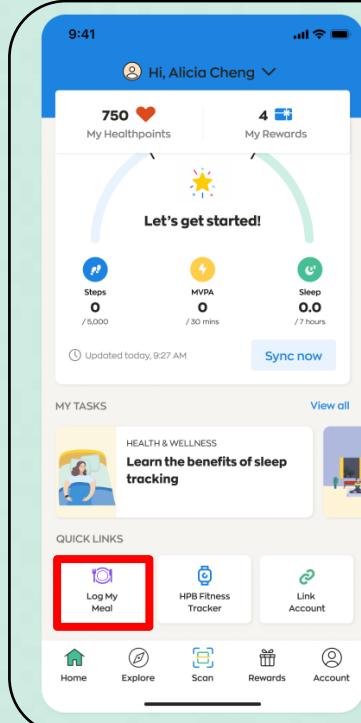




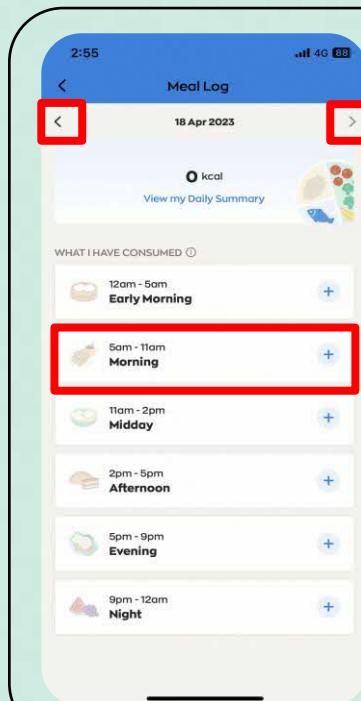
# Healthy 365 App User Guide



## 1. How to add a Meal Log



To start, tap on “Log My Meal” icon, located on the ‘Home’ tab of the Healthy 365 (H365) app.



Choose your desired time band (Early Morning, Morning, Midday, Afternoon, Evening or Night).

You can then add your Meal Logs for today and yesterday.

To view your meals logged in the past 30 days, tap on the navigation arrows to get to the specific date / day.

**3**  
**Meal**  
**Log**  
**options**

There are 3 ways to log your meals:

- 1) Search by keyword(s)
- 2) Take a photo
- 3) Upload a photo



# Healthy 365 App User Guide



## Option 1: Search by keyword(s)

10:26 4G 83+ Meal Log Morning (5am - 11am)

10:27 4G 83+ Meal Log Morning (5am - 11am)

Avocado

My Logged Items My Favourites (0/25)

Avocado 322 kcal for 1 whole

Add food and drink to Morning

Search using keyword(s), take/upload a photo or select from your Favourites

q w e r t y u i o p  
a s d f g h j k l  
z x c v b n m  
123 space search

Step 1

Search for your food or drink item by typing suitable keyword(s) in the search bar.

### Step 1

Search for your food or drink item by typing suitable keyword(s) in the search bar.

### Step 2

Tap on the most applicable item to add the food or drink item into your Meal Log.

10:27 4G 83+ Meal Log Morning (5am - 11am)

Search food or drink Photo

My Logged Items (1) My Favourites (0/25)

Avocado 322 kcal

1

155 kcal

Small cup (250ml)  
Medium cup (350ml)  
Grand cup (350ml)

Total intake for Morning: 322 kcal

Save item(s)

10:28 4G 84+ Meal Log Morning (5am - 11am)

Search food or drink Photo

My Logged Items (2) My Favourites (0/25)

Avocado 322 kcal

Latte 155 kcal

1

Small cup (250ml)  
Medium cup (350ml)  
Grand cup (350ml)

Total intake for Morning: 477 kcal

Save item(s)

Step 3

Tap on the “+” or “-” icon to change the quantity or portion size of your food or drink item (e.g., 0.5 or 1 cup/bowl/piece/plate).

Step 4

To add multiple food or drink items, repeat Steps 1 – 3.

Step 5

After all the food and drink items are added, tap on “Save item(s)”.



