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. The first/ default screen that appears after launching 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)
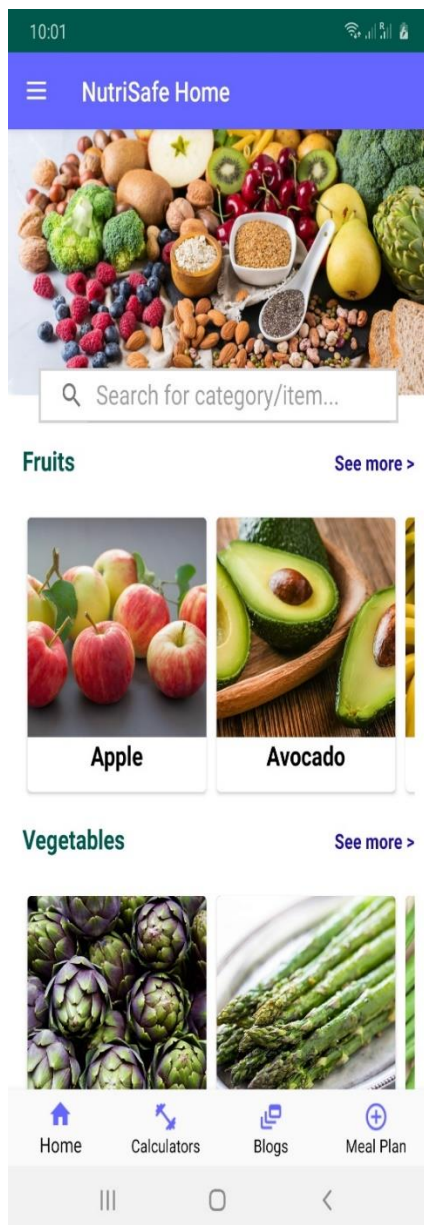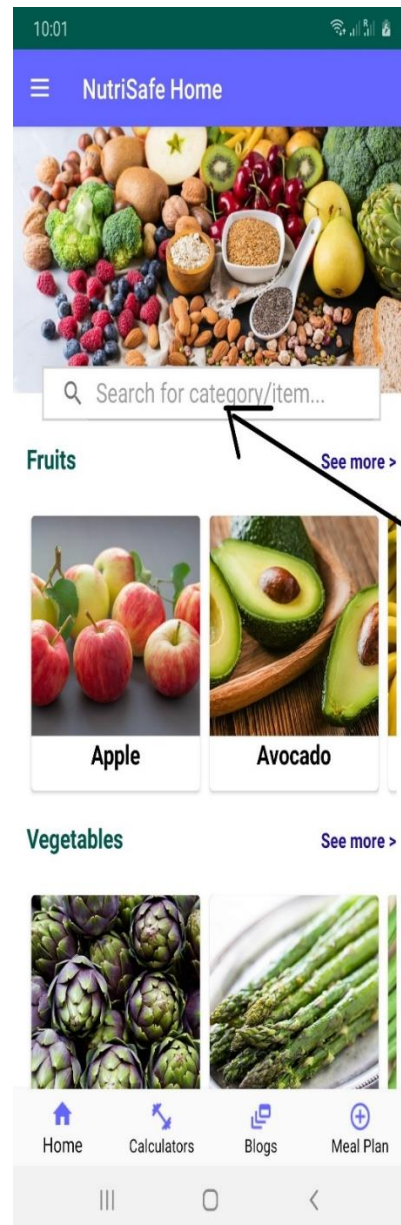

