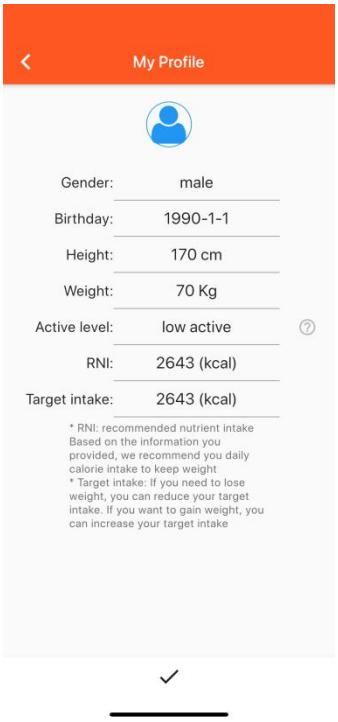
User Operation Instructions

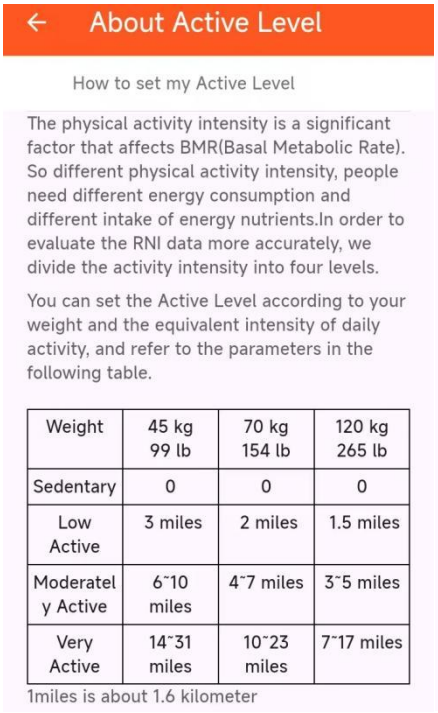
User Workflow: Set up user profile → Select food → Enter weight manually or obtain from Bluetooth kitchen scale → Add food to the plate (list at the bottom of the home screen) → Select meal type (automatically suggested) → Add foods from the plate to the journal →

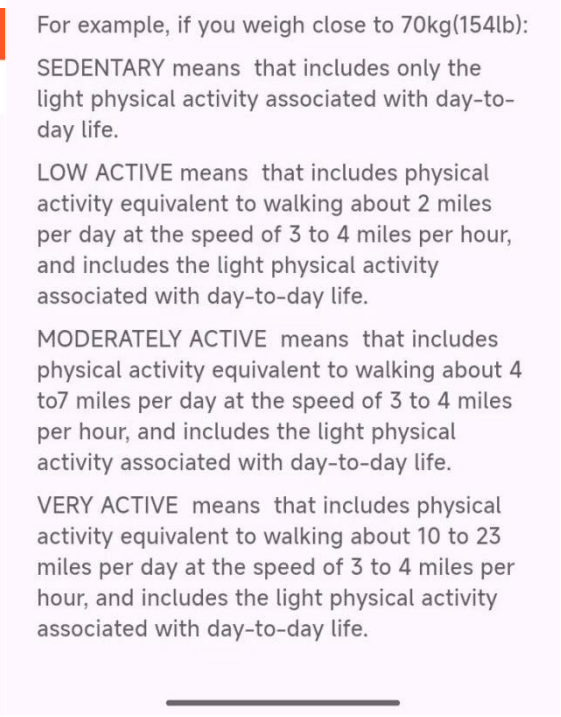
1. Setting User Profile and Target Intake

1.1 Setting Up User Profile

The first time the app is launched, a user profile setup screen will appear.







No registration is required. All user profile data is stored locally on the device and is not uploaded to any server, ensuring full privacy protection.
After setting gender, age, height, weight, and activity level, the app calculates the estimated daily calorie requirement to maintain current body weight, known as the RNI (Recommended Nutrient Intake), and suggests this value to the user as a reference.

1.2 Setting Target Intake

RNI = Recommended Nutrient Intake – the daily calorie energy recommended for maintaining weight and basal metabolism. This value is provided for reference.
Target Intake = the calorie goal set by the user.
Users can adjust the target intake according to their needs:
To maintain weight, set target equal to RNI.
To gain weight, set target higher than RNI.
To lose weight, set target lower than RNI.

