

User Manual for RDI Calculator:

The RDI (Recommended Daily Intake) calculator is a tool that helps you determine how many calories you need to consume daily based on your weight, height, age, gender, and activity level. This tool can be used to create a healthy meal plan, to achieve your health goals, or to maintain a healthy weight.

To use the RDI calculator, follow these steps:

Step 1: Open the RDI Calculator app. You will see an image and a message box that welcomes you to the app and prompts you to calculate your RDI.

Step 2: Enter your weight in kilograms, height in centimeters, and age in years in the respective entry boxes provided.

Step 3: Choose your gender by selecting either the "Male" or "Female" radio button.

Step 4: Choose your activity level by selecting one of the three radio buttons: "Sedentary," "Moderate," or "Active."

Step 5: Click on the "Calculate RDI" button to calculate your RDI.

Step 6: The RDI calculator will calculate and display your RDI in calories on the result label.

Step 7: You can repeat the above steps with different inputs to find the RDI for different scenarios.

Step 8: If you want to check out healthy recipes, click on the "Click me for Healthy Recipes" button, and it will show you a list of healthy recipes in the console.

That's it! With the RDI Calculator app, you can easily calculate your RDI and plan a healthy diet that suits your lifestyle and goals.