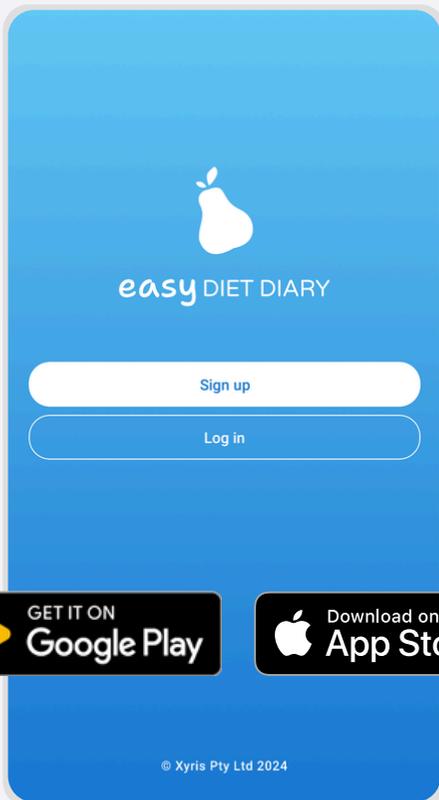




Get the free app

Download Easy Diet Diary from the Google Play store or Apple App Store.



Get started

Sign up

1 Sign up
Open the app and sign up for an Easy Diet Diary account. You can sign up using one of the following methods:

- Your email and password
- Google sign in
- Apple sign in

2 Enter your profile
Follow the steps to enter your profile details such as your name, sex, date of birth, height, weight, and your energy and weight goals.

← Profile

Please fill in the below details so we can customise Easy Diet Diary to your needs.

Name*
Example Client

Birthday*
01/01/2000

Log your foods

1 On the Diary tab...
Beneath a meal section tap **+ Add**.

Dinner			
Steak 200 g	48.2	335	
Mixed vegetables 1.5 cup	5.5	71	
...	+ Add	53.7	407

2 Search for foods
Type the food name and select from the list of results.

Use the barcode scanner

Tap the  icon and point your device's camera at the product barcode to scan.

← Choose diary entry  Cal

Search for foods

Foods Recent Meals My Foods My Recipes

3 Enter the quantity
Enter the amount and select a measure, then tap **Add** at the top of the screen.

Amount* 1

Measure* cup (250g)

g

tsp



You can also...

Add photos

On the Diary tab, on the meal section tap **...** and select **Add photos**. You can add up to three photos for each meal.



Add notes

On the Diary tab, select the **Notes** section and type your note. When you're finished, tap **Save**.



Log your exercise

On the Diary tab, beneath the **Exercise** section, tap **+ Add**. Search for exercises by typing the name and selecting one from the results. Enter the exercise duration and measure, then tap **Add**.



Track your weight

On the Graphs tab, tap **Weight** then tap **+ Record weight**. Enter your weight, then tap **Save**.

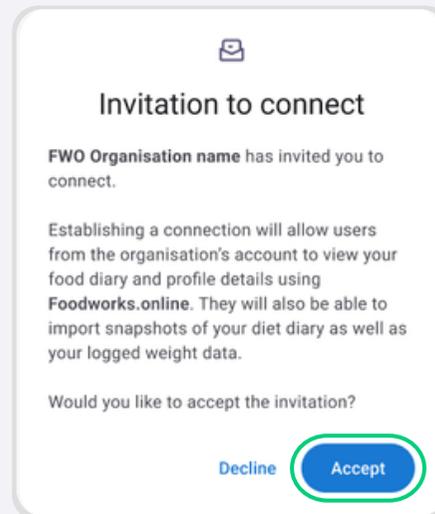
Connect with your health professional

Your health professional can connect with you by sending an invite through Foodworks.online.

This will allow them to see your food diaries, exercise, photos, notes, weight history and profile details.

Link your account

Tap **Accept** on the modal.



Remove link

On the Settings tab, tap **Manage Connections**.

For more help

Visit our support site:
support.easydietdiary.com

Via the app, select:
Settings / Help / Support resources

Follow us on social media:

 @easydietdiary

 Easy Diet Diary

 Xyris Pty Ltd

About Easy Diet Diary

- **Free and ad-free:** Enjoy all features without any hidden costs or distractions.
- **Highly rated:** Over 15,000 five-star reviews.
- **Extensive Australian food database:** All-Australian data based on official sources.
- **Trusted by professionals:** Developed by Xyris the creators of Foodworks.online Professional.