Healthy 365 App User Guide

Health Promotion Board
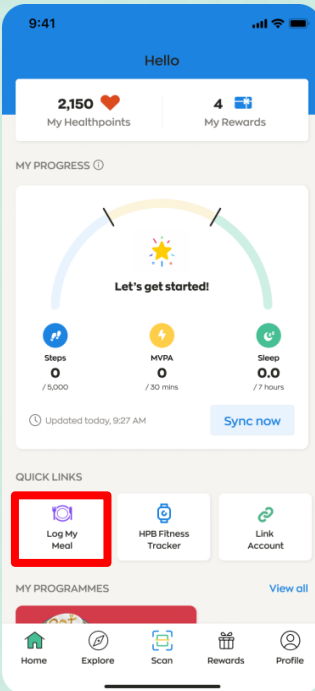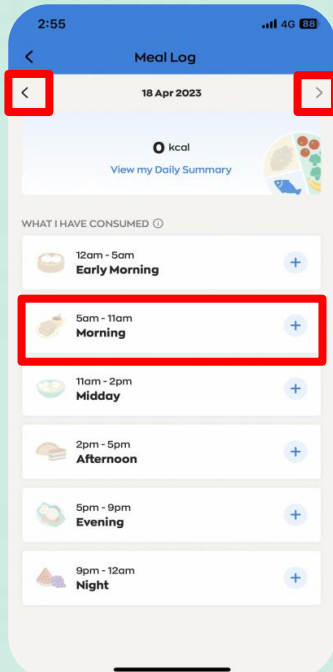
1. How to add a Meal Log

To start, tap on "Log My Meal" icon, located on the 'Home' tab of the Healthy 365 (H365) app.

Choose your desired time band (Early Morning, Morning, Midday, Afternoon, Evening or Night).

You can then add your Meal Logs for today and yesterday.

To view your meals logged in the past 30 days, tap on the navigation arrows to get to the specific date / day.

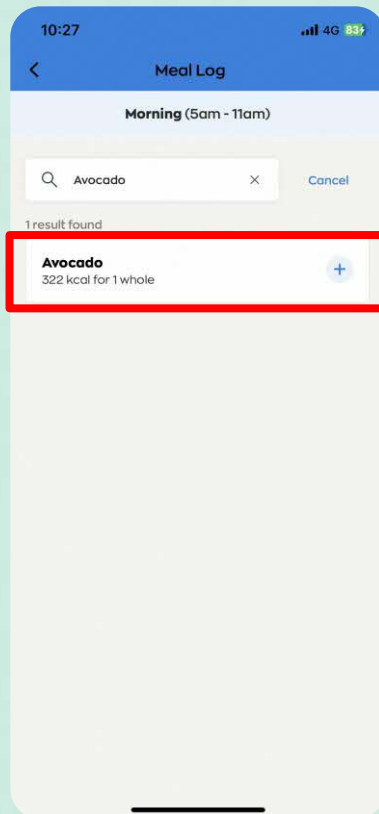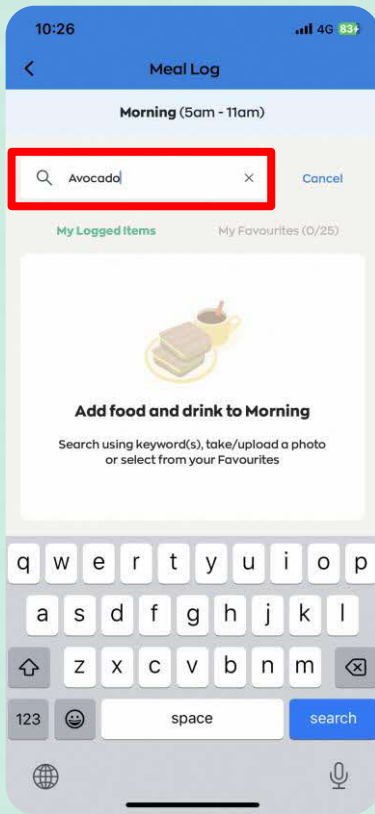**3** **Meal Log options**

There are 3 ways to log your meals:
1) Search by keyword(s)
2) Take a photo
3) Upload a photo

