



NutriSafe

NutriSafe Help and Documentation

You can find the set of instructions mentioned below that can be followed for easy navigation of the application:

1. On launching the application from your phone, the first screen that shows is the Login/Signup Page. There are three options available. You would have performed one of the following actions.
 - a. If you have already created an account, you enter the application by entering the user id and password and clicking on Login
 - b. If you do not want to create an account but you want to enter the application, you clicked on a Guest Login link which allows you to enter the application without any login.
 - c. If you wanted to create an account, you clicked on Signup button and entered your details and then finally clicked on register button. Once registered, you then logged in with the user id and password which you have created.

2. The first/ default screen that appears after logging in to the application is the Home Page. Here, you can find the list of categories along with the food items for each category. There is also a search bar present where you can search for a category or a food item which then filters the list. The list of categories can be navigated by moving the screen up and down using your fingers. The list of items under each category can be navigated by moving the screen left and right using your fingers. (Fig 1, 2, 3)

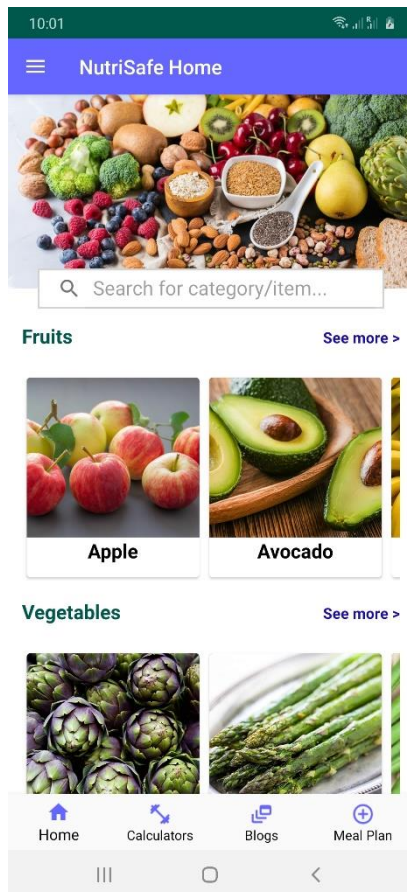


Figure 1: Home Screen

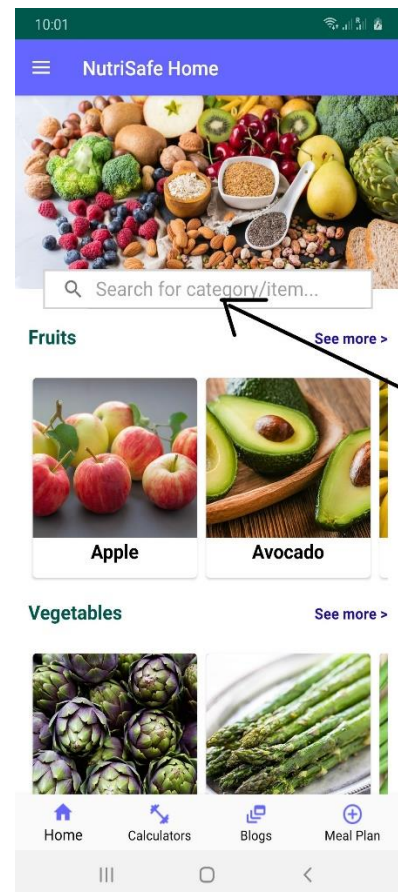


Figure 2: Search Bar in Home Screen

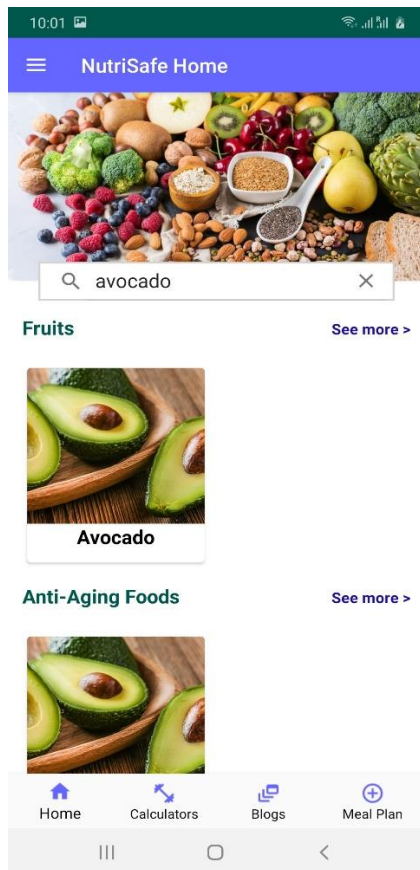


Figure 3: Home screen change after typing "Avocado"