Active Level – Activity level classification.

Tapping the help icon next to it provides an explanation on how to set the activity level. Since basal metabolic rate varies with physical activity intensity, the app divides activity into four levels to accurately calculate RNI:

Level 1 – SEDENTARY: Light physical activity associated with daily life; no significant exercise or sports.
Level 2 – LOW ACTIVE: In addition to light daily activities, a 70 kg person walks about 2 miles (≈3 km) per day at a speed of 3–4 mph (≈6 km/h).
Level 3 – MODERATELY ACTIVE: In addition to light daily activities, a 70 kg person walks about 4–7 miles (≈6–11 km) per day at 3–4 mph.
Level 4 – VERY ACTIVE: In addition to light daily activities, a 70 kg person walks about 16–37 km per day (10–23 miles) at 3–4 mph.

2. Settings in the "Me" Section

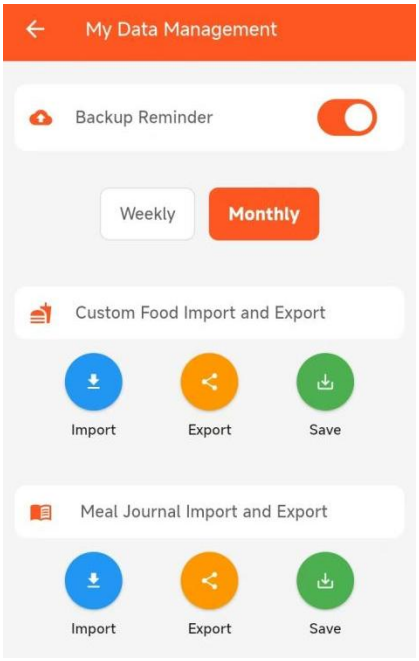
2.1 Nutrition Plan

You can set your own nutrition plan (macro-nutrient targets for protein, fat, carbohydrates, etc.) or use data from professional sources such as a doctor.



