

FOOD & DRINK INTAKE DIARY

- 'Easy Diet Diary' App -

If you have an iPhone or an iPad, a record of your food and drink intake can be recorded on an app. The record can then be emailed to eo@allergy.net.au for analysis.

DOWNLOADING THE APP

1. Go to the App Store and download the free 'Easy diet diary' app.
2. Once you open the app, if you agree to the terms and conditions, you can move on. *(If you don't agree, do not accept and choose an alternate method to record your food intake)*
3. Tap 'Yes, I'll enter my details now' and enter your:
 - Name
 - Email address
 - Date of birth
 - Gender
 - Weight
 - Height

You do not have to enter a 'Weight Goal', 'Energy Goal' or 'Track Exercise'. The app is now ready to use.

GETTING STARTED

- 1) Please watch the video tutorials available at easydietdiary.com or via the settings section of the app.
- 2) You must **weigh/measure** all the food and drinks you consume over a 4 day period (including one weekend day) and record this in the app.
- 3) Please **do not change your diet during the recording period** or it will not be an accurate representation.

Please note: You are not able to record any **supplementation** or **children's formula**, so please keep a record of what supplements/formula was consumed and how much, and email this to eo@allergy.net.au when you submit the diary so these can be added manually.

ENTERING YOUR FOOD AND DRINK INTAKE

- 1) To search for foods, select the meal option (e.g. Breakfast, Snack), then select the magnifying glass icon.
- 2) Search for each ingredient of the meal and enter the quantity consumed and tap add.
- 3) If you can't find the exact match, there is usually an appropriate alternative. For example: instead of the specific brand name of your gluten free bread, you can just select Bread (gluten free) and then select white or multigrain as an option.

- 4) You can either continue searching for other foods consumed at that meal time or tap 'done' to return to the main page.
- 5) For commercial products you can also use the barcode scan icon, however, the nutritional information available using this method is limited. Please only use the barcode scan option if you cannot locate the appropriate item using the search tool.

Please note: There are some products that the barcode scanner will not be able to identify. It will ask you if you want to create a new food. If you would like to do this, please contact us for information. Otherwise, keep a record of this food/drink, along with the quantity consumed, and email it to eo@allergy.net.au when submitting your diary for analysis.

SUBMITTING YOUR DIARY FOR ANALYSIS

Once completed, please go to settings, select '*Email Diary to Dietitian*' and address the email to eo@allergy.net.au

In this email you must include:

- Height
- Weight
- The amount of activity/exercise you do
- Any additional foods/supplements that you weren't able to add to the diary, including the quantity.
- The diet you were following (if any) e.g. RPAH Elimination diet

If you have further questions, please contact Annabel at eo@allergy.net.au