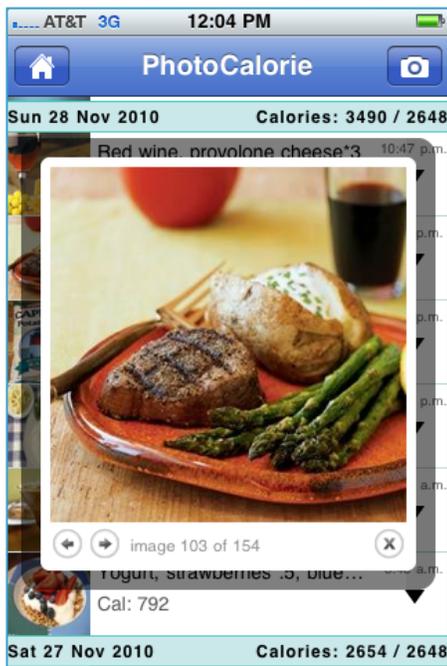




# PhotoCalorie™

Picture Your Diet

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

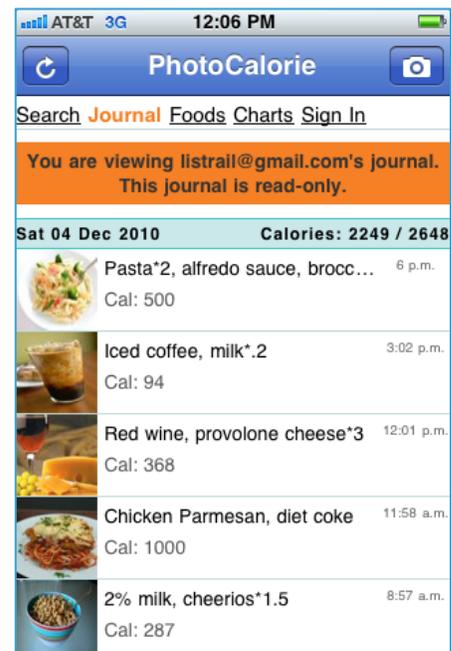


## Track your diet by camera

PhotoCalorie allows you to take a picture of your food and quickly enter a short 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. Did you eat more or less than the serving size pictured? Just multiply by how much (i.e. searching for “broccoli\*2” would give you the nutrition for 2 cups of broccoli).



### Search for many foods in one step

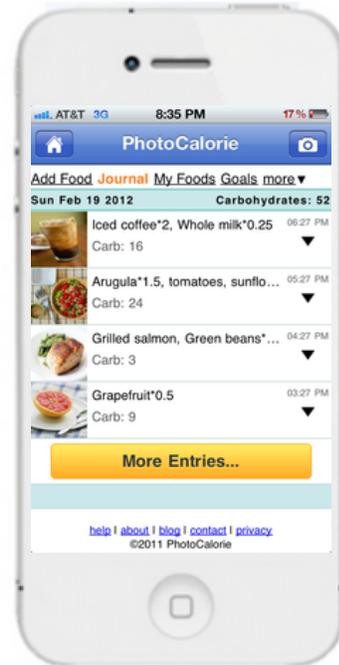
Once you understand what one portion of a food looks like, searching for multiple foods with varying portions is simple. For example, a 9 ounce steak with  $\frac{1}{2}$  cup of zucchini and 1 cup of pasta can be easily entered into PhotoCalorie as “**Steak\*3, pasta, zucchini\*0.5.**”



# How To Enter Foods From an iPhone

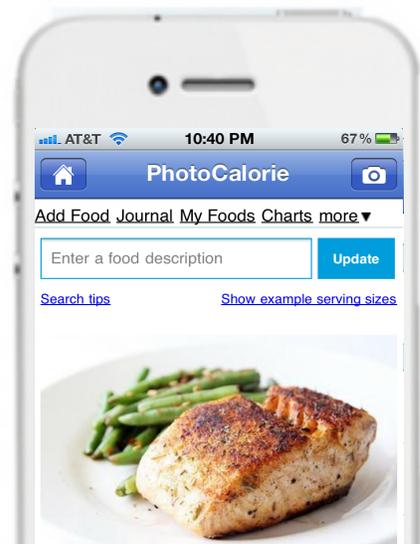
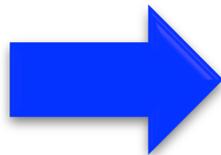
## 1. TAKE A PICTURE

Click the camera button in the top right corner and snap a photo of your meal. If you like that picture, select **“Use.”** You will now be shown your new picture in your journal next to the words **“Click to enter food description.”**



## 2. SELECT MEAL FROM JOURNAL

Once you select the food you've just snapped a photo of, you will be shown the photo and asked to enter a description.



### 3. ENTER A MEAL DESCRIPTION

All the foods are standardized to one serving size. All meats start at 3 ounces, all vegetables at 1 cup, and so on (see page 8 for more). So searching for “salmon” would give you the nutrition info for 1 serving (3 ounces) of salmon. “Salmon \*2” would get you the nutrition for 2 servings (6 ounces) of salmon. Let’s see an example:

2 servings of Grilled Salmon  
(6 ounces)

Since 1 cup of vegetables is the standard, this would mean ½ a cup.

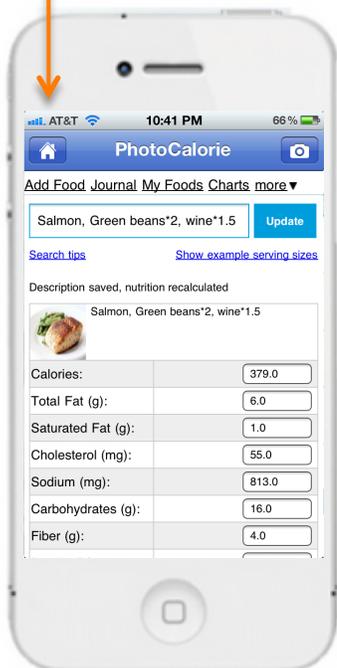
grilled salmon\*2, green beans \*0.5|

Go

Each food, drink, topping or condiment is separated by commas



Click home to return to your journal.