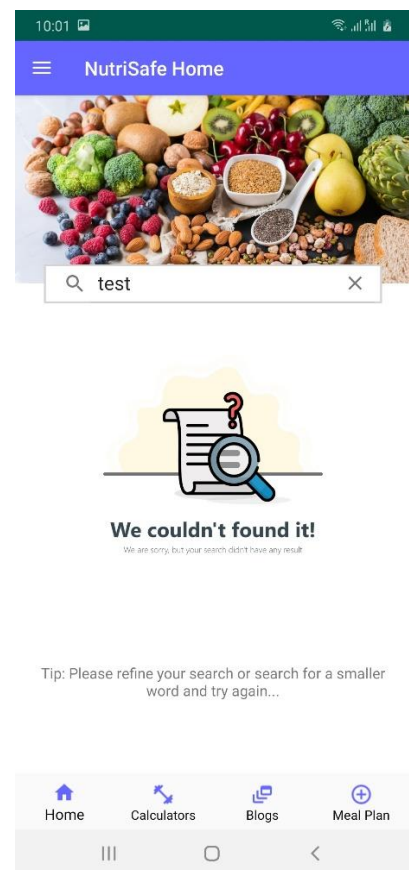


Figure 4: Home Screen No results

3. If you search for a category/item which doesn't exist in the list, then a no results screen will be displayed under the search bar. (Fig 4)

4. You can also view the food items of a category by clicking on the space containing the category name which also contains a “See more >” link. On clicking the space, you can view the items under that category. (Fig 5, 6)

