Data Synchronization

By enabling Automatic Backup, your data and personal settings are stored at Kcals.net. Therefore, even if you reinstall your system, once you re-enable this setting, all data will be restored.

Another advantage is that you can use multiple devices simultaneously. For instance, if you are at home, you can update your diary from your laptop, using your favorite browser. Then, when you are at the gym, you can update it using your mobile device.

Even if you are offline, you can still add new items, and they will be pushed to the server once an internet connection is available.

Note that, in order to edit existing entries, you have to be online, otherwise the changes will be overwritten by the next synchronization.

The Facebook authentication is used solely to identify your account at Kcals.net, which is where the data is actually stored. The app itself will never interact directly with your Facebook account.

Sincronização de Dados

Ao ativar o Backup Automático, seus dados e informações pessoais passam a ser armazenados no Kcals.net. Assim, mesmo que você reinstale seu sistema, todos os dados serão restaurados assim que você reativar o Backup Automático.

Outra vantagem é que você pode utilizar vários dispositivos simultaneamente. Por exemplo, se você estiver em casa, pode atualizar o diário em seu laptop, com seu navegador favorito. Mais tarde, na academia, você pode atualizá-lo usando o aplicativo em seu celular.

Mesmo estando off-line, você ainda pode adicionar novos itens, que serão enviados ao servidor assim que houver uma conexão disponível.

Note que, para alterar os itens já existentes, é preciso estar online, do contrário as alterações serão desfeitas na sincronização seguinte.

A autenticação via Facebook é utilizada somente para identificar seus dados no Kcals.net, que é onde a informação de fato fica armazenada. O aplicativo em si jamais irá interagir diretamente com sua conta no Facebook.

Supported Platforms

Kcals is currently available in the following platforms:

Android

iOS

Windows Phone

Windows 8

FirefoxOS

Desktop (kcals.net)

Tip: You can synchronize the data between multiple devices (even on different platforms) by enabling the Automatic Backup feature.

Plataformas suportadas

Kcals está disponível nas seguintes plataformas:

Android

iOS

Windows Phone

Windows 8

FirefoxOS

Desktop (kcals.net)

Dica: Você pode sincronizar os dados entre vários dispositivos (mesmo em diferentes plataformas) ativando a função Backup Automático.

running any of the supported platforms.

If you are using the app in multiple devices, you can take advantage of

Data Synchronization

Macronutrients

When you add a food that includes nutritional information, the app will use this data to calculate the average percentage of calories you are getting from each nutrient (proteins, carbs and fats).

Note that the ratio of each nutrient is calculated by total calories, not by weight. So it is important to remember that while proteins and carbs have 4 kcal per gram, fats have 9 kcal.

The default nutrient ratio is 25% proteins / 50% carbs / 25% fats. You can change the values by tapping the nutrition bars on the status tab.

Macronutrientes

Quando você adiciona um alimento que contém informação nutricional, o aplicativo utiliza essa informação para calcular a porcentagem média de calorias fornecida por cada nutriente (proteínas, carboidratos e gorduras).

Note que a proporção de cada nutriente é calculada pelo total de calorias, não pelo peso. Lembre-se que, enquanto proteínas e carboidratos têm 4 kcal por grama, gorduras têm 9 kcal.

Os valores padrão para cada nutriente são: 25% proteínas / 50% carboidratos / 25% gorduras. Esses valores podem ser alterados clicando no bloco de informações nutricionais na tela de status.

A porcentagem padrão de cada nutriente é

Foods added from the database include nutritional data, and are

This status bar displays your actual calorie balance as well as your target. Your calorie balance is the difference between the calories you burn and the calories you consume. Calorie balance has three states: deficit, surplus, and balanced.

A calorie deficit means that you have burned more calories than you have consumed. It is displayed in your status bar as a red bar.

A calorie surplus means that you have consumed more calories than you have burned. It is displayed as green in your status bar.

A calorie balance means that you have burned the same or nearly equal amount of calories as you have consumed. It is displayed as green in your status bar.

It works pretty much like a clock, Its ticking represents your metabolic rate while it burns calories along the day. So, for instance, when you add calories, or exercises to the mix, you can instantly see its impact on your metabolism, giving you an exact idea of what is going on.

Since the system is designed to work as a realtime counter, hence the concept of “live”, it does not rely on the concept of “calories per day”. It works fluidly. over any period of time, from hours to months, without artificial categorizations that can quite easily become unpractical and confusing.

how much did you eat/burn? any calories did you food/activity data (shortcuts on the right)

para todos os efeitos, o numero de gramas só tem importancia para ajudar no calculos das calorias, que são o que determinará o resultado

a quantidade de nutrientes não é utilizada para calcular as calorias, mas apenas a proporção.

even tjought the primatyu porpose of this ssystem of to help losing whjey, it can algo be adjusted weight gain, or simply for maintenance. All you have to do is use the calories intake calculator to figure out the values, and then input it in the system. It will then be regulated to that specific goal, given your specific personal caracteristics. With a little imagination, you can see how versatile this system can be. Even tought it is simple, it does not restric your possibilities.

