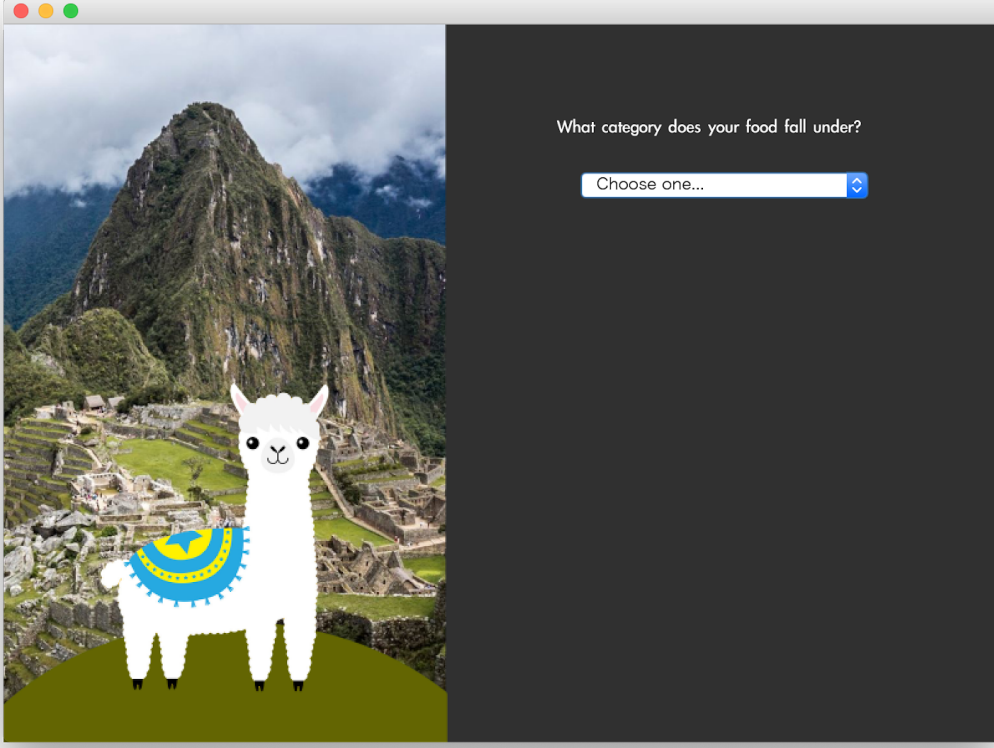**This is a continuation of README.txt, with pictures included! :)**

Let's Go!

1. **Welcome screen (MainFrame.java) -** Run the MainFrame.java, and you will see this welcome frame. Input your name and email into the text fields, before hitting the 'Let's go!' button. (Remember to input a valid email address to receive a surprise!)
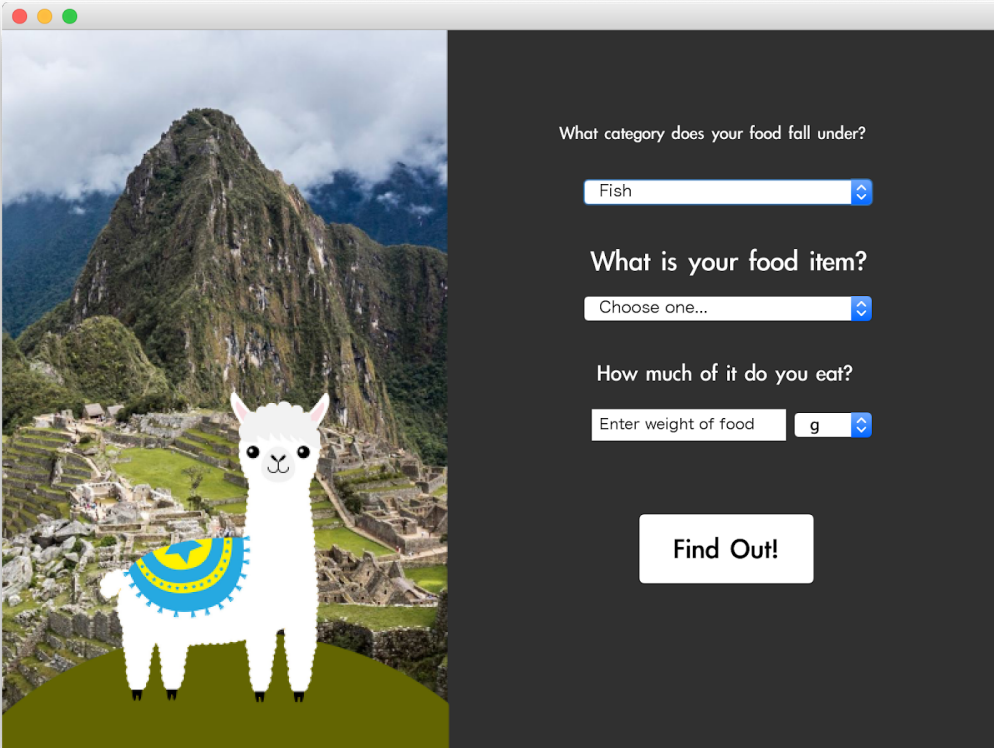
2. **Select your food items (FoodSelectionFrame.java)** - Select a food category, after which a list of foods in your selected category will appear. Select the food item you want to check, and input the average amount of this food you consume. Change the unit of weight measurement (g/kg) using the dropdown list on the right, then click the button "Find Out!".

