

# LINGApp

## User Manual



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# Introduction

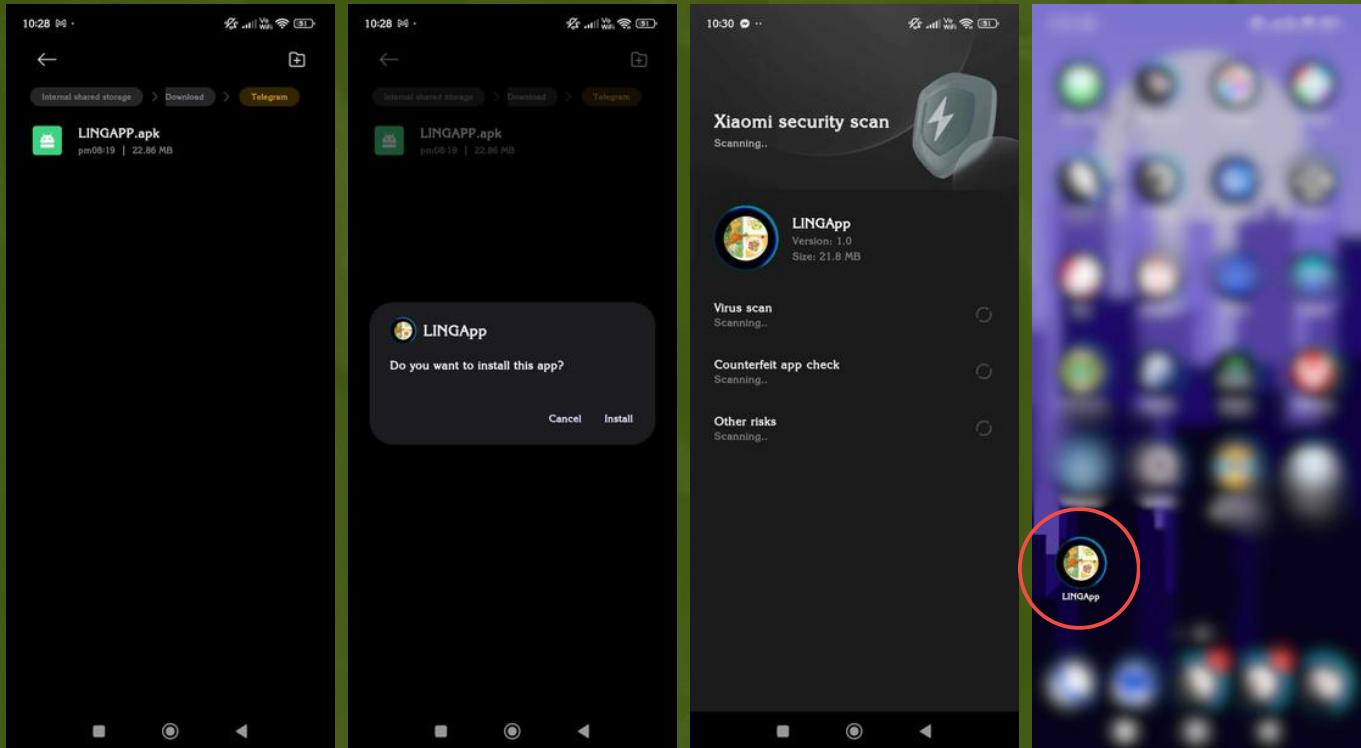
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Welcome to LINGApp, your personalized nutrition assistant for pediatric health! This user manual will guide you through the various features and functionalities of the app, helping you optimize your child's nutrition based on their Body Mass Index (BMI).



