

HOW TO GUIDE

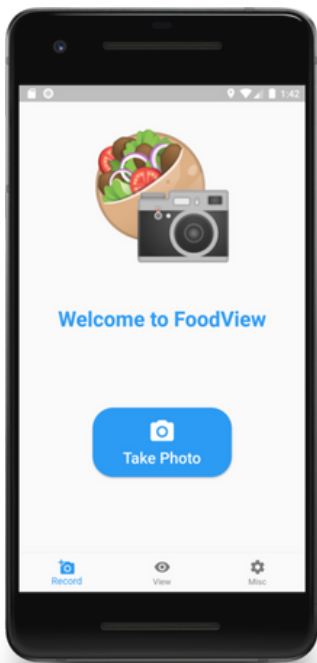
Metabolic health - FoodView app

In preparation for your session to discuss the importance of diet and its relationship to optimal metabolic health, please complete a 3 day food photo journal, and send this through to us prior to your appointment.



Download the [FoodView App](#) from the App Store or Google Play

Once the app is installed you should be able to start using the app without needing to set up an account.



In order to share your food journal with your practitioner, we recommend you enable the sharing function. Here's how:

1. Click [More] to open the menu
2. Tap [Share/Backup]
3. Tap [Agree] to the terms and conditions
4. Toggle on [Save to FoodView] online
5. Select your preferred account

When you have completed your food journal and are ready to share:

1. Click [More] to open the menu
2. Tap [Share/Backup]
3. Toggle on [Sharing via a link]
4. Copy the link and email it to support@mfm.au

Preparing your 3-day food journal

To add a photo to your food journal:

- 1 Tap the [Add] icon on the bottom left of the screen
- 2 Tap [Take Photo] and take a clear photo using your phone camera
- 3 Tap [Ok] to add the photo to your food journal
- 4 Add a brief note to label what you are eating/drinking

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Some helpful hints to give us more information about your diet

- 1 When preparing your own food at home, take a photo of all the ingredients grouped together before you prepare the meal. Then take a photo of the finished product as a single serving.
- 2 If you are cooking from a recipe, take a photo of the recipe. Then take a photo of the finished product as a single serving.
- 3 If you are using any packaged foods in your own cooking take a photo of the nutrition table on the packaging.
- 4 If you are eating a convenience meal, take a photo of the front of the packaged meal, and then take a photo of the nutrition table on the back of the packaging.
- 5 If you are eating out at a restaurant or cafe, take a photo of the menu items you have ordered (include a note if it is not clear which item(s) you ordered). Then take a photo of the prepared meal. (Alternatively add the menu information as a note to the photo)
- 6 Take a photo of all beverages that you have throughout the day including your water. In the notes section estimate the approximate volume (e.g. 500ml).