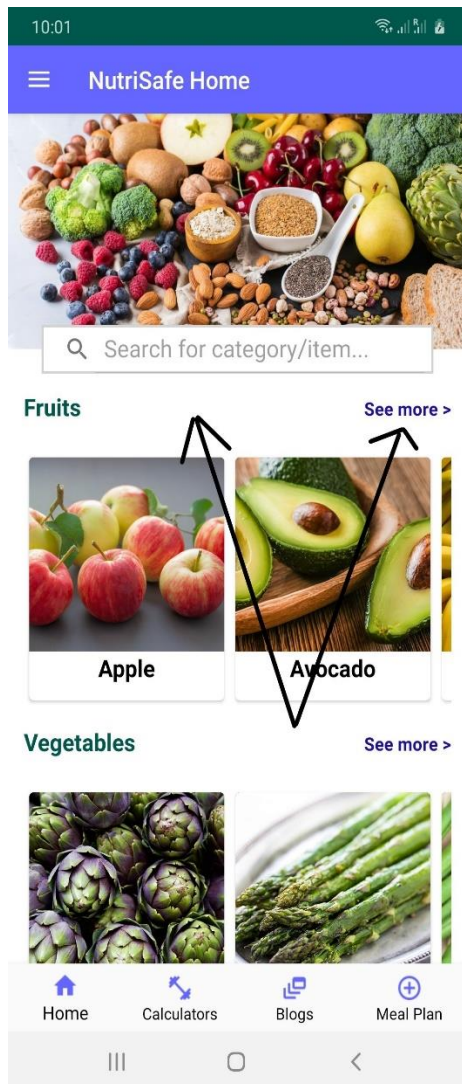


Figure 5: Home Screen click on category name

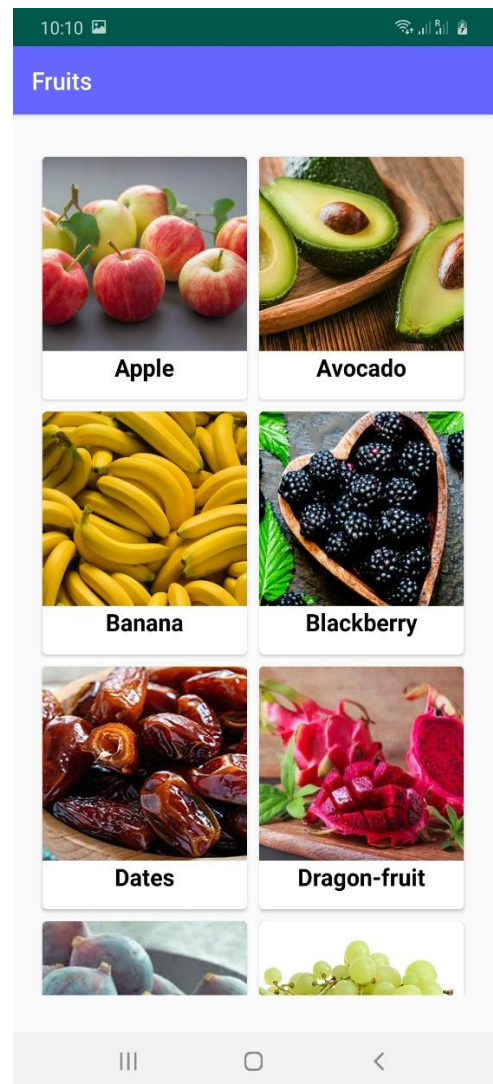


Figure 6: Food items for each category (e.g. Fruits)

- If you want to view the nutrition information for a food item, you can do that by clicking on the food item. On clicking the food item, a new screen with nutrition information is displayed. (Fig 7, 8)