Having a little background on fitness is advisable, but it is not imprescindible. Its ok to learn as you go.

So lets get thought the basics, and then you can get started.

If you havent signed up, please do, o you can check the interface as you read.

then use the calculator to figure oute our target number, and then just inpuyt that in the system, and thats it. Now you just have to type what you eat (i.e. how many calories) and how many you burned, and the system sync that data with the counter to give you a visual inficatiopn of your status, if you should eat more, less, or if you're just doing fine. once you get used to that, you pretty much know how manuy calories most foods contain, an educated guest, but hey.

Negative values on the calories fields are interpreted as burned calories (exercise). The "grams" can sound confusing when it comes to exercises, "100" grams of running, but keep in mind that the grams field ins't really relevant, it's just there for quick calculations - 24 grams of whey have 294, calories, if you ate 74 grams. Well, thats the idea. Its pretty self explanatory.

The buttons on the bottom of the page are to reset the counter, in case you want to start over for some reason.

So the whole things is pretty much trying to keep the clock close to zero by means whatever means you happen to like. Eat little, eat fine, then exercise. Combinations are personal tasates, as longo as you manage to keep the clock balanced, that's pretty much it.

since the system is web based, it can be accessed by any web-capable device, such was destkops, laptops, cellphones, tablets and so on. Just remeber you have to login to accsess your private counter.

the system is stil under developement, so expect further development of the system.

What the point, there is no point, its just a counter. i built it for myself while i was dieting, and since it was only for myself, i simply built it using things i really care about. No puffy bloated inferfaces full of crappy stuff. No ten-thoundand-items-lists of who cares about. Google is right there. If you eat it often, you memorize it it anyway.

the interface is very straightforward

the counter should be around zero

values of +600 to -600 are accetable, but it is a good rule of thumb to avoid huge meals (eg. 1200 cals=). But then again, you can make whatever combination of sparse large meals, or frequente smaller ones, or a combination of both, as long as you keep within the -600 +600, you should be good to go.

to use just sign up and login, se you can acceess your personal counter.

how does it work?

MyLiveDiet is a weight management system that helps regulating your caloric intake. Its is guided towards ease of use and flexibility, and it will keep you constantly updated about your current energetic needs.

It works by keeping track of your meals and exercices, and using that data to calculate when you should have your next meal in order to keep in pace with your current dieting plans.

It may sound simple, and it is. It will give you all the information you need at a glance, so you can quickly decide your next move.

COLORS

Primary (Blue): #0088cc

Secondary (Dark Blue): #005580

Black: #272727

White: #ffffff

Gray: #808080

Light Gray: #e5e5e5

TYPOGRAPHIC SCALE

(For math purposes. Actual font sizes in ems.)

4px, 5px, 8px, 10px, 11px, 14px, 15px, 17px (base), 20px, 23px, 26px, 30px, 34px, 51px, 68px, 85px, 102px

This status bar displays your actual calorie balance as well as your target. Your calorie balance is the difference between the calories you burn and the calories you consume. Calorie balance has three states–deficit, surplus, and maintenance.

A calorie deficit means that you have burned more calories than you have consumed. It is displayed in your status bar as a black bar extending from the center of the bar to the left. This is the desired state if you are trying to lose weight.

A calorie surplus means that you have consumed more calories than you have burned. It is displayed in your status bar as a brown bar extending from the center of the bar to the right. This is the desired state if you are trying to gain weight.

A calorie balance means that you have burned the same or nearly equal amount of calories as you have consumed. No bar is displayed within the status bar. This is the desired state if you are trying to maintain your current weight.

It works pretty much like a clock, Its ticking represents your metabolic rate while it burns calories along the day. So, for instance, when you add calories, or exercises to the mix, you can instantly see its impact on your metabolism, giving you an exact idea of what is going on.

Since the system is designed to work as a realtime counter, hence the concept of “live”, it does not rely on the concept of “calories per day”. It works fluidly. over any period of time, from hours to months, without artificial categorizations that can quite easily become unpractical and confusing.

how much did you eat/burn? any calories did you food/activity data (shortcuts on the right)

para todos os efeitos, o numero de gramas só tem importancia para ajudar no calculos das calorias, que são o que determinará o resultado

a quantidade de nutrientes não é utilizada para calcular as calorias, mas apenas a proporção.

even tjought the primatyu porpose of this ssystem of to help losing whjey, it can algo be adjusted weight gain, or simply for maintenance. All you have to do is use the calories intake calculator to figure out the values, and then input it in the system. It will then be regulated to that specific goal, given your specific personal caracteristics. With a little imagination, you can see how versatile this system can be. Even tought it is simple, it does not restric your possibilities.

Having a little background on fitness is advisable, but it is not imprescindible. Its ok to learn as you go.

So lets get thought the basics, and then you can get started.