# Healthy 365 App User Guide



## Option 2: Take a photo

10:26 4G 83% Meal Log Morning (5am - 11am) Search food or drink My Logged Items My Favourites (0/25) Add food and drink to Morning Search using keyword(s), take/upload a photo or select from your Favourites Save item(s)

10:45 4G 92% Meal Log Morning (5am - 11am) Search food or drink My Logged Items My Favourites (0/25) Take or upload a photo Take or upload a photo of your food or drink Upload a photo Take a photo

### Step 1

Tap on the “Photo” button.

### Step 2

Tap on “Take a photo” button.

*You will need to allow the H365 app permission to access your camera, under your phone settings.*

Retake Use Photo

### Step 3

Take a photo of your food or drink item. Then tap on “Use Photo” if you would like to proceed or tap on “Retake” to take a new photo.

9:41 Select Food or Drink min jiang kueh Cancel

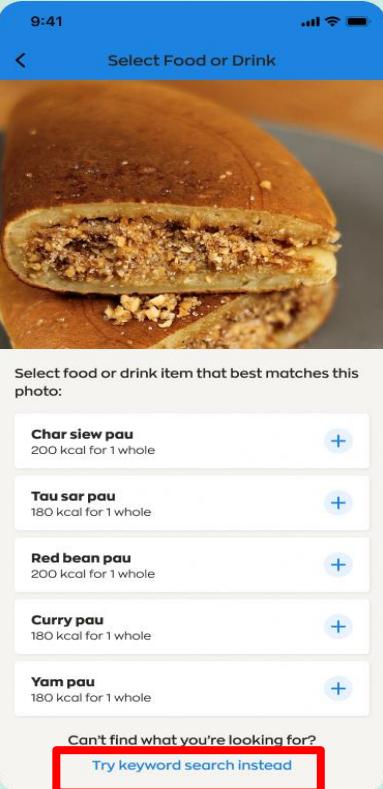
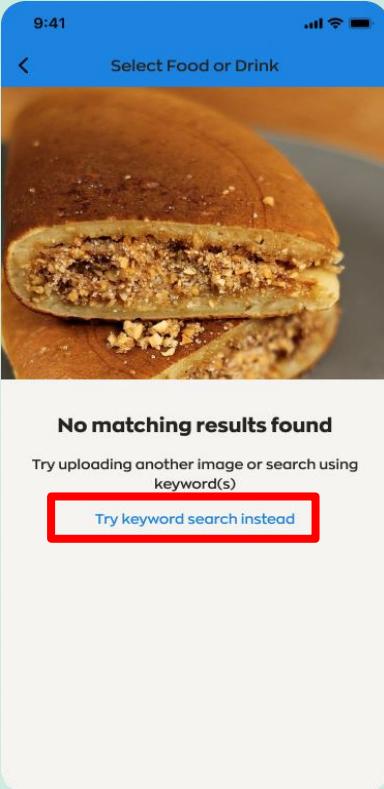
|                |                      |   |
|----------------|----------------------|---|
| Min jiang kueh | +                    |   |
| Kueh makmur    | 57 kcal for 1 piece  | + |
| Kueh kasturi   | 177 kcal for 1 piece | + |
| Tutu kueh      | 79 kcal for 1 piece  | + |
| Chwee kueh     | 57 kcal for 1 piece  | + |