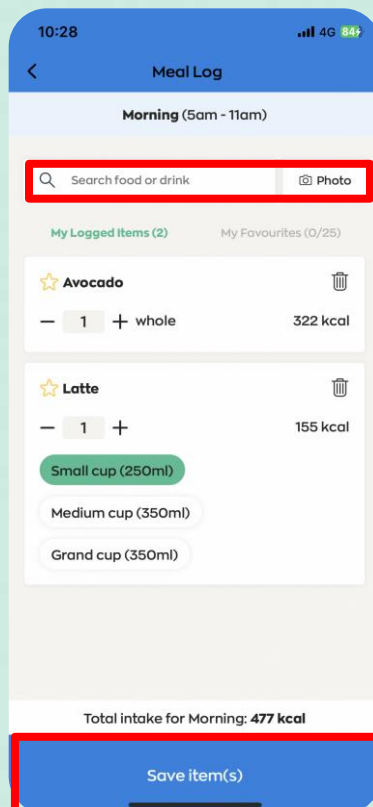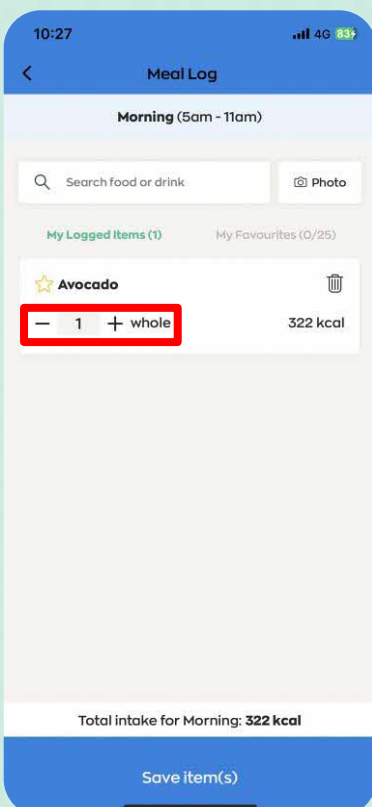# Healthy 365 App User Guide

Option 1: Search by keyword(s)

Step 1
Search for your food or drink item by typing suitable keyword(s) in the search bar.

Step 2
Tap on the most applicable item to add the food or drink item into your Meal Log.

Step 3
Tap on the "+" or "-" icon to change the quantity or portion size of your food or drink item (e.g., 0.5 or 1 cup/bowl/piece/plate).

Step 4
To add multiple food or drink items, repeat Steps 1 – 3.
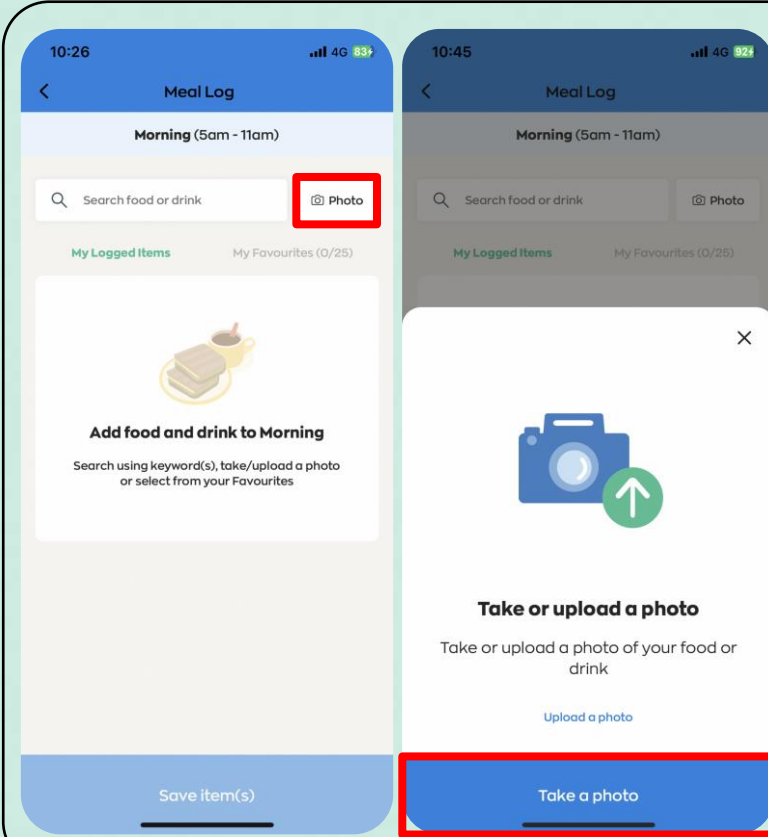
Step 5
After all the food and drink items are added, tap on "Save item(s)".

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Option 2: Take a photo

Step 1
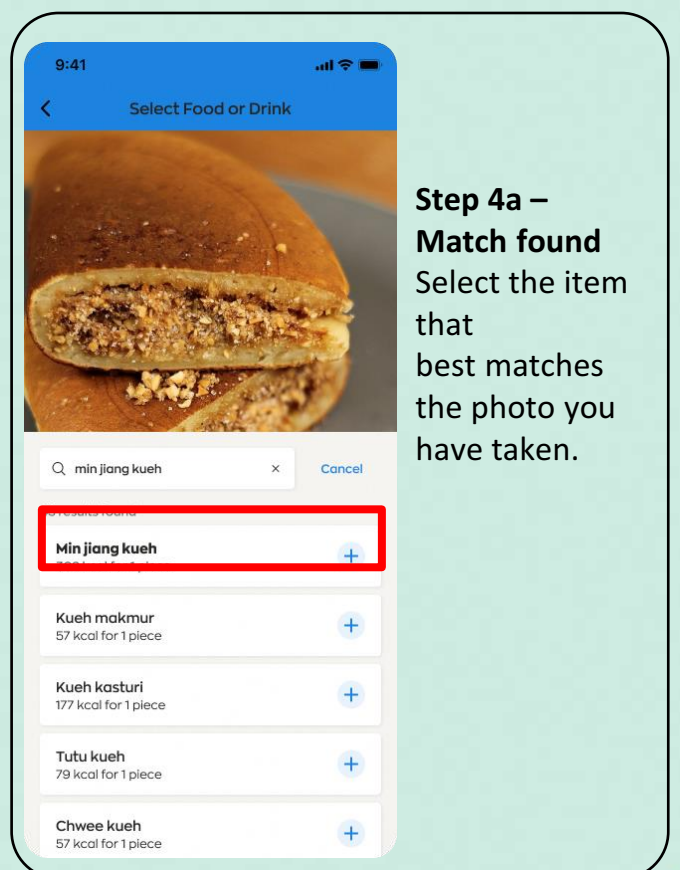Tap on the "Photo" button.