If you havent signed up, please do, o you can check the interface as you read.

then use the calculator to figure oute our target number, and then just inpuyt that in the system, and thats it. Now you just have to type what you eat (i.e. how many calories) and how many you burned, and the system sync that data with the counter to give you a visual inficatiopn of your status, if you should eat more, less, or if you're just doing fine. once you get used to that, you pretty much know how manuy calories most foods contain, an educated guest, but hey.

Negative values on the calories fields are interpreted as burned calories (exercise). The "grams" can sound confusing when it comes to exercises, "100" grams of running, but keep in mind that the grams field ins't really relevant, it's just there for quick calculations - 24 grams of whey have 294, calories, if you ate 74 grams. Well, thats the idea. Its pretty self explanatory.

The buttons on the bottom of the page are to reset the counter, in case you want to start over for some reason.

So the whole things is pretty much trying to keep the clock close to zero by means whatever means you happen to like. Eat little, eat fine, then exercise. Combinations are personal tasates, as longo as you manage to keep the clock balanced, that's pretty much it.

since the system is web based, it can be accessed by any web-capable device, such was destkops, laptops, cellphones, tablets and so on. Just remeber you have to login to accsess your private counter.

the system is stil under developement, so expect further development of the system.

What the point, there is no point, its just a counter. i built it for myself while i was dieting, and since it was only for myself, i simply built it using things i really care about. No puffy bloated inferfaces full of crappy stuff. No ten-thoundand-items-lists of who cares about. Google is right there. If you eat it often, you memorize it it anyway.

the interface is very straightforward

the counter should be around zero

values of +600 to -600 are accetable, but it is a good rule of thumb to avoid huge meals (eg. 1200 cals=). But then again, you can make whatever combination of sparse large meals, or frequente smaller ones, or a combination of both, as long as you keep within the -600 +600, you should be good to go.

to use just sign up and login, se you can acceess your personal counter.

how does it work?

MyLiveDiet is a weight management system that helps regulating your caloric intake. Its is guided towards ease of use and flexibility, and it will keep you constantly updated about your current energetic needs.

It works by keeping track of your meals and exercices, and using that data to calculate when you should have your next meal in order to keep in pace with your current dieting plans.

It may sound simple, and it is. It will give you all the information you need at a glance, so you can quickly decide your next move.

This status bar displays your actual calorie balance as well as your target. Your calorie balance is the difference between the calories you burn and the calories you consume. Calorie balance has three states–deficit, surplus, and maintenance.

A calorie deficit means that you have burned more calories than you have consumed. It is displayed in your status bar as a black bar extending from the center of the bar to the left. This is the desired state if you are trying to lose weight.

A calorie surplus means that you have consumed more calories than you have burned. It is displayed in your status bar as a brown bar extending from the center of the bar to the right. This is the desired state if you are trying to gain weight.

A calorie balance means that you have burned the same or nearly equal amount of calories as you have consumed. No bar is displayed within the status bar. This is the desired state if you are trying to maintain your current weight.

Your body does not restart its calories every 24 hours, so why should your calorie counter? MyLiveDiet works by simulating the way the body actually uses energy, giving you a more realistic, real-time feedback.

• Weight loss is calculated in real-time!

• Extensive food/exercise database (fully offline - no internet connection required).

• As-You-Type instant search results.

• Add your own foods and exercises (and fully customize the existing!)

• Quickly bookmark your favorite items

• Instant nutritional feedback on main screen

And much more!

15-20% below maintenance calories = conservative deficit

20-25% below maintenance calories = moderate deficit

25-30% below maintenance calories = aggressive deficit

31-40% below maintenance calories = very aggressive deficit (risky)

50%+ below maintenance calories = semi starvation/starvation (potentially dangerous and unhealthy)

Your dietary needs will change as you lose weight. As you get lighter, your daily caloric need will diminish as will your body's ability to tolerate a too low calorie intake (consequence? you'll begin to lose more lean and hang onto the fat, thereby getting lighter but "fatter").

Seu corpo não esquece as calorias a cada 24 horas, então por que seu contador de calorias deveria? MyLiveDiet funciona simulando a maneira como o corpo realmente usa energia, fornecendo um feedback mais realístico e atualizado.

• Perda de peso calculada em tempo real!

• Banco de dados com milhares de alimentos/exercícios

• Busca instantânea, é só digitar

• Adicione alimentos e exercícios personalizados (e personalize os existentes!)

• Lista de favoritos para adicionar rapidamente

• Informação nutricional instantânea

E muito mais!

Estabeleça uma meta e mantenha-se "equilibrado" dentro desse objetivo.

Set a goal and stay "balanced" within that goal.

keep the counter close to zero using what you eat.

The ideia is simple.

Set a goal, and then keep yourself within that goal by keeping your intake balanced.

Define your caloric intake.

The idea is to set a goal, and follow it by keeping your intake balanced within that range.

And then keep your intake balanced within that range.

keep the counter close to zero using what you eat.

Ready to give it a try?

Try the web version of the app at <http://kcals.net>

All data entered can be later synced back to your device!

All data entered on the website will be pushed to your device, and vice versa!