Figure 1: Home Screen
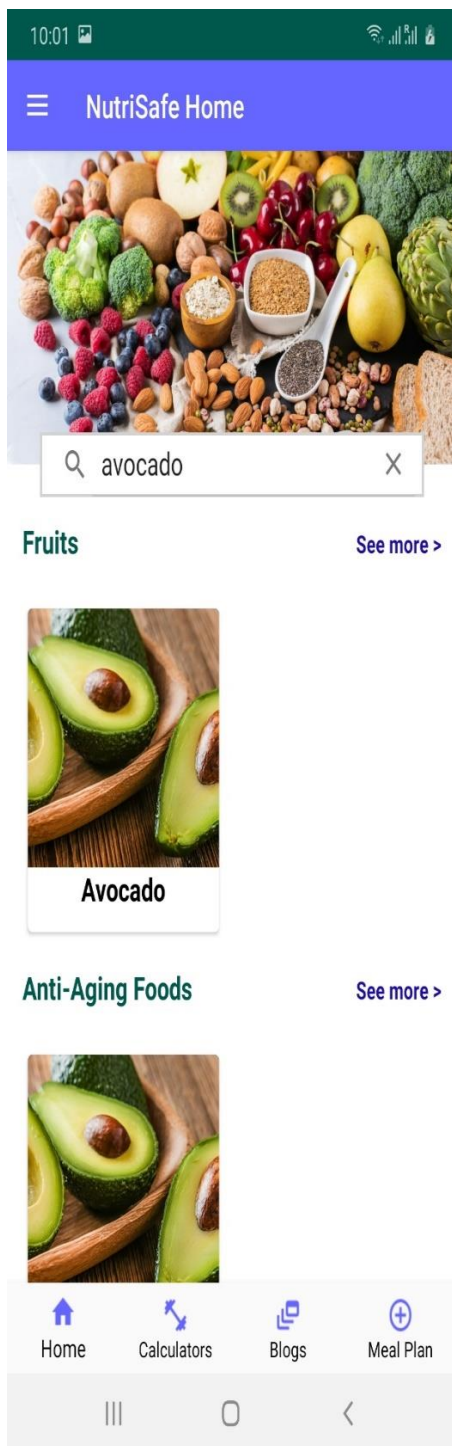

Figure 2: Search Bar in Home Screen

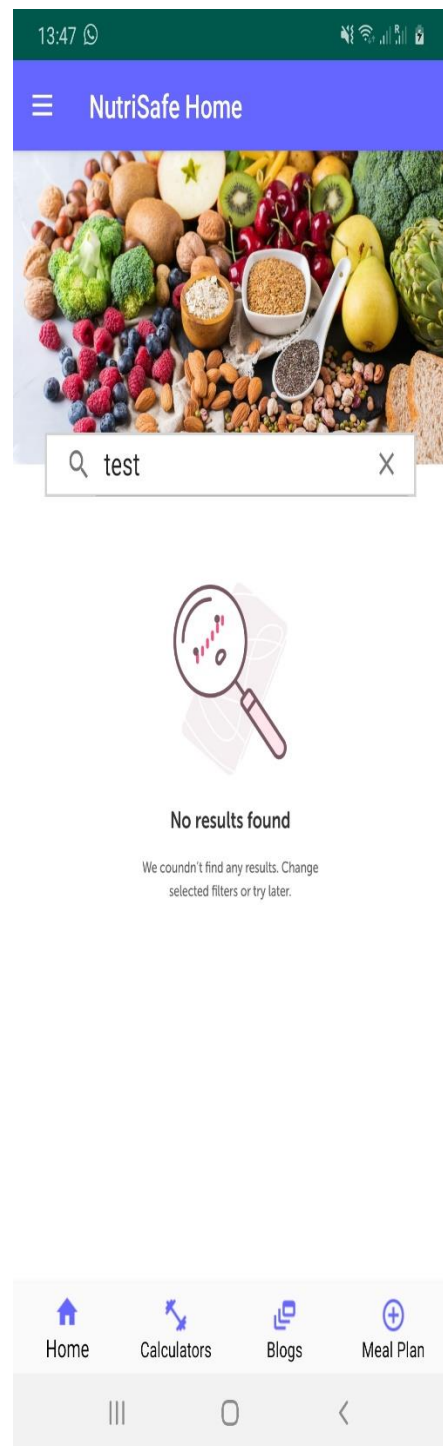*Figure 3: Home screen change after typing "Avocado"*   *Figure 4: Home Screen No results*

2. 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)

3. 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)
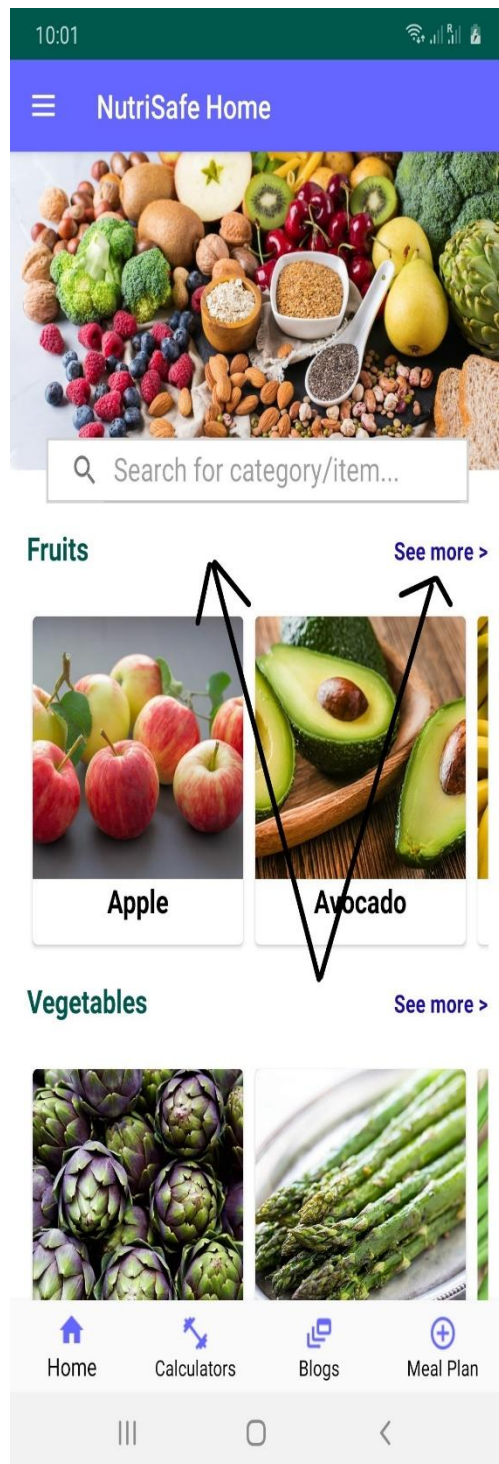

Figure 5: Home Screen click on category name (e.g. Fruits)
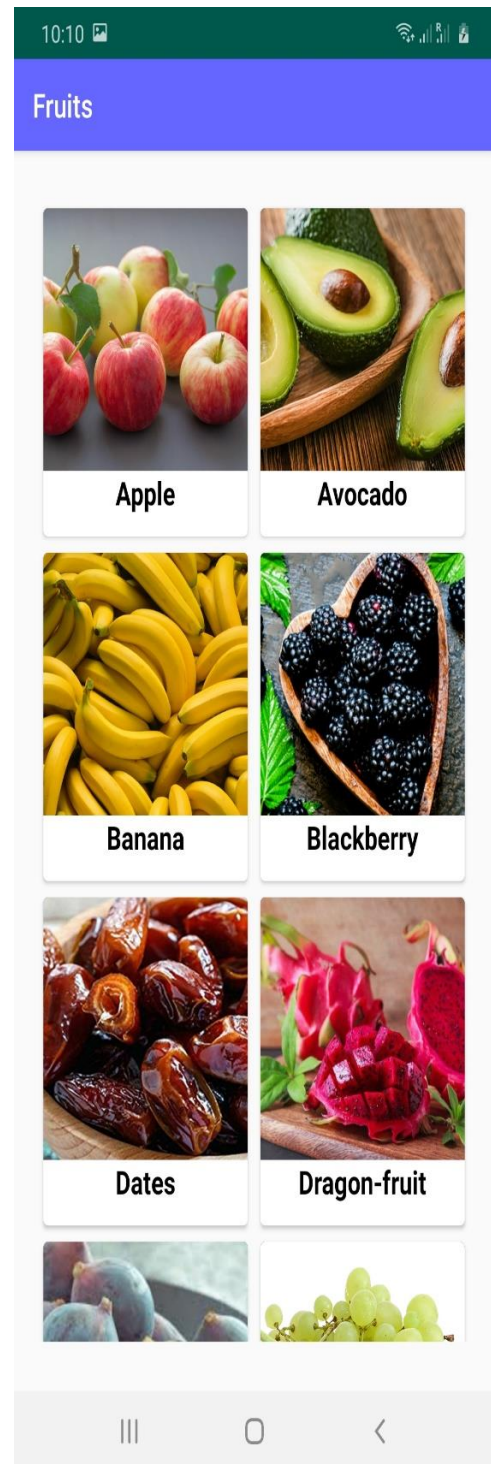

