

Frequently Asked Questions (FAQs) for the Meal Log tool on the Healthy 365 (H365) app

Updated: Sep 2023

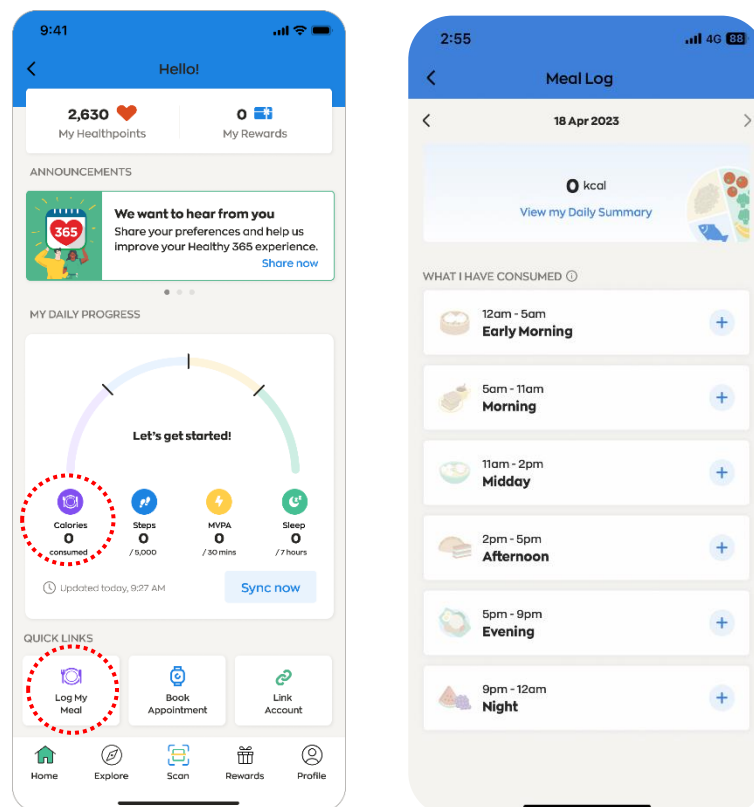
Introduction

1. Why should I use the Meal Log tool?

- The tool helps you track your daily calorie intake.
- By logging what you eat and drink, you can better understand your eating habits over time. You can then choose to make the necessary changes to improve your diet or achieve your weight management goals.

2. Where can I find the Meal Log tool?

- On the home tab of the H365 app, click on the **purple** “Calories” icon under “My Daily Progress” section or the **“Log My Meal”** icon under “Quick Links”. This will bring you to the Meal Log tool.



Meal Logging

1. How do I use the Meal Log tool?

- You can use the Meal Log tool to keep track of the estimated calories of all the food and drinks that you consumed for the day, and up to the day before.

- When logging your meals, select the time band when your meal was consumed (for e.g., Morning, Midday, Afternoon). Then simply search for the food or drink item(s), and indicate the serving size (e.g., 0.5 or 1 cup/bowl/piece).

2. Where or how can I find my recommended daily caloric intake?

- The average recommended daily caloric intake is 2,200 calories for males, and 1,800 calories for females.
- For a more personalised caloric requirement, you would need to take into account your age, gender, height, weight, and activity level. You can use the [Calorie Calculator on HealthHub](#) to generate your recommended caloric intake figure.

3. How do I search for food or drink items when logging?

- For a step-by-step detailed guide on how to perform a Meal Log, please refer to its [User Guide](#).

4. Do I need to include water as part of my Meal Log?

- No, you don't need to include water as part of your Meal Log as regular, plain water has no calories.
- The Meal Log tool is designed to help you track what you eat and drink, and how much calories you would consume or have consumed daily.
- Generally, you are encouraged to focus only on logging the foods and drinks that contribute to your daily calorie intake, such as main meals, snacks, fruit and vegetables, and beverages such as coffee, tea, or bubble tea.

5. I had a buffet or home-cooked dishes with rice. How do I go about logging what I had?

- The Meal Log tool is powered by a database of over 3,000 commonly consumed local foods and drinks, which includes mixed dishes such as economic rice, fish ball noodles, as well as single dishes such as stir-fried vegetables or sweet and sour pork.
- If you had a buffet, you may log each food or drink item you consumed individually. This can be done easily as the tool allows you to add multiple food or drink items at one go and adjust portion sizes (e.g., 0.5 or 1 cup/bowl/piece).
- If you are having home-cooked dishes with rice, you can either log it as one dish of 'Economic Rice (2 meat 1 veg)' for instance, or you may choose to log each home-cooked dish individually as 'stir-fried vegetables', 'stir-fried pork' and 'plain rice' and adjust the portion sizes (e.g., 0.5 or 1 cup/bowl/piece) accordingly.

6. I cannot seem to find a particular item using the Meal Log tool. How can I log it then?

- The Health Promotion Board (HPB) periodically reviews the tool's database to ensure that popular new foods or drinks are added to enhance the overall logging experience for our users.
- Given Singapore's vibrant food innovation scene, there may be new food and drink choices that have yet to be entered into the database.
- If you are unable to find an item, you may try doing a keyword search for a food or drink item that is largely **similar to** what you had.
- You could also try performing a keyword search without the use of hyphens, spaces and other special characters e.g., "wholegrain" instead of "whole-grain" or "whole grain".

- You may also write in to HPB at: HPB_Mailbox@hpb.gov.sg and we will consider including your item(s) during subsequent database reviews.

7. I have keyed in my food or drink incorrectly. Am I able to edit or delete logs that have been submitted?

- Currently, the Meal Log tool does not allow you to edit or delete the logs that you have submitted.
- To minimise the chances of submitting incorrect items, do remember to check the following before submission:
 - i. Day and time band that you are logging under – you can view the time band at the top of the logging screen.
 - ii. Accuracy of food or drinks item(s) and the portion sized consumed (e.g., 0.5 or 1 cup/bowl/piece) – you can review this under the ‘My Logged Items’ tab before you tap on “Save item(s)”

8. How do I view the past food or drink item(s) that I have logged?

- For a step-by-step detailed guide on how to view your past items logged, please refer to the [User Guide](#).

9. I consume a particular food or drink item regularly as part of my Meal Logs. How do I save it as one of “My Favourites”?

- For a step-by-step detailed guide on how to save a food or drink item under “My Favourites”, please refer to the [User Guide](#).

10. How do I remove an item from “My Favourites”?

- For a step-by-step detailed guide on how to remove a saved food or drink item under “My Favourites”, please refer to the [User Guide](#).

11. Am I able to sync or integrate my data on other food / calorie logging apps I use with Healthy 365’s Meal Log tool?

- Unfortunately, the Meal Log tool on the Healthy 365 app is unable to integrate with any applications currently, so you would not be able to link your food intake data.
- HPB will consider this during subsequent reviews and enhancements of the Meal Log tool.