Its free, and all data entered on the webapp can be later downloaded

All data entered can be later synced back to your device!

You can sync all data

After i you install

## 1 ##

KCALZZ is designed to help you control your calorie intake.

Whether you want to keep, lose, or gain weight, this app will help you to stay focused on what matters: your calorie balance.

## 2 ##

The idea is simple. Set a goal (your daily calories), and stay "balanced" within this objective.

The application will indicate when you've eaten too much (status: "excess"), or too little (status: "deficit").

Calories from food will be added to the total. Calories burned (including exercises) will be subtracted from the total.

. Calories burned (including exercises) will be subtracted from the total.

Calories burned (including exercises) will be subtracted from the total

## 3 ##

The elapsed time is converted into calories burned.

Therefore, your caloric balance will decrease passively throughout the day.

Think of it as fuel being spent.

You will have to compensate eating accordingly.

## 4 ##

If you overeat, you can compensate doing exercises, or eating less in the following hours.

That’s how your body actually works!

## 5 ##

Check your Profile.

There you will find all the information you need to define your ideal calorie intake.

## 1 ##

KCALZZ é projetado para ajudá-lo a controlar sua ingestão de calorias.

Quer você queira manter, perder ou ganhar peso, este aplicativo vai ajudar você a manter o foco no que importa: o equilíbrio de calorias.

## 2 ##

A ideia é simples. Defina uma meta (suas calorias diárias) e fique "equilibrado" dentro dessa meta.

O contador de calorias irá indicar quando você comeu demais (status: "excesso"), ou muito pouco (status: "défice").

Calorias de alimentos serão adicionadas ao total. Calorias queimadas (incluindo exercícios) serão subtraídas do total.

## 3 ##

O tempo transcorrido é convertido em calorias queimadas.

Portanto, seu saldo calórico diminuirá passivamente ao longo do dia.

Pense nisso como combustível a ser gasto.

Você terá que compensar comendo em conformidade.

## 4 ##

Se você comer demais, você pode compensar fazendo exercícios, ou comendo menos nas horas seguintes.

É assim que seu corpo realmente funciona!

## 5 ##

Verifique seu perfil.

Lá você encontrará todas as informações que você precisa definir a sua ingestão calórica ideal.

/ / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / ( Logo)

Kcals contador de calorias é projetado para ajudá-lo a controlar sua ingestão de calorias.

Seja para manter, perder, ou ganhar peso, Kcals irá mantê-lo focado no que importa: o seu equilíbrio calórico.

/ / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / ( BALANÇO )

A ideia é simples. Defina sua meta (i.e. sua ingestão diária) e, então, mantenha-se "balanceado" dentro dessa meta.

O contador irá mostrar se você comeu demais (+ balanço), ou muito pouco (- balanço).

Alimentos contarão como positivo. Calorias queimadas (incluindo exercícios) contarão como negativo.

/ / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / ( CHRONOMETER )

O tempo transcorrido será convertido em calorias queimadas.

Portanto, o seu balanço diminuirá passivamente ao longo do dia.

Você terá de compensar comendo de acordo.

/ / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / ( CORPO / METABOLISMO )

Caso você coma demais, você poderá compensar fazendo exercícios, ou comendo menos nas horas seguintes.

É assim que o seu corpo realmente funciona!

/ / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / ( PERFIL )

Confira o seu perfil .

Lá você vai encontrar todas as informações de que precisa para definir a sua ingestão calórica ideal.

Divirta-se!

pt : 'A ideia é simples. Mantenha seu status "balanceado "uysando o que fina sua meta (ie sua ingestão diária) e, então, mantenha-se "balanceado" dentro dessa meta. O contador irá mostrar se você comeu demais (+ balanço), ou muito pouco (- balanço). Alimentos contarão como positivo. Calorias queimadas (incluindo exercícios) contarão como negativo.',

/ / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / ( Logo)

Kcals contador de calorias é projetado para ajudá-lo a controlar sua ingestão de calorias.

Quer você queira manter, perder, ou ganhar peso, Kcals irá ajudá-lo a permanecer

focado no que importa: o seu equilíbrio calórico.

/ / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / ( BALANÇO )

A ideia é simples. Estabeleça uma meta (sua ingestão diária), e mantenha-se "equilibrado" dentro dessa meta.

O contador irá mostrar se você comeu demais (balanço calórico positivo), ou muito pouco (balanço calórico negativo).

Alimentos irão contar como positivo. Calorias queimadas (incluindo exercícios) irão contar como negativo.

/ / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / ( CHRONOMETER )

O tempo transcorrido será convertido em calorias queimadas.

Por isso, seu balanço calórico irá diminuir passivamente ao longo do dia.

Pense nisso como combustível sendo gasto.

Será preciso que voce compense comendo de acordo.

/ / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / ( CORPO / METABOLISMO )

Caso você coma demais, você poderá compensar fazendo exercícios, ou comendo menos nas horas seguintes.

É assim que o seu corpo de fato funciona!

/ / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / ( PERFIL )

Confira o seu Perfil.