Figure 6: Food items for each category

4. 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)
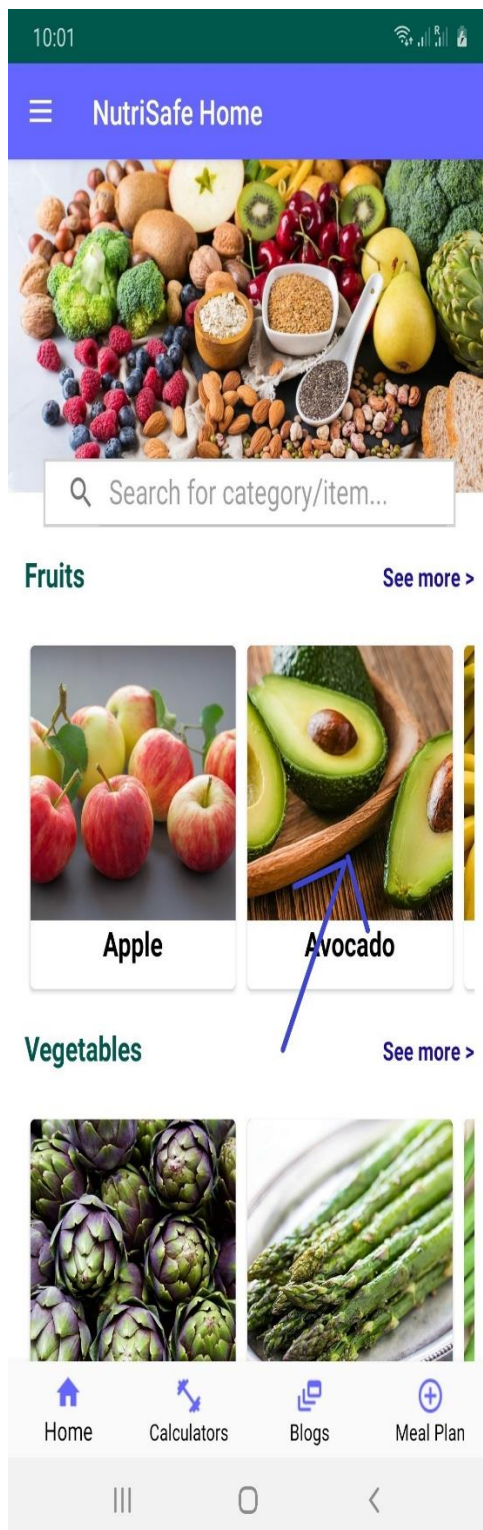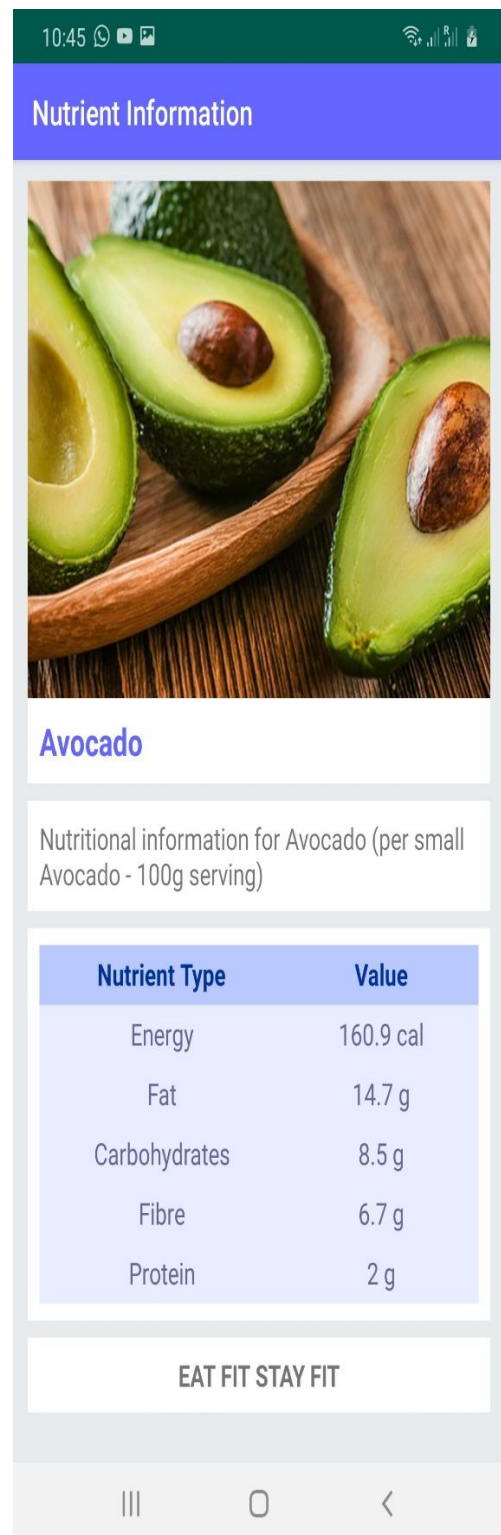