Step 2
Tap on "Take a photo" button.

You will need to allow the H365 app permission to access your camera, under your phone settings.

Step 3
Take a photo of your food or drink item. Then tap on "Use Photo" if you would like to proceed or tap on "Retake" to take a new photo.
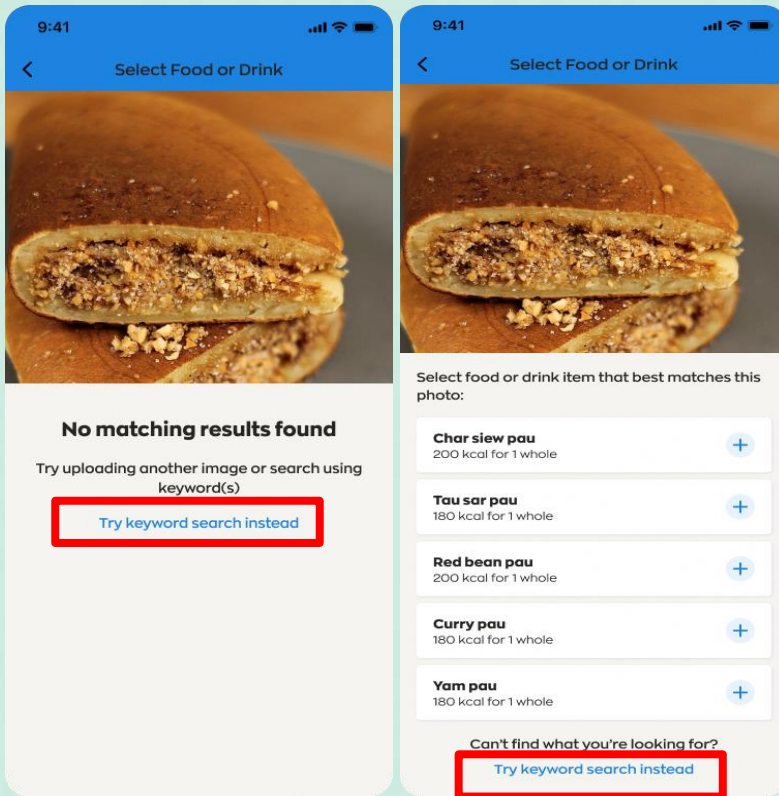

Step 4a – Match found
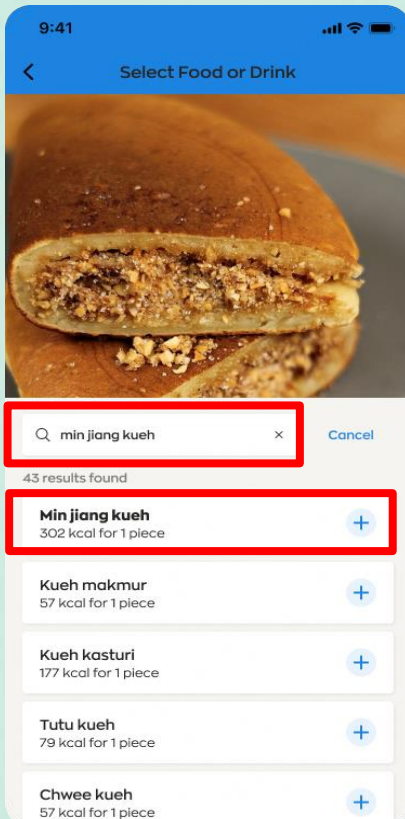Select the item that best matches the photo you have taken.
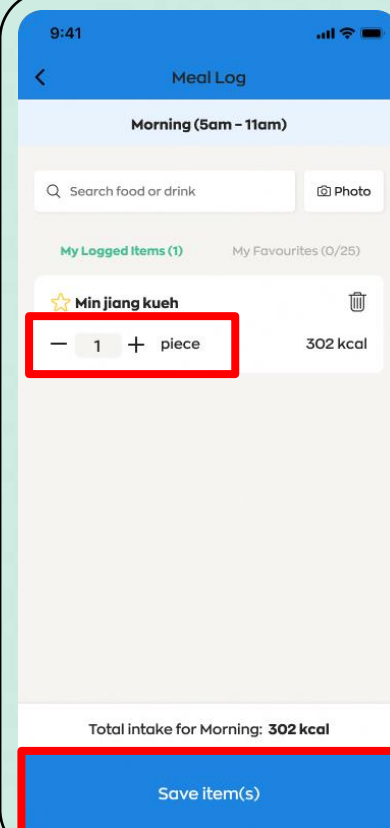
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9:41

Select Food or Drink

No matching results found

Try uploading another image or search using keyword(s)

Try keyword search instead

9:41

Select Food or Drink

Select food or drink item that best matches this photo:

Char siew pau
200 kcal for 1 whole
+

Tau sar pau
180 kcal for 1 whole
+

Red bean pau
200 kcal for 1 whole
+

Curry pau
180 kcal for 1 whole
+

Yam pau
180 kcal for 1 whole
+

Can't find what you're looking for?