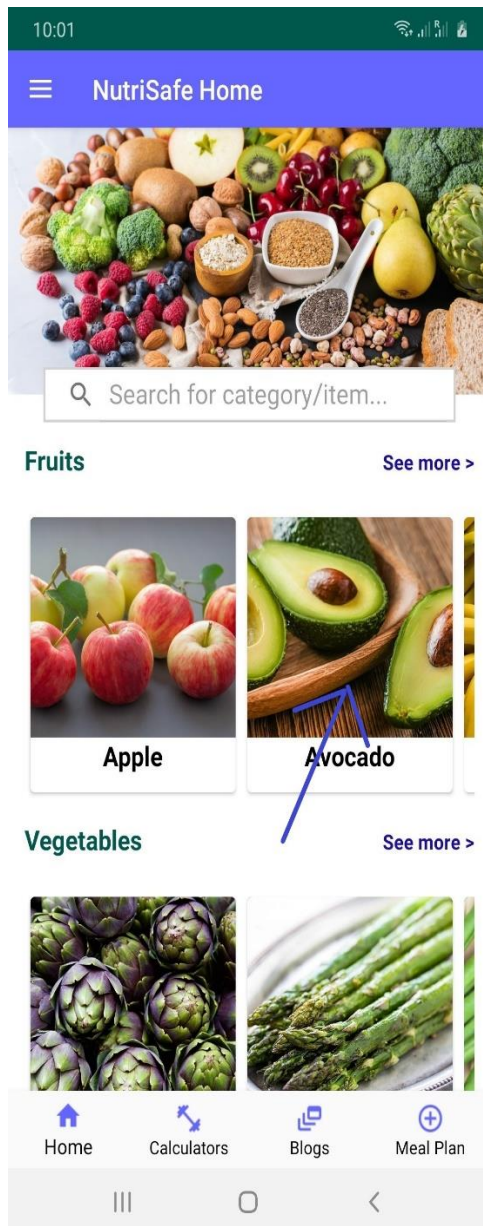


Figure 7: Individual item selection

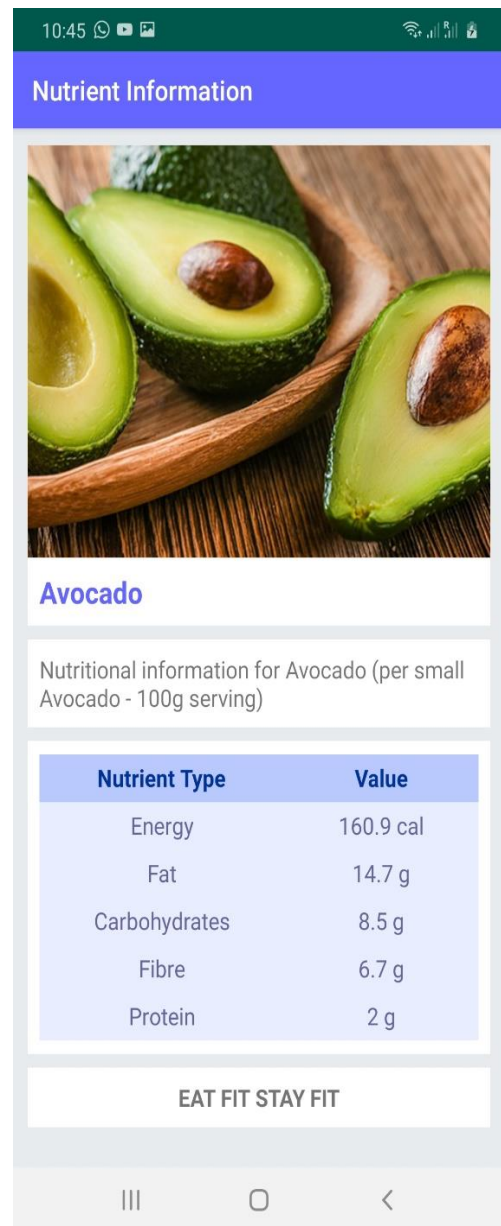


Figure 8: Nutrient content for a food item

6. You can also find a hamburger icon at the top left corner which opens a navigation drawer. It consists of four options where you can return to home screen or view information about the application. It also consists of Help and Documentation which is how you would have viewed this content. You can also logout from the application using the Logout menu option. (Fig 9)

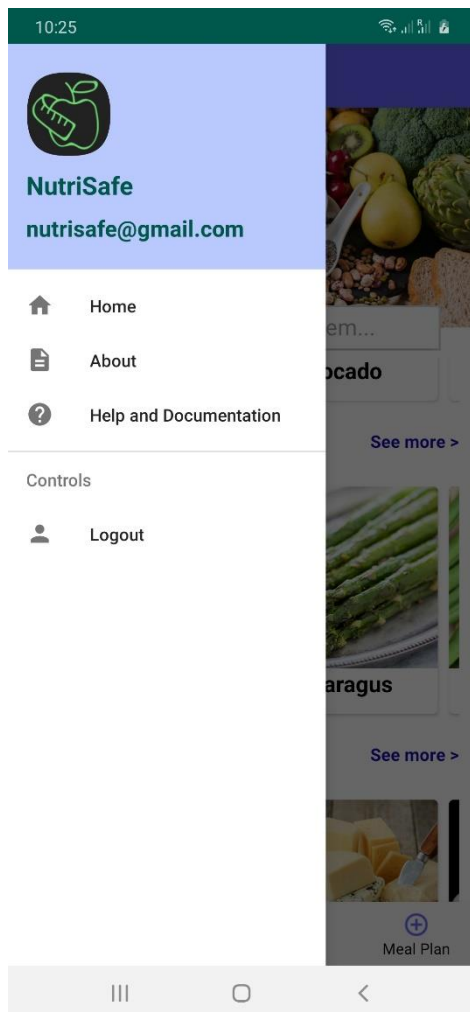


Figure 9: Navigation Drawer

7. You can also find a list of four options at the bottom of the application saying “Home”, “Calculators”, “Blogs”, “Meal Plan”. By default, the option selected is “Home”. (Fig 10)