### Step 4a –

**Match found**  
Select the item that best matches the photo you have taken.

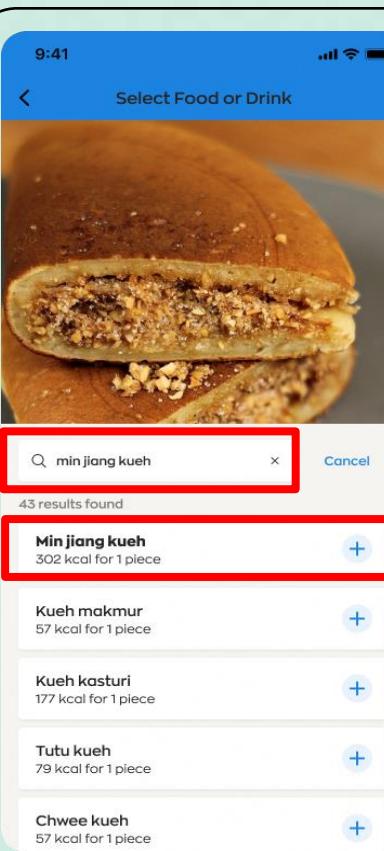


# Healthy 365 App User Guide

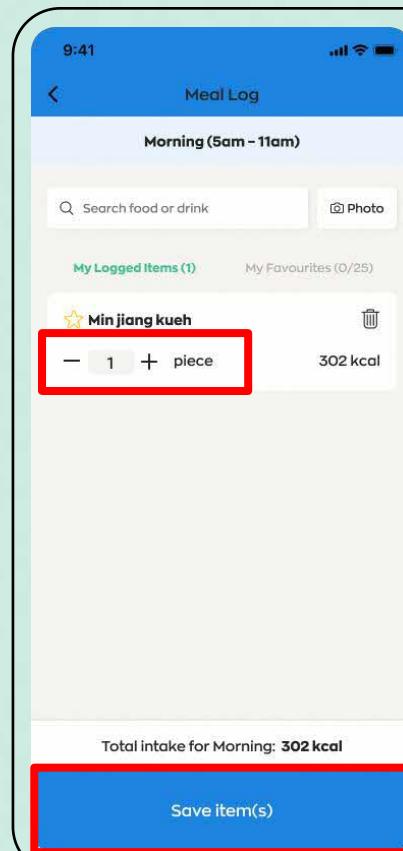


## Step 4b – No results found

If no matching results are found, tap on 'Try keyword search instead'.



Search for your food or drink item in the *Search food or drink* field and tap on the most applicable item to add it into your Meal Log.



## Step 5

Tap on the "+" or "-" icon to change the quantity or portion size of your food or drink item (e.g., 0.5 or 1 cup/bowl/piece).

## Step 6

To add multiple food or drink items, repeat Steps 1 – 5 and tap on "Save item(s)".



# Healthy 365 App User Guide



## Option 3: Upload a photo

The image shows two screenshots of the Healthy 365 App. The left screenshot shows the 'Meal Log' screen for 'Morning (5am - 11am)'. It features a search bar, a 'Photo' button (which is highlighted with a red box), and a section to 'Add food and drink to Morning'. The right screenshot shows a modal for 'Take or upload a photo', with a camera icon, an 'Upload a photo' button (highlighted with a red box), and a 'Take a photo' button.

**Step 1**  
Tap on the “Photo” button.

**Step 2**  
Tap on “Upload a photo”.

**Step 3**  
Select the photo of the food or drink item from your photo gallery.

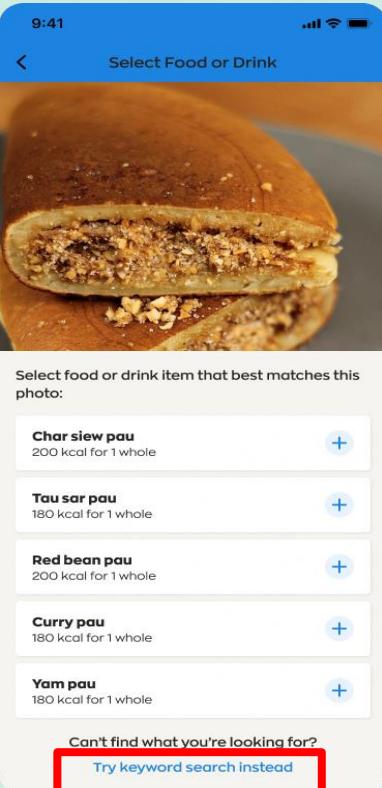
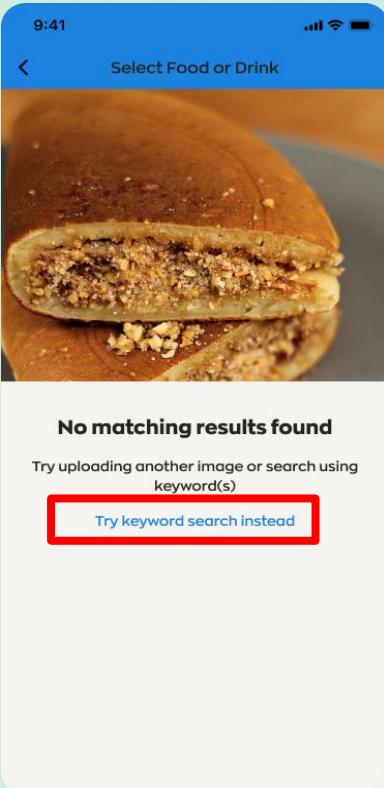
*You will need to allow the H365 app permission to access your camera and photo gallery, under your phone settings.*