Figure 7: Individual item selection

Figure 8: Nutrient content for a food item

5. 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)
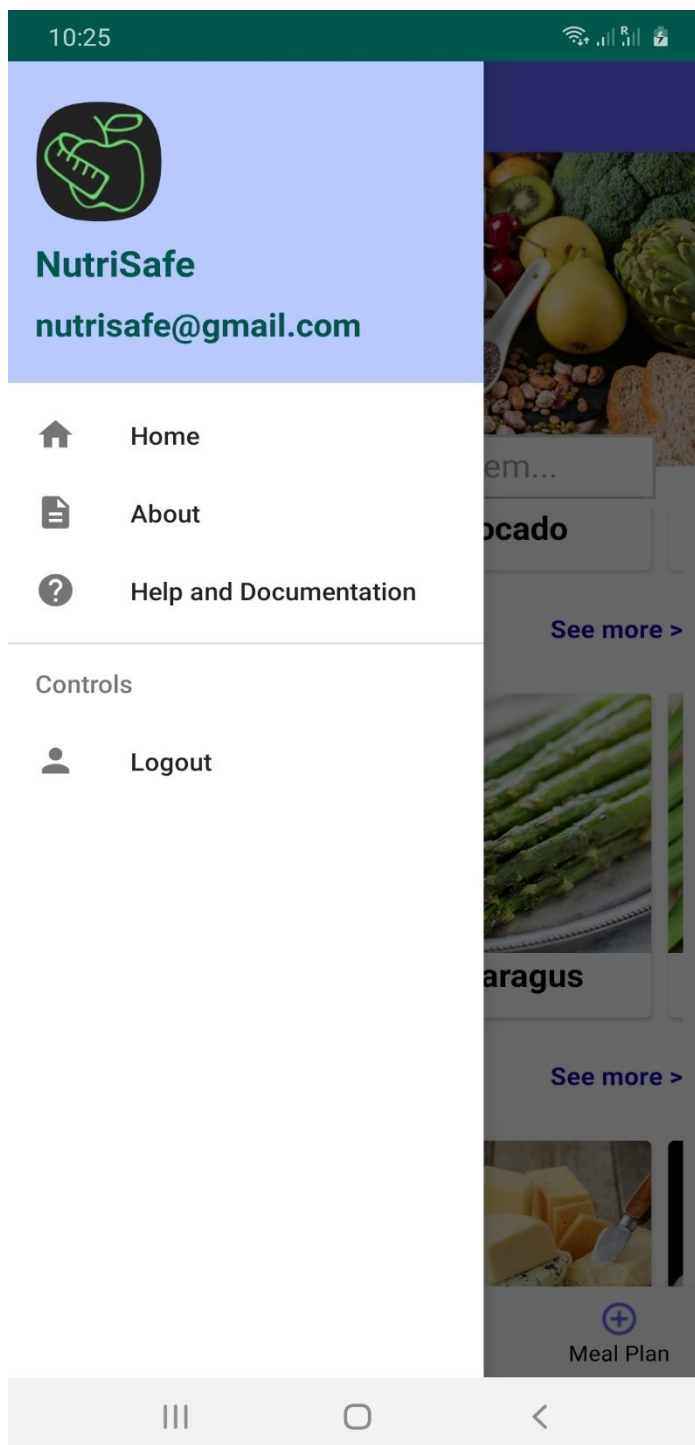

Figure 9: Navigation Drawer

6. 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)
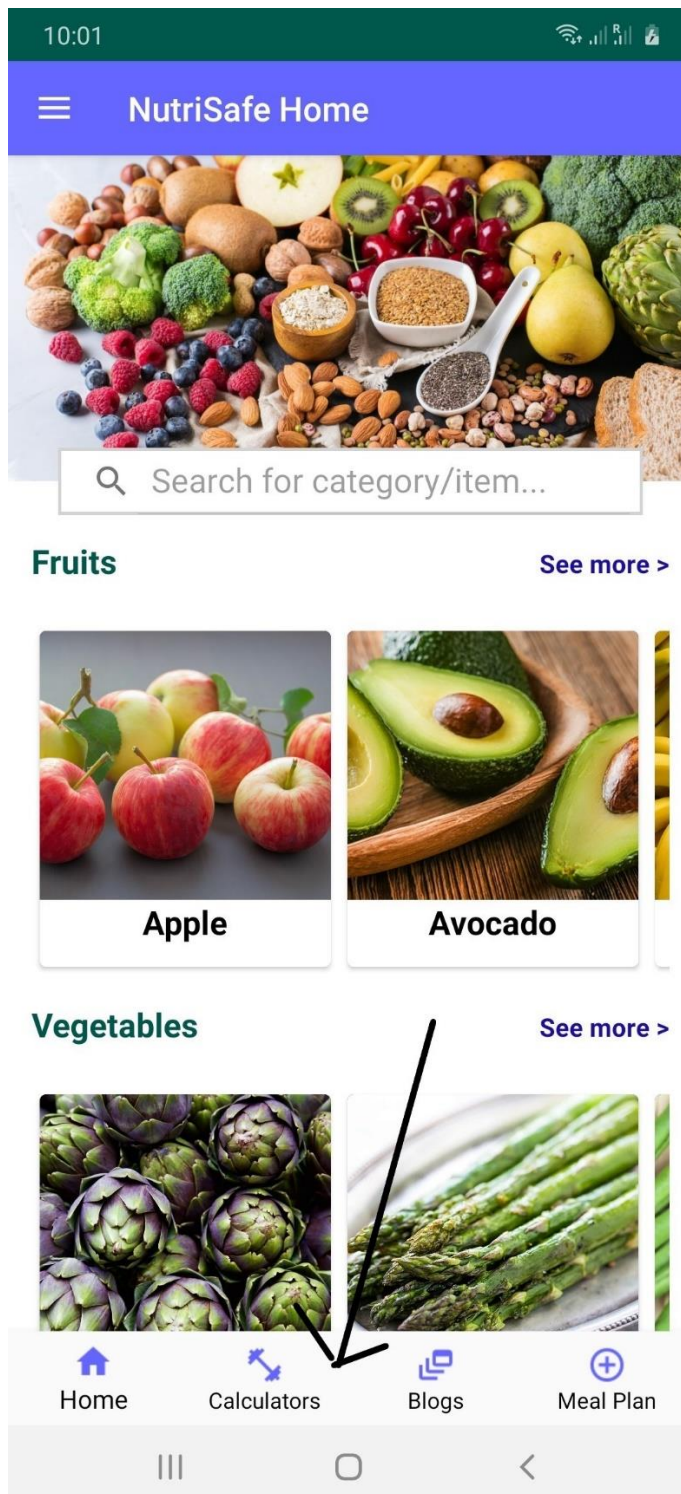

