



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)

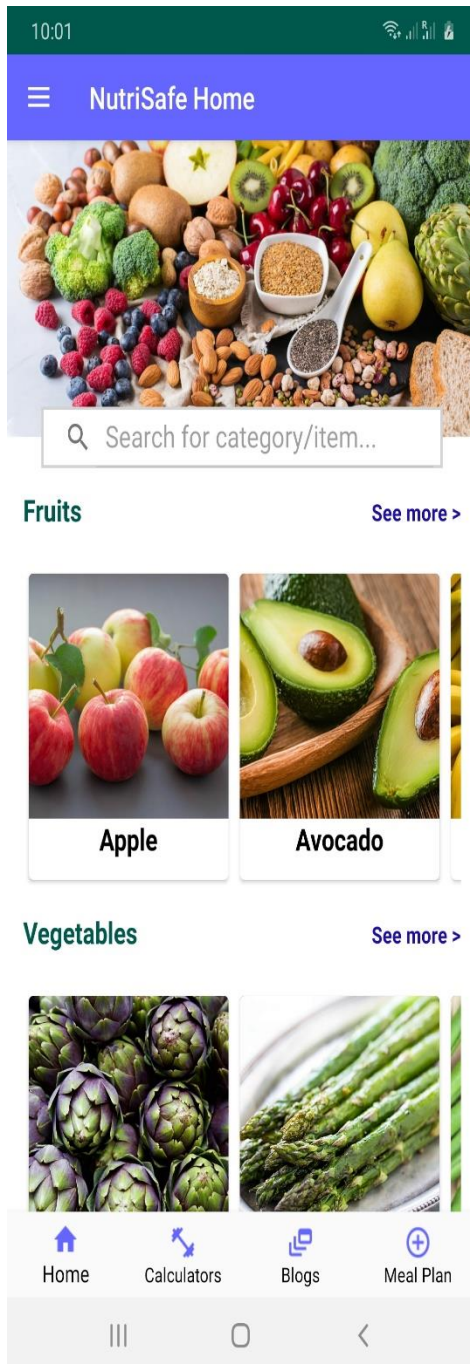


Figure 1: Home Screen

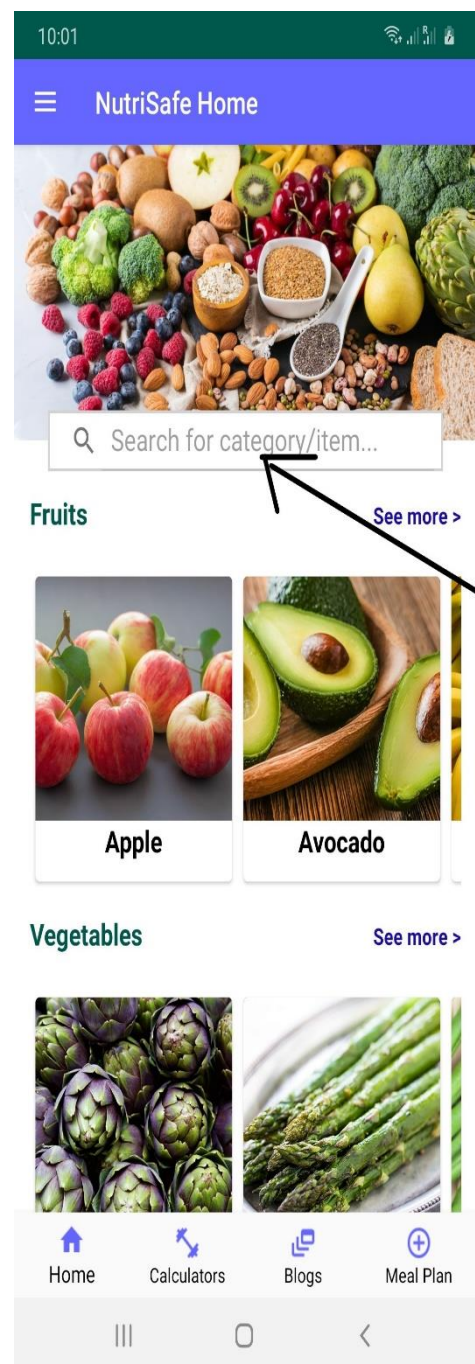


Figure 2: Search Bar in Home Screen

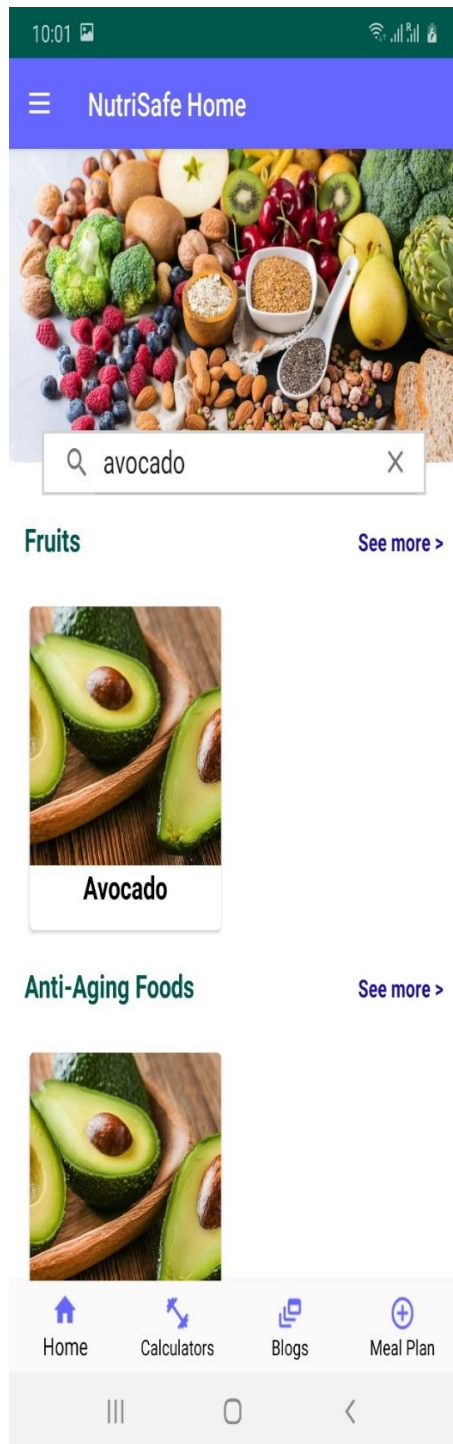


Figure 3: Home screen change after typing "Avocado"

