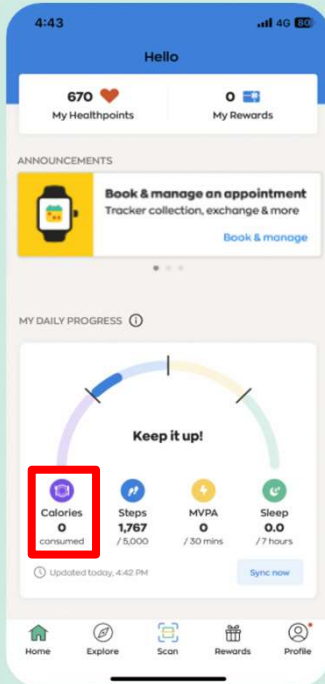


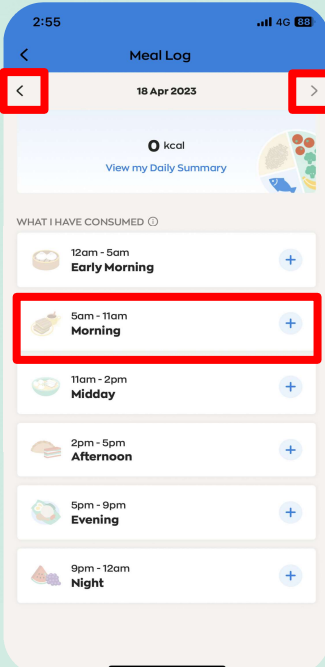


Healthy 365 App User Guide

1. How to add a meal log



To start, tap on the “Calories” icon, located on the ‘Home’ tab of the Healthy 365 (H365) app.



Choose your desired time band (Early Morning, Morning, Midday, Afternoon, Evening or Night).

You can then add your meal logs for today and yesterday.

To view your meals logged in the past month, tap on the navigation arrows.

3 Meal Log options

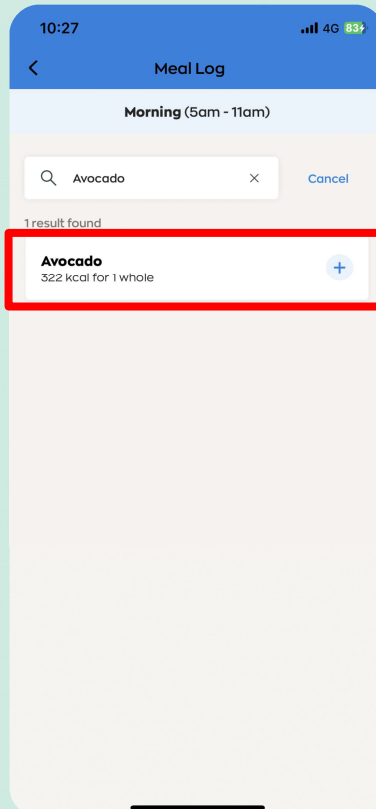
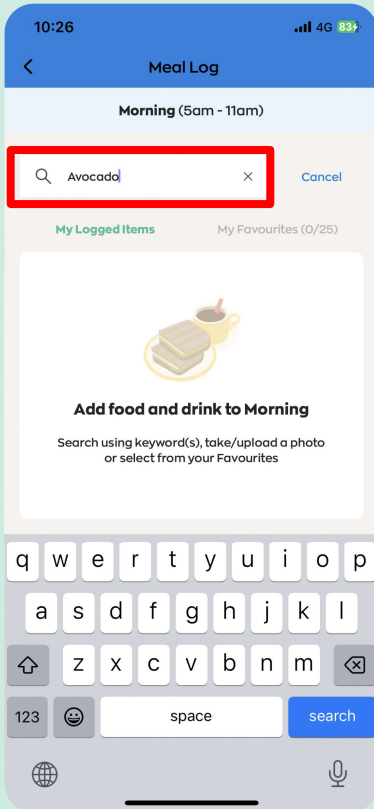
There are 3 ways to log your meals

- 1) Search by keyword(s)
- 2) Take a photo
- 3) Upload a photo



Healthy 365 App User Guide

Option 1: Search by keyword(s)