Figure 10: Navigation View at the bottom

7. 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
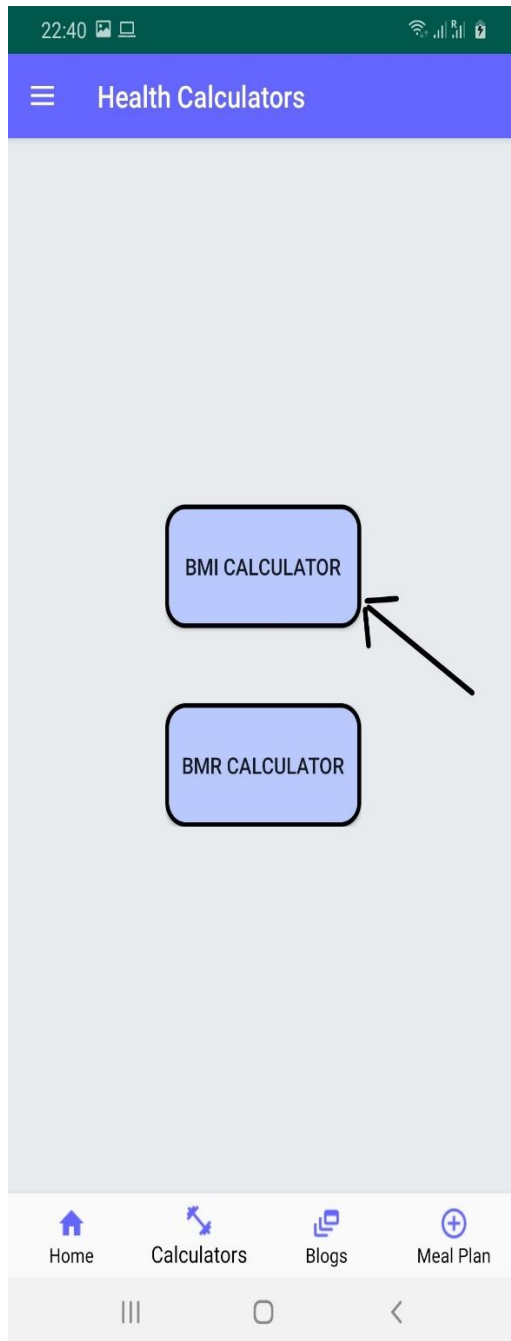
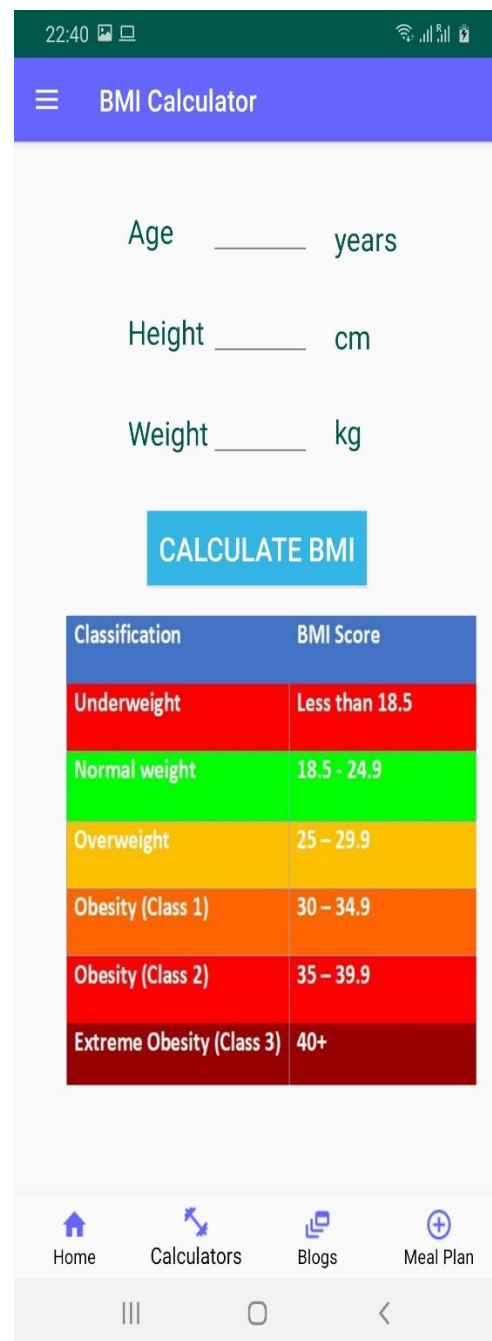*Figure 11: Calculators Screen - BMI Calculator Button*

