

My Foods

Create your own product entries for foods that are not yet available in the Cholesterol Coach database.

What this module does

My Foods is your personal food list. It is designed for products you use in daily life but cannot yet find in the main database. Once saved, your own food can be reused later when tracking your daily food intake.

When to use it

Use My Foods when you regularly eat a product that is missing from the database, when you want to record a specific store product, or when you want a private entry for faster tracking.

Step-by-step tutorial

1. Open My Foods from the dashboard.
2. Click New food to add a product.
3. Enter the product name clearly.
4. Enter where you bought the product, if this helps you recognize it later.
5. Enter the nutrition values per 100 grams.
6. Pay special attention to calories, cholesterol and protein.
7. Open More nutrients if you want to add additional values.
8. Check that the entered values match the product label as closely as possible.
9. Click Save when everything is entered.
10. Find the saved product again in your personal My Foods list.

What happens next

Your food is stored in your personal list. You can edit it later, delete it, or reuse it when tracking your daily food intake.

Practical tips

- Use the nutrition values per 100 grams, not per package, unless the form asks otherwise.
- Clear product names make searching much easier.
- Add the store or brand when two products have similar names.
- More nutrients are optional, but they can make the entry more useful.