Lá você vai encontrar todas as informações de que precisa para definir a sua ingestão calórica ideal.

Divirta-se!

/ / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / ( Logo )

Kcals calorie counter is designed to help you control your calorie intake.

Whether you want to maintain, lose or gain weight, Kcals will help you stay

focused on what matters: your caloric balance .

/ / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / ( ROCK )

The idea is simple. Set a goal (your daily intake), and stay "balanced " within that goal.

The meter will show if you ate too much (+ balance) or very little (- balance).

Food will count as a positive. Calories burned (including exercise) will count as negative.

/ / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / ( CHRONOMETER )

The elapsed time will be converted into calories burned.

Therefore, your caloric balance will decrease passively throughout the day.

Think of it as fuel being spent.

You will need to compensate by eating accordingly.

/ / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / ( BODY / metabolism)

If you overeat, you can compensate by exercising, or eating less in the following hours.

This is how your body actually works!

/ / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / / (PROFILE)

Check the profile.

There you will find all the information you need to define your ideal caloric intake.

Have fun!

Kcals calorie counter is designed to help you control your calorie intake, for any given goal.

Whether you want to keep, lose, or gain weight, Kcals will help you keep focused on what matters: your caloric balance.

/////////////////////////////////// (BALANCE)

The idea is simple. Set your goal (your daily intake) and keep yourself “balanced” within that goal.

The counter will show if you ate too much (positive calorie balance), or too little (negative calorie balance).

Food will count as positive. Burned calories (including exercises) will count as negative.

/////////////////////////////////// (CHRONOMETER)

Elapsed time will be converted into burned calories.

So your balance will passively decrease over the day.

You will have to compensate that by eating accordingly.

/////////////////////////////////// (BODY / METABOLISM)

If you eat too much, you can compensate either by exercising, or by eating less.

That’s how your body actually works!

/////////////////////////////////// (PROFILE)

Check out your Profile.

There you will find all the information you need to define your ideal daily intake.

Have fun!

**On start: ->** Keep the Counter close to zero using what you eat.

**On open diary:** Use the slider to quickly add calories.

or

Search the existing database.

**On open pageslidefood** -> add your own custom foods and exericses

Keep the counter around zero using what you eat.

(At the rate of your calorie intake).

(based on your daily intake).

Based on your daily intake, the app will calculate how many calories you have burned over time.

the app will start converting elapsed time into

It acts just like a “calorie chronometer”.

If you need 2400 calories per day to keep your current weight,

The app will add your

For a 2400 daily intake, the counter will

If you have a

Your body naturally burns calories to keep you alive.

So you just have to keep track of that.

And the app itself will act like a “calorie chronometer”,

Once you hit start,

Keep the counter close to zero using what you eat.

Think of

Its converts elapsed time into available calories.

To help you

converting elapsed time into available calories”

so if you need 2400 calories per day,

Kcals will show

Kcals will translate

Define your daily intake, and then keep yourself “balanced” within that goal.

let the app convert time to calories.

The idea is simple. Set a goal, and then follow that goal by keeping your intake balanced.

Keep yourself "balanced" within that goal.

The idea is simple. Set a goal, and then follow that goal by keeping your intake balanced.

Keep the Counter close to zero using what you eat.

keep the counter close to zero using what you eat.

If you keep balanced on a daily intake that includes a caloric restriction, you'll be automaticaly losing weight.

Set a goal, and then follow that goal by keeping your intake balanced.

The goal then is simply to keep the counter around zero, and as long as you keep your intake balanced, you should be good to go - with strict caloric regulation, yet full control over your nutrition.

After figuring that out (swipe left for the calculator), all you have to do is input that value to the counter (1600 kcals), and it will calculate your current caloric balance as you go through the day, in real time.

## ****Keep it simple****

So, if it has been 6 hours since you started dieting, the counter will show you -400 kcals, meaning you have to eat 400 calories to keep in pace with your current dieting plans.

However, if you choose to have a 600 kcals meal, the counter will simply show you are 200 kcals above your goal. In that situation, you can compensate either by exercising or by waiting for your body to burn those calories.

## ****Full flexibility****

## ****Como funciona?****

MyLiveDiet é um gerenciador de peso corporal, feito para auxiliar na regulagem de sua ingestão calórica.

O sistema funciona monitorando sua taxa metabólica, bem como suas refeições e exercícios, e traduzindo esses dados em uma visão geral de suas necessidades energéticas atuais, tornando fácil planejar, por exemplo, quando você deve fazer sua próxima refeição, ou quão grande ela deve ser.

## ****Um exemplo****

Por exemplo, digamos que você queira perder alguns quilos, e precise de 2000 kcals/dia para manter seu peso atual. Então, para perder peso, será preciso criar um pequeno déficit calórico; algo em torno de 400 kcals/day será um bom começo.

Uma vez calculados os valores (deslize à esquerda para abrir a calculadora de calorias), será preciso apenas colocar esse valor no contador (1600 kcals), e o sistema passará a calcular seu balanço calórico em tempo real, por quanto tempo você precisar.