Figure 12: On click of BMI

Figure 13: An instance of calculating BMI without filling data

Figure 14: User clicks on Calculate
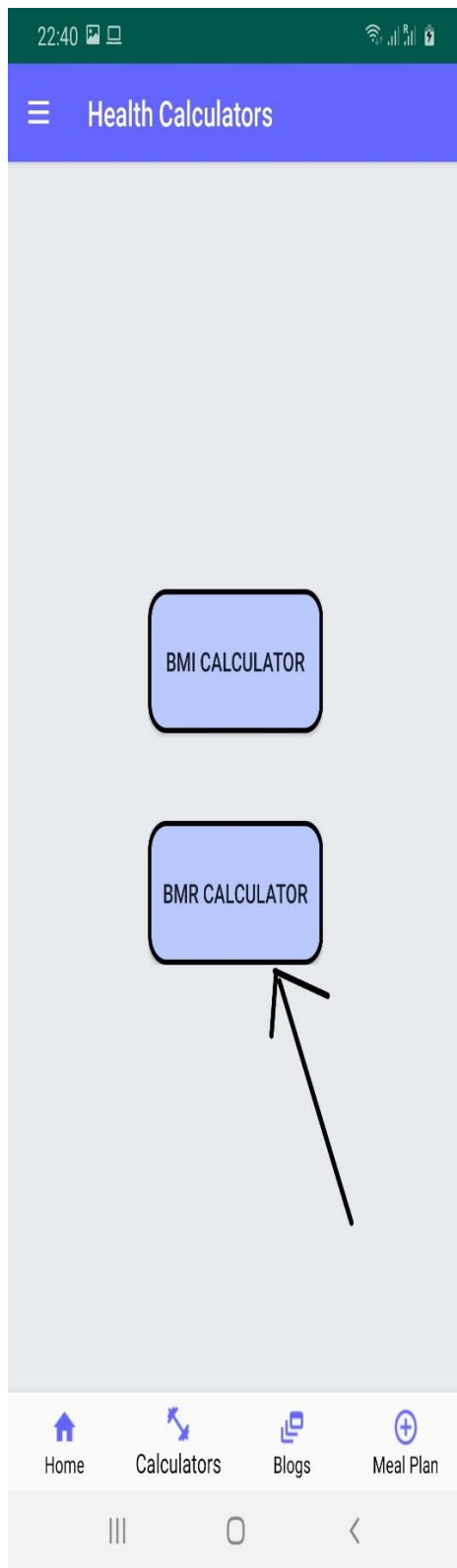
Figure 15: Calculators Screen – BMR Calculator

Figure 16: An instance of BMR

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

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

9. 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)
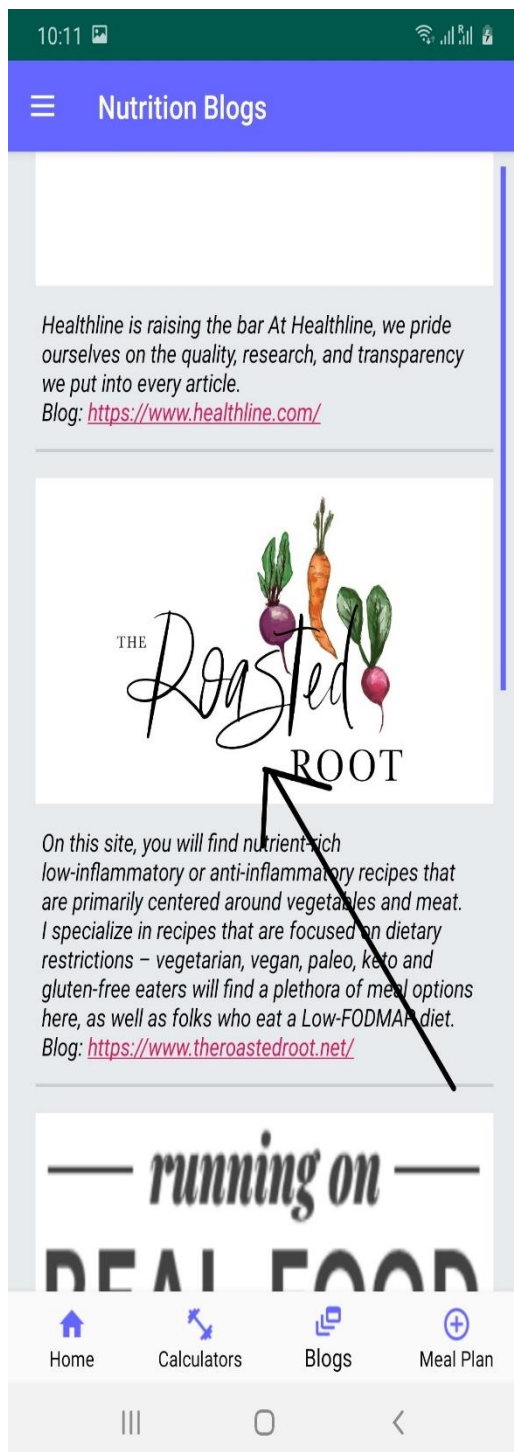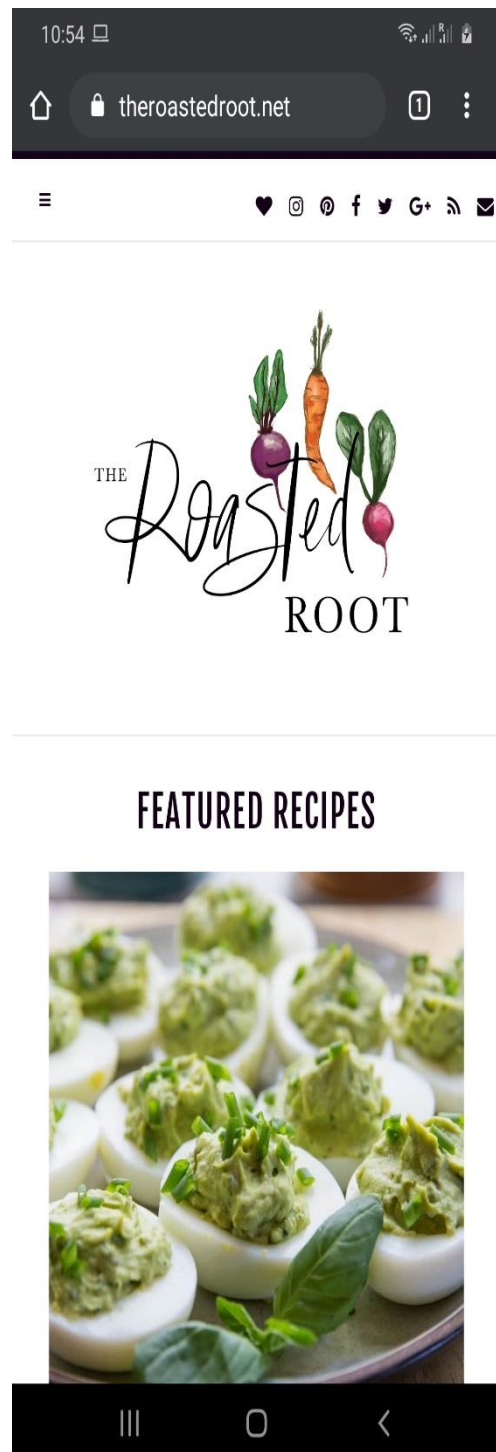