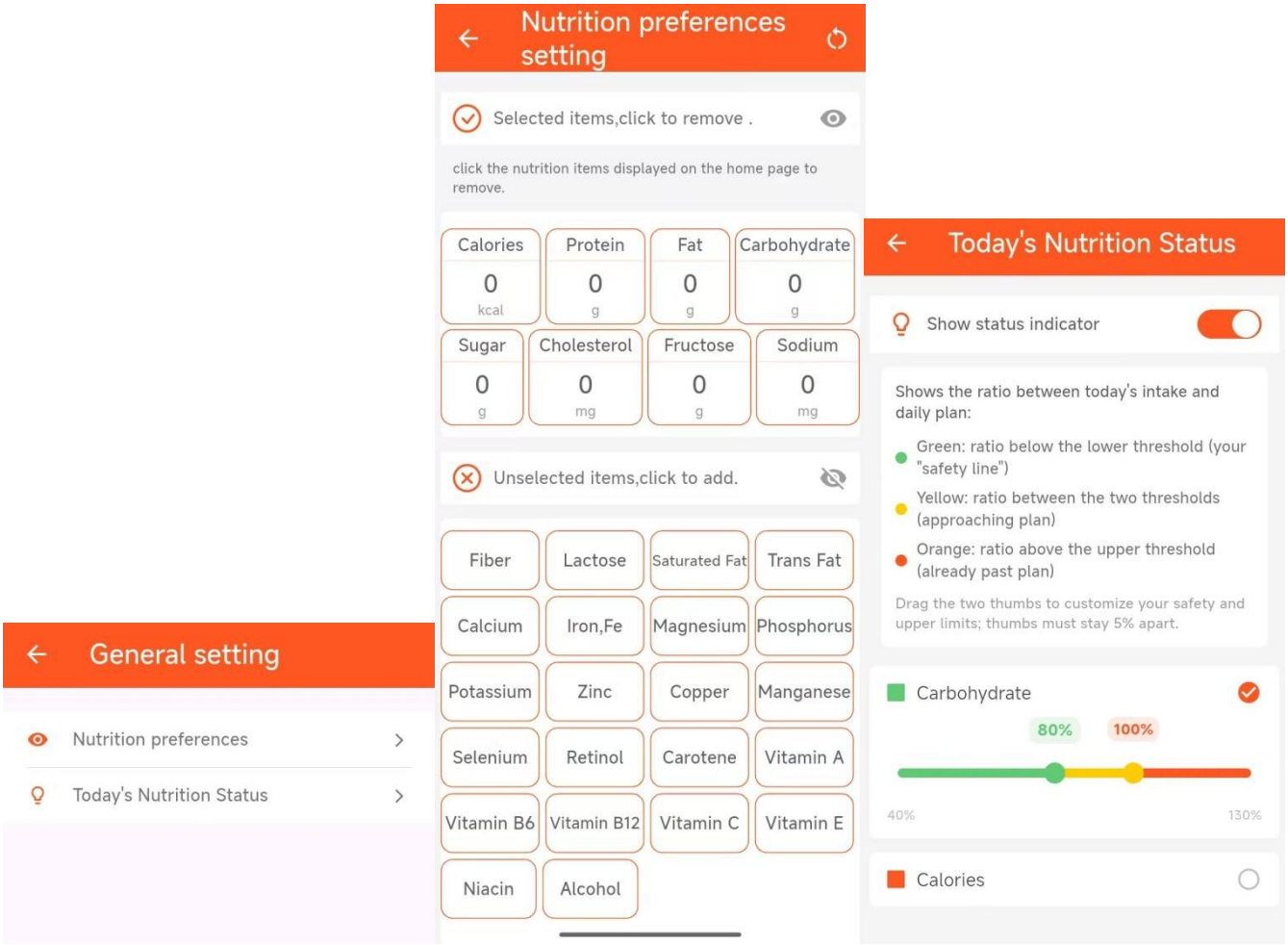
2.2 My Data

In this section, you can choose to automatically save data weekly or monthly, or disable auto-save. You can also import/export custom foods and meal logs to/from your device. App updates do not affect your data. If you uninstall and reinstall, or install SmartApple on a new phone, you can re-import your previous data through this interface.



