easy DIET DIARY

FOOD-ONLY MODE

About Easy Diet Diary

Easy Diet Diary is a free, easy-to-use app that lets you log what you eat each day. It's used by thousands of Australians to track their food choices and better understand their eating habits.

About food-only mode

Food-only mode is a special setting your health professional can enable when inviting you to use the app. In this mode, you can log your food, but:

- You **won't see** calories, nutrients, or energy graphs
- You **can't track** your weight or goals
- You **won't enter** personal details

This mode helps people stay focused on their eating patterns without becoming distracted or anxious about the numbers. It's commonly used in research studies or by professionals who want to analyse your diet for you.

Only your health professional can turn this mode on. You cannot enable or disable it yourself.

To get started...

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

GET IT ON Google Play   Download on the App Store

Sign up

1 Sign up
Open the app and sign up for an Easy Diet Diary account.

2 Enter your profile
Follow the steps to enter your profile details such as your name and date of birth*.

*These details are required for account verification purposes. With food-only mode enabled, your health professional cannot see these details in Foodworks.online
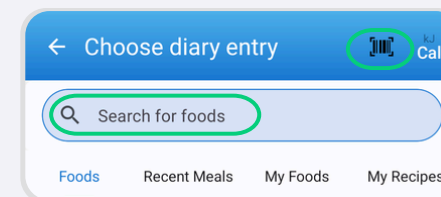
Log your foods

1 On the Diary tab...
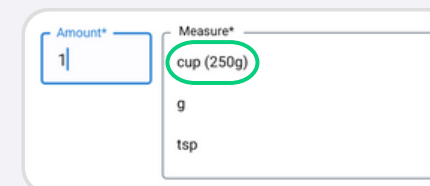Beneath a meal section tap **+ to** add.
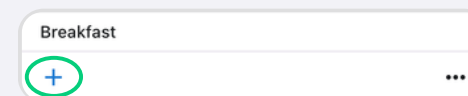
2 Search for foods
Type the food name and select from the list of results.

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

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

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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**.
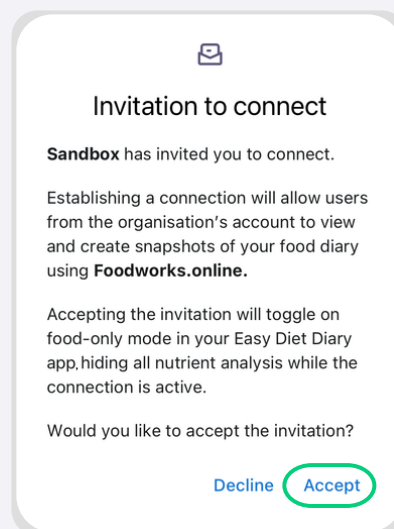
•••

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 and notes.

Link your account
Tap **Accept** on the modal.

Invitation to connect

Sandbox has invited you to connect.

Establishing a connection will allow users from the organisation's account to view and create snapshots of your food diary using **Foodworks.online**.

Accepting the invitation will toggle on food-only mode in your Easy Diet Diary app, hiding all nutrient analysis while the connection is active.

Would you like to accept the invitation?

Decline   Accept

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.