### 4. VIEW & EDIT INFO

Your nutrition info is calculated. You can manually edit the values or change the description and update the final nutrition info.

You can edit the nutrition info by clicking on a box.

# How To Enter Foods From a Computer

## 1. SELECT 'ADD FOOD'

Once you have logged in and filled out your profile, select “**Add food**” from the top left corner of your web browser.

## 2. ENTER MEAL DESCRIPTION

Type your entire meal into the search box. Separate each food, topping, or drink by commas and multiply each food by its portion size. Coke\*2 = 2 cups of coke.

Click for serving size examples

[Search tips](#) [Show example serving sizes](#)

Showing nutrition results for: **grilled salmon\*2, green beans \*0.5**

	Calories (297)
	Total Fat (13g)
	Saturated Fat (2g)
	Cholesterol (110mg)
	Sodium (278mg)
	Carbohydrates (3g)
	Fiber (1g)
	Protein (40g)
	Sugars (0.5g)

Percent Daily Values based on a 2,000 calorie diet

All foods are standardized to 1 serving - [Click to learn about serving sizes](#)

**Add to Journal**

## 3. ADD TO YOUR JOURNAL

Click “**Add to Journal**” and this meal will be added to the current date and time. Go to “**Journal**” on the top left of the screen to see it.

# How To Enter Foods You Have Eaten Before

## 1. SELECT 'My Foods'

This is a list of every food you have ever entered into PhotoCalorie, listed in alphabetical order.

## 2. SELECT YOUR MEAL

Simply scroll to the food you have just eaten and select it. This meal will be added to your food journal at the current date and time.

## 3. EDIT MEAL IF NECESSARY

Once your food is in your journal, you can edit the description by clicking on the description. Change the time & date or delete the item by selecting the black arrow to the right of each item.

The screenshot shows a web browser window titled "My Journal" with the URL "photocalorie.com/journal". The date is "Sat Feb 18 2012" and the total "Carbohydrates: 363". The journal lists three meals:

Meal Description	Carb Count	Time
salmon *2, teriyaki sauce, broccoli, white rice	53	06:55 PM
miso soup, salad, ginger dressing, water	61	06:40 PM
Chicken burrito, guacamole*.5, salsa, water	135	03:23 PM

Annotations in the image:

- An orange arrow points from the text "Edit time or delete meal." to the black dropdown arrow next to the time "06:55 PM" of the first meal.
- An orange arrow points from the text "Edit meal description." to the description "salmon \*2, teriyaki sauce, broccoli, white rice" of the first meal.

# How To Get PhotoCalorie & Share Your Journal

1

## **Visit [www.PhotoCalorie.com](http://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](mailto:info@photocalorie.com)

## Common Portion Size Photos

Your hands are a great tool for estimating your portions. Below are examples of one serving of different types of foods. The words in bold tell you what the serving size is for all foods in that category.



1 cup of broccoli – 36 calories  
**Vegetables: 1 cup cooked or raw**



1 cup of cherries – 87 calories  
**Small or chopped fruits: 1 cup**



One medium apple – 65 calories  
**Whole fruits: size of baseball**



1 cup of pasta – 221 calories  
**Pasta: 1 cup cooked**



1 cup of rice – 195 calories  
**Rice or Grains: 1 cup cooked**



3 oz. chicken breast – 197 calories  
**Meats: 3 ounces or 3 slices**



1 oz. of chips – 150 calories  
**Chips or Snacks: 1 oz, ~ 10 chips**



1 oz. of almonds – 111 calories  
**Nuts or Seeds: 1 ounce or handful**



1 cup of beans – 266 calories  
**Beans: 1 cup or handful**



5 oz. of wine – 125 calories  
**Wine: 5 oz, red or white**



1 cup of juice – 112 calories  
**Drinks or liquids: 8 oz. or 1 cup**

# Common Portion Sizes on Plates



1 cup of cherries, ~ 10 – 87 calories  
**Fruits: 1 cup**



1 cup of salad – 33 calories  
**Mixed Vegetables: 1 cup**



1 oz. of almonds – 111 calories  
**Nuts or Seeds: 1 oz. or handful**



1 cup of pasta – 221 calories  
**All Pastas: 1 cup cooked**



1 cup of rice – 195 calories  
**Rice & Grains: 1 cup cooked**



3 oz. Chicken Breast – 197 calories  
**Meats: 3 oz, size of card deck**



2 Tablespoons of Ranch – 170 calories  
**All Dressings: 2 tablespoons**



1/4 cup tomato sauce – 111 calories  
**All Sauces or Gravy: 1/4 cup**



1 cup of juice – 112 calories  
**Drinks or Liquids: 1 cup, 8 oz.**



1 glass of red wine – 125 calories  
**All Wines: 5 oz. or 1 glass**



1 cup of chicken soup – 115 calories  
**All soups: 1 cup or 8 oz.**

## Miscellaneous Foods

Food	One Serving Equals:
Eggs	1 medium egg
Bread	1 medium slice
Pizza	1 slice about size of hand
Pre-Packaged Foods	1 serving as listed on package
Butter	1 tablespoon
Olive Oil	1 tablespoon
Liquor	1 shot, 1.5 ounces
Beer	1 can, 12 ounces
Cake	1 slice, about 75 grams
Ice Cream	1 scoop, $\frac{1}{2}$ a cup
Cheeses	1 thin slice, about 1 ounce