Try keyword search instead

Step 4b – No results found
If no matching results are found, tap on 'Try keyword search instead'.

9:41

Select Food or Drink

🔍 min jiang kueh ✕   Cancel

43 results found

Min jiang kueh
302 kcal for 1 piece
+

Kueh makmur
57 kcal for 1 piece
+

Kueh kasturi
177 kcal for 1 piece
+

Tutu kueh
79 kcal for 1 piece
+

Chwee kueh
57 kcal for 1 piece
+

Search for your food or drink item in the *Search food or drink* field and tap on the most applicable item to add it into your Meal Log.

9:41

Meal Log

Morning (5am – 11am)

🔍 Search food or drink   📷 Photo

My Logged Items (1)   My Favourites (0/25)

⭐ **Min jiang kueh**   🗑️

−   1   +   piece   302 kcal

Total intake for Morning: **302 kcal**

Save item(s)

Step 5
Tap on the "+" or "-" icon to change the quantity or portion size of your food or drink item (e.g., 0.5 or 1 cup/bowl/piece).
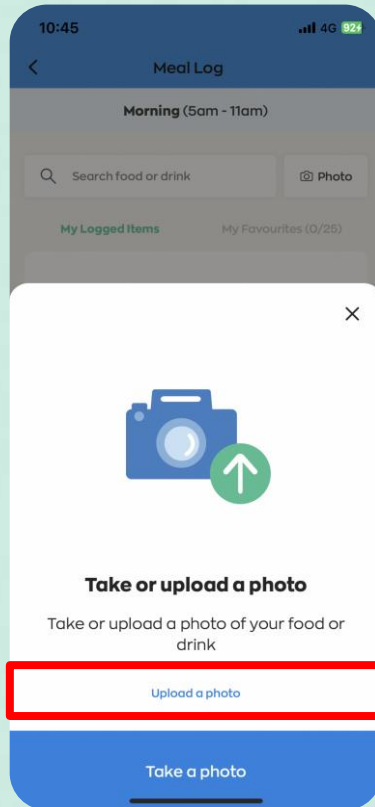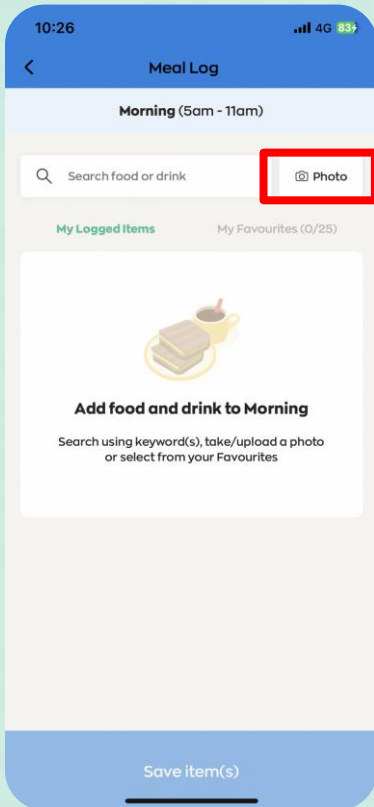
Step 6
To add multiple food or drink items, repeat Steps 1 – 5 and tap on "Save items(s)".

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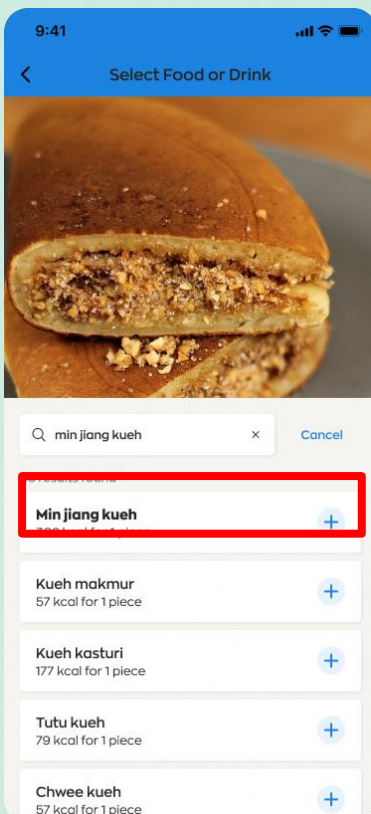## Option 3: Upload a photo

Step 1
Tap on the "Photo" button.

Step 2
Tap on "Upload a photo".

Step 3
Select the photo of the food or drink item from your photo gallery.

