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NutriTrack User Manual

NutriTrack

version 1.0

Jacob Anthony Clark

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**Introduction**

NutriTrack is a simple user-friendly Python Tkinter GUI application that allows a user to enter their daily food and calorie intake. The application will give a basic summary of the user’s calorie intake and give basic diet recommendations based on user input.

**System Requirements**

To use NutriTrack, your system must meet the following requirements:

* Operating System: Windows 10 or later
* Python Version: Python 3.8 or later
* Required Libraries:
  + Tkinter
  + Pillow

**Installation Instructions**

Step 1: Install Python

Step 2: Install Dependencies

* Run “pip install pillow” in the command prompt.

Step 3: Download and Run NutriTrack

* Download NutriTrack.zip and extract the files.
* Navigate to the extracted folder and run “python NutriTrack.py” to run NutriTrack.

**How to Use NutriTrack**

Main Menu: Buttons to navigate to different windows

* Enter Daily Intake
* View Calorie Summary
* Diet Recommendations
* Exit Application

Entering Daily Food Intake:

* Enter a food name.
* Enter the portion size (grams or milliliters).
* Enter the amount of calories.
* Click the submit button to confirm and save the entry.

Viewing Calorie Summary:

* If no food item has been entered, a message will displayed prompting the user to add items.
* Total calorie intake for the day will be displayed.
* If items have been inputted, a list of the inputted items and the amount of calories for that item will be shown.

Diet Recommendations:

* A message displays basic diet recommendations based on the user’s calorie intake.
* Recommendation Categories:
  + Less than 1500 Calories: Recommends adding more proteins.
  + Between 1500-2500 Calories: Recommends maintaining a healthy balanced diet.
  + Above 2500 Calories: Recommends cutting back or reducing processed foods.

**Common Errors**

* “Food Name Error!”
  + User must enter a valid food name.
* “Portion size must be a positive number.”
  + User must enter a positive number.
* “Calories must be a positive number”
  + User must enter a positive number.
* “No data available.”
  + User must add food items before a summary or recommendations can be displayed.