## ****Focado na simplicidade****

Então, neste exemplo, se faz 6 horas que você começou a dieta, o sistema mostrará quantas calorias você queimou nesse intervalo - no caso, "-400 kcals", indicando que você está 400 calorias abaixo do balanço calórico ideal.

Porém, caso você decida fazer uma refeição de, digamos, 600 kcals, bastará registrá-la no sistema, e os valores do contador serão atualizados automaticamente para levar em conta essa refeição - ou exercício, se for o caso.

## ****E muito flexível****

Assim, na prática, bastará manter o contador perto de zero, e você estará sempre perto de seu balanço calórico ideal.

### cabeçalho

* calculadora deslizar à esquerda
* redefinir kcals/dia toque

### lista de atividades

* editar entrada toque duplo
* apagar entrada deslizar

### rodapé

* resetar contador toque
* apagar dados toque longo
* Sistema de medição(altura, peso etc.)

imperial

métrico

* Ciclos de calorias (kcals/dia)

ler mais

Esta opção permitirá que você alterne entre dois valores calóricos distintos, em ciclos de 4 dias. Os dias (a,b,c) usarão o primeiro valor, enquanto o dia (d) usará o segundo.

Esta configuração é tipicamente utilizada para acomodar um dia de "descanso" (manutenção) dentro de um plano de dieta.

A razão para isso é basicamente o conforto psicológico de saber que haverá uma espécie de "recompensa" pelo seu esforço, tornando mais fácil suportar os dias de restrição calórica.

Um segundo motivo é que, teoricamente, os ciclos de calorias "confundem" o organismo, tornando mais difícil que ele diminua sua taxa metabólica para ajustar-se à quantidade de calorias ingeridas.

Note que este segundo motivo é basicamente uma especulação, pois até o momento não há evidências científicas conclusivas de que ciclos de calorias auxiliam na perda de peso.



MyLiveDiet is a weight management system that helps regulating your caloric intake.

Whether you want to keep, lose or gain weight, it will

by focusing on your caloric balance.

is a restartless counter

The ideia is simple. Set a goal, and then follow that goal by keeping your intake balanced.

**How does it work?**

It works by keeping track of your metabolic rate, plus meals and exercises, and translating that data into a clear overview of your current energetic needs, making it easy for you to plan things like when to have your next meal, or how big it should be.

**Quick example**

For instance, let’s say you want to lose a few pounds, and you need 2000 kcals per day in order to keep your current weight. So, if you want to lose weight, you will need to create a modest caloric deficit; something around 400 kcals per day should be fine as an example.

After figuring that out (swipe left for the calculator), all you have to do is input that value to the counter (1600 kcals), and it will calculate your current caloric balance as you go through the day, in real time.

**Keep it simple**

So, if it has been 6 hours since you started dieting, the counter will show you -400 kcals, meaning you have to eat 400 calories to keep in pace with your current dieting plans.

However, if you choose to have a 600 kcals meal, the counter will simply show you are 200 kcals above your goal. In that situation, you can compensate either by exercising or by waiting for your body to burn those calories.

**Full flexibility**

The goal then is simply to keep the counter around zero, and as long as you keep your intake balanced, you should be good to go - with strict caloric regulation, yet full control over your nutriti

Estabeleça uma meta

e

Mantenha-se "equilibrado" dentro desse objetivo.

and

Keep yourself "balanced" within that goal.

Set your goal (i.e. caloric intake)

Keep the Counter close to zero using what you eat.

The idea is simple. Set a goal, and then follow that goal by keeping your intake balanced.

Keep the Counter close to zero using what you eat.

keep the counter close to zero using what you eat.

If you keep balanced on a daily intake that includes a caloric restriction, you'll be automaticaly losing weight.

Set a goal, and then follow that goal by keeping your intake balanced.

you can eat whateer you want? yes,

as long as you burn the exceed

## ****How does it work?****

MyLiveDiet is a weight management system that helps regulating your caloric intake.

It works by keeping track of your metabolic rate, plus meals and exercises, and translating that data into a clear overview of your current energetic needs, making it easy for you to plan things like when to have your next meal, or how big it should be.

## ****Quick example****

For instance, let’s say you want to lose a few pounds, and you need 2000 kcals per day in order to keep your current weight. So, if you want to lose weight, you will need to create a modest caloric deficit; something around 400 kcals per day should be fine as an example.

After figuring that out (swipe left for the calculator), all you have to do is input that value to the counter (1600 kcals), and it will calculate your current caloric balance as you go through the day, in real time.

## ****Keep it simple****

So, if it has been 6 hours since you started dieting, the counter will show you -400 kcals, meaning you have to eat 400 calories to keep in pace with your current dieting plans.

However, if you choose to have a 600 kcals meal, the counter will simply show you are 200 kcals above your goal. In that situation, you can compensate either by exercising or by waiting for your body to burn those calories.