The image shows a search results screen for 'Min jiang kueh'. At the top, there is a search bar with the text 'min jiang kueh' and a 'Cancel' button. Below the search bar, the text '1 result found' is displayed. A list of items is shown, with 'Min jiang kueh' highlighted with a red box. The other items in the list are 'Kueh makmur', 'Kueh kasturi', 'Tutu kueh', and 'Chwee kueh', each with a description of its kcal content for one piece and a '+' button.

**Step 4a – Match found**  
Select the item that best matches the photo you have taken.

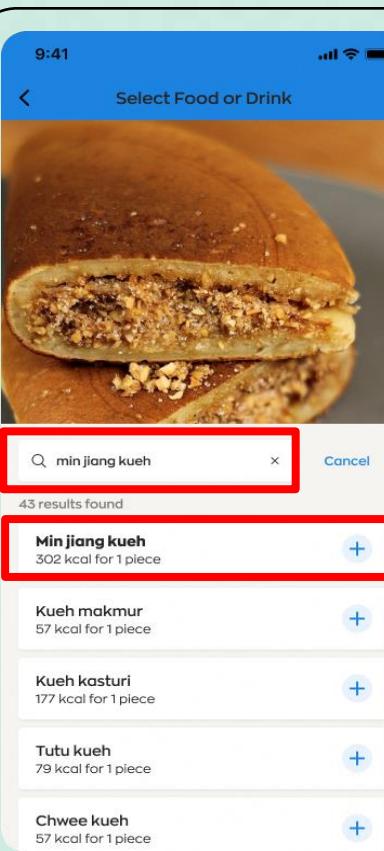


# Healthy 365 App User Guide

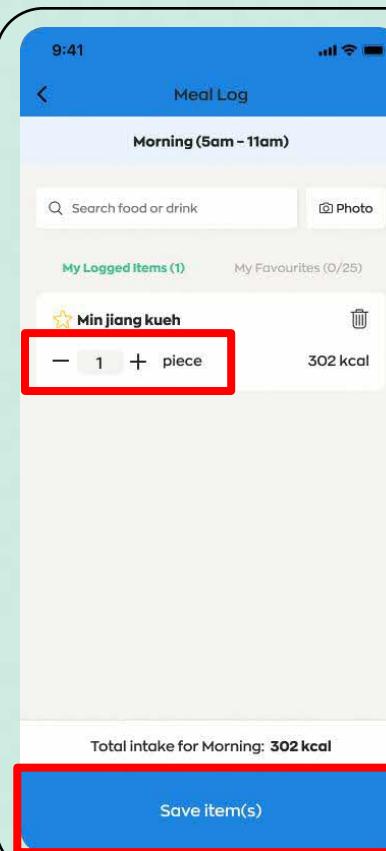


## Step 4b – No match found

If no matching results are found, tap on 'Try keyword search instead'.



Search for your food or drink item in the *Search food or drink* field and tap on the most applicable item to add it into your Meal Log.



## Step 5

Tap on the "+" or "-" icon to change the quantity or portion size of your food or drink item (e.g., 0.5 or 1 cup/bowl/piece).

## Step 6

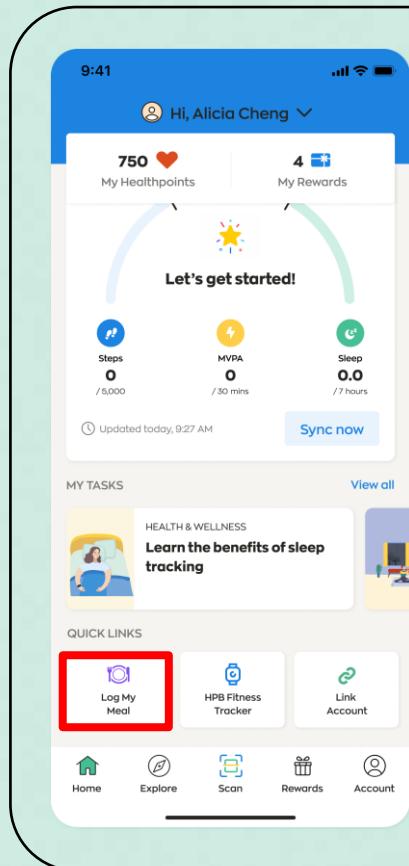
To add multiple food or drink items, repeat Steps 1 – 5 and tap on "Save items(s)".



