prompted with a tutorial when the application is opened for the first time.

Please complete the tutorial correctly to understand how the application can be used.

To complete the tutorial, follow these guidelines:

[INSERT IMAGES OF TUTORIAL]

# 2. The Application

## 2.1 Getting Started



Upon finishing the tutorial, you will notice that the app layout on the homepage is based on three main sections:

* Snap & Tag
* Saved Meals
* Search Function

## 2.1 Snap & Tag

The snap & tag feature allows the user to capture images of their meals, tag their meals and share it through Facebook, snap & tag a picture of your meal

1. Tap on the ‘Snap & Tag’ icon displayed on the homepage
2. You will be prompted to take a picture via your phones camera.

[CAMERA IMAGE]

1. Proceed to capture an image of your meal
2. After taking a picture of your meal, you may then add a tag, add location and check whether the meal is ‘on shelf’ or not.

[IMAGE]

1. You will then be prompted to add and/or remove ingredients of your meal
2. Tap on ‘Generate ORAC’ to retrieve the rating of your meal

[IMAGE]

1. The following page will allow you to see the ORAC rating of your meal (Go to pg X to view an ORAC rating guide)
2. You will also have the options to share it through Facebook, or save the meal to your favorites.

[ORAC IMAGE]

## 2.2 Saved Meals

Once you have uploaded your meal through the ‘Snap & Tag’ feature, you will be able to save your completed meal in your favorite

To access your saved meals:

1. Tap on the ‘Saved Meals’ on the homepage,
2. Your meals stored meals should be seen through a thumbnail image gallery
3. Tap on the image to retrieve more information

[IMAGES]

## 2.4 Search Meals

Searching meals allows you to see meals that have been shared by other users.

To search up meals:

1. Tap on the ‘search’ feature on the homepage
2. Search specific words
3. View results

[IMAGE]

## 2.5 Geo-location

Geo-location will provide an accurate point of where the restaurant is located as well as where the use is located. It will be operated through Google Maps

[GOOGLE MAP IMAGE]

The healthy food app will ask if it can use your current location, you can “allow” or “don’t allow”

Note: If you ‘don’t allow’, you will not be able to see nearby restaurants near your area. This can be changed by going into your phone settings

## 2.6 Health Tips Notifications

The healthy food app will ask if it can send push notifications once the application is opened, you can “allow” or “don’t allow”.

Note: If you ‘don’t’ allow, you will not be able to see any health tips notifications that may be important. This can be changed by going into your phone settings

## 2.7 Settings

To change the Healthy food app settings,

# 3. ORAC Rating Guide

# 4. Troubleshooting?