You will need to allow the H365 app permission to access your camera and photo gallery, under your phone settings.
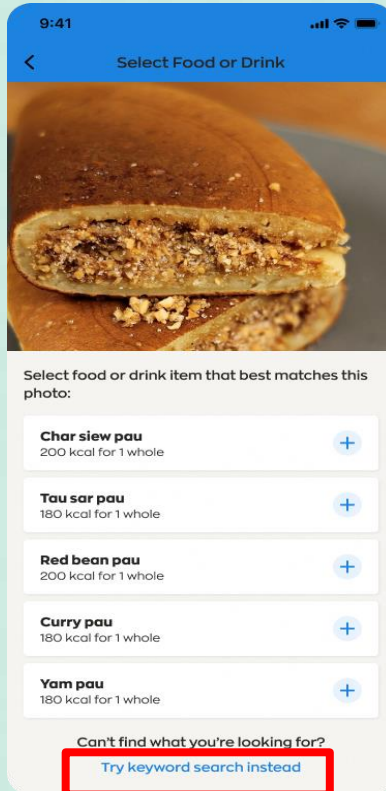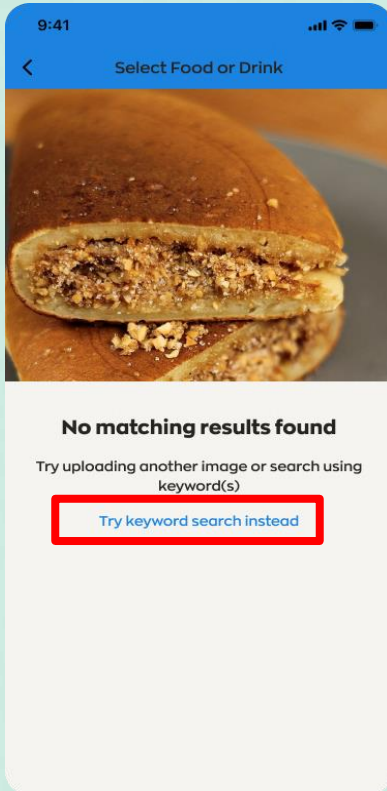

Step 4a – Match found
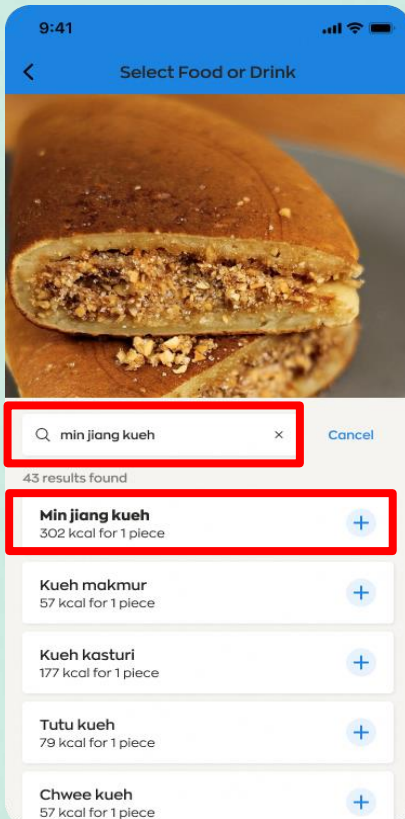Select the item that best matches the photo you have taken.

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Step 4b – No match found
If no matching results are found, tap on 'Try keyword search instead'.

9:41
Select Food or Drink

No matching results found

Try uploading another image or search using keyword(s)

Try keyword search instead

9:41
Select Food or Drink

Select food or drink item that best matches this photo:

Char siew pau
200 kcal for 1 whole

Tau sar pau
180 kcal for 1 whole

Red bean pau
200 kcal for 1 whole

Curry pau
180 kcal for 1 whole

Yam pau
180 kcal for 1 whole

Can't find what you're looking for?
Try keyword search instead

9:41
Select Food or Drink

min jiang kueh   Cancel
43 results found

Min jiang kueh
302 kcal for 1 piece

Kueh makmur
57 kcal for 1 piece

Kueh kasturi
177 kcal for 1 piece

Tutu kueh
79 kcal for 1 piece

Chwee kueh
57 kcal for 1 piece

Search for your food or drink item in the *Search food or drink* field and tap on the most applicable item to add it into your Meal Log.

9:41
Meal Log

Morning (5am – 11am)

Search food or drink   Photo

My Logged Items (1)   My Favourites (0/25)

⭐ Min jiang kueh
— 1 + piece   302 kcal

Total intake for Morning: **302 kcal**

Save item(s)