3. **Calculation Results (ResultsFrame.java)** - See how much GHG you produce per year by eating this food item (the program assumes you eat it everyday) and its impacts - you may be surprised. Click the button "Tell me more!" to check out alternative food suggestions.

If you eat 0.20 kg of cod everyday for one year, you will contribute to **0.70** kg of CO2(eq), which is equivalent to...

... flying on a plane over **1378** kilometre(s)

... powering a typical LED lightbulb for **2755** day(s)

Tell me more!

... driving a passenger car for **1025** kilometre(s)
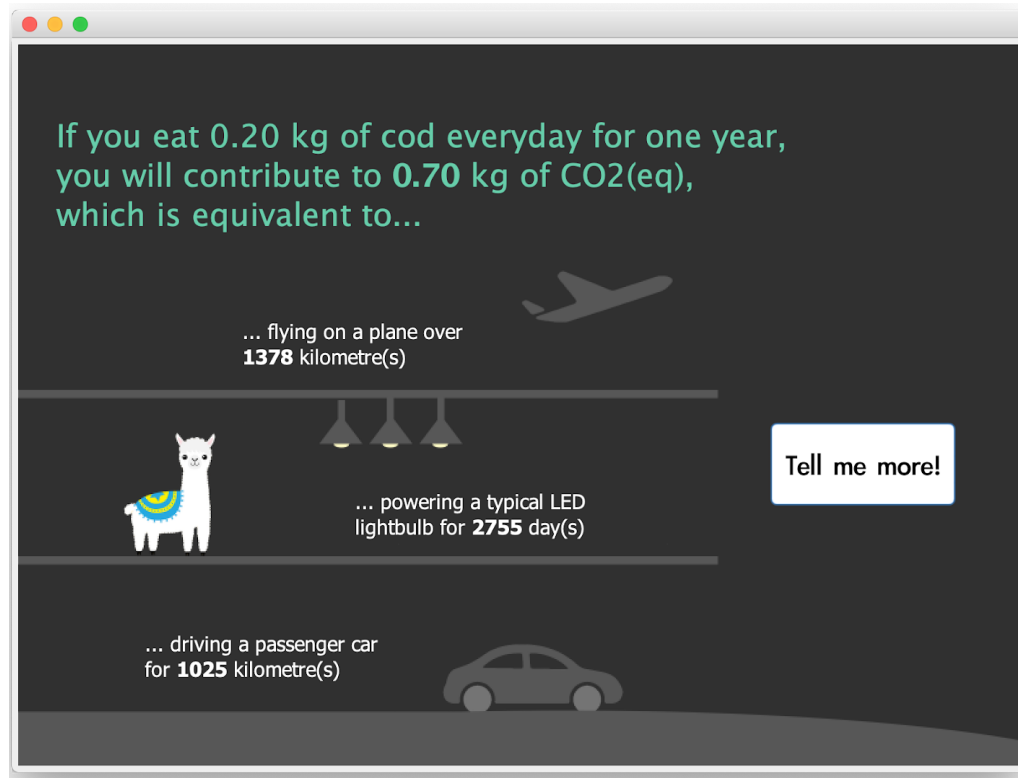
