

Stay  
UP TO DATE



More about  
EASY DIET DIARY

HOW TO USE  
EASY DIET DIARY  
*with your nutrition professional*

#### SUPPORT

Visit our support site online at:

[easydietdiary.zendesk.com](http://easydietdiary.zendesk.com)

Or visit through the app:

Tap **More**, then tap **Help**

#### FACEBOOK AND TWITTER

Stay up-to-date with the latest features.

Follow us at:



[twitter.com/easydietdiary](https://twitter.com/easydietdiary)



[facebook.com/easydietdiary](https://facebook.com/easydietdiary)

- Nearly 1 million downloads. (May 2016)
- Designed to make entering foods easy and quick.
- All Australian data, regularly updated.
- Used by nutrition professionals across Australia and New Zealand.

Easy Diet Diary is from leaders in nutrition software for Australian dietitians, Xyris Software, makers of the trusted FoodWorks software — [www.xyris.com.au](http://www.xyris.com.au)



If you are a nutrition professional and want to know more about working with your clients using Easy Diet Diary, find out more at [www.easydietdiaryconnect.com](http://www.easydietdiaryconnect.com).

TEAM UP  
WITH YOUR  
NUTRITION PROFESSIONAL

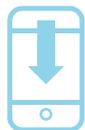
*Personalised advice for  
your nutrition journey*



FREE APP



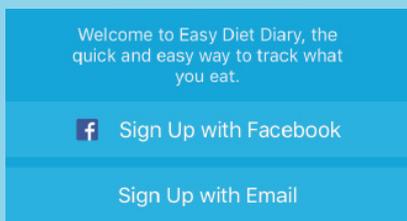
# Get STARTED



Get the free app. Download Easy Diet Diary from the Apple iTunes store.



1 Open the app, and sign up for an Easy Diet Diary account.



NOTE: Advise your nutrition professional of the email you used. If you signed up with Facebook, tell them the email for your Facebook account.

2 Follow the steps to enter your profile details such as your sex, date of birth and starting weight, and your energy and weight goals.

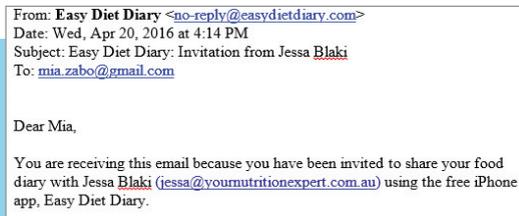
NOTE: You can discuss your energy and weight goals with your nutrition professional, and then adjust them in Easy Diet Diary. (Tap **More**, then tap **Profile**.)

# Accept

## THE INVITATION



Your nutrition professional sends you an email invitation. You accept and start sharing.



3 Click the link in the Easy Diet Diary email invitation to accept and start sharing your diary with your nutrition professional.

To accept this invitation, click the following link. Alternatively, copy and paste this link into your browser's address bar.

# Log

## YOUR FOOD DIARY



You begin to record the foods you eat at each meal. Your nutrition professional views and analyses your diary.

1 Tap the +, then select the meal.



2 Enter the name of the food in the **Find a food...** box, or scan the barcode of the food.



3 Enter the quantity for the food, the measure, and then tap **Add** in the top right corner.

4 Track your weight (optional). To add your weight, tap **Weight** at the bottom of the screen.



## PERSONALISED ADVICE

*Team up with your nutrition professional for your nutrition journey*

When you share your diary via Easy Diet Diary, your nutrition professional can see what you eat in real-time and view analyses of your dietary patterns. With better information than ever before about your diet, your nutrition professional can offer you the best possible advice to assist you on your nutrition journey.



For more help, see the support site [easydietdiary.zendesk.com](http://easydietdiary.zendesk.com)

*Happy tracking!*