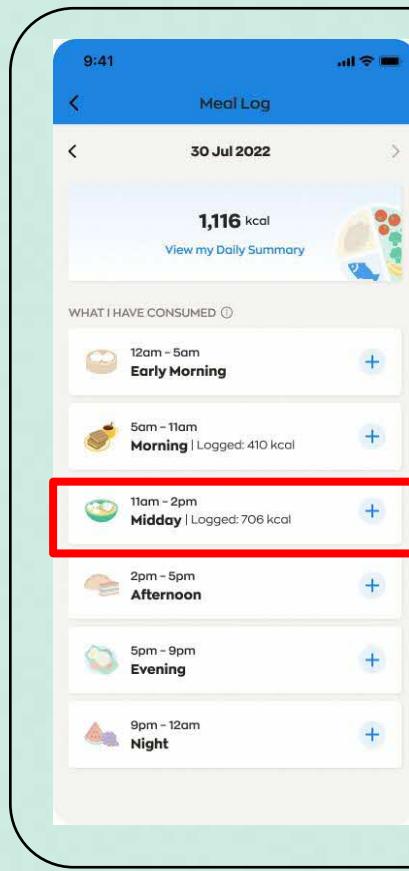
# Healthy 365 App User Guide



## 2. How to edit or delete a Meal Log



To start, tap on “Log My Meal” icon, located on the ‘Home’ tab of the Healthy 365 (H365) app.



You can edit or delete your Meal Logs for today and yesterday.

Choose the time band (Early Morning, Morning, Midday, Afternoon, Evening or Night) where you have previously logged items and would like to edit or delete the item(s).



# Healthy 365 App User Guide



## Edit a meal log

The screenshots show the meal log interface. The left screen shows a meal with 714 kcal and a 'Save item(s)' button. The right screen shows the same meal with 405 kcal after changes, with a 'Save item(s)' button highlighted with a red box.

**Step 1**  
Tap on the “+” or “-” icon to change the quantity or portion size of your food or drink item (e.g., 0.5 or 1 cup/bowl/piece/plate).

The quantity or portion size will be increased or decreased accordingly.

**Step 2**  
After all changes are made, tap on “Save item(s)”.

**Step 3**  
Tap “Proceed with your changes” if all changes have been made.

If further changes need to be made, tap on “No” and repeat steps 1 and 2.



# Healthy 365 App User Guide



## Delete a meal log

The screenshots show the meal log interface. The left screen shows two items: 'Steamed chicken rice' (618 kcal) and 'Kopi' (96 kcal). The right screen shows the same items, but the 'Kopi' entry has a red box around its delete icon. Both screens have a 'Save item(s)' button at the bottom.

### Step 1

Tap on the 'bin' icon next to the food or drink which you would like to delete.

The entire line of food or drink will be deleted accordingly.

### Step 2

After all changes are made, tap on "Save item(s)".

*It is not possible to delete all food/drink logged within a single time band as you will need to have at least 1 food/drink record*

A confirmation dialog box is displayed, asking "Would you like to save your changes?". It has "No" and "Proceed with your changes" buttons. The "Proceed with your changes" button is highlighted with a red box.

### Step 3

Tap "Proceed with your changes" if all changes have been made.

