

Food Diary

Record what you eat during the day and see how each meal affects your daily nutrition totals.

What this module does

The Food Diary is where you track daily food intake. You can record breakfast, lunch, dinner or snacks, add one of your own menus, or enter a single food with its portion size in grams. Cholesterol Coach calculates nutrition values for your selected portion and updates the daily summary.

When to use it

Use the Diary whenever you want to record what you ate today or review how a day fits your cholesterol-conscious eating goal. It is especially useful after transferring a 7-Day Meal Plan or when you want to track individual foods manually.

Step-by-step tutorial

1. Open Diary from the main menu.
2. Select the meal type, for example breakfast, lunch, dinner or snack.
3. Choose the time for the diary entry.
4. If you want to add a saved own menu, select the menu directly in the diary.
5. Adjust the multiplier if needed, then save the own menu entry.
6. Review the daily summary after saving.
7. To add a single food, enter the food name and the portion size in grams.
8. Use the search suggestions to select the correct food.
9. Check the calculated values for your portion before saving.
10. Click Save food to add the entry to your diary.
11. Repeat the process for each food you ate.
12. Review the entries listed by meal and check the totals at the bottom of the page.

What happens next

After saving, the diary shows the selected day with entries grouped by meal. Cholesterol, saturated fat, fibre and calories are recalculated automatically so you can see how the day fits your cholesterol-conscious eating goal.

Practical tips

- Use search suggestions instead of free typing whenever possible.
- Enter portion sizes in grams for more accurate nutrition values.
- Own menus are helpful for meals you eat regularly.
- Check the calculated values before saving if the product or portion looks unusual.