## ****Full flexibility****

The goal then is simply to keep the counter around zero, and as long as you keep your intake balanced, you should be good to go - with strict caloric regulation, yet full control over your nutrition.

## ****Como funciona?****

MyLiveDiet é um gerenciador de peso corporal, feito para auxiliar na regulagem de sua ingestão calórica.

O sistema funciona monitorando sua taxa metabólica, bem como suas refeições e exercícios, e traduzindo esses dados em uma visão geral de suas necessidades energéticas atuais, tornando fácil planejar, por exemplo, quando você deve fazer sua próxima refeição, ou quão grande ela deve ser.

## ****Um exemplo****

Por exemplo, digamos que você queira perder alguns quilos, e precise de 2000 kcals/dia para manter seu peso atual. Então, para perder peso, será preciso criar um pequeno déficit calórico; algo em torno de 400 kcals/day será um bom começo.

Uma vez calculados os valores (deslize à esquerda para abrir a calculadora de calorias), será preciso apenas colocar esse valor no contador (1600 kcals), e o sistema passará a calcular seu balanço calórico em tempo real, por quanto tempo você precisar.

## ****Focado na simplicidade****

Então, neste exemplo, se faz 6 horas que você começou a dieta, o sistema mostrará quantas calorias você queimou nesse intervalo - no caso, "-400 kcals", indicando que você está 400 calorias abaixo do balanço calórico ideal.

Porém, caso você decida fazer uma refeição de, digamos, 600 kcals, bastará registrá-la no sistema, e os valores do contador serão atualizados automaticamente para levar em conta essa refeição - ou exercício, se for o caso.

## ****E muito flexível****

Assim, na prática, bastará manter o contador perto de zero, e você estará sempre perto de seu balanço calórico ideal.

### cabeçalho

* calculadora deslizar à esquerda
* redefinir kcals/dia toque

### lista de atividades

* editar entrada toque duplo
* apagar entrada deslizar

### rodapé

* resetar contador toque
* apagar dados toque longo
* Sistema de medição(altura, peso etc.)

imperial

métrico

* Ciclos de calorias (kcals/dia)

ler mais

Esta opção permitirá que você alterne entre dois valores calóricos distintos, em ciclos de 4 dias. Os dias (a,b,c) usarão o primeiro valor, enquanto o dia (d) usará o segundo.

Esta configuração é tipicamente utilizada para acomodar um dia de "descanso" (manutenção) dentro de um plano de dieta.

A razão para isso é basicamente o conforto psicológico de saber que haverá uma espécie de "recompensa" pelo seu esforço, tornando mais fácil suportar os dias de restrição calórica.

Um segundo motivo é que, teoricamente, os ciclos de calorias "confundem" o organismo, tornando mais difícil que ele diminua sua taxa metabólica para ajustar-se à quantidade de calorias ingeridas.

Note que este segundo motivo é basicamente uma especulação, pois até o momento não há evidências científicas conclusivas de que ciclos de calorias auxiliam na perda de peso.



Kcals contador de calorias é projetado para ajudá-lo a controlar sua ingestão de calorias.

Quer você queira manter, perder, ou ganhar peso, Kcals irá ajudá-lo a permanecer

focado no que importa: o seu equilíbrio calórico.

-------

A ideia é simples. Estabeleça uma meta (sua ingestão diária), e mantenha-se equilibrado dentro desse objetivo.

O contador irá mostrar se você comeu em excesso (balanço calórico positivo), ou pouco demais (balanço calórico negativo).

Kcals calorie counter is designed to help you control your calorie intake .

Whether you want to maintain, lose or gain weight , Kcals will help you stay

focused on what matters : your caloric balance .

-------

The idea is simple . Set a goal ( your daily intake ) , and stay balanced within that goal.

The meter will show if you ate too much (positive caloric balance ) or too little (negative caloric balance ) .

Food will count as a positive . Calories burned ( including exercise ) will count as negative.

-----

The elapsed time will be converted into calories burned .

Therefore , your caloric balance will decrease passively throughout the day .

Think of it as fuel being spent .

You will need to compensate by eating accordingly.

---

If you overeat , you can compensate by exercising , eating less or the hours or days following .

You can not simply " wait for the next day."

The application will remember what you ate yesterday . Just like your body .

------

Check your Profile .

There you will find all the information you need to define your ideal caloric intake .

Have fun !

Alimentos irão contar como positivo. Calorias queimadas (incluindo exercícios) irão contar como negativo.

-----

O tempo transcorrido será convertido em calorias queimadas.

Por isso, seu balanço calórico irá diminuir passivamente ao longo do dia.

Pense nisso como combustível sendo gasto.

Será preciso que voce compense comendo de acordo.

---

Caso você coma demais, você poderá compensar fazendo exercícios, ou comendo menos nas horas or dias seguintes.

Você não poderá simplemente "esperar pelo próximo dia".

The aplicativo lembrará o que você comeu ontem. Assim como seu corpo.

------

Confira o seu Perfil.

Lá você vai encontrar todas as informações de que precisa para definir a sua ingestão calórica ideal.