Step 5
Tap on the "+" or "-" icon to change the quantity or portion size of your food or drink item (e.g., 0.5 or 1 cup/bowl/piece).
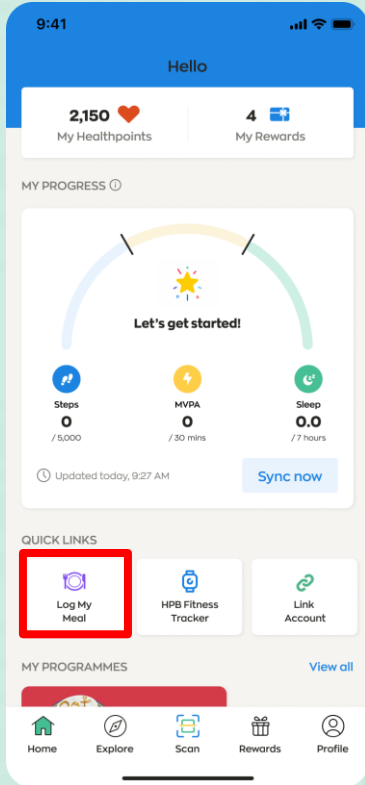
Step 6
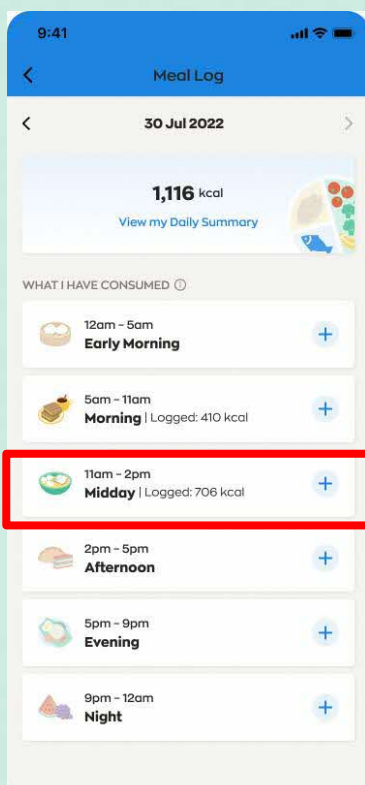To add multiple food or drink items, repeat Steps 1 – 5 and tap on "Save items(s)".

2. *How to edit or delete a Meal Log*

To start, tap on "Log My Meal" icon, located on the 'Home' tab of the Healthy 365 (H365) app.

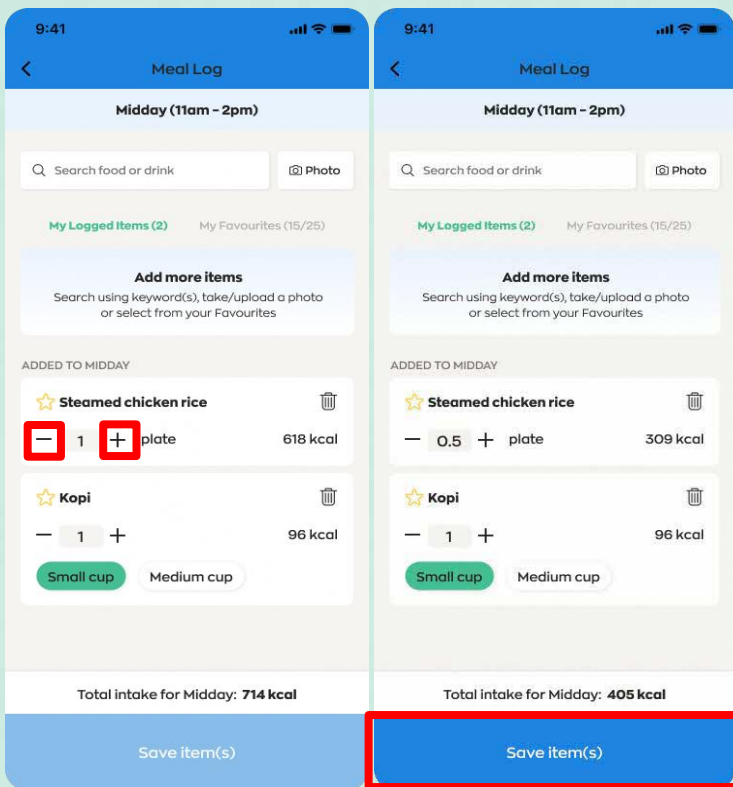You can edit or delete your Meal Logs for today and yesterday.

Choose the time band (Early Morning, Morning, Midday, Afternoon, Evening or Night) where you have previously logged items and would like to edit or delete the item(s).

Edit a meal log

Step 1
Tap on the "+" or "-" icon to change the quantity or portion size of your food or drink item (e.g., 0.5 or 1 cup/bowl/piece/plate).

The quantity or portion size will be increased or decreased accordingly.