Figure 19: Clicking on a Blog browser

Figure 20: Blog opens in the phone's

10. 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)
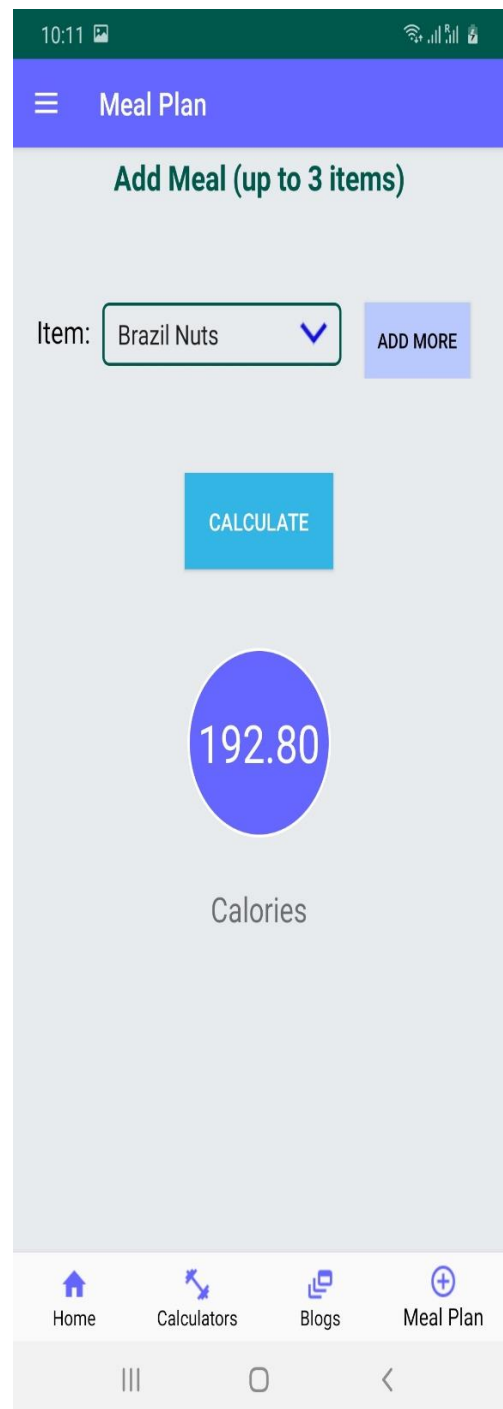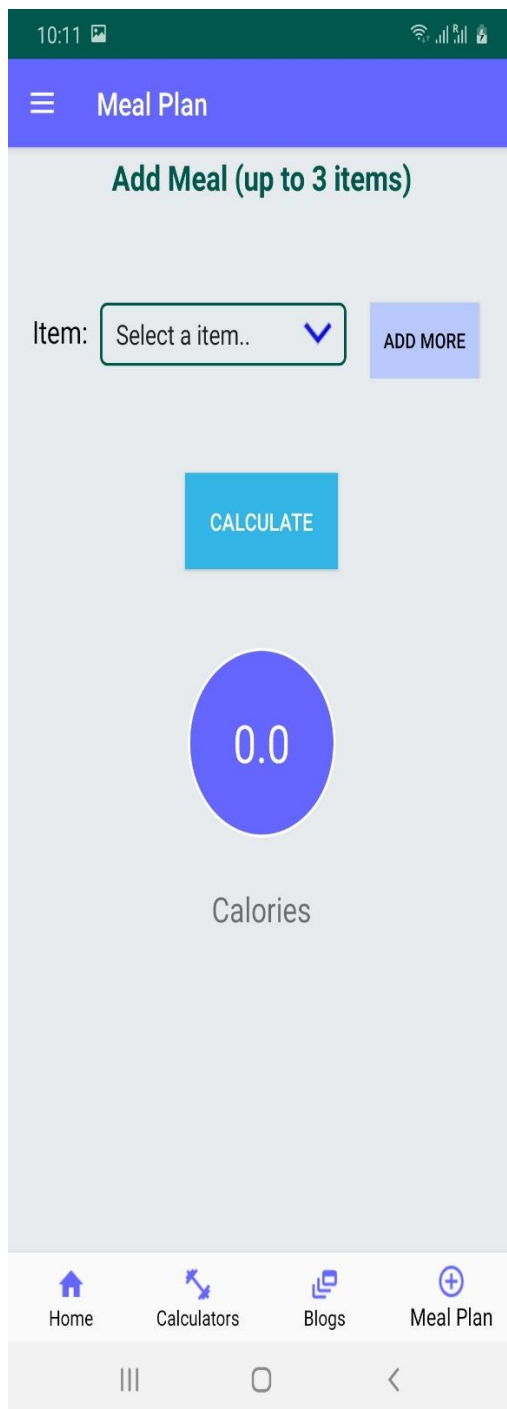