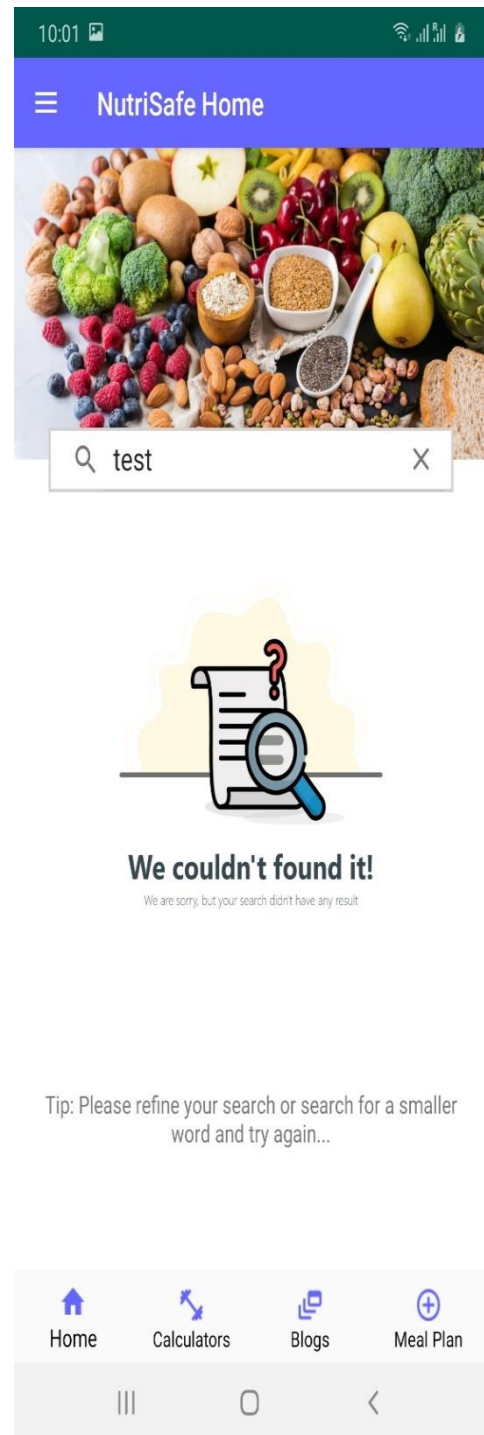


Figure 4: Home Screen No results

- 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)

- 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)

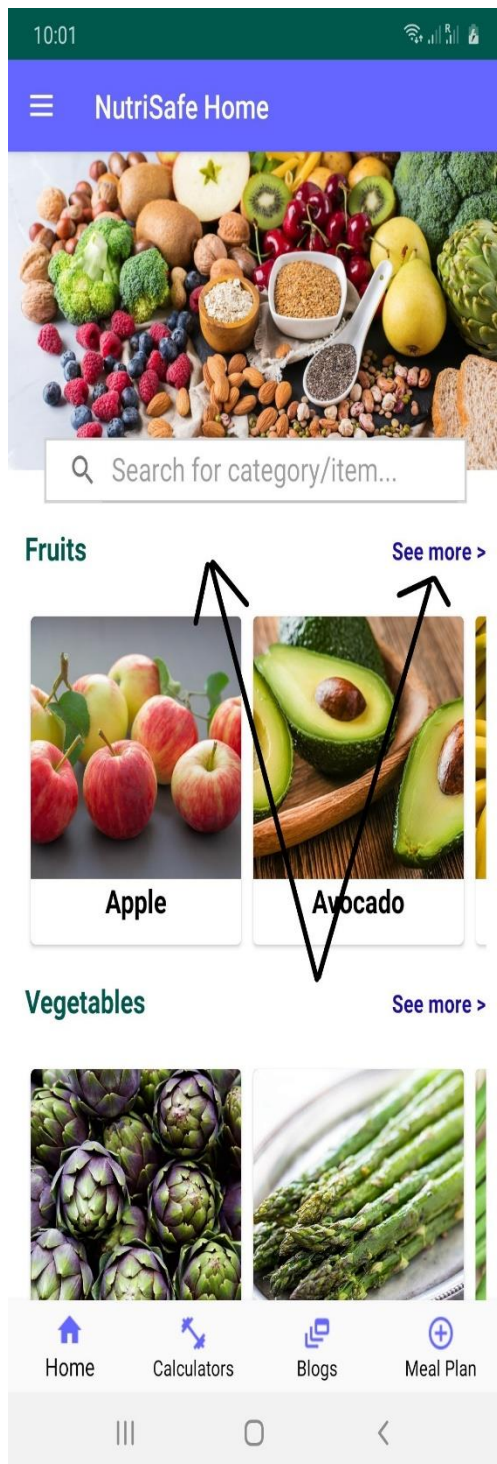


Figure 5: Home Screen click on category name (e.g. Fruits)

