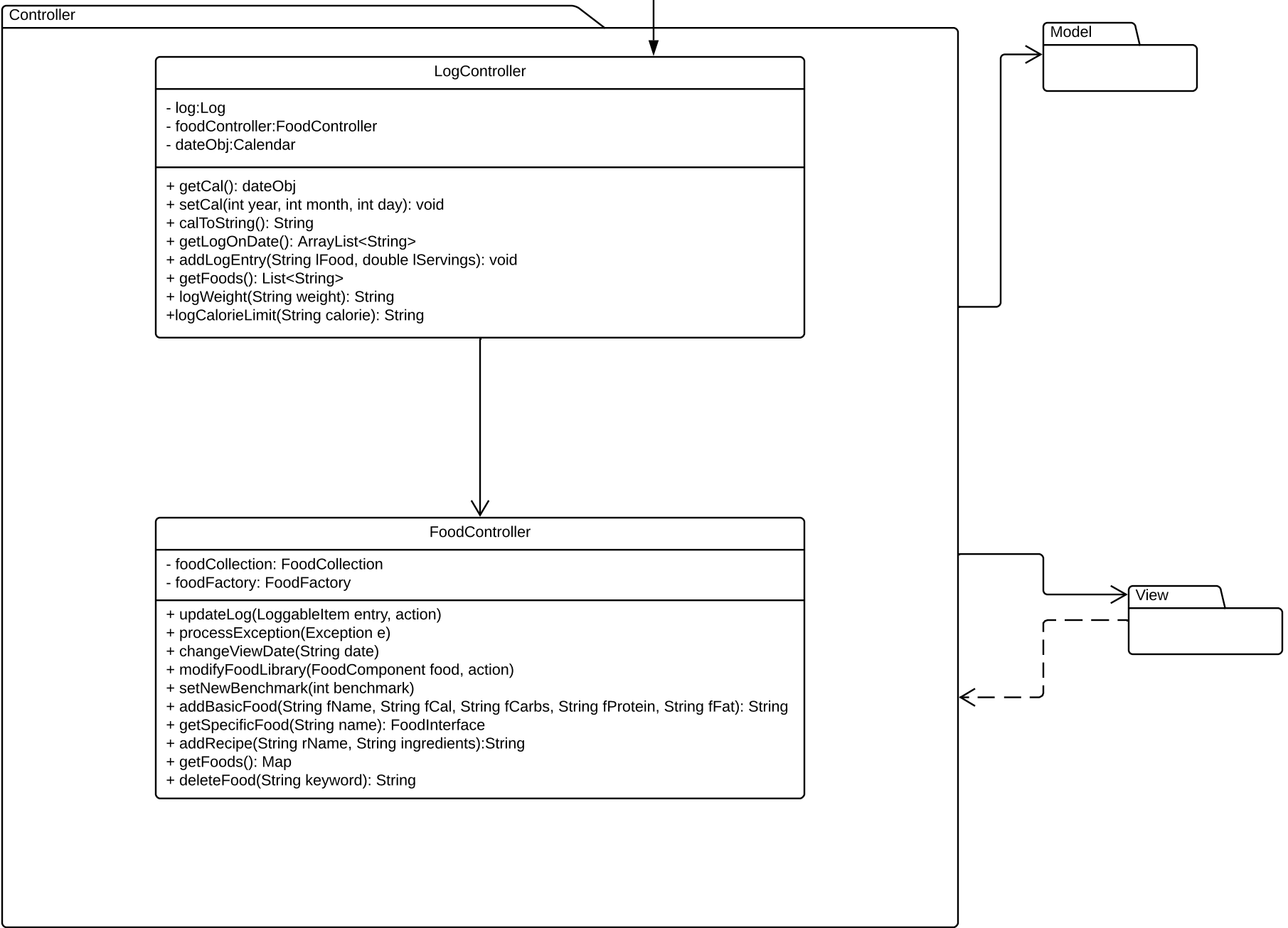


Receive userInput data from the view and notify the model through the controller.



updateLog: Converts the FoodComponent to a string so the log can use it.
processException: receives an exception from the view and handles it
changeViewDate: receives an update of the viewDate and notifies the model
modifyFoodLibrary: takes a food and an action and tells the model library what change to do
setNewBenchmark: takes an integer (either for a weight or a calorie goal) and calls updateLog after converting the value to conform to the 'LoggableItem' standards.