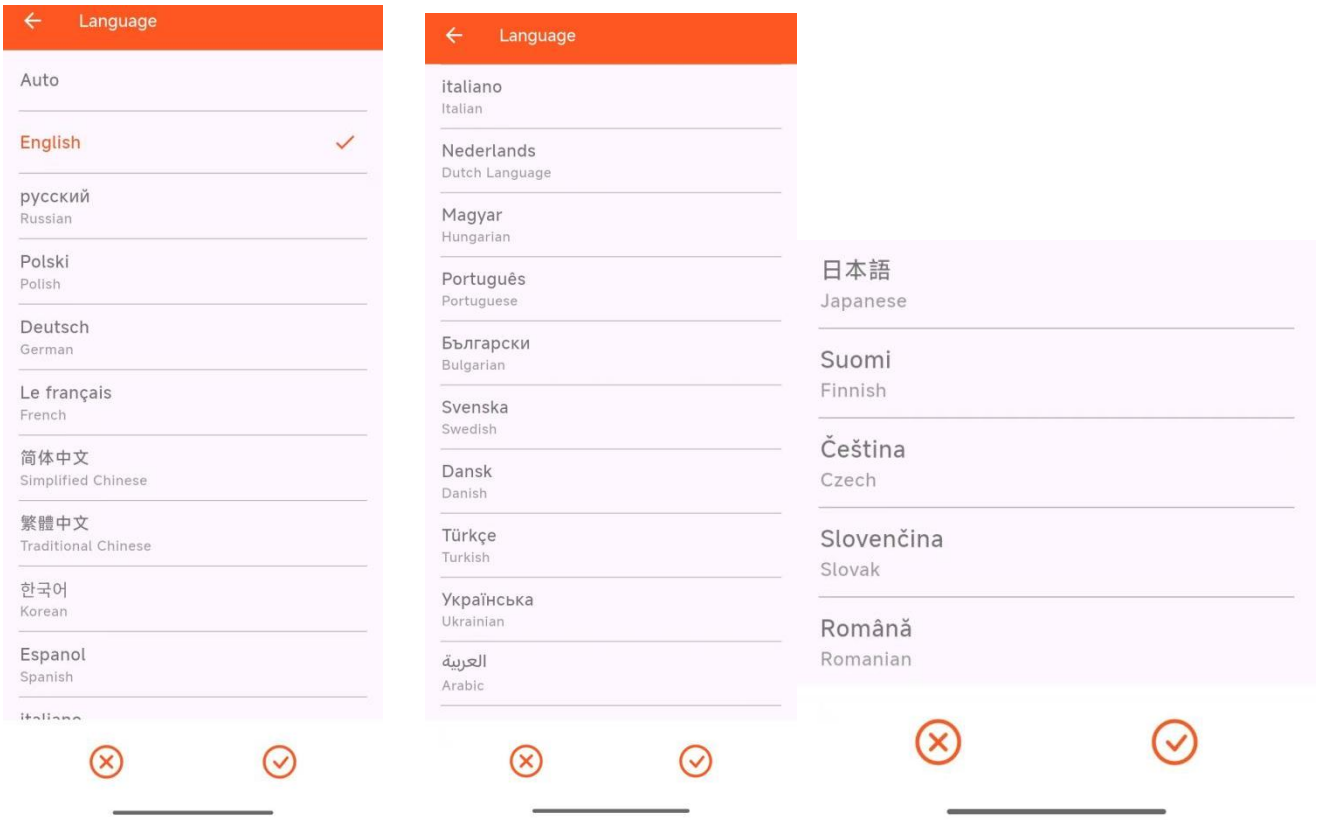
2.3 General Setting

Nutrition Preferences Setting: Choose which nutrients are displayed on the home screen. Up to 8 nutrients can be shown at once, and you are free to select the ones you wish to see.
Today's Nutrition Status: Option to show or hide a colour-coded indicator (green, yellow, red) that alerts you if a certain nutrient has been over-consumed for the day.



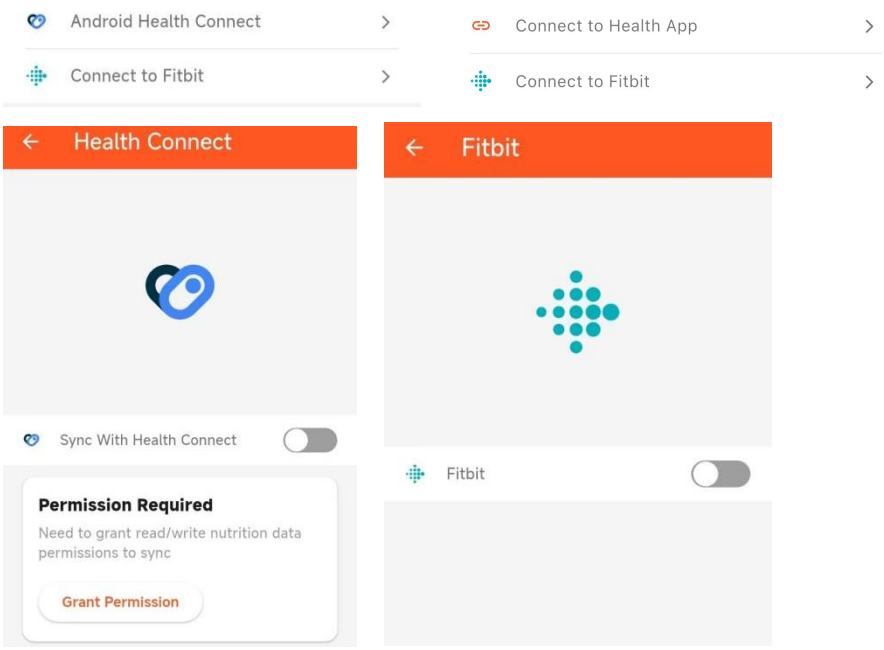
2.4 Language

The app supports 24 languages. On first launch, the language is automatically set to match your device's system language. You can change it at any time in the Language settings.