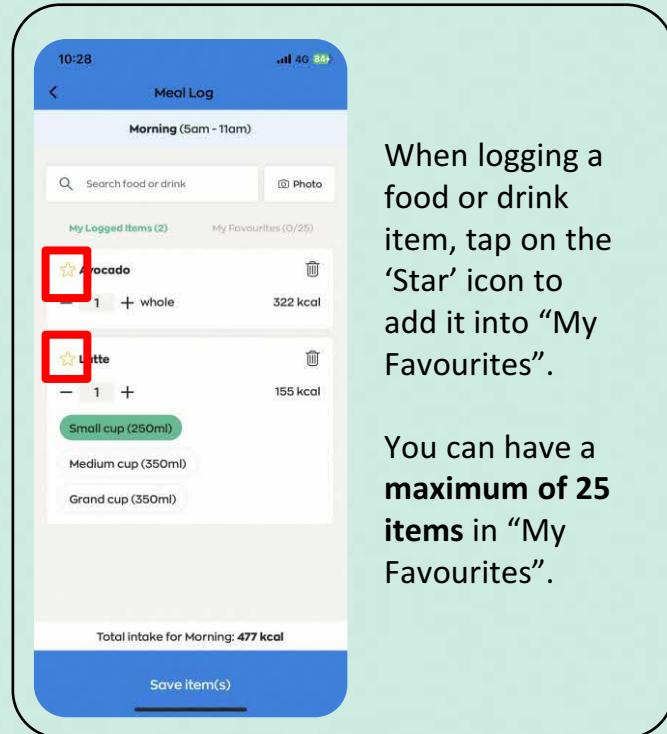
If further changes need to be made, tap on "No" and repeat steps 1 and 2.



# Healthy 365 App User Guide

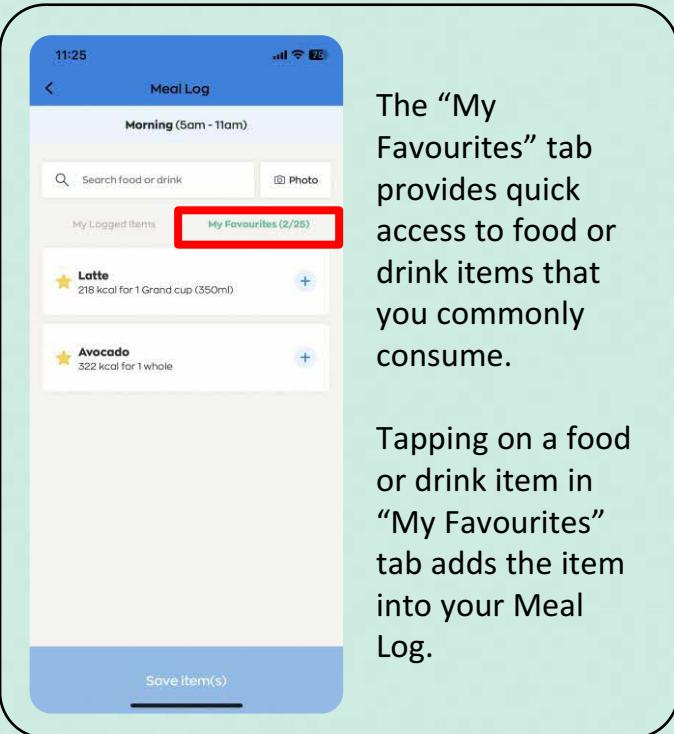


## 3. How to use “My Favourites”



When logging a food or drink item, tap on the ‘Star’ icon to add it into “My Favourites”.