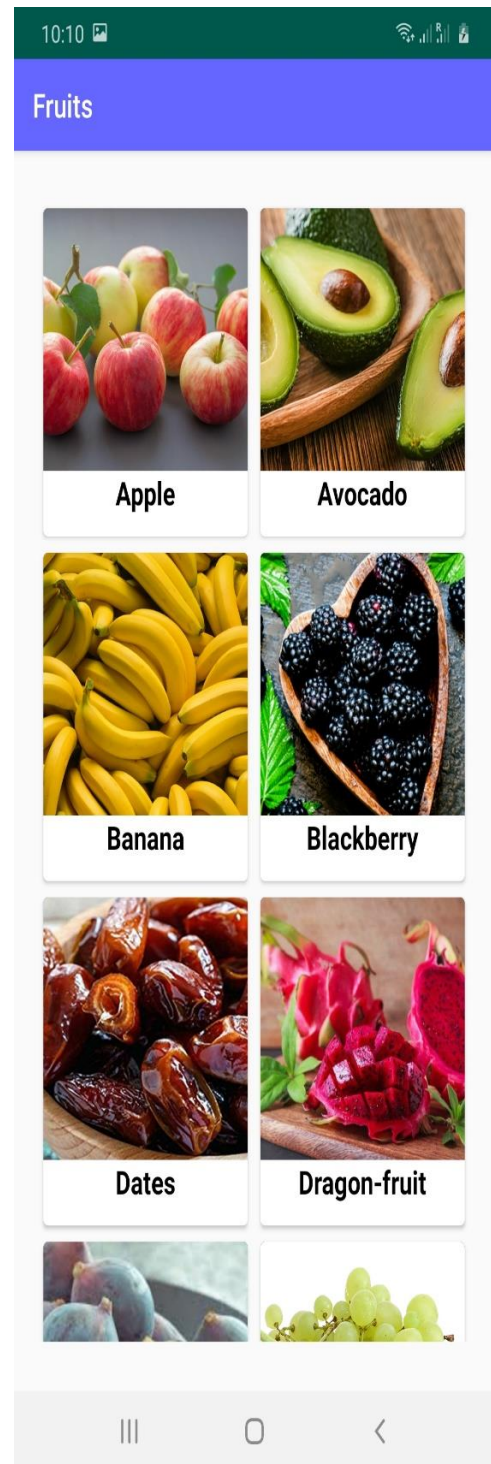


Figure 6: Food items for each category

- 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)

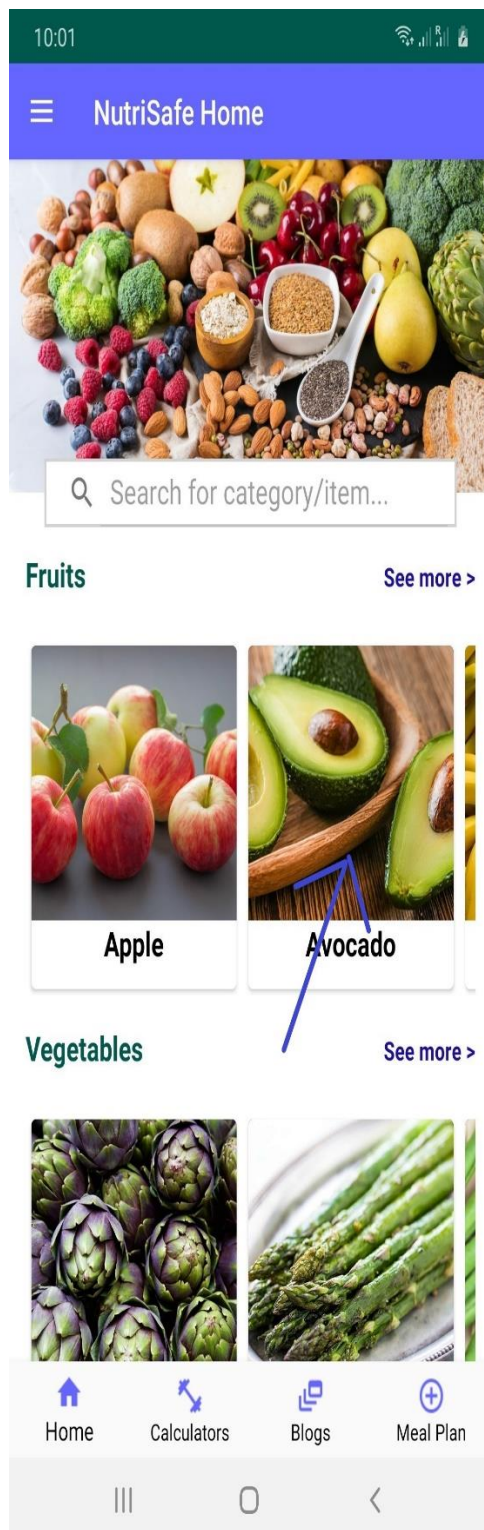


Figure 7: Individual item selection

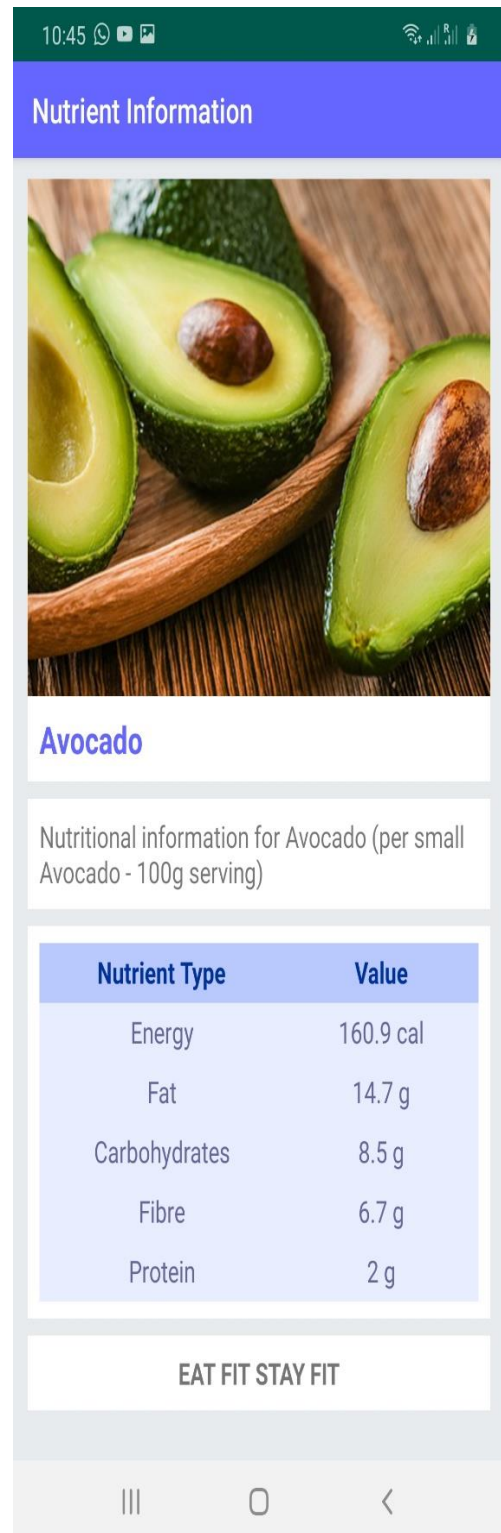


Figure 8: Nutrient content for a food item

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)

