Installation Instructions & User Manual
Nutrient+
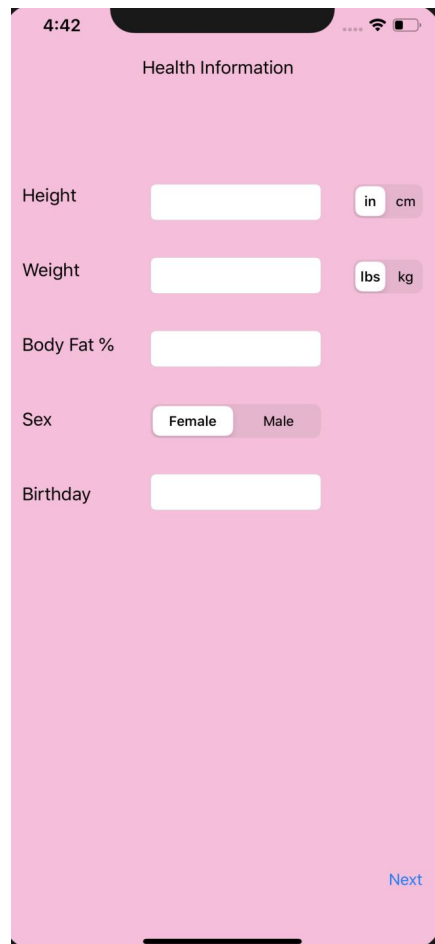Nutrient+ Team
12/2/19

Installation Instructions

Reference the README.md on Github Repository.

User Manual

When you open Nutrient+ for the very first time, the app will require you to fill in 5 essential pieces of information in order to determine your target nutrient goals for each macro/micro.

Recommended   RecFoodLabel

Energy

Protein

Carbs

Fat

B1
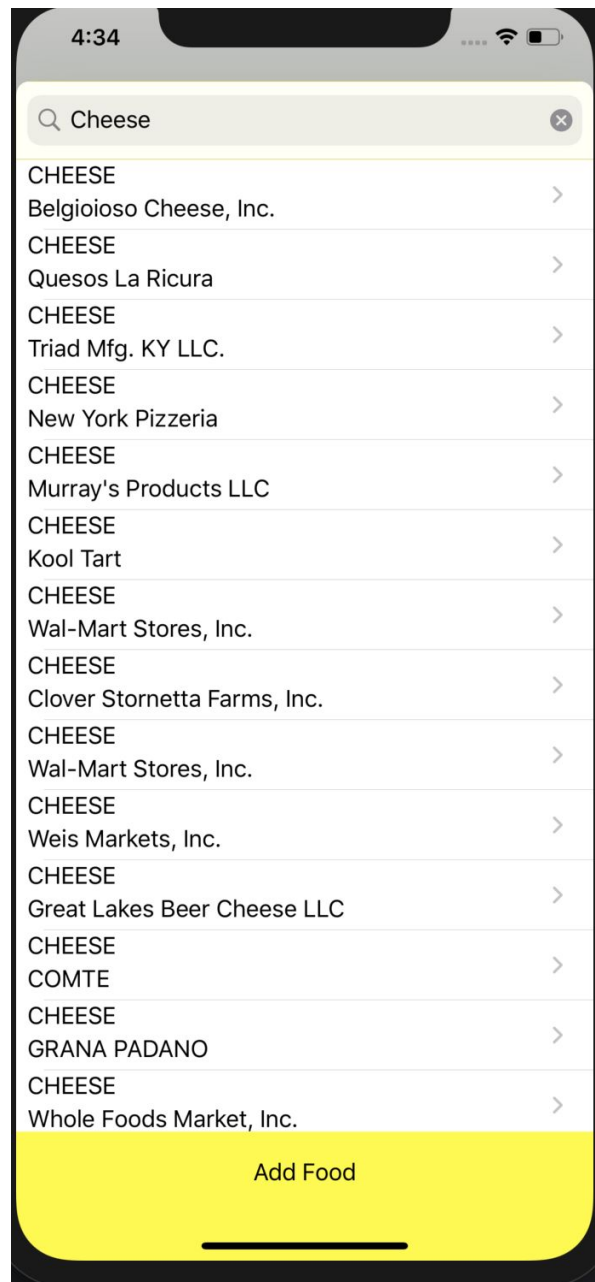
B2

B3

B5

B6

B12

Folate

Vitamin A

Vitamin C

Add Food

Edit Profile   Edit Target

Once you have filled in the information, you will be taken to the main page where your daily nutrient progress is displayed. You can then do 4 things:

1. Click on the recommended food label to display that food's nutrient information.

2. Input what you've eaten by pressing the "Add Food" button at the bottom of the page.
   a. You first search for the food using the search bar and then add it by tapping one of the food labels that best matches what you ate.
   b. The app will then ask for you to specify how many servings of that food that you ate.
   c. After that, your nutrient progress will reflect what you just added back on the main page.

3. Edit their user info by pressing the "Edit Info" left tab button at the bottom of the page.

Edit Info Page	**Done**
Energy	3374.0
Protein	72.6
Carbs	463.9
Fat	132.6
B1	0.5
B2	0.5
B3	16.0
B5	5.0
B6	0.5
B12	0.9
Folate	150.0
Vitamin A	300.0
Vitamin C	15.0
Vitamin D	600.0
Vitamin E	6.0
Vitamin K	30.0
Calcium	1200.0
Copper	100.0

4. Edit your nutrient goals by pressing the "Edit Target" button at the bottom right of the page.