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→ ↓ buttons that save/load file

# Calorie Tracker

**User:**

Height: [Text field]   Weight: [Text field]   Age: [Text field]

**Add Food:**

Name of food: [Text field]

button that adds food and shows that on status
→ [Add Food]

Calorie of food: [Text field]

**Add Nutrients:**

→ Button that selects nutrient

Type of Nutrient: [Carbohydrate]   [Protein]   [Fat]

Name of food: [Text field]

Amount of Nutrient: [Text field]

**Output Menu:**

1) Show my Total calorie requirement and total intake
2) provide the food with the highest amount of protein
3) provide the food with the highest amount of fat
4) ~~save~~ provide the food with the highest amount of carbohydrate
.
'
.

→ text field
[(insert option)]

→ button that chooses option inserted and displays output
[Choose option]

label
↑
(Status)

[(Output Details)] ← Text area to display output

label
↑
(Error Details)