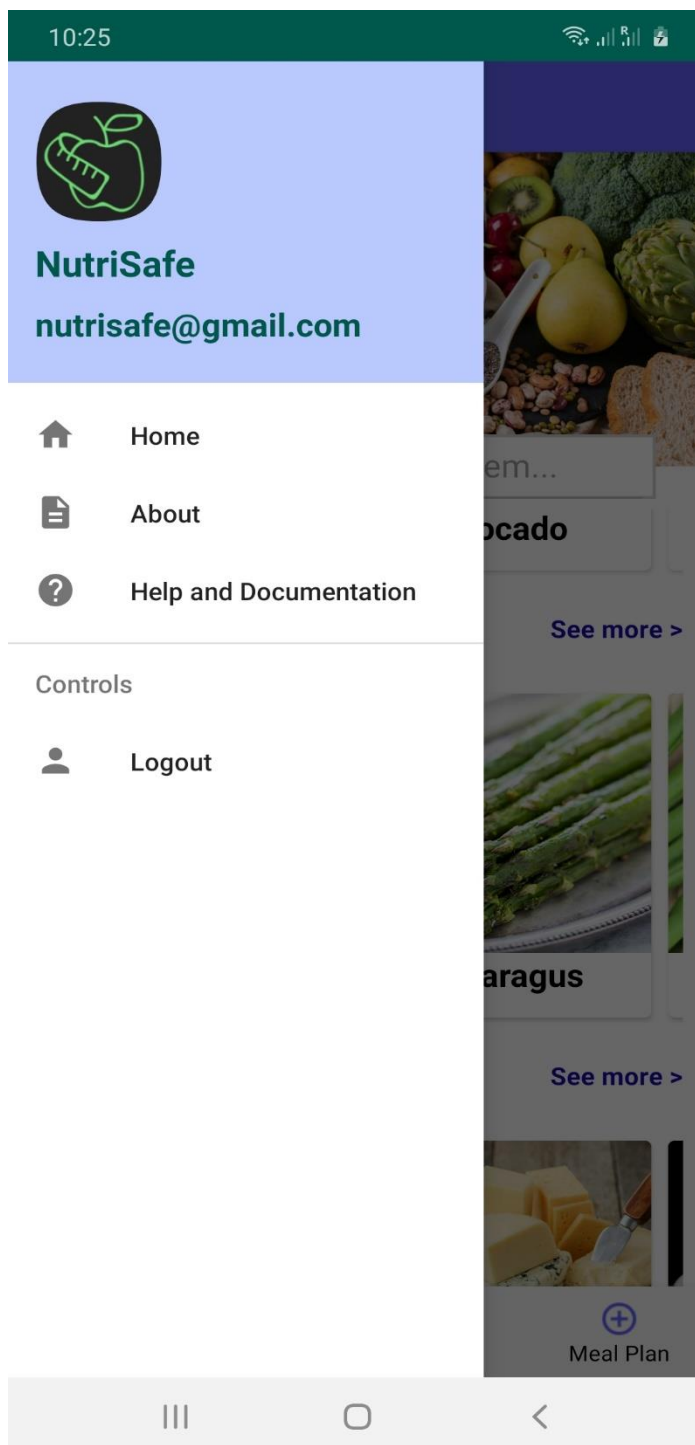


Figure 9: Navigation Drawer

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)

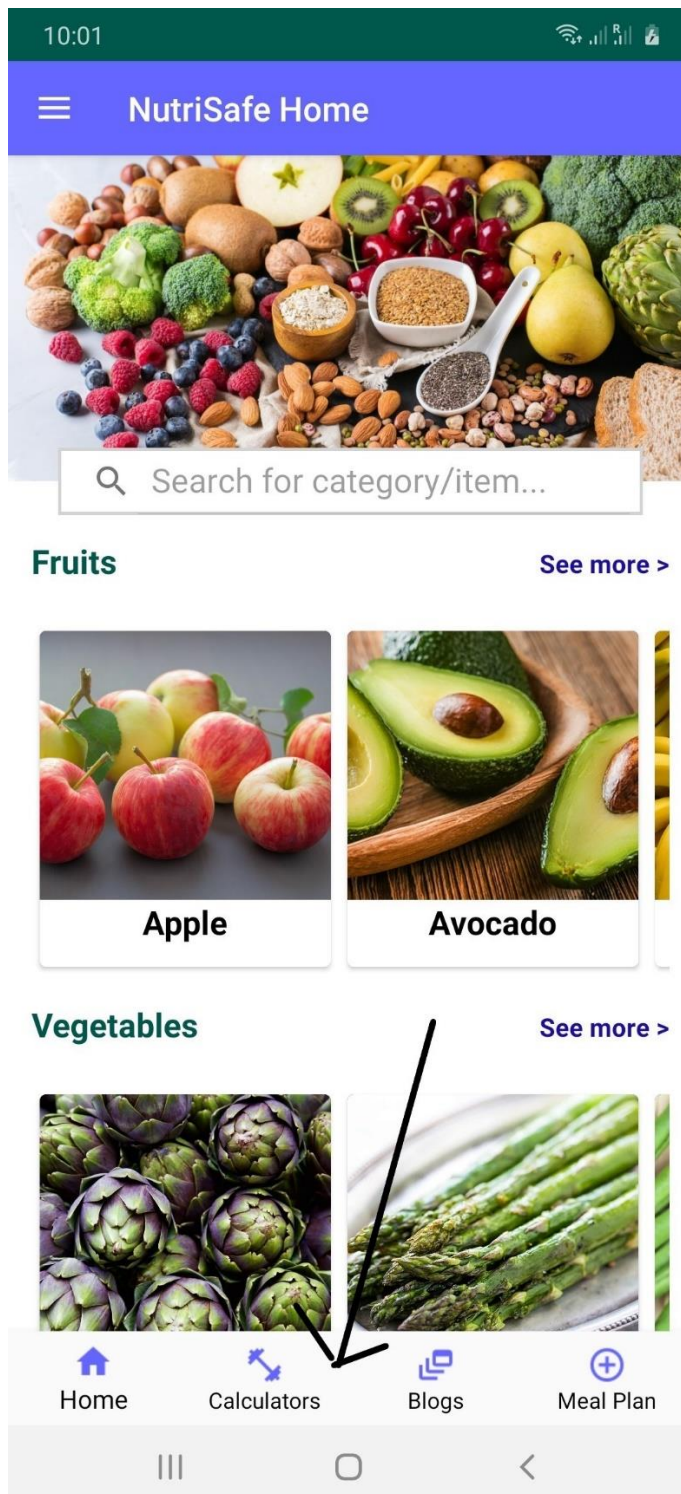


Figure 10: Navigation View at the bottom

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. If one of the input fields is not filled and if you click on Calculate Button, the application shows a error message with possible issues. Refer figures 11–18