Figure 21: Add a meal feature   Figure 22: User enters first item and clicks on calculate
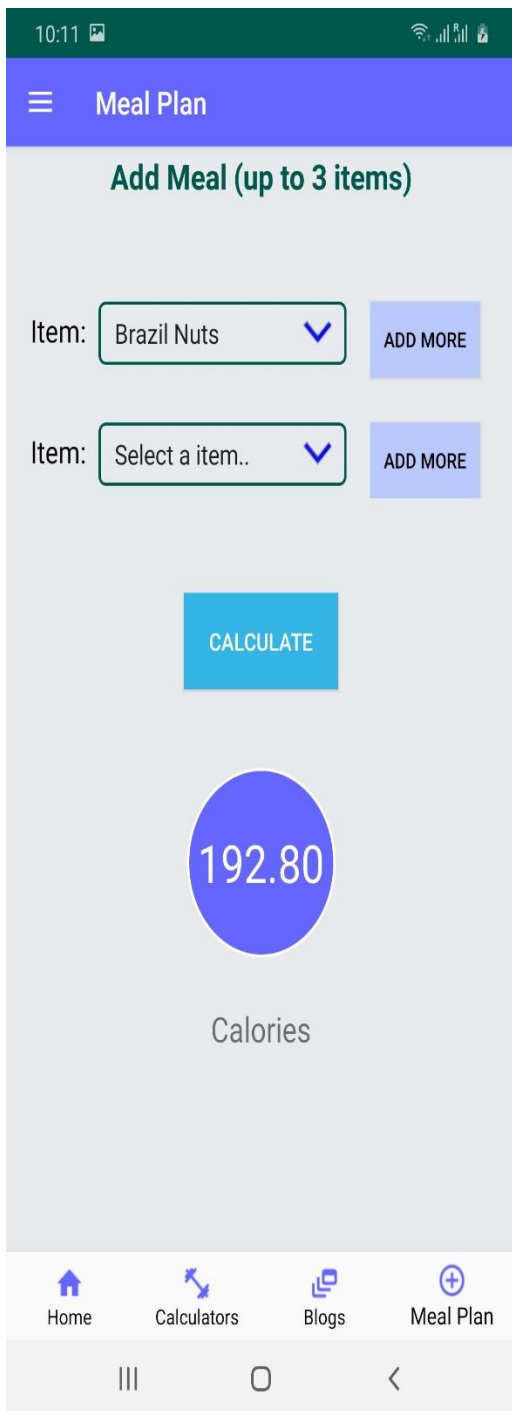
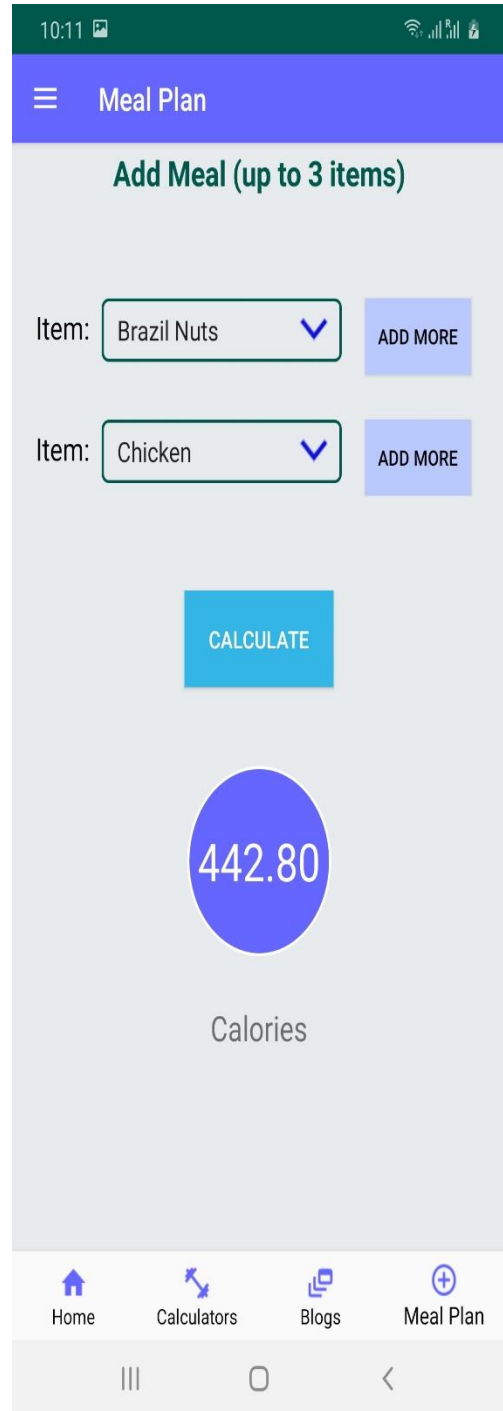*Figure 23: Adds an item without selecting the item clicked on calculate*

Figure 24: Selected the item and

11. On clicking "Home", you will return to the home screen.

12. 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.