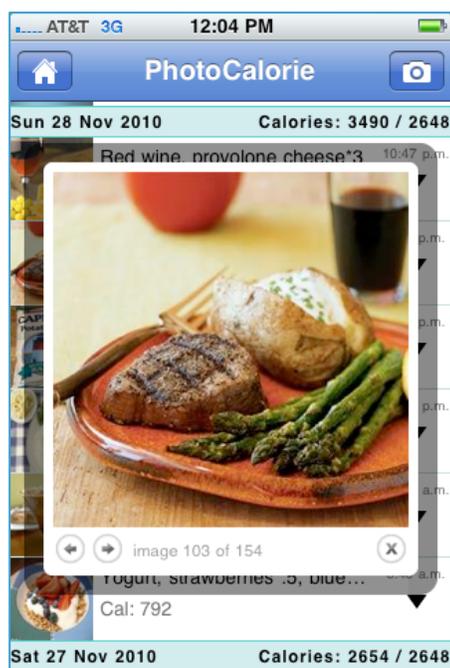




Visually track your diet and estimate your nutrient intake in two simple steps.

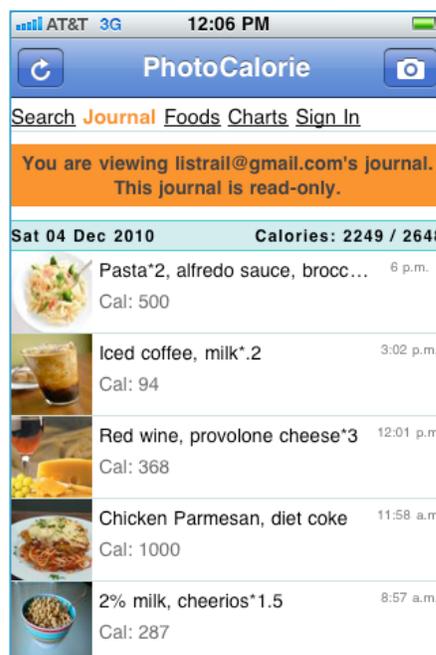


Track your diet by camera

PhotoCalorie allows you to take a picture of your food and quickly enter a 1-line description of your entire meal. Or simply take the picture and enter your description later. Now you won't forget what you ate.

Let your healthcare provider literally see what you've been eating

PhotoCalorie gives your dietitian or doctor the unique ability to see what you are eating in real-time, and not simply what you report eating days later.



Learn your portions

The first step to accurately tracking your diet and achieving your goals is to estimate your portions correctly

Use your hands

Use our serving size cheat sheet under the search box to estimate your portion sizes. If the food you ate is bigger or smaller than the serving size pictured, just multiply by the difference (i.e. searching for “broccoli*2” would give you the nutrition for 2 cups of broccoli).



Search for many foods in one step

Once you understand what one portion of a food looks like, searching for multiple foods with varying portions is a cinch. For example, a 9 ounce steak with $\frac{1}{2}$ cup of zucchini and 1 cup of pasta can be easily entered into PhotoCalorie as “**Steak*3, pasta, zucchini*0.5.**”



How To Get PhotoCalorie & Share Your Journal

1

Visit www.PhotoCalorie.com and sign up for free

iPhone and iTouch users can also access the app directly through the iTunes app store. Anyone with a computer or smartphone can use PhotoCalorie, but only iPhone and iTouch users can use the photo feature.

2

Enter your personal information and select 'Allow Journal Sharing'

After signing up and completing your basic information on the profile page, select the "Allow Journal Sharing" check box. Click "Save Profile" at the bottom of the page, and a unique link will be automatically created.

3

Copy and send this link to your doctor or dietitian

If you'd like your healthcare provider to see what you are eating in real-time, copy and paste the created link into your e-mail and send it to your dietitian or doctor. As soon as you log a food, they will be able to see it.

Useful links & Contact Information:

Learn even more about portion control on our portion size page:

<http://blog.photocalorie.com/portion-sizes/>

Contact us with any questions or comments:

Send an e-mail to info@photocalorie.com