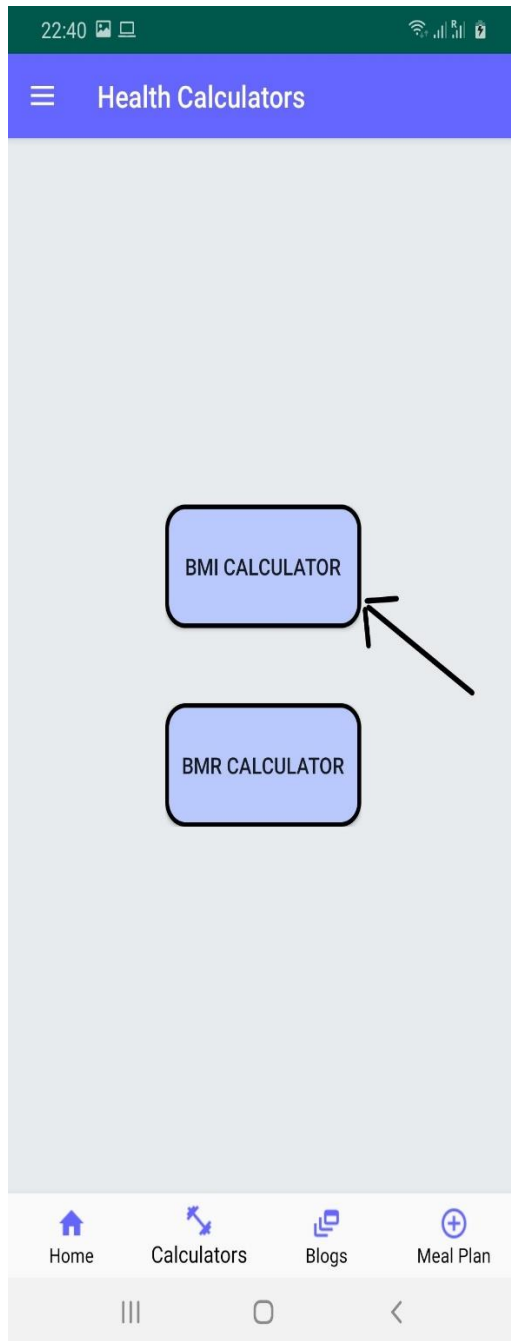


Figure 11: Calculators Screen - BMI

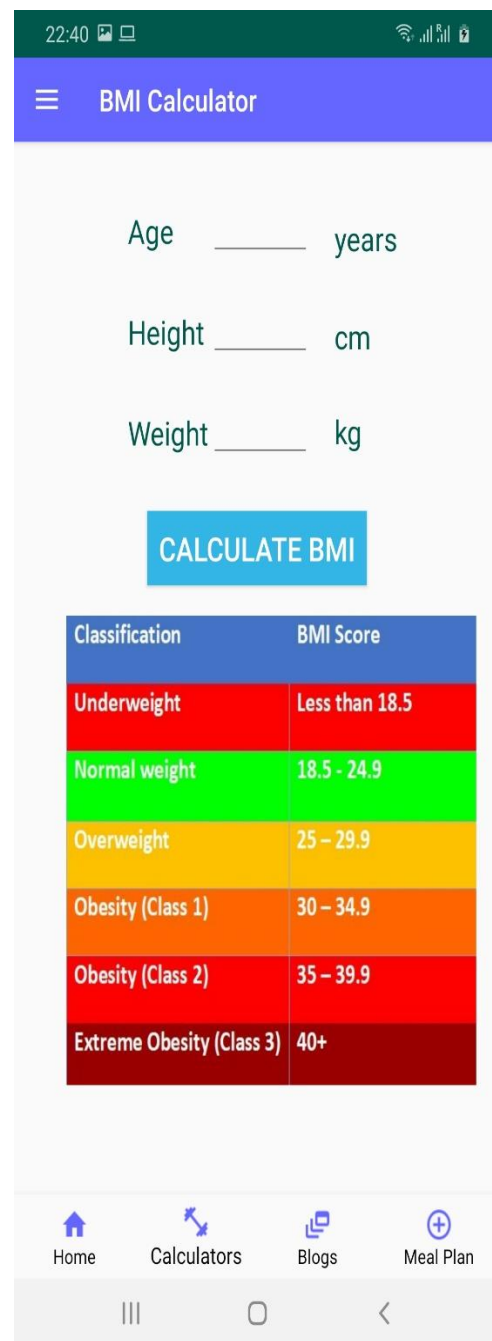


Figure 12: On click of BMI Calculator Button

22:40

≡ BMI Calculator

Age years

Height cm

Weight kg

CALCULATE BMI

22.09

Classification	BMI Score
Underweight	Less than 18.5
Normal weight	18.5 - 24.9
Overweight	25 - 29.9
Obesity (Class 1)	30 - 34.9
Obesity (Class 2)	35 - 39.9
Extreme Obesity (Class 3)	40+

Home Calculators Blogs Meal Plan

Figure 13: An instance of calculating BMI filling data

22:40

≡ BMI Calculator

Age years

Height cm

Weight kg

One among the following fields has errors:
 1. Age is not in the range 18-120
 2. One or more fields doesn't have data
 3. One or more fields do not have valid data like height or weight is having only ''

CALCULATE BMI

Classification	BMI Score
Underweight	Less than 18.5
Normal weight	18.5 - 24.9
Overweight	25 - 29.9
Obesity (Class 1)	30 - 34.9
Obesity (Class 2)	35 - 39.9
Extreme Obesity (Class 3)	40+