4. **Food and Dishes Recommendation (AlternativeFoodFrame.java)** - Now we have several food suggestions for you - to lead a more eco-friendly dietary lifestyle, or to diversify your recipes. Select a recommended food from the dropdown list to see what dishes you can make with this low(er)-carbon food.
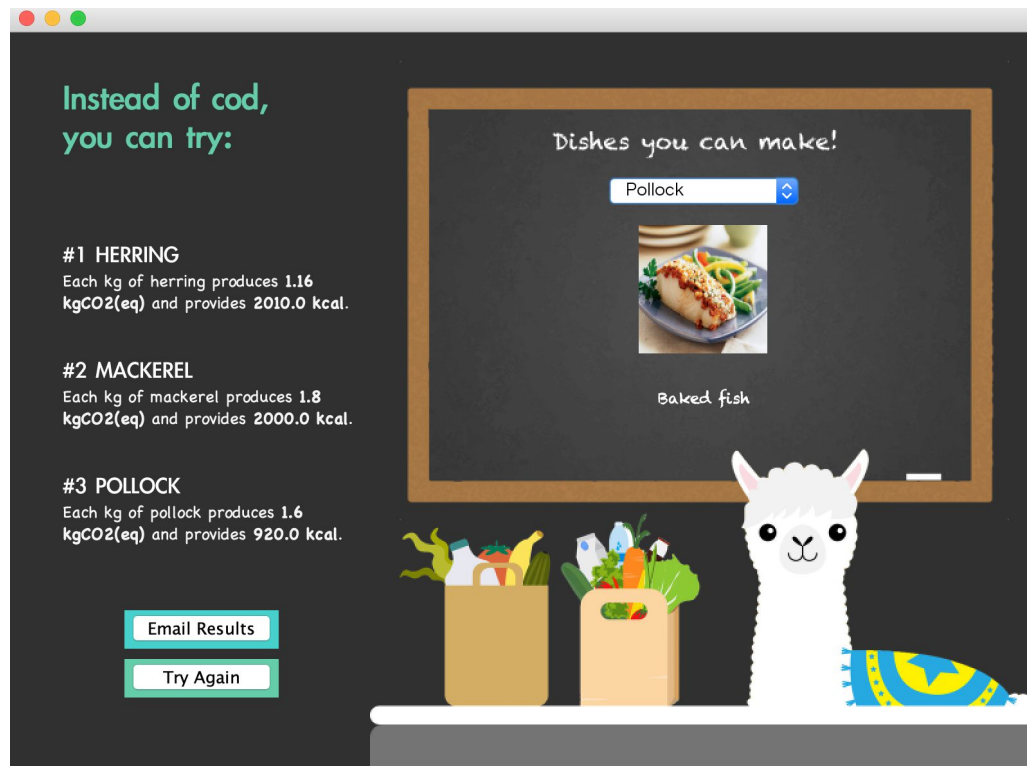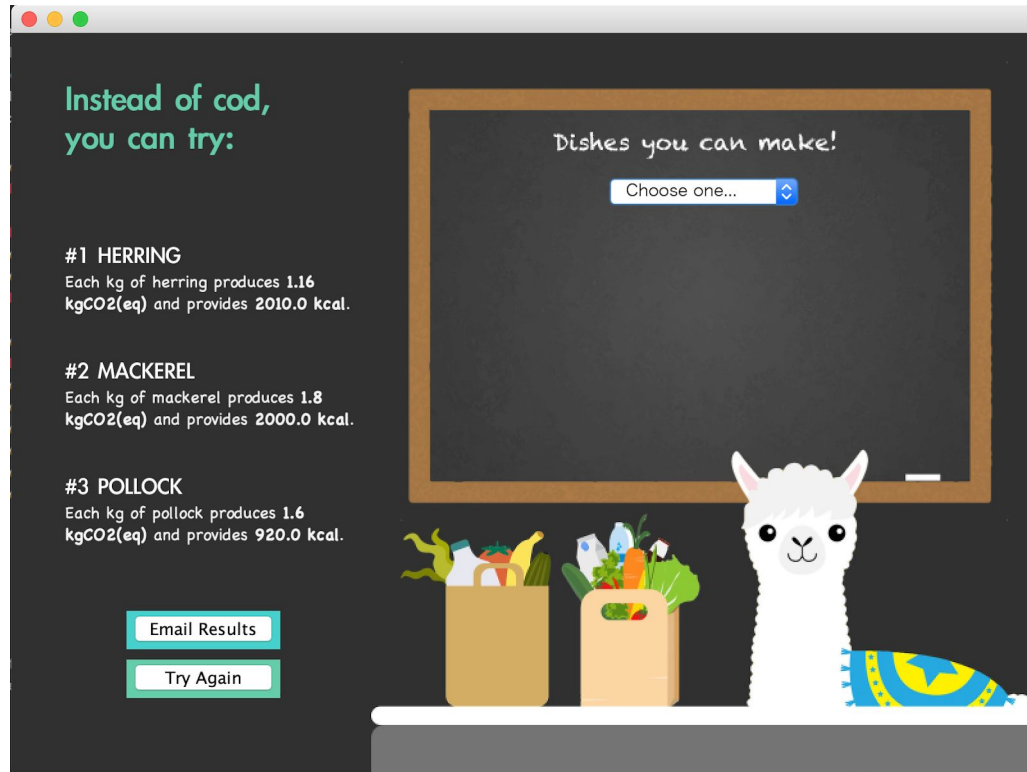
5. **Generate PDF and send mails (SendMail.java & PDFgenerator.java)** - You can choose to receive an email that records all the results of this test by clicking the "Email Results" button. A PDF file will be generated and delivered to the email address that you had input in the first frame.