Step 2
After all changes are made, tap on "Save item(s)".
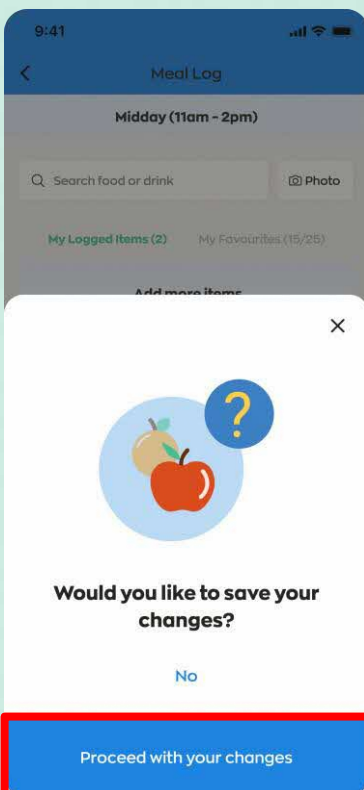
Step 3
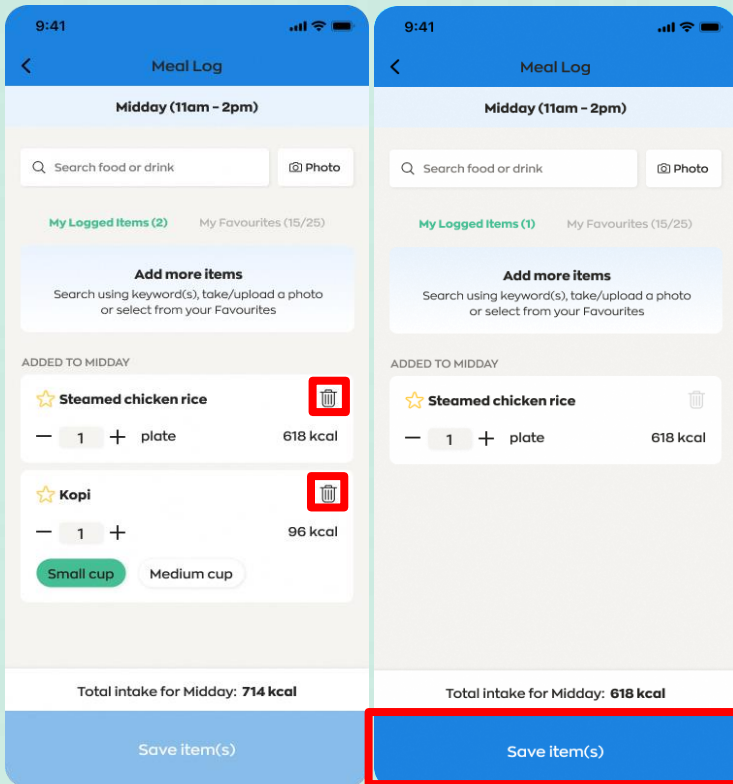Tap "Proceed with your changes" if all changes have been made.

If further changes need to be made, tap on "No" and repeat steps 1 and 2.
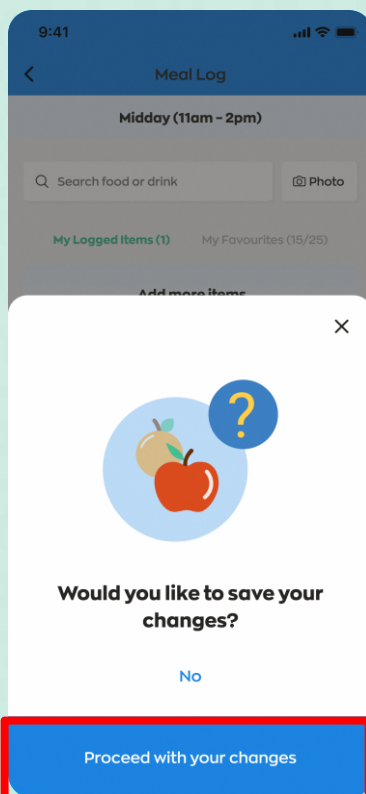
Delete a meal log

Step 1
Tap on the 'bin' icon next to the food or drink which you would like to delete.

The entire line of food or drink will be deleted accordingly.

Step 2
After all changes are made, tap on "Save item(s)".

It is not possible to delete all food/drink logged within a single time band as you will need to have at least 1 food/drink record

Step 3
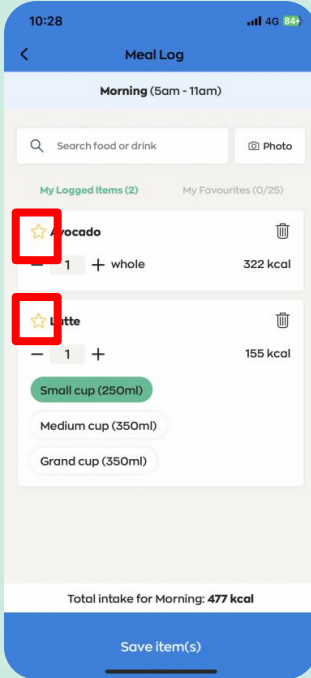Tap "Proceed with your changes" if all changes have been made.

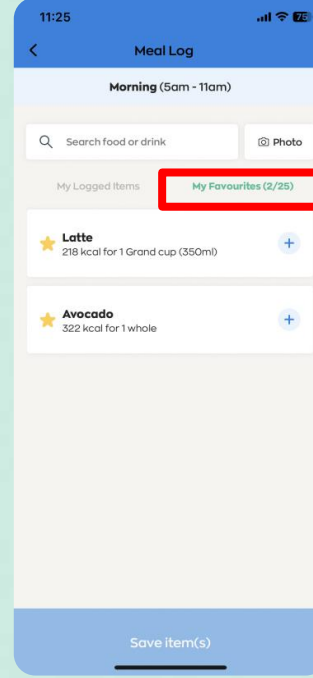If further changes need to be made, tap on "No" and repeat steps 1 and 2.