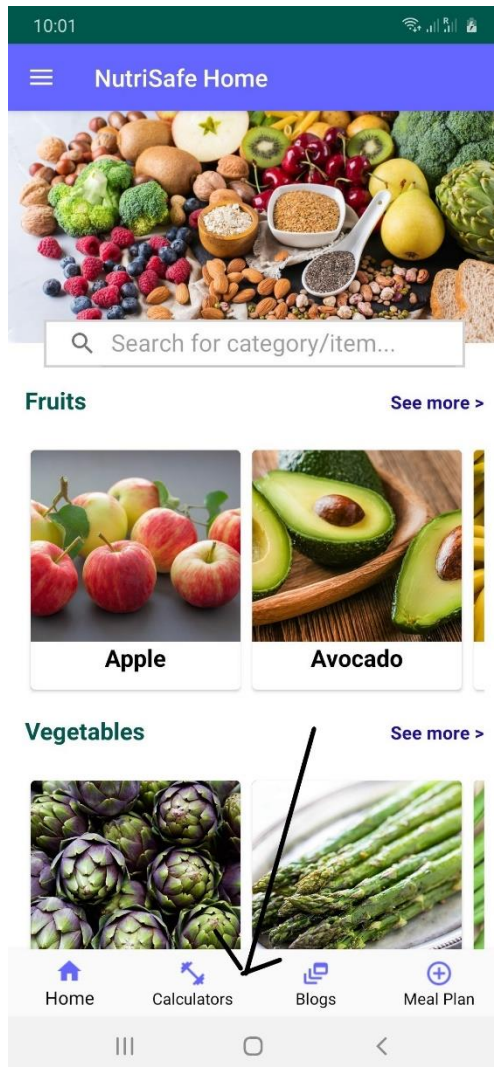


Figure 10: Navigation View at the bottom

8. On clicking “Calculators”, the application opens a screen containing two options: “BMI” and “BMR”. You can find your body mass index by choosing the BMI option which opens a new screen. You can enter your height and weight and on clicking calculate button, the BMI will be shown to you. Similarly, you can find your Basal Metabolic Rate by clicking on the BMR option and then entering the values in the fields and clicking on Calculate Button.

9. You can always return to the previous screen by clicking on the back button of your phone.

10. On clicking “Blogs”, you will be viewing a list of blogs written by nutrition experts and critics. On clicking of the image or the blog heading, you will be redirected to your browser to view the blog. An internet connection would be required to view the blog in the browser. (Fig 11, 12)