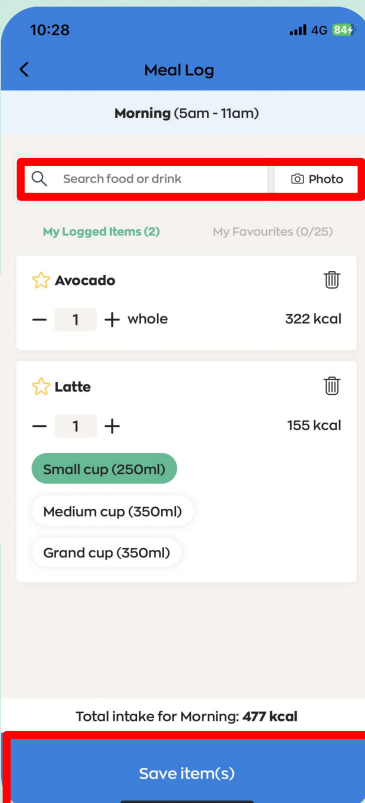
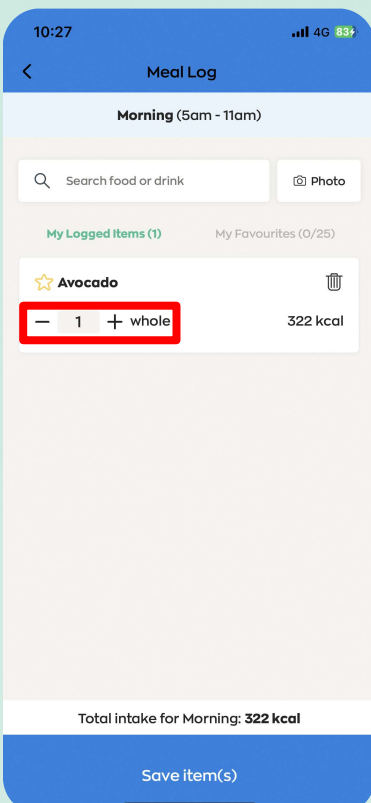


Step 1

Search for your food or drink item by typing suitable keyword(s) in the search bar.

Step 2

Tap on the most applicable item to add the food or drink item into your meal log.



Step 3

Tap on the “+” or “-” icon to change the quantity or portion size of your food or drink item (e.g., 0.5 or 1 cup/bowl/piece).

Step 4

To add multiple food or drink items, repeat Steps 1 – 3.

Step 5

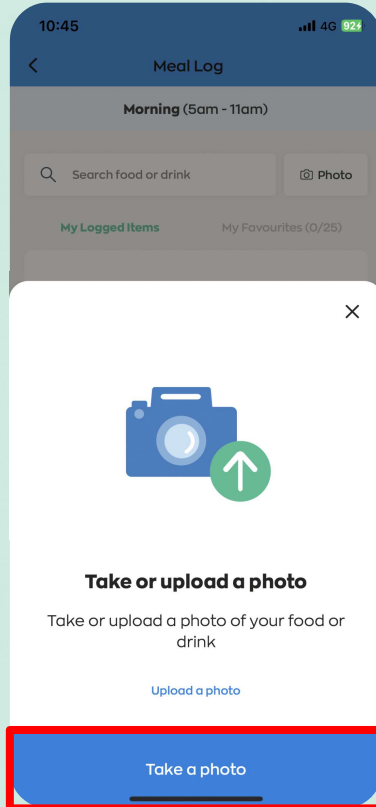
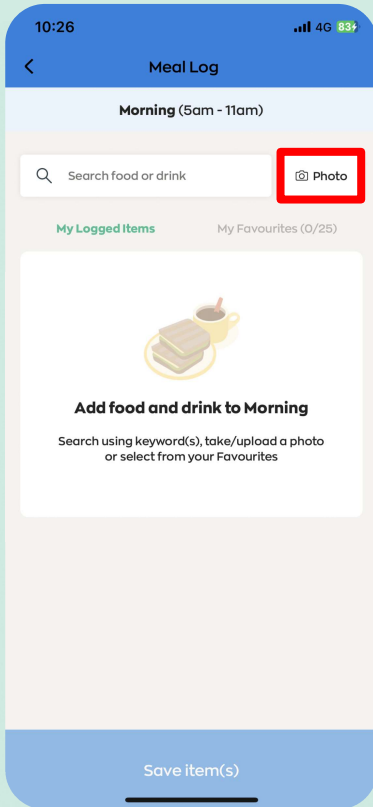
After all the food and drink items are added, tap on “Save item(s)”.

Please check that the items logged are accurate as once the items are saved, you will not be able to edit your logged entries.



Healthy 365 App User Guide

Option 2: Take a photo



Step 1

Tap on the “Photo” button.

