

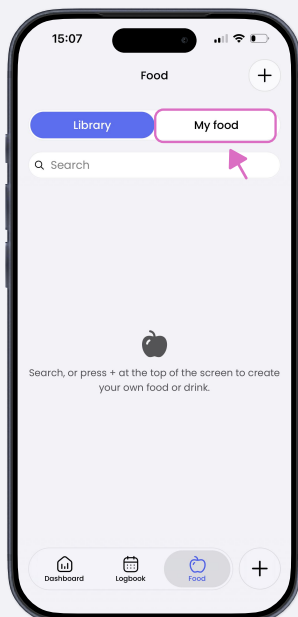


HOW TO

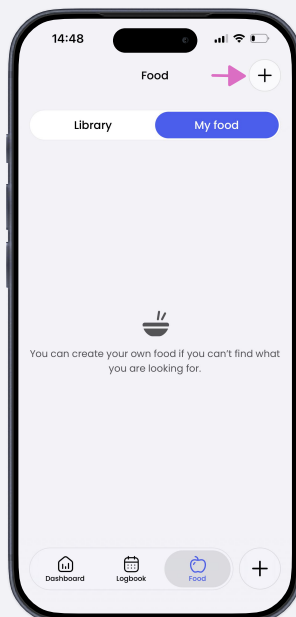
Use Food Library

Food Library

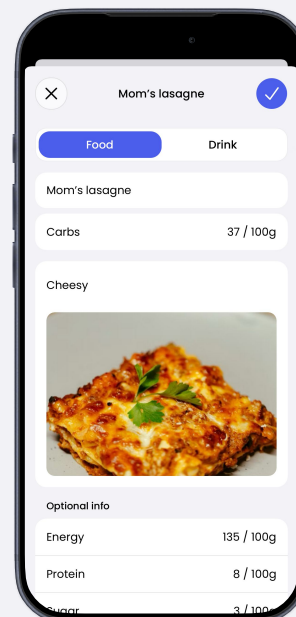
1 Creating your own food



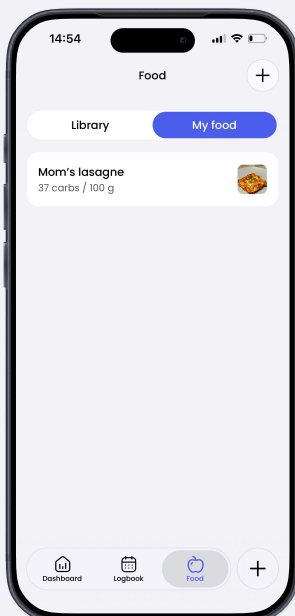
To add your own items to the 'Food Library', tab 'My food'.



Then press + to create food'.

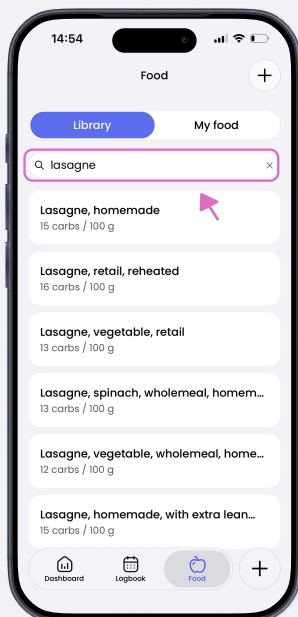


Choose between 'Food' and 'Drink'. Fill in the name of your item and the carbohydrate content per 100grams. Optionally you can add notes and pictures. Press 'Add' to save.

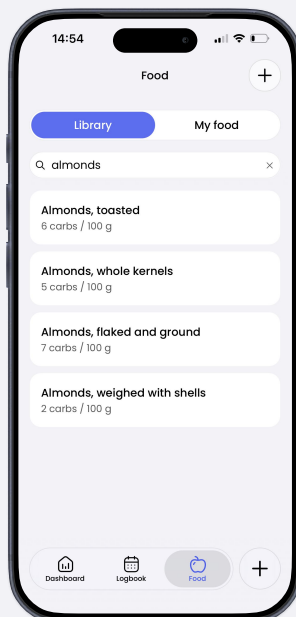


Created food and drink items can be found under 'My food'.

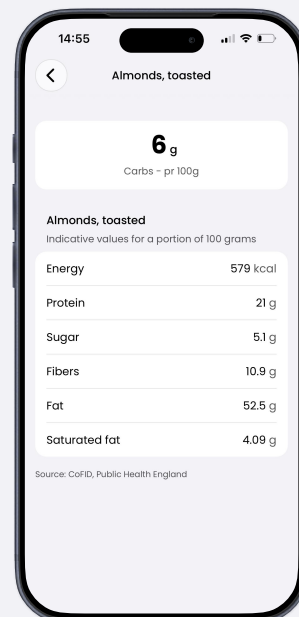
2 Find items in the **Food Library**



Search for items by typing in the search bar. When typing, results appear underneath.



Tab the item you are looking for.



You will be presented with the items carbohydrate content per 100 grams. Additional nutritional information is presented underneath.