Home Calculators Blogs Meal Plan

Figure 14: User clicks on Calculate without filling data

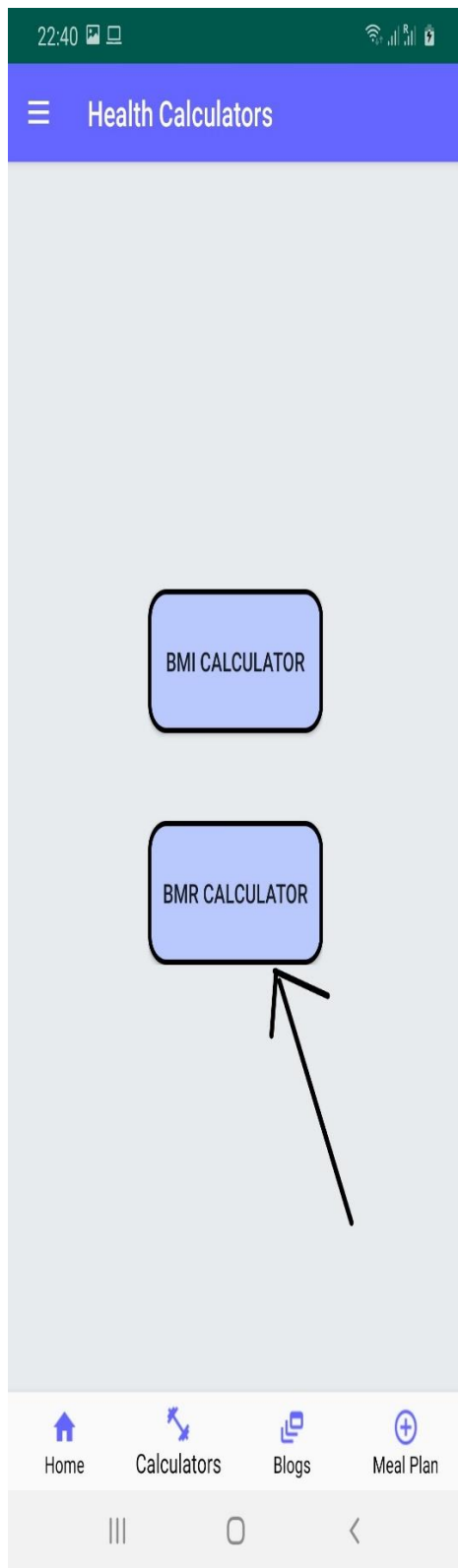


Figure 15: Calculators Screen – BMR

The screenshot shows the 'BMR Calculator' screen. At the top, there is a blue header with a hamburger menu icon and the text 'BMR Calculator'. The main area is light gray and contains the following elements:

- Gender:** Radio buttons for 'Male' and 'Female'.
- Age:** A text input field followed by the word 'years'.
- Height:** A text input field followed by the word 'cm'.
- Weight:** A text input field followed by the word 'kg'.
- CALCULATE BMR:** A blue button with white text.
- Daily calorie needs based on activity:** A heading above a table.
- Table:** A table with two columns: 'Activity level' and 'Calorie'.

Activity level	Calorie
Sedentary: Little or no exercise	1,517
Exercise 1-3 times/week	1,738
Exercise 4-5 times/week	1,852
Daily exercise or intense exercise 3-4 times/week	1,959
Intense exercise 6-7 times/week	2,180
Very intense exercise daily, or physical job	2,402

Below the table, there is a note: 'Exercise :15-30 minutes of elevated heart rate activity. Intense exercise :45-120 minutes of elevated heart rate activity.' At the bottom, there is a white navigation bar with four icons and labels: 'Home' (house icon), 'Calculators' (calculator icon), 'Blogs' (document icon), and 'Meal Plan' (plus icon). Below the navigation bar is a standard Android status bar with three icons.

Figure 16: An instance of BMR Calculator

22:41

BMR Calculator

Gender ☐ Male ☐ Female

Age _____ years

Height _____ cm

Weight _____ kg

One among the following fields has errors:

1. Age is not in the range 16-79
2. One or more fields doesn't have data
3. One or more fields do not have valid data like height or weight is having only ''

CALCULATE BMR

Daily calorie needs based on activity

Activity level	Calorie
Sedentary: Little or no exercise	1,517
Exercise 1 -3 times/week	1,738
Exercise 4-5 times/week	1,852
Daily exercise or intense exercise 3-4 times/week	1,959

Home Calculators Blogs Meal Plan

22:41

BMR Calculator

Gender ☒ Male ☐ Female

Age 24 years

Height 175 cm

Weight 70.36 kg

CALCULATE BMR

1734.55

Calories/day

Daily calorie needs based on activity

Activity level	Calorie
Sedentary: Little or no exercise	1,517
Exercise 1 -3 times/week	1,738
Exercise 4-5 times/week	1,852
Daily exercise or intense exercise 3-4 times/week	1,959

Home Calculators Blogs Meal Plan

Figure 17: User clicks on Calculate without filling data Figure 18: BMR Calculation for some data

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 19, 20)