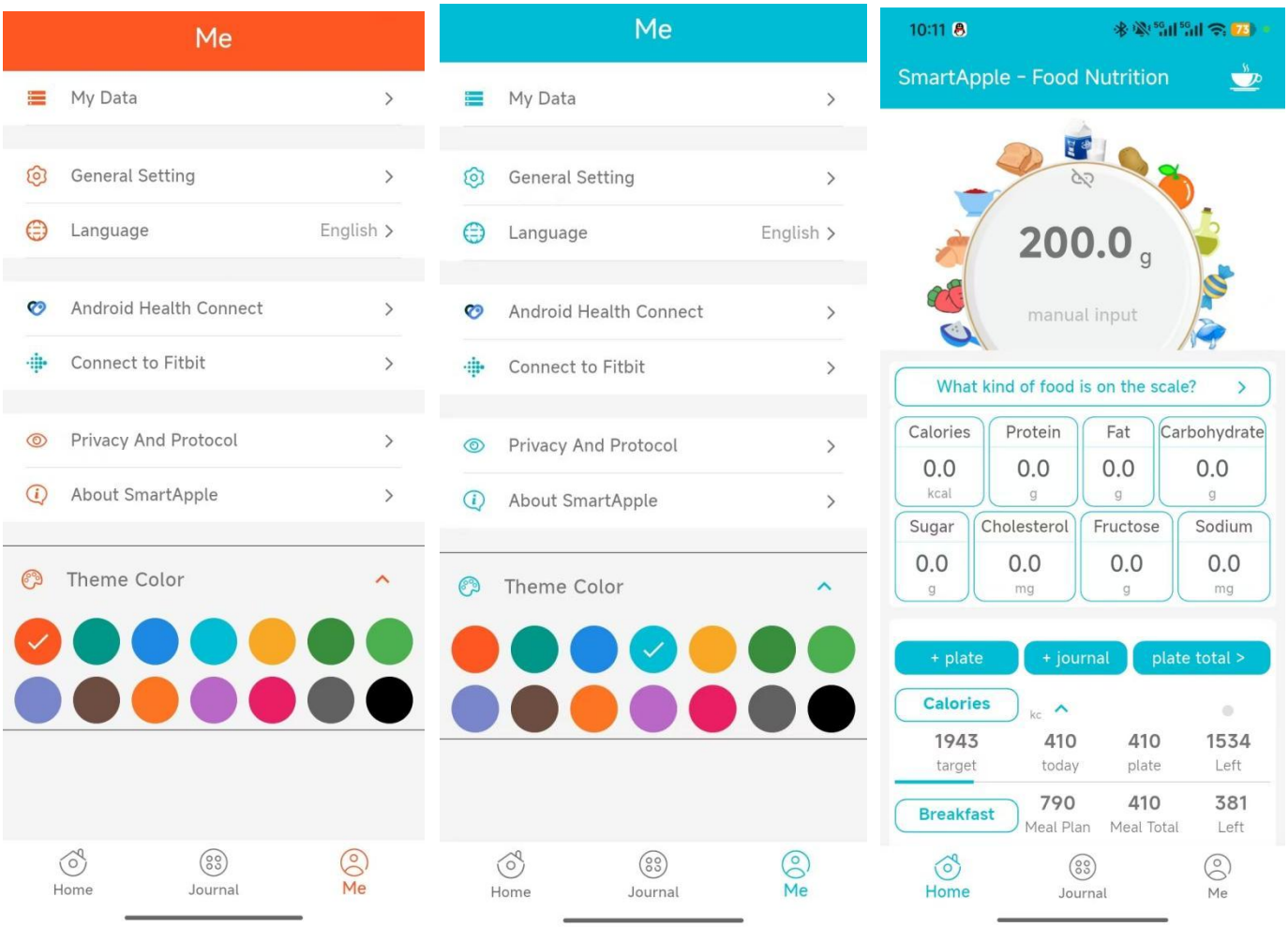
2.5 Android Health Connect & Connect to Health App + Connect to Fitbit

The app can share data with the health management apps on Android and iOS, as well as with Fitbit.