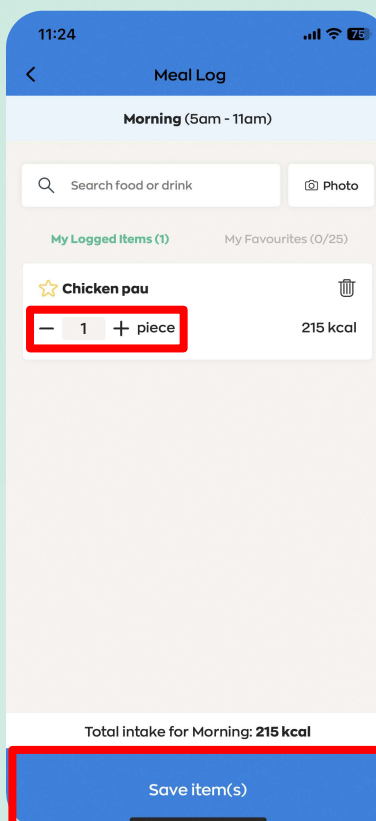
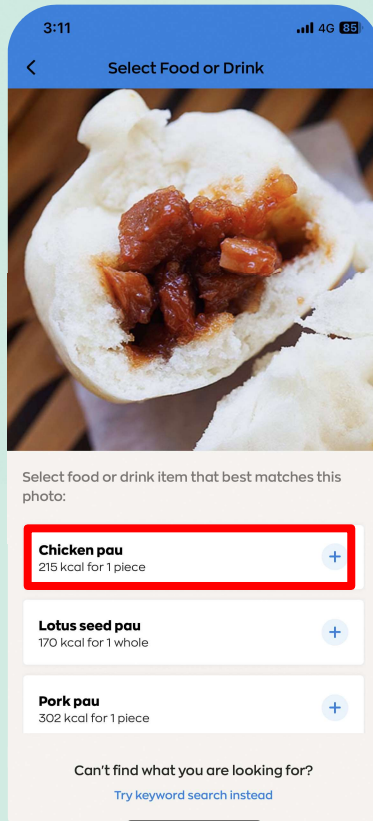
Step 2

Tap on “Take a photo”.

Step 3

Take a photo of your food or drink item.

You will need to allow the H365 app permission to access to your camera, under your phone settings.



Step 4

Select the item that best matches the photo you have taken.

Step 5

Tap on the “+” or “-” icon to change the quantity or portion size of your food or drink item (e.g., 0.5 or 1 cup/bowl/piece).

Step 6

To add multiple food or drink items, repeat Steps 1 – 5.

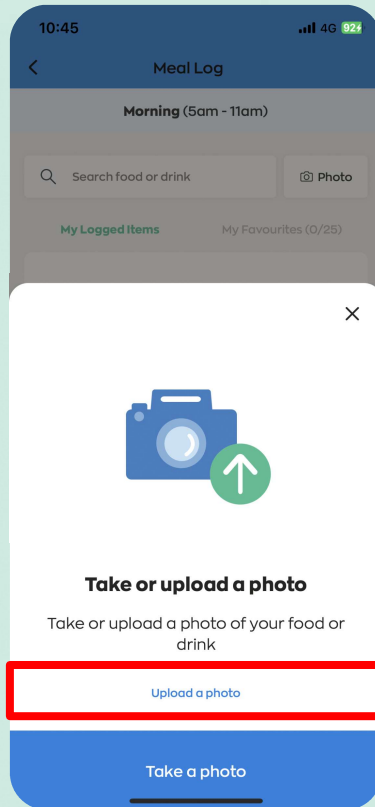
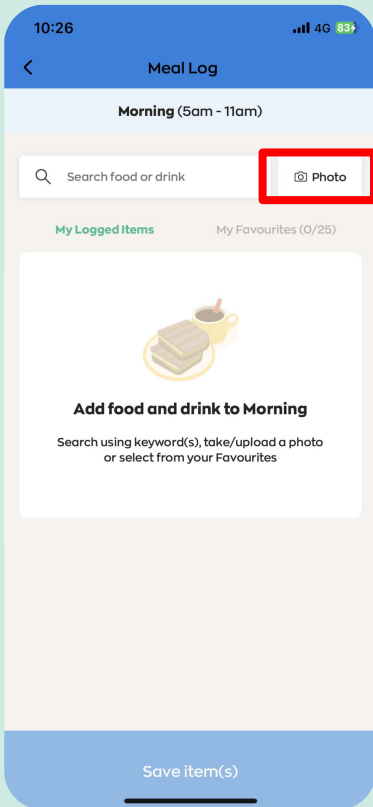
Step 7

After all items are added, tap on “Save item(s)”.



Healthy 365 App User Guide

Option 3: Upload a photo



Step 1

Tap on the “Photo” button.