# Getting Started

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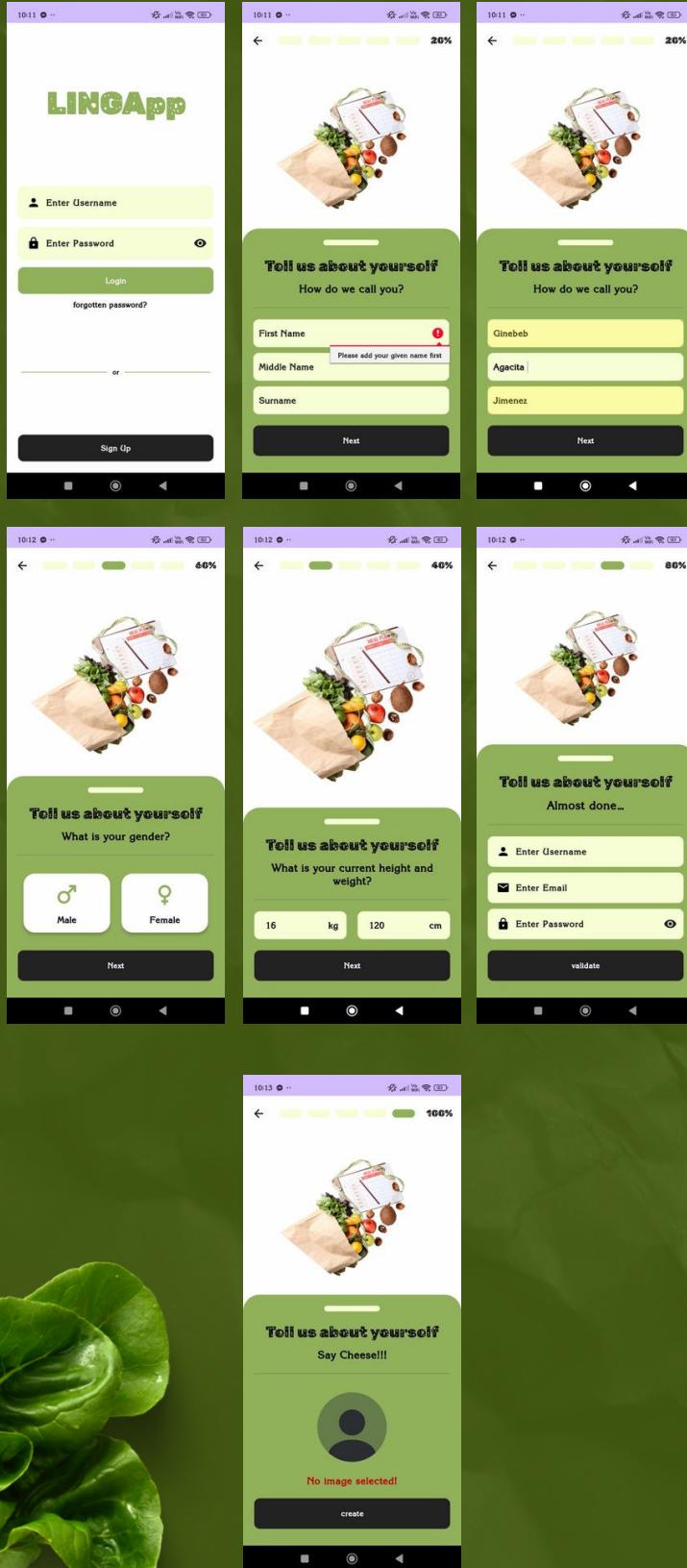


To begin using LINGApp, download and install the app from the provided link. Once installed, open the app to access the login screen.



# User Registration

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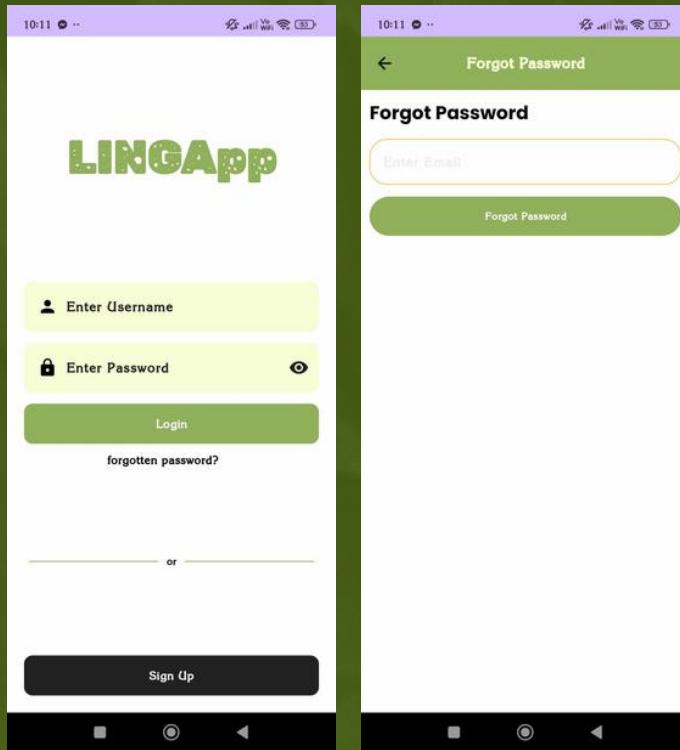