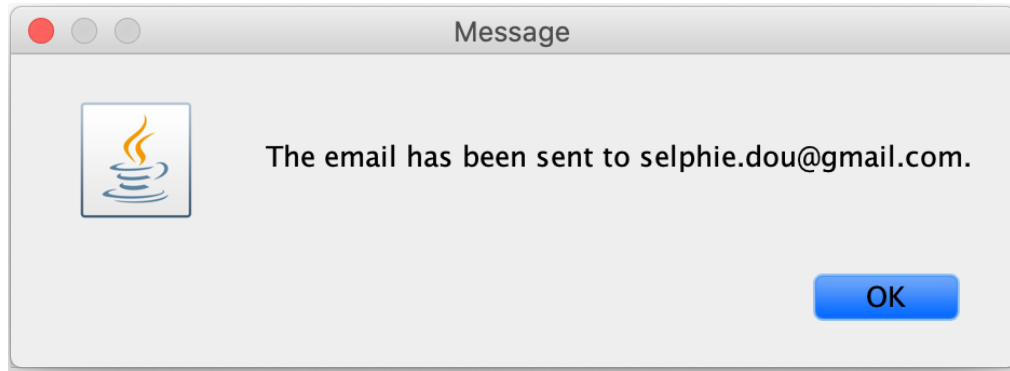
Dear selphie,

- Your favourite food is cod
- By eating 0.2(kg) everyday for 1 year, you'll have 73.0 emmission.
- which is eqvilant to 292.0 car km.
- which is eqvilant to 784.9462365591398 LED bulb light days.
- which is eqvilant to 392.4731182795699 flight km

Here are some similiar food with lower CO2 emission you may consider.

FoodName	GHG Value	Calories
herring	1.16	2010.0
pollock	1.6	920.0
mackerel	1.8	2000.0

With above food, you can make these delicious dishes:

DishName	DishGroup	CO2 Emission	Image
seafood tofu soup	soup	118.0	
baked fish	main	393.0	
steamed fish	main	236.0	