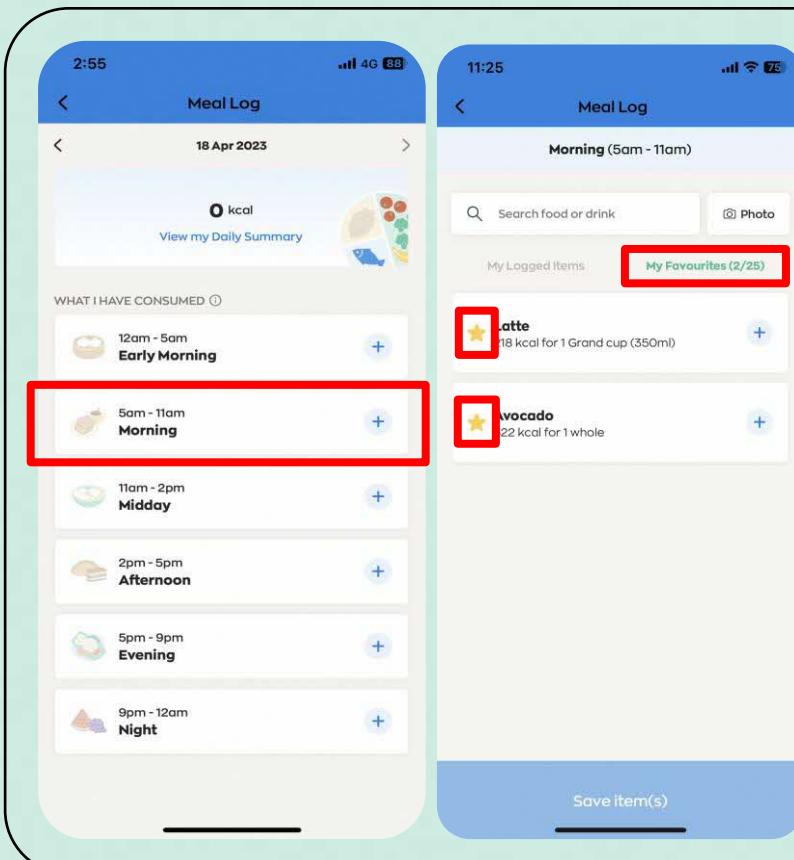
You can have a **maximum of 25 items** in “My Favourites”.



The “My Favourites” tab provides quick access to food or drink items that you commonly consume.

Tapping on a food or drink item in “My Favourites” tab adds the item into your Meal Log.

## 4. How to remove an item from “My Favourites”



### Step 1

Choose your desired time band (Early Morning, Morning, Midday, Afternoon, Evening or Night).

### Step 2

Tap on “My Favourites” tab.

### Step 3

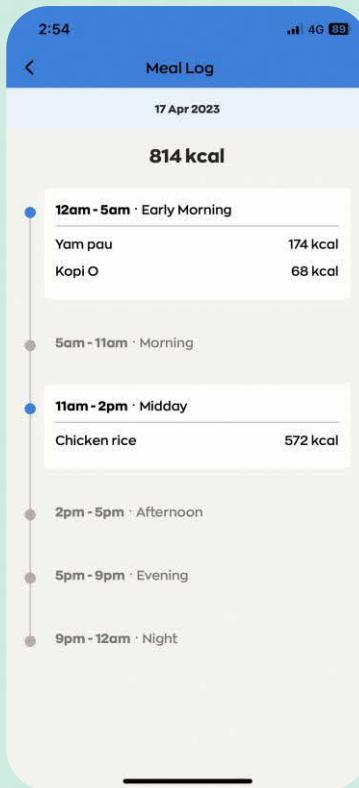
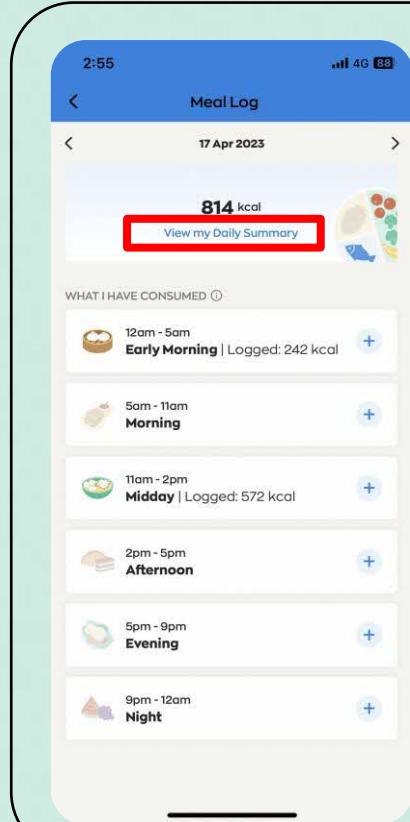
Tap on the ‘star’ icon to remove the item from “My Favourites”.



# Healthy 365 App User Guide



## 5. How to view a daily summary of your Meal Logs



Tap on “View my Daily Summary” to view the food and drink items you have logged for the day.

By logging what you eat and drink, you can track your daily calorie intake and better understand your eating habits over time. You can then choose to make the necessary changes to improve your diet or achieve your weight management goals.

Visit [go.gov.sg/calorie-calculator](http://go.gov.sg/calorie-calculator) to find out your recommended daily calories requirement.