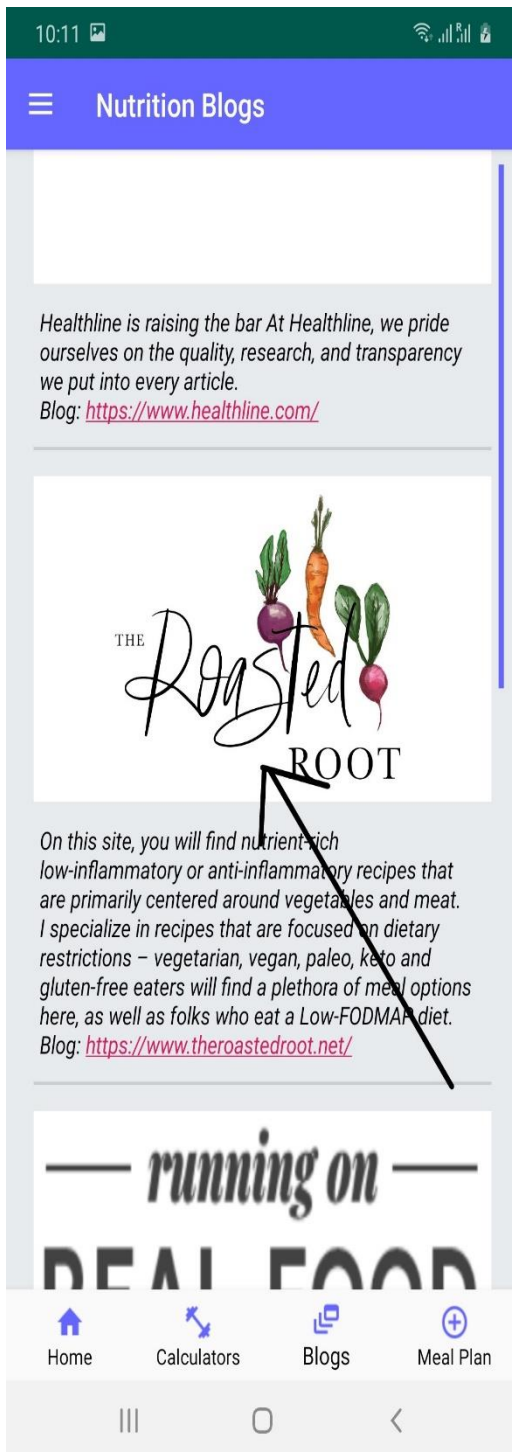


Figure 19: Clicking on a Blog

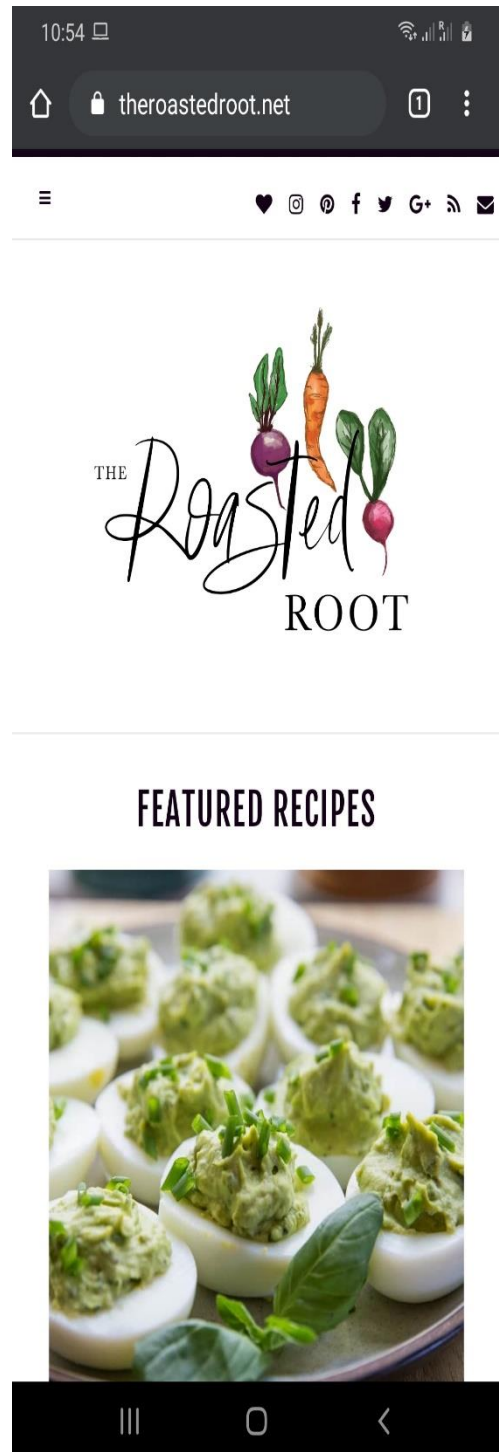


Figure 20: Blog opens in the phone's browser

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 21–24)

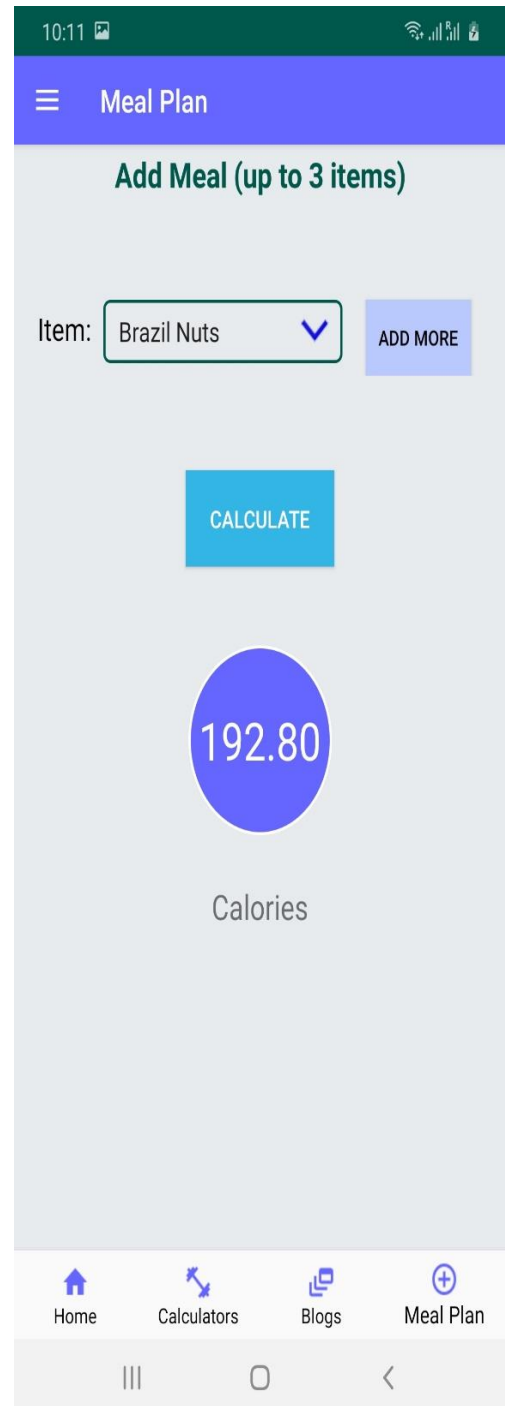
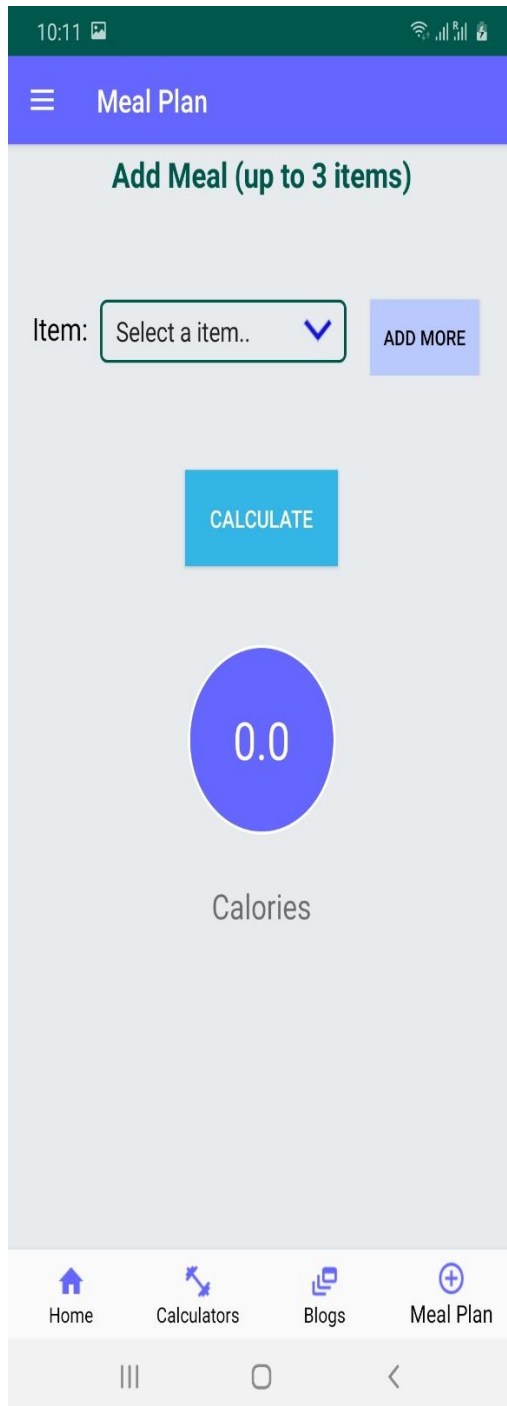


