

Missing Food Item

Submit a packaged food that is not yet available in the shared food database.

What this module does

The Missing Food Item module lets you send product details and clear label photos to the Cholesterol Coach team. The information is reviewed before the product is added to the shared food database.

When to use it

Use this module when a packaged food cannot be found in the Diary search. It is intended for products with a package label, nutrition table and, where available, an ingredients list and barcode.

Step-by-step tutorial

1. Open Contribute a Missing Food Item.
2. Enter the product name. This field is required.
3. Add the brand or manufacturer and the country where the product was purchased.
4. Enter the barcode or EAN, package size and serving size when these details are available.
5. Add a comment if it may help the team identify the product.
6. Select Save details and continue.
7. A QR code appears after the product details have been saved.
8. Scan the QR code with your phone to open the secure photo upload page.
9. Select the photo type and upload one photo at a time.
10. Upload a clear photo of the front of the package.
11. Upload the nutrition table. Make sure every nutrient name and value is sharp, well lit and fully readable.
12. Upload the ingredients list.
13. Upload the barcode if it is available.
14. After each successful upload, select the next photo type and repeat the process.
15. Check that all required photos are visible on the page.
16. Select Finish submission only after the final photo has uploaded successfully.

What happens next

The submission is sent to the Cholesterol Coach team for review. It is not added to the database immediately. After the product details and nutritional data have been checked and approved, the food becomes available in the shared food database and can be found through the Diary search.

Practical tips

- Photograph the nutrition table straight on and close enough for every value to be readable.
- Avoid blur, glare, shadows and cropped edges.
- Include both the per-100 g values and serving values when they are printed on the label.
- Use the correct photo type for each image.
- Do not finish the submission until every required photo is visible.