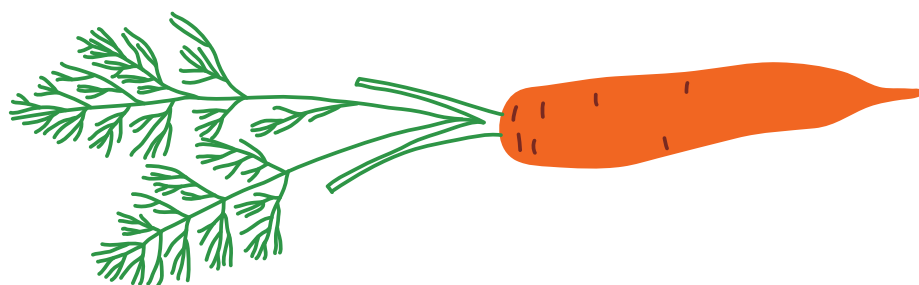
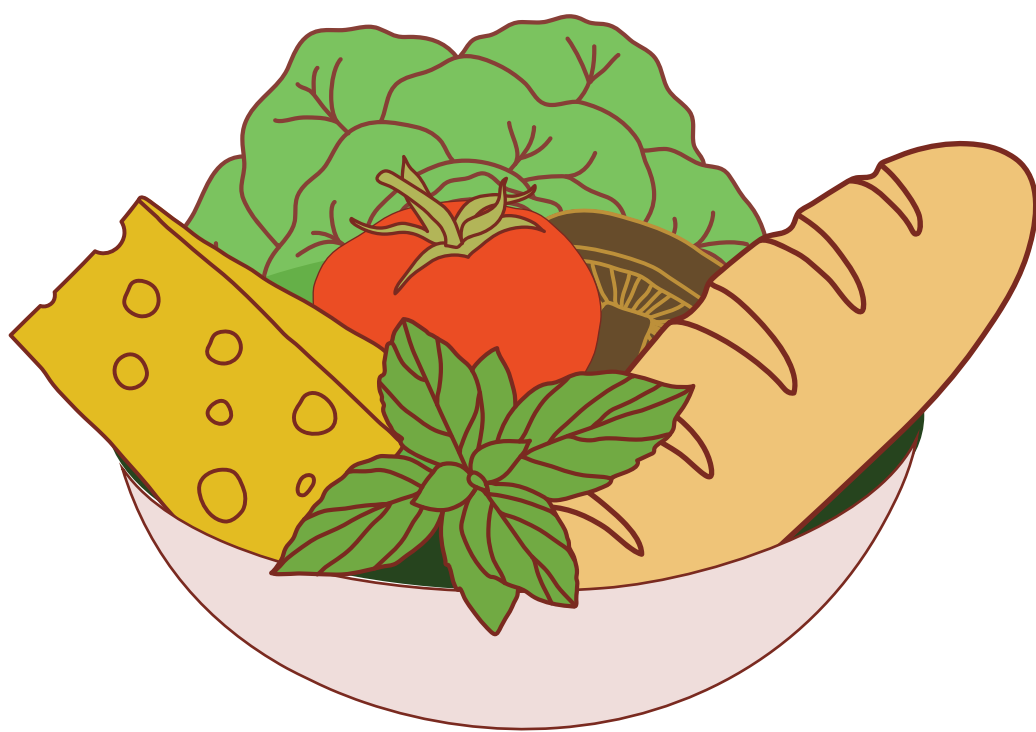


NUTRITION MATE



START

color: c2d133

Calories,
Nutrition values
No worries!

NutritionMate calculates it
all for you!



START

color: c2d133



Do you have goals and dietary needs?

My Goals

✓ Eat Healthy



Add Goals

+ Special dietary needs



+ Lose weight



+ Gain weight



Next

color: faa14e



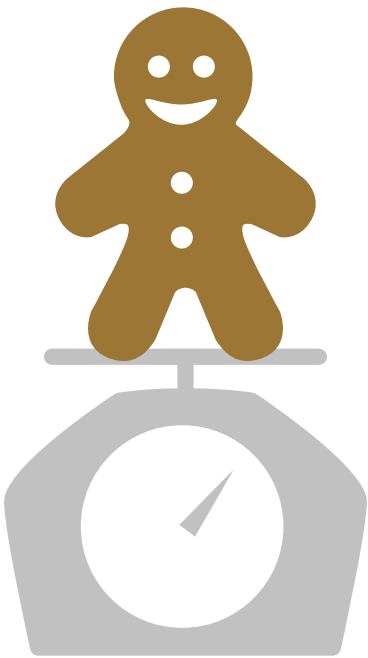
How tall are you?



Next



What is your weight?



Next



When is your birthday?



mm/dd/year

Next

You are



Female



Male



How active you are?

Sedentary

Spend most of the day sitting

color: 5Affffff

Lightly Active

Spending a good part of the day on your feet

color: 28ffffff

Active

Spend a good part of the day doing some physical activity

color: 46ffffff

Very Active

Spend most of the day doing heavy physical activity

color: c2d133

Success!

Successfully Registered!