Divirta-se!

Kcals calorie counter is designed to help you control your calorie intake .

Whether you want to maintain, lose, or gain weight , KCALZ will keep you focused on what matters: your caloric balance.

-------

The idea is simple . Set a goal ( your daily intake ) and

Stay "balanced" within that goal.

The calorie counter will show if you ate too much (positive caloric balance ) or too little (negative caloric balance ) .

Kcals contador de calorias é projetado para ajudá-lo a controlar sua ingestão de calorias.

Quer você queira manter, perder, ou ganhar peso, Kcals irá ajudá-lo a permanecer

focado no que importa: o seu equilíbrio calórico.

-------

A ideia é simples. Estabeleça uma meta (sua ingestão diária), e mantenha-se "equilibrado" dentro desse objetivo.

O contador irá mostrar se você comeu em excesso (balanço calórico positivo), ou pouco demais (balanço calórico negativo).

Alimentos irão contar como positivo. Calorias queimadas (incluindo exercícios) irão contar como negativo.

-----

O tempo transcorrido será convertido em calorias queimadas.

Por isso, seu balanço calórico irá diminuir passivamente ao longo do dia.

Pense nisso como combustível sendo gasto.

Será preciso que voce compense comendo de acordo.

---

Caso você coma demais, você poderá compensar fazendo exercícios, ou comendo menos nas horas seguintes.

É assim que o seu corpo de fato funciona!

------

Confira o seu Perfil.

Lá você vai encontrar todas as informações de que precisa para definir a sua ingestão calórica ideal.

Divirta-se!

Kcals calorie counter is designed to help you control your calorie intake .

Whether you want to maintain, lose or gain weight , Kcals will help you stay

focused on what matters : your caloric balance .

-------

The idea is simple . Set a goal ( your daily intake ) , and stay "balanced " within that goal.

The meter will show if you ate too much (positive caloric balance ) or too little (negative caloric balance ) .

Food will count as a positive . Calories burned ( including exercise ) will count as negative.

-----

The elapsed time will be converted into calories burned .

Therefore , your caloric balance will decrease passively throughout the day .

Think of it as fuel being spent .

You will need to compensate by eating accordingly.

---

If you overeat , you can compensate by exercising , or eating less in the following hours .

This is how your body actually works !

------

Check your Profile .

There you will find all the information you need to define your ideal caloric intake .

Have fun !

Food will count as positive . Calories burned ( including exercise ) will count as negative.

-----

The elapsed time will be converted into calories burned .

Therefore , your caloric balance is going to decrease passively throughout the day .

Think of it as fuel being spent .

You will have to compensate by eating accordingly.

---

If you overeat , you will have to compensate with exercises, or by eating less in the following hours.

You can not simply " wait for the next day."

The application will remember what you ate yesterday . Just like your body .

------

Check your Profile .

There you will find all the information you need to define your ideal caloric intake .

Have fun !

Kcals contador de calorias é projetado para ajudá-lo a controlar sua ingestão de calorias .

Quer você queira manter, perder ou ganhar peso , o aplicativo vai ajudá-lo a permanecer focado no que realmente importa: o seu equilíbrio calórico.

-------

A idéia é simples . Defina uma meta (sua ingestão diária) e permaneça "equilibrado" dentro dessa meta.

O contador de calorias vai mostrar se você comeu demais ( balanço calórico positivo) ou muito pouco ( balanço calórico negativo).

Alimentos contam como positivo. Calorias queimadas (incluindo exercício ) contam como negativo.

-----

O tempo decorrido será convertido em calorias queimadas .

Portanto, o balanço calórico vai diminuir passivamente ao longo do dia .

Pense nisso como combustível a ser gasto .

Você vai ter que compensar comendo em conformidade.

---

Se você comer demais , você vai ter que compensar com exercícios , ou por comer menos nas horas seguintes .

Você não pode simplesmente " esperar para o dia seguinte . "

A aplicação vai se lembrar o que comeu ontem. Assim como seu corpo.

------

Verifique se o seu perfil .

Lá você vai encontrar todas as informações que você precisa para definir a sua ingestão calórica ideal.

Divirta-se!

You must compensate accordingly by eating .

Kcals calorie counter is designed to help you control your calorie intake .

Whether you want to maintain, lose or gain weight , the app will help you stay focused on what really matters : your caloric balance .

-------

The idea is simple . Set a goal ( your daily intake ) and remain "balanced " within that target.

The calorie counter will show if you ate too much (positive caloric balance ) or very little (negative caloric balance ) .

Food count as positive. Calories burned ( including exercise) count as negative.

-----

The elapsed time is converted into calories burned .

Therefore, the caloric balance will decrease passively throughout the day .

Think of it as fuel being spent .

You will have to compensate by eating accordingly.

---

If you overeat , you'll have to compensate with exercise , or eat less in the following hours .

You can not just " wait for the next day . "

The application will remember what you ate yesterday. Just like your body .

------

Make sure your profile.

There you will find all the information you need to define your ideal caloric intake .

Have fun !