If you're a new user, tap on the "Sign Up" button to create your LINGApp account. Follow the prompts to enter your details, including your first name, middle name (optional), surname, gender, weight, height, username, email address, and password. Upon successful registration, you will be prompted to upload your profile picture, and you will be logged into the app automatically.



# Logging In

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For existing users, simply enter your email address and password on the login screen and tap "Login" to access your LINGApp account.

And if you have forgotten your password, tap 'Forgotten password?' to enter your email, and a link will be sent to you to reset your password.



# Home Screen

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The image displays two side-by-side screenshots of a mobile application's interface. The left screenshot shows the 'Home' screen with three main sections: 'Did you know?' (with a yellow sign icon), 'Fun Facts!' (with a yellow diamond sign icon), and 'Fun with Foods!' (with a plate of food icon). Each section has a 'Click here to learn more...' button. The right screenshot shows a detailed 'Did you know?' page. It features a yellow sign icon at the top. Below it, there are three sections: 'Super Seeds' (listing chia and flaxseed benefits), 'Breakfast Brain Boost' (listing oatmeal benefits), and 'Picky Eater Power' (listing a fun fact about trying new foods). Each section includes a small emoji icon next to the bullet points.

Upon logging in, you'll be taken to the home screen, where you'll find additional information. Here, you can access various sections of the app, including the Meal Plan, Dashboard, Edit/History, and Educational Resources.



# Meal Plan

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The screenshots show a mobile application for meal planning. The first screen displays a 'Good Evening!' message with a moon icon, a daily reminder about what you eat, and four meal options for the week: Day 1 (banana slices), Day 2 (scrambled eggs with whole grain toast), Day 3 (Greek yogurt with berries), and Day 4 (pancakes). The second screen shows a detailed meal plan for Day 1, including Breakfast (Calories 250 Kcal, Carbohydrates 30 g, Proteins 10 g, Fats 8 g), Snack (Calories 150 Kcal, Carbohydrates 15 g, Proteins 8 g, Fats 5 g), and Lunch (Calories 15 Kcal, Carbohydrates 15 g, Proteins 393 g, Fats 40 g). The third screen provides a summary of the total weekly meal plan, showing a total of 1015 Kcal, 150 g carbohydrates, 393 g proteins, and 40 g fats, along with allergen information (Eggs, Wheat, Milk, Fish) and an 'Add Meal' button.

Day	Breakfast	Snack	Lunch
Day 1	- Banana slices - Milk - Scrambled eggs with whole grain toast	- Greek yogurt with berries	- Grilled chicken - Raw cucumber - Water or diluted fruit juice
Day 2			
Day 3			
Day 4			

Category	Calories	Carbohydrates	Proteins	Fats
Breakfast	250 Kcal	30 g	10 g	8 g
Snack	150 Kcal	15 g	8 g	5 g
Lunch	15 Kcal	15 g	393 g	40 g
Total	1015 Kcal	150 g	393 g	40 g