3. How to use "My Favourites"

When logging a food or drink item, tap on the 'Star' icon to add it into "My Favourites".
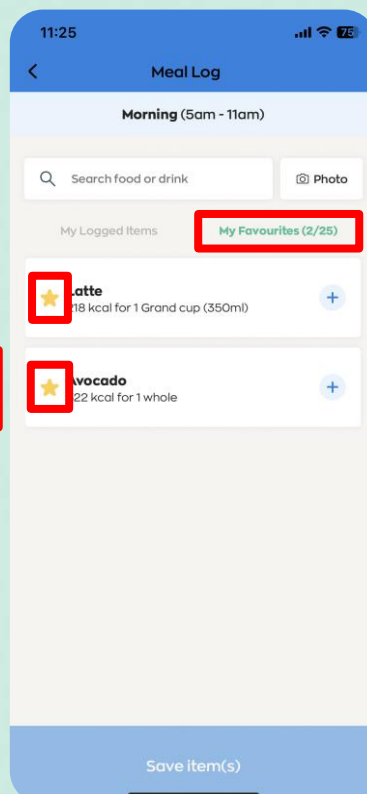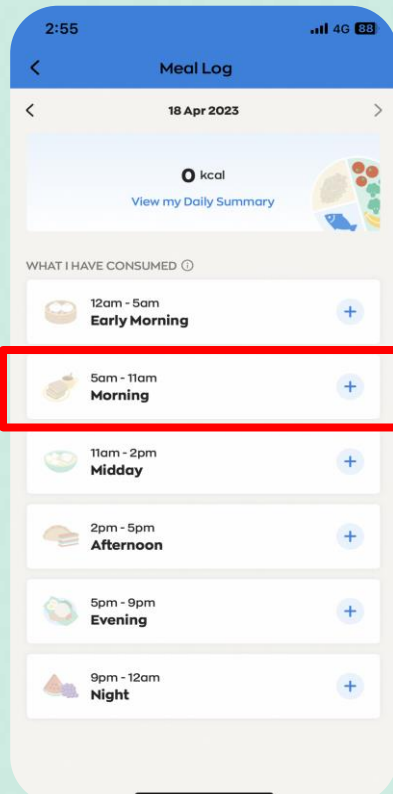
You can have a **maximum of 25 items** in "My Favourites".

The "My Favourites" tab provides quick access to food or drink items that you commonly consume.

Tapping on a food or drink item in "My Favourites" tab adds the item into your Meal Log.

4. How to remove an item from "My Favourites"

Step 1
Choose your desired time band (Early Morning, Morning, Midday, Afternoon, Evening or Night).

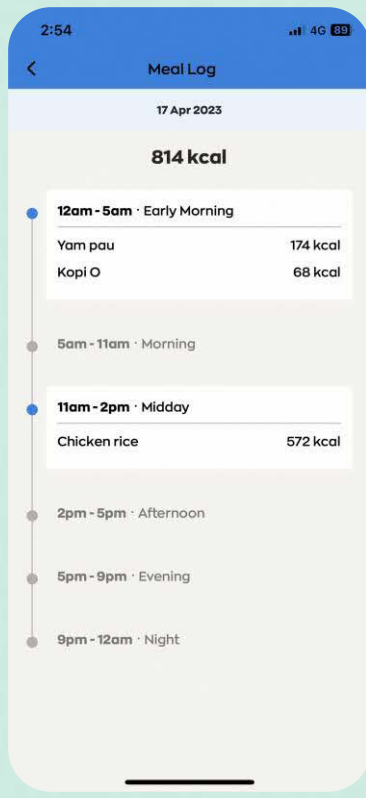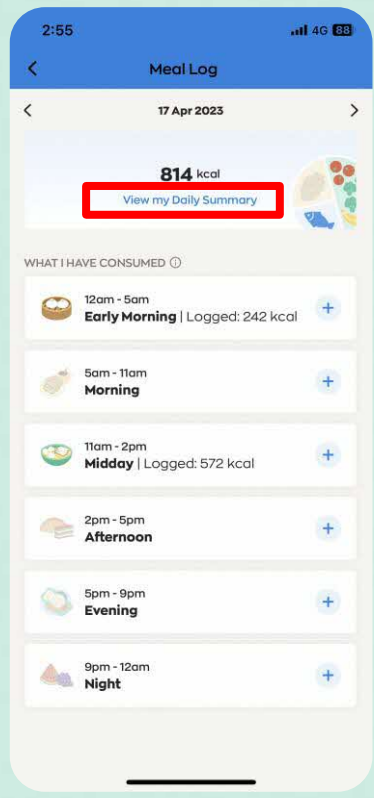**Step 2**
Tap on "My Favourites" tab.

Step 3
Tap on the 'star' icon to remove the item from "My Favourites".

5. How to view a daily summary of your Meal Logs

Tap on "View my Daily Summary" to view the food and drink items you have logged for the day.

By logging what you eat and drink, you can track your daily calorie intake and 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.

Visit go.gov.sg/calorie-calculator to find out your recommended daily calories requirement.