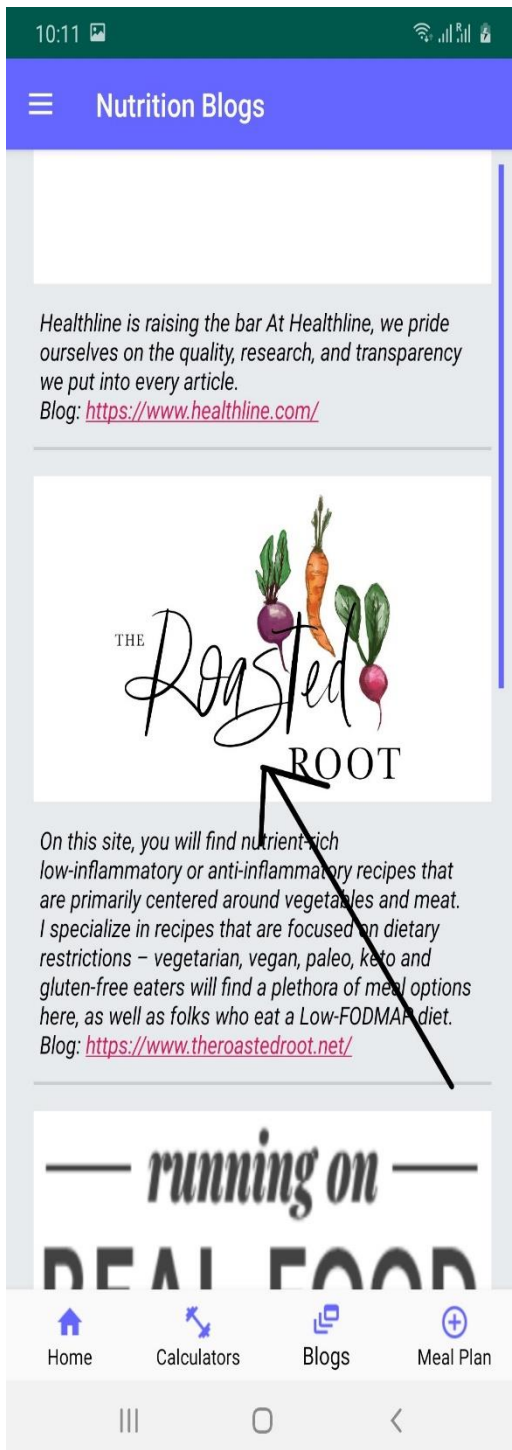


Figure 11: Clicking on a Blog

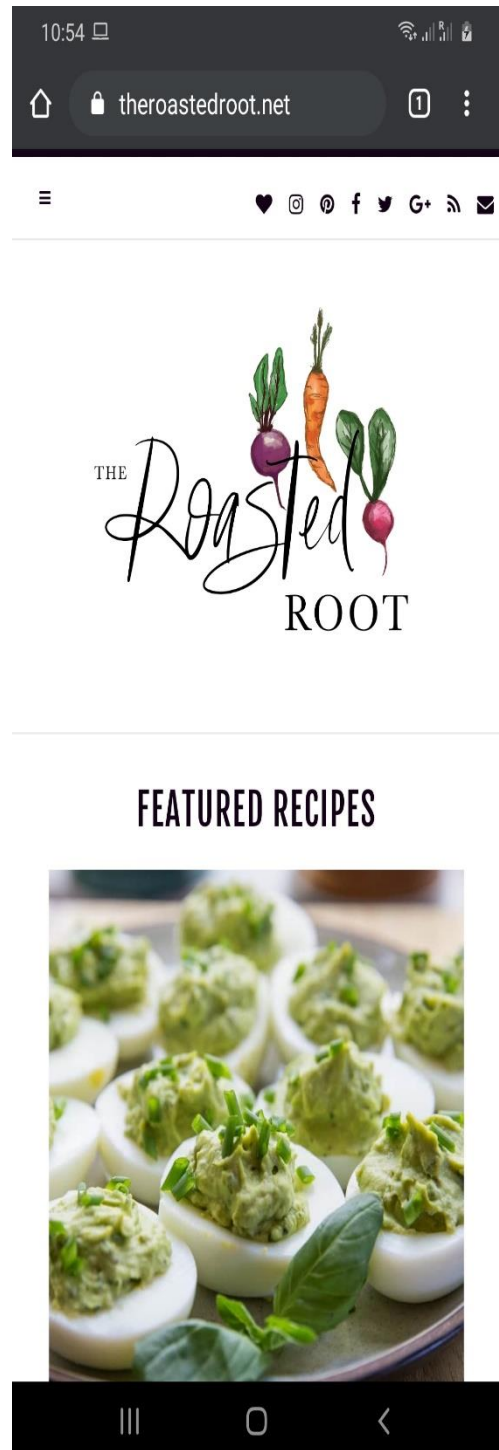


Figure 12: Blog opens in the phone's browser

11. On clicking “Add a Meal”, you can add at most 3 food items of your choice by selecting from the list. Once you add the first item, you can click on “Add More” button to add another food item. Once all the food items are added, you can click on Calculate button to find the total calorie intake for those food items. Based on the calculated value, you will get an insight on how many calories are consumed. (Fig 13, 14, 15, 16)