You're recommended daily
net calorie is

1850 Cal

Let's start!

10
April

Regina, You are eating good!

Total calorie you had today



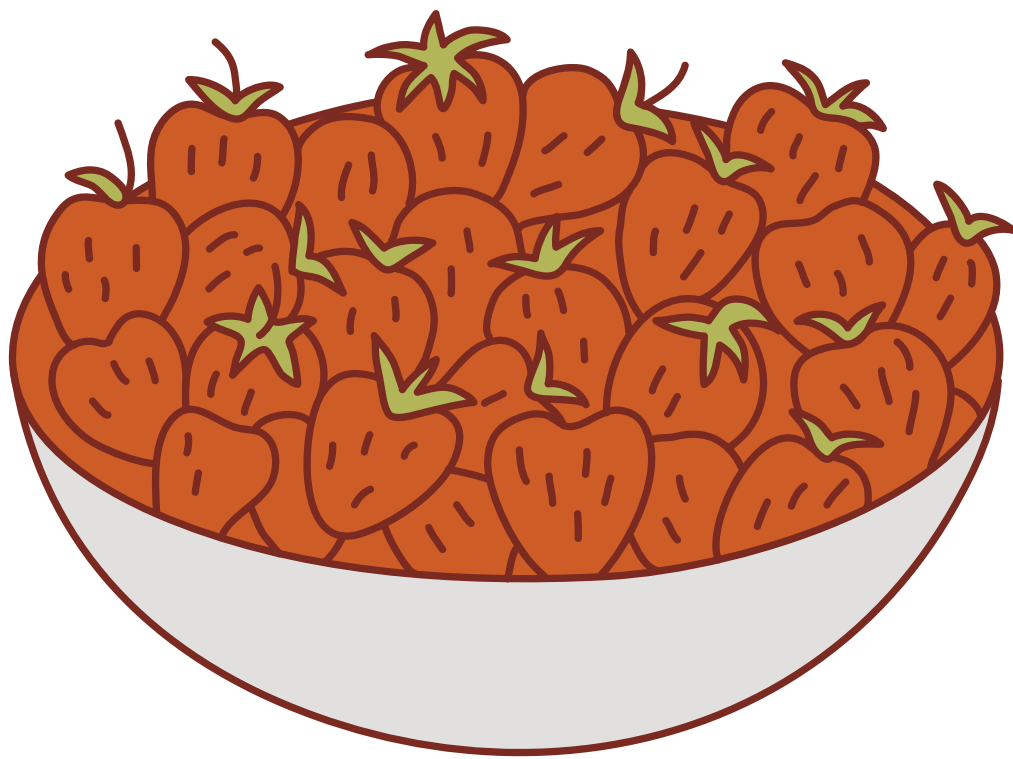
Add

Burrito Bowl, Chicken Sandwich

Nutrition check

- Take less sodium food
- Over 200 Cal = Study 1 hour more

Suggestions for later meal



Daily



Weekly



Profile



Add Food

Search by restaurant



My Location

Restaurant

Food

Quick Add

Quick Add Calories

Scan a Barcode



Add Food

My current Location



My Location

Restaurant

Food

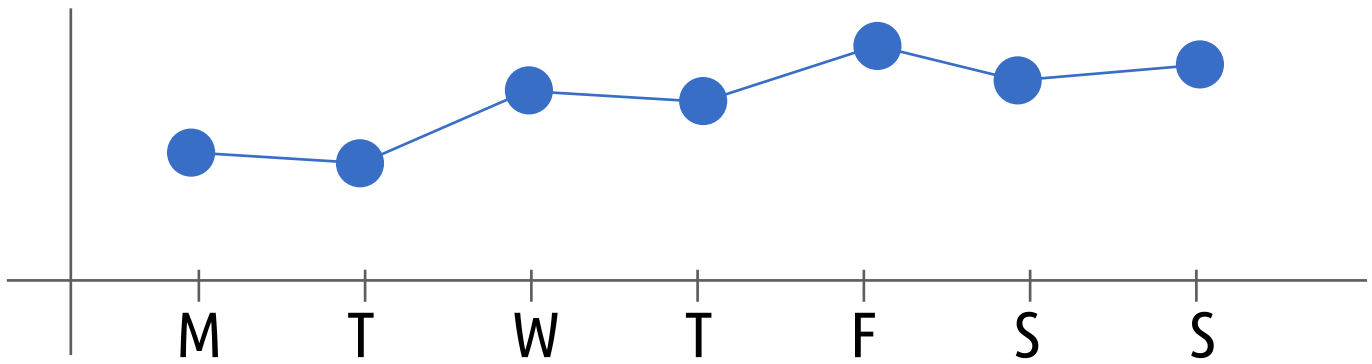
Quick Add

Quick Add Calories

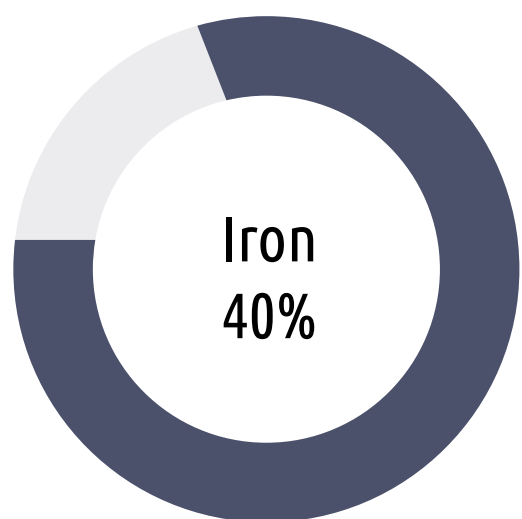
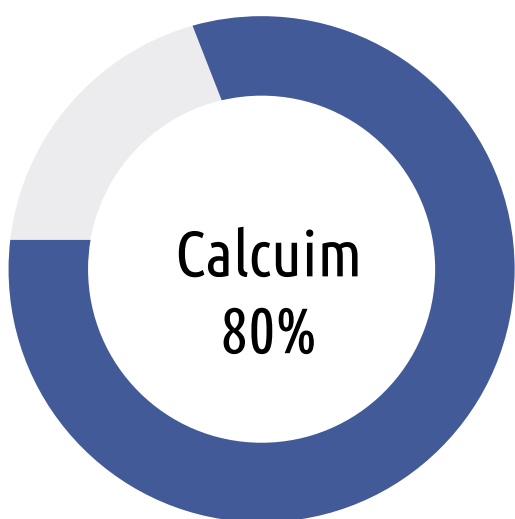
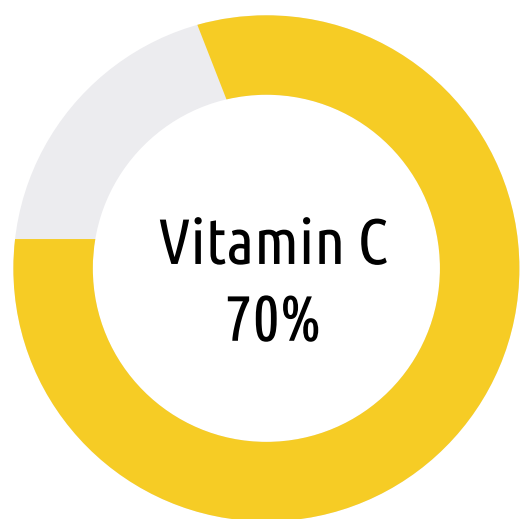
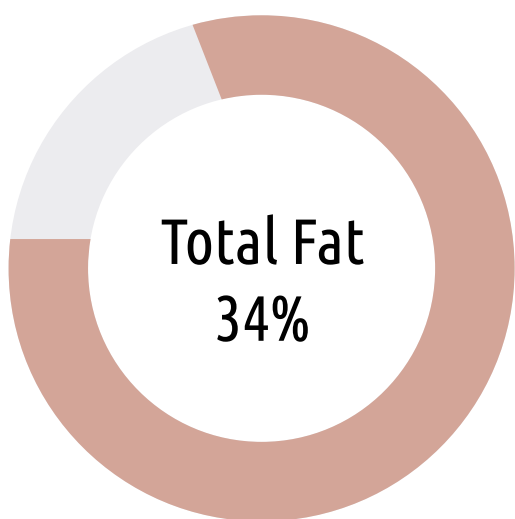
Scan a Barcode

13-20
April

Regina, You've been great!



Intake nutrition values



Profile Overview

Weight	50 kg
Height	163 cm
Date of Birth	11/19/1988
Activeness	Active

Goal

Healthy Eating

+

color: 14c2d133



Daily



Weekly



Profile

Profile Overview

Weight	50 kg