Allergen Information:  
Eggs, Wheat, Milk, Fish

Total

Calories	Carbohydrates	Proteins	Fats
1015 Kcal	150 g	393 g	40 g

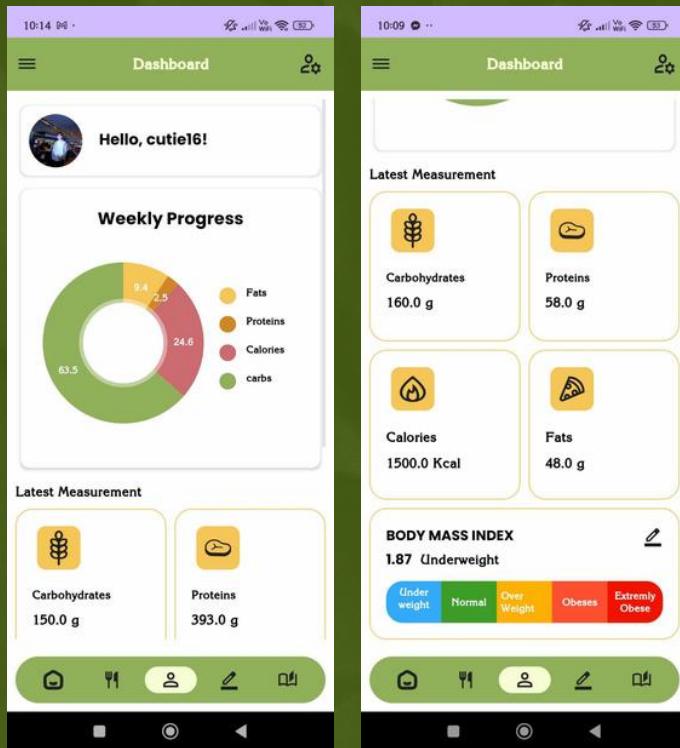
Add Meal

Navigate to the Meal Plan section to view personalized meal recommendations for your child based on their BMI. You can explore different meal options and add them to your weekly progress by clicking the 'Add Meal' button.



# Dashboard

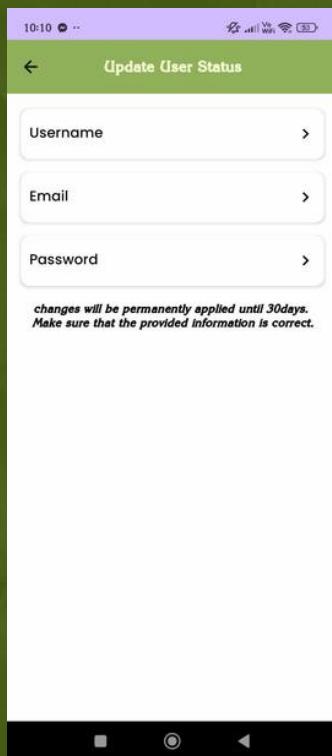
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Access the dashboard to get an overview of your child's nutritional status and track their progress. You can also locate here the update user status by clicking the profile setting at the upper right corner. Additionally, you can view your child's current BMI status here.



# Update User Status



Manage your account settings and update your personal information in the User Profile section, located at the upper right corner of the Dashboard - profile setting icon. Here, you can find a profile settings icon where you can edit your username, email, and password.



# BMI Calculator



The screenshots show the BMI calculator interface:

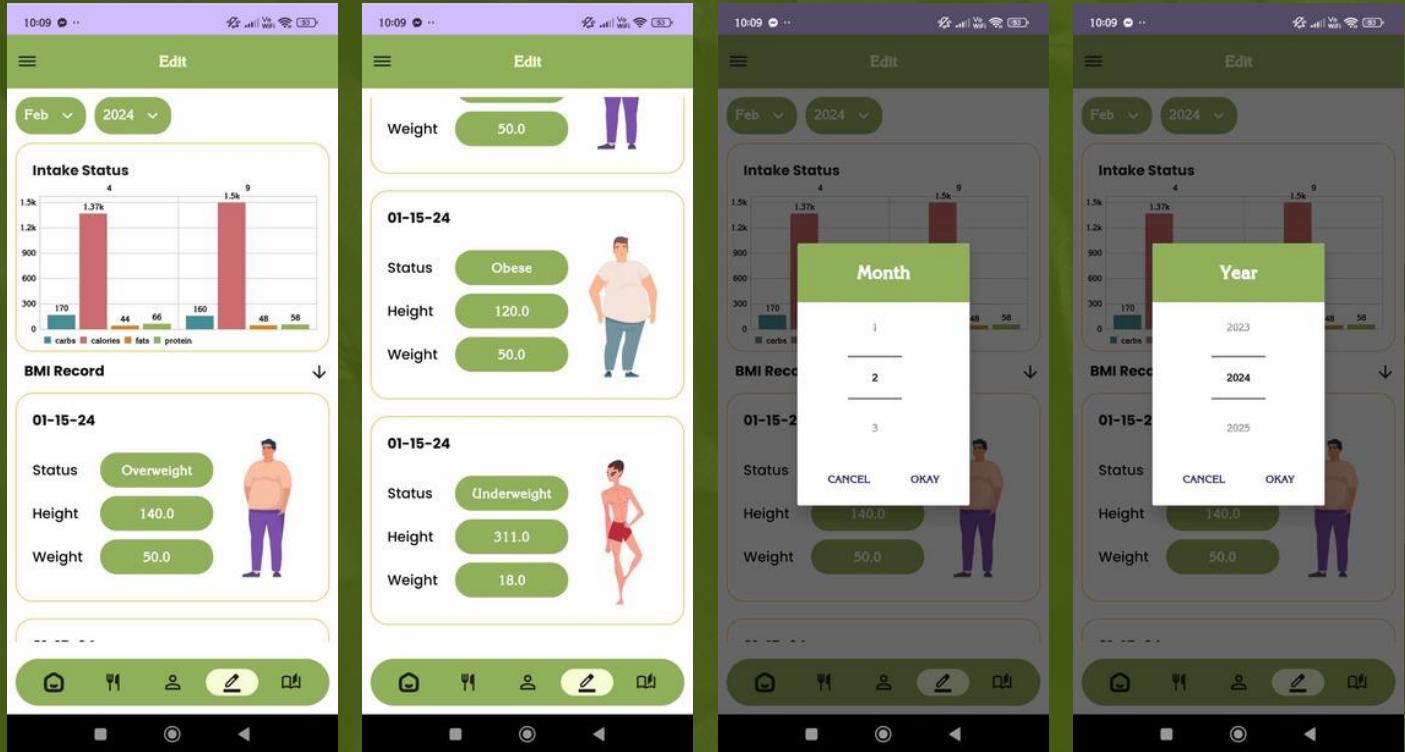
- Screenshot 1:** Shows a Female icon and a Male icon. Input fields for Age (15), Weight (58 kg), and Height (160 cm) are present.
- Screenshot 2:** Shows a Female icon and a Male icon. Input fields for Age (16), Weight (58 kg), and Height (130 cm) are present.
- Screenshot 3:** Displays the result "YOU ARE OBESE" above a large illustration of a man. The BMI value 34.32 is shown next to the illustration.

In the BMI Calculation section, enter your child's height and weight to calculate their Body Mass Index (BMI). This feature helps you track your child's growth and overall health. You can find this section at the bottom of the dashboard; simply click the pen icon located beside the Body Mass Index section to access and update it.



# Edit/History

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Track your child's nutritional intake and BMI history in the Record History section. Here, you can view past records and monitor progress over time. Additionally, you have the option to filter records by selecting the desired month and year.



# Educational Resources

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The image displays three screenshots of a mobile application interface:

- Screenshot 1: Educational Resources**  
Shows a grid of vegetable icons: Tomato, Potato, Carrots, Broccoli, Corns, and Lettuce. Each icon has a green callout button below it labeled with the vegetable name and a right arrow. Below the grid is a navigation bar with icons for home, search, profile, and more.
- Screenshot 2: potato**  
Shows a single image of potatoes with a green callout button labeled "Potato" and a right arrow. Below the image is a navigation bar with icons for home, search, profile, and more.
- Screenshot 3: Tomato**  
Shows two whole tomatoes and one sliced tomato. The word "Tomato" is at the top. Below it is a section titled "Nutritional Highlights" with a bulleted list:
  - Rich in vitamins A, C, and K
  - Excellent source of antioxidants, including lycopene
  - Contains potassium and folate
  - Low in calories

Below this is a section titled "Healthy Food Options" with three bullet points:
  - Caprese Salad with a Twist:** Combine tomatoes, fresh mozzarella, basil, and a drizzle of balsamic glaze. Opt for whole grains on the side for added fiber.
  - Homemade Tomato Salsa:** Create a salsa with diced tomatoes, onions, cilantro, and lime juice. Use it as a topping for grilled proteins or whole-grain chips.
  - Tomato and Lentil Soup:** Make a hearty soup with tomatoes, lentils, and vegetables. Enjoy with a side of whole-grain bread for a balanced meal.

Access helpful resources and educational content related to various vegetables and fruits. Learn more about their nutritional benefits and discover healthy food options.