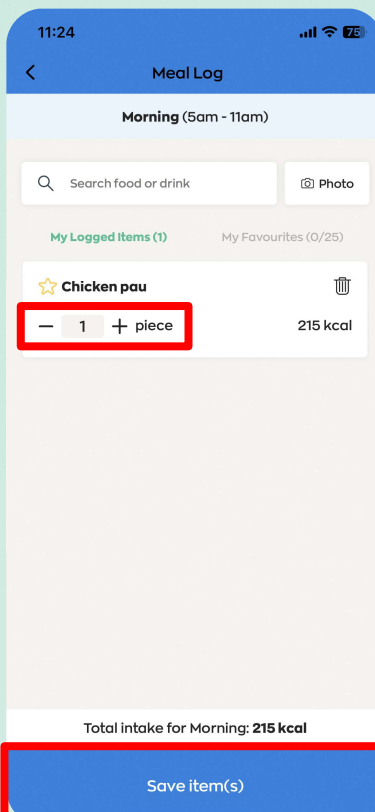
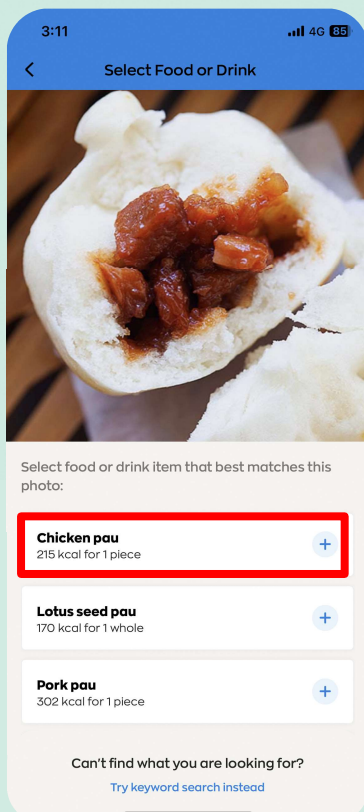
Step 2

Tap on “Upload a photo”

Step 3

Select the photo of the food or drink item from your photo gallery.

You will need to allow the H365 app permission to access to your camera and photo gallery, under your phone settings.



Step 4

Select the item that best matches the photo of the food or drink item that you have uploaded.

Step 5

Tap on the “+” or “-” icon to change the quantity or portion size (e.g., 0.5 or 1 cup/bowl/piece) of your food or drink.

Step 6

To add multiple food/drink items, repeat Steps 1 – 5.

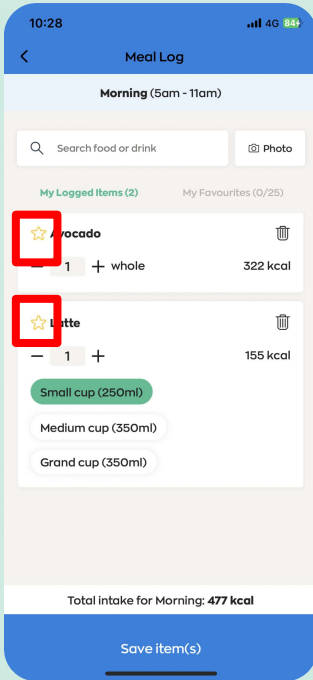
Step 7

After all items are added, tap on “Save item(s)”.



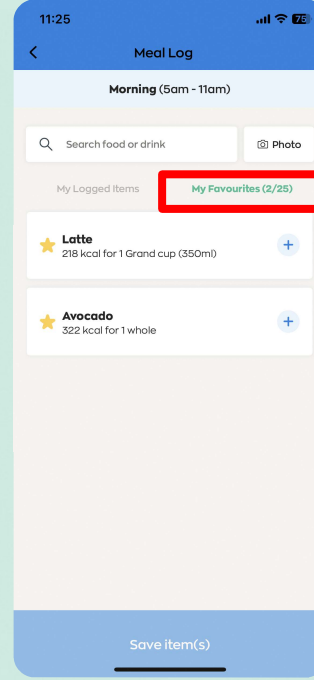
Healthy 365 App User Guide

2. How to use “My Favourites”



When logging a food or drink item, tap on the ‘Star’ icon to add it into “My Favourites”.