Height	163 cm
Date of Birth	11/19/1988
Activeness	Active

Goal

Healthy Eating

Add goals



Dietary needs

Lose weight

Gain weight



Daily



Weekly



Profile

11:40

Monday, March 25



NutritionMate

Hi Honey,
Are you at Fresh&Co?
Swipe for my suggestions.



Suggestions at Chipotle

Menu	Cal	Price
<div><div>Chicken Salad</div><div>Chicken, Fajita Vegetables, Fresh Tomato Sals, Guacamole, Romaine Lettuece</div></div>	390	7.85
<div><div>Chicken Tacos(3)</div><div>Chicken, Fresh Tomato Sala, Romaine Lettuce and a Soft Corn Tortila</div></div>	425	8.50
<div><div>Chicken Burrio Bowl</div><div>Chicken, Fresh Tomato Sala, Romaine Lettuce, Brown Rice Beans, No Flour Tortila</div></div>	510	9.00

Chicken Salad

Chicken, Fajita Vegatables, Fresh Tomato Sala, Guacamole, Romaine Kettuce, Black Beans

Nutritions

Total Fat	21g	Study 30min
Sodium	1466 mg	Pretty High
Total Carbs	42g	It's ok
Protein	44g	Good!

Healthy Modifications

Black Beans, No Dresssing, No flour Tortilla, no Rice, no cheese, no sour cream

Ok, Include in daily history