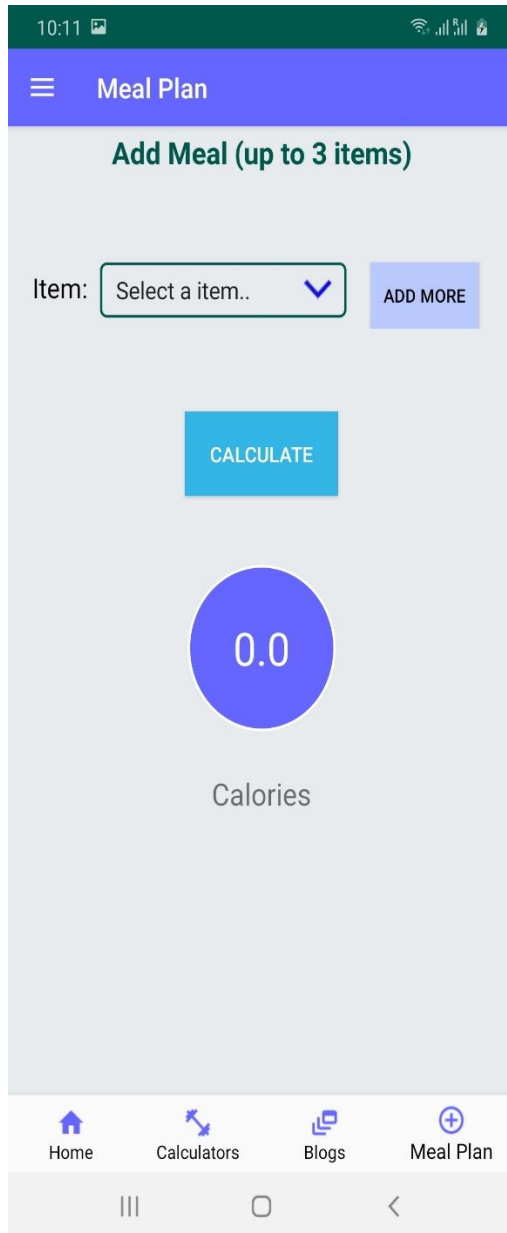


Figure 13: Add a meal feature

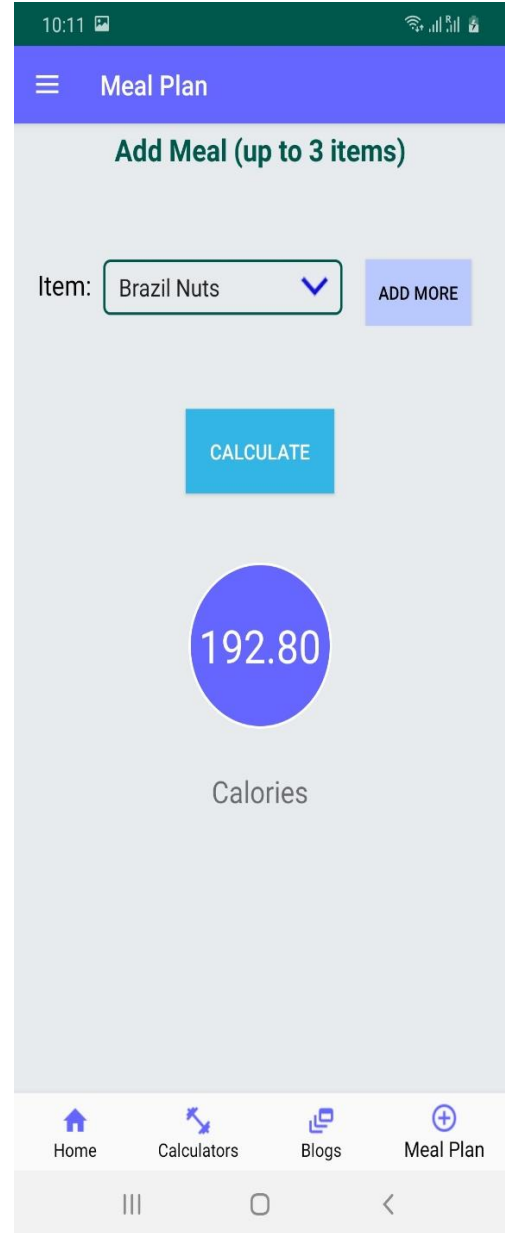


Figure 14: User enters first item and clicks on calculate

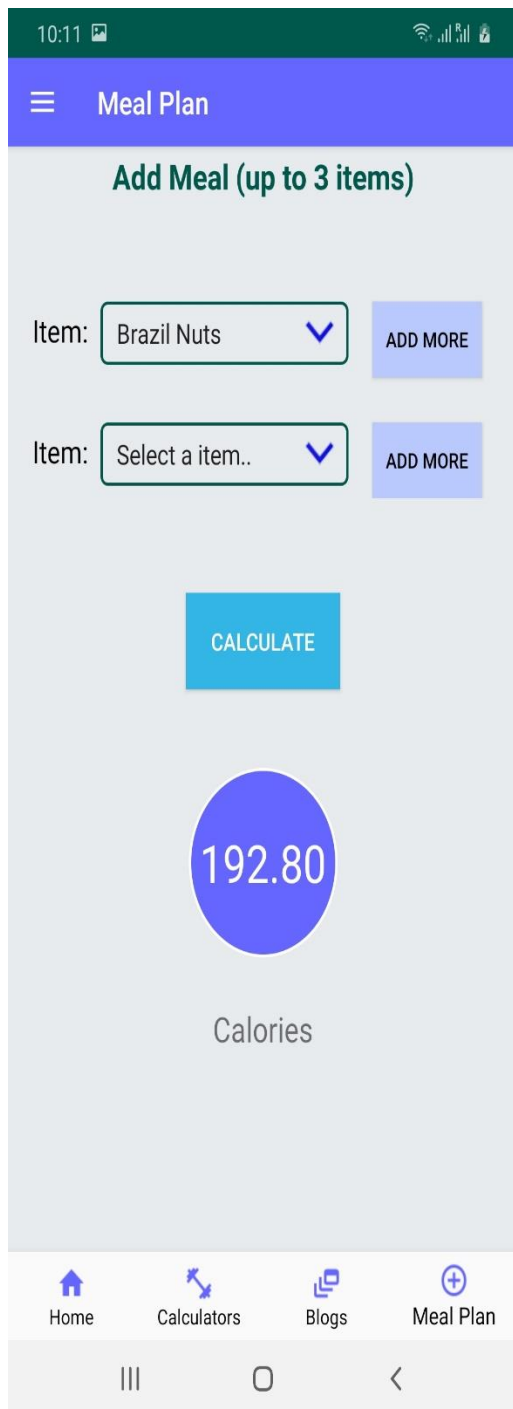


Figure 15: Adds an item without selecting the item

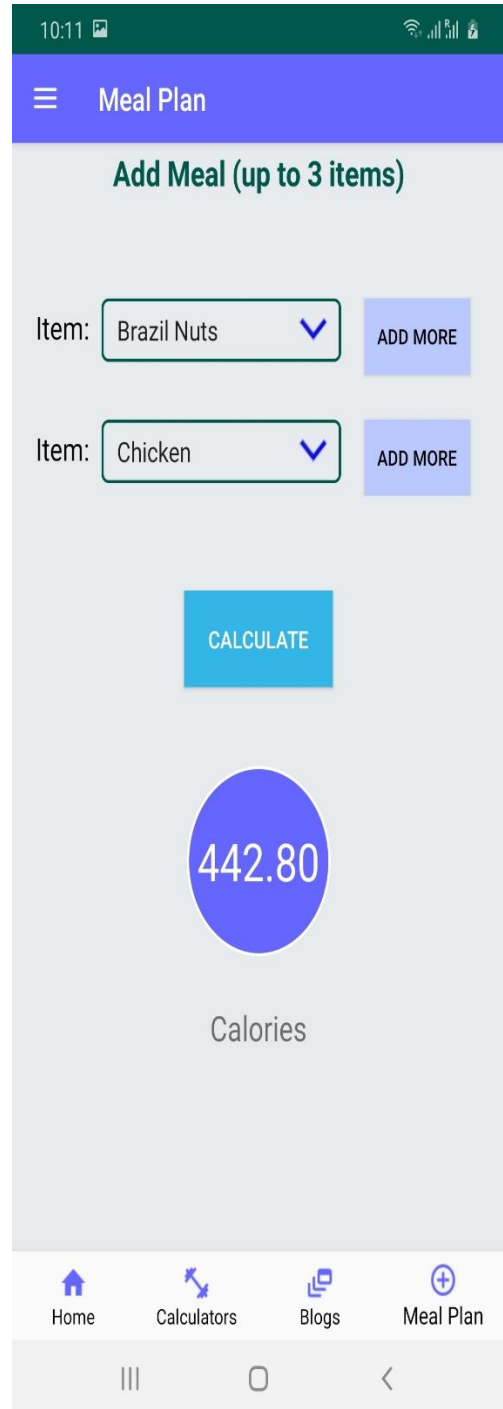


Figure 16: Selected the item and clicked on calculate

12. On clicking “Home”, you will return to the home screen.

Please give your feedback by mailing us at nutrisafe@gmail.com. Your feedback is very valuable to us. We are constantly working on the application to improve it. We aim to provide a best application with accurate and precise information on nutrients and amazing user experience.