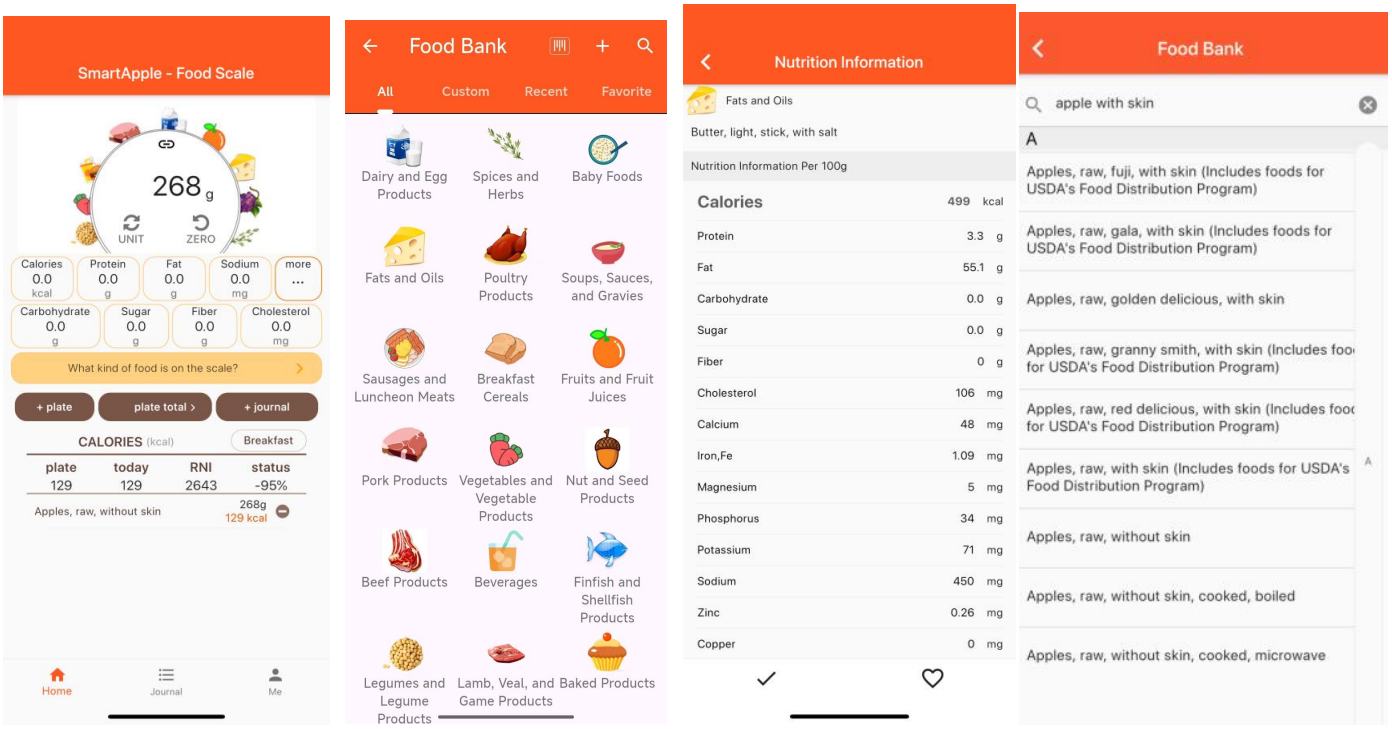


2.6 Theme Color

You can choose a theme colour according to your personal preference.

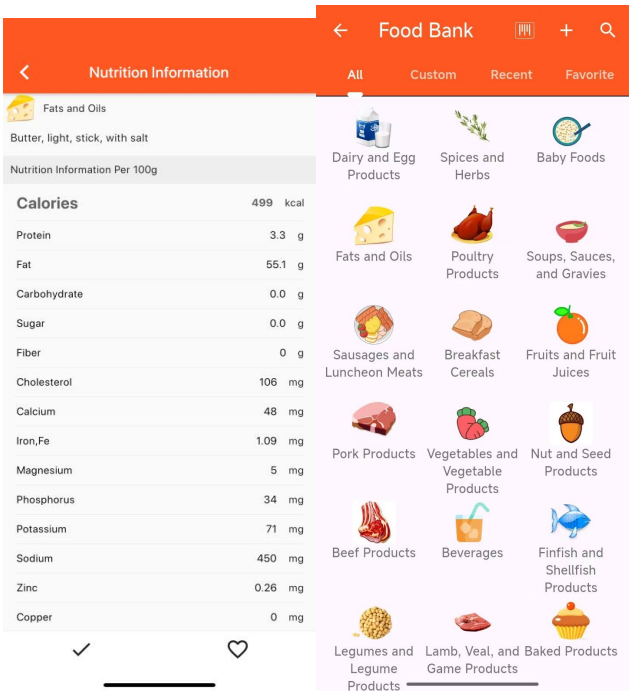


3.Food Database