Figure 21: Add a meal feature Figure 22: User enters first item and clicks on calculate

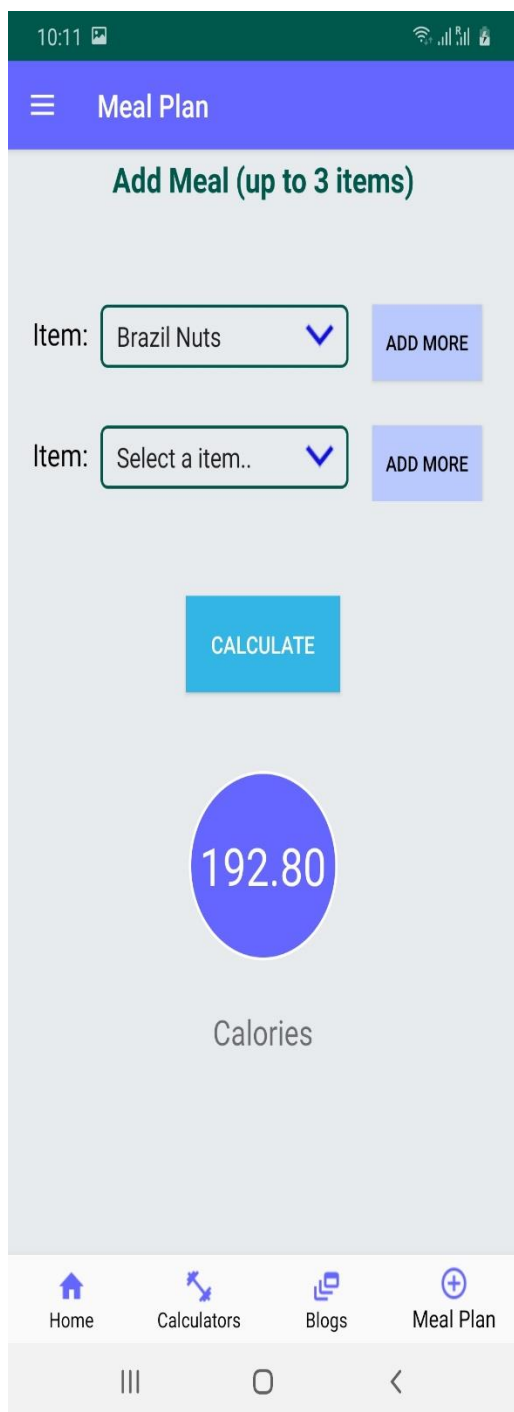


Figure 23: Adds an item without selecting the item clicked on calculate

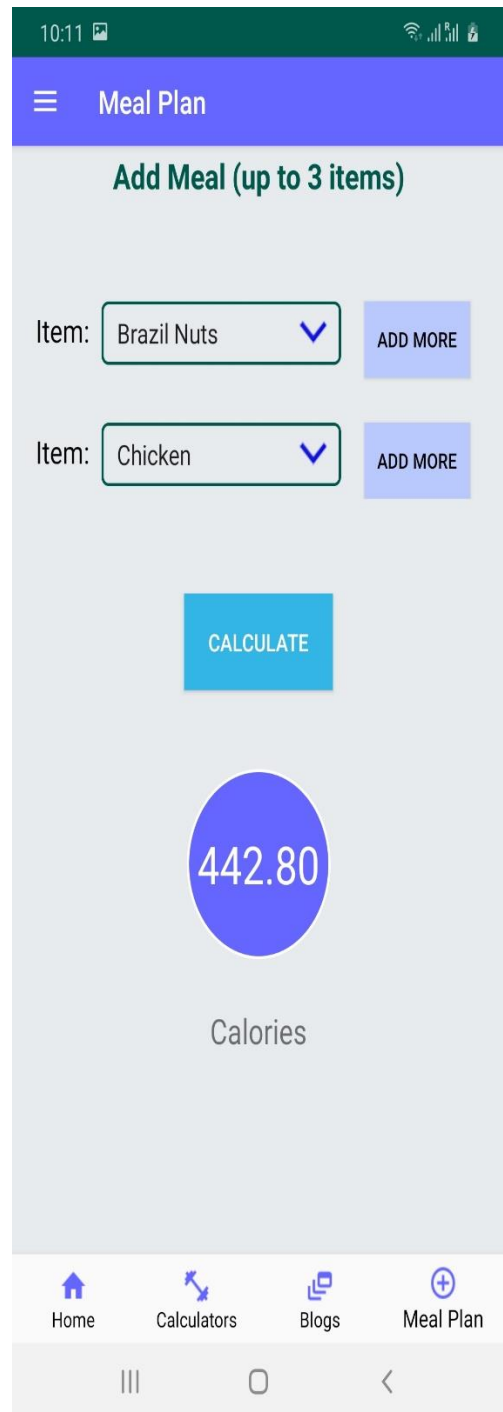


Figure 24: Selected the item and

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

13. On clicking “About” in the navigation drawer, a screen opens with information about the application. (Fig 25)



Figure 25: About NutriSafe

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.