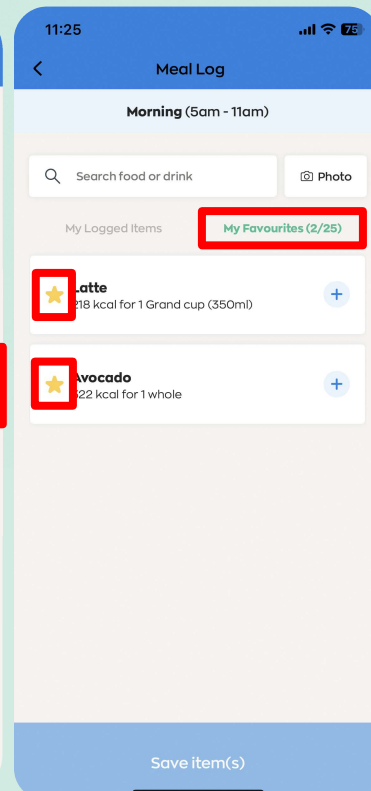
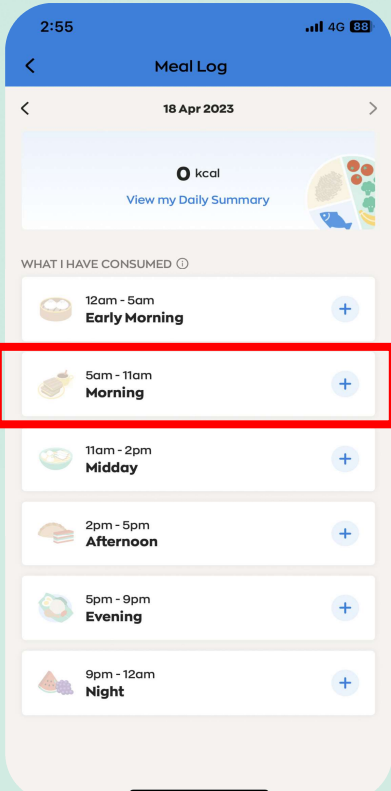
You can have a maximum of 25 items in “My Favourites”.



The “My Favourites” tab provides quick access to food or drink items that you commonly consume.

Tapping on a food or drink item in “My Favourites” tab adds the item into your meal log.

3. How to remove an item from “My Favourites”



Step 1

Choose your desired time band (Early Morning, Morning, Midday, Afternoon, Evening or Night).

Step 2

Tap on “My Favourites” tab.

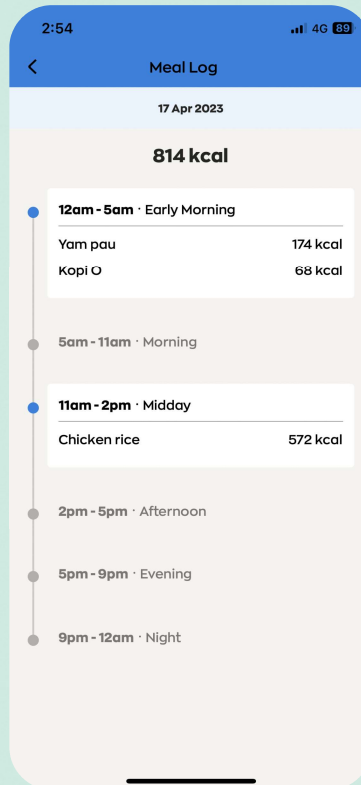
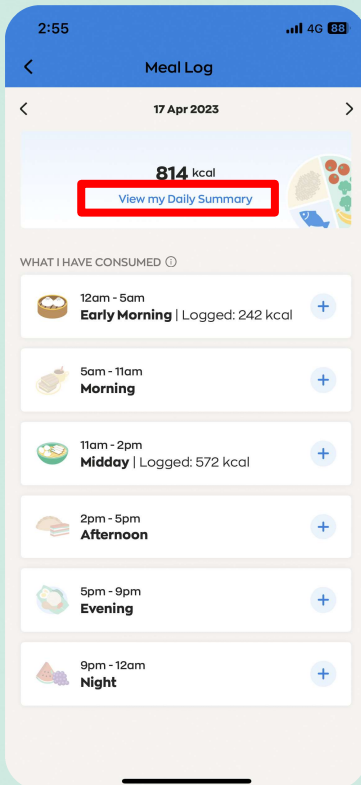
Step 3

Tap on the ‘star’ icon to remove the item from “My Favourites”.



Healthy 365 App User Guide

4. How to view a daily summary of your meal logs



Tap on “View my Daily Summary” to view the food and drink items you have logged for the day.

By logging what you eat and drink, you can track your daily calorie intake and better understand your eating habits over time. You can then choose to make the necessary changes to improve your diet or achieve your weight management goals.

Visit go.gov.sg/calorie-calculator to Find out your recommended calories requirement for the day.