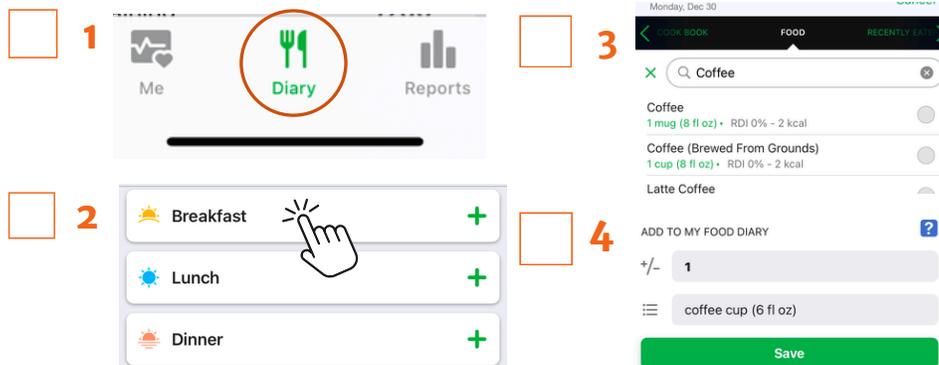


FatSecret: Meal Logging Methods

Let's log a meal in FatSecret using 4 different methods!

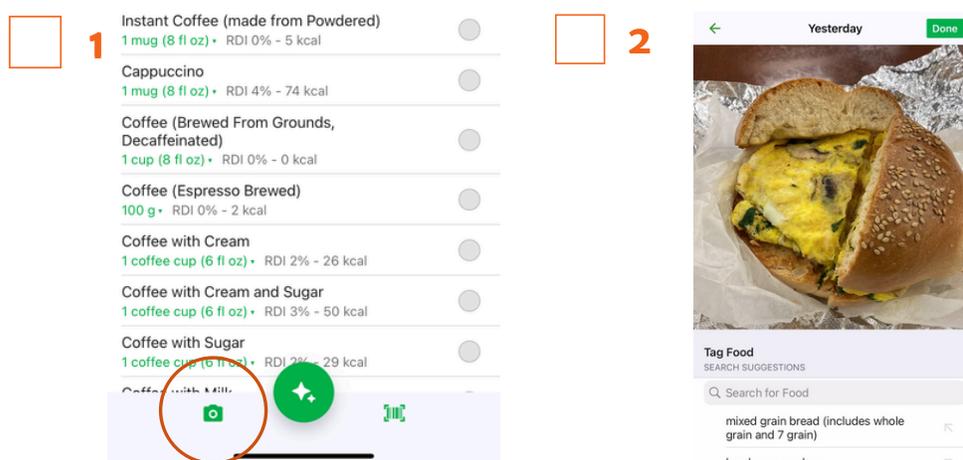


Method 1: Manual Input



1) Go to FatSecret's Diary page. 2) Select a meal type (e.g., breakfast, lunch, dinner). 3) Type in a part of your meal manually. 4) Adjust the quantity and portion, then click "Save" to log it.

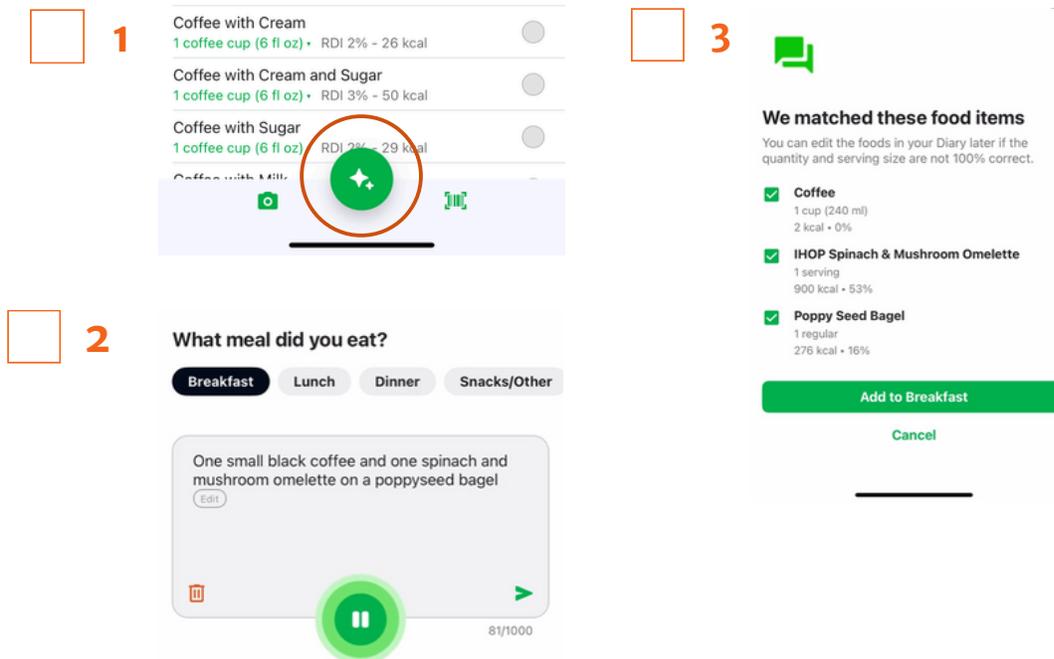
Method 2: Photo Input



1) Select a meal type (e.g., breakfast, lunch, dinner) and click the camera icon at the bottom left. 2) Take a photo of each meal item. FatSecret's AI will suggest options; select the closest one, edit the quantity and portion, and click "Save" to log it

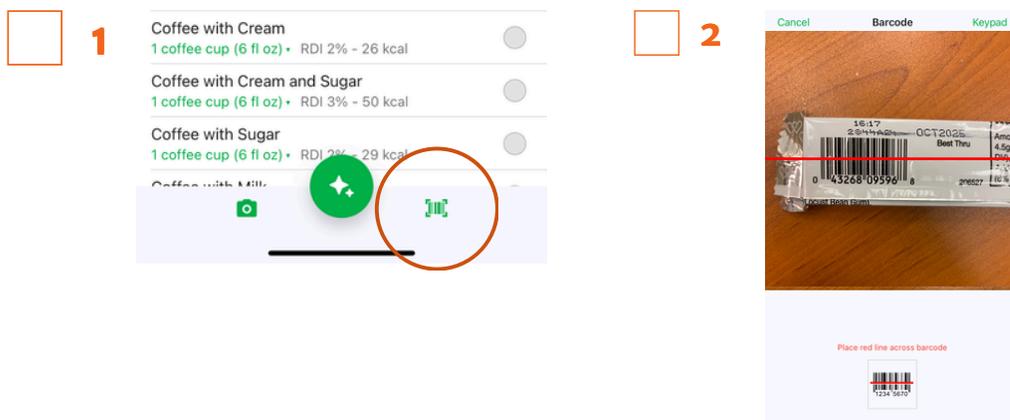
FatSecret: Meal Logging Methods

Method 3: Smart Assist



1) Select a meal type (e.g., breakfast, lunch, dinner) and click the Smart Assist icon in the middle. 2) Tap the microphone and describe your meal. 3) Smart Assist will suggest matching food items; Add the closest ones to your meal.

Method 4: Bar Code Scanning



1) Select a meal type and click the barcode icon at the bottom left. 2) Align the food item's barcode with the red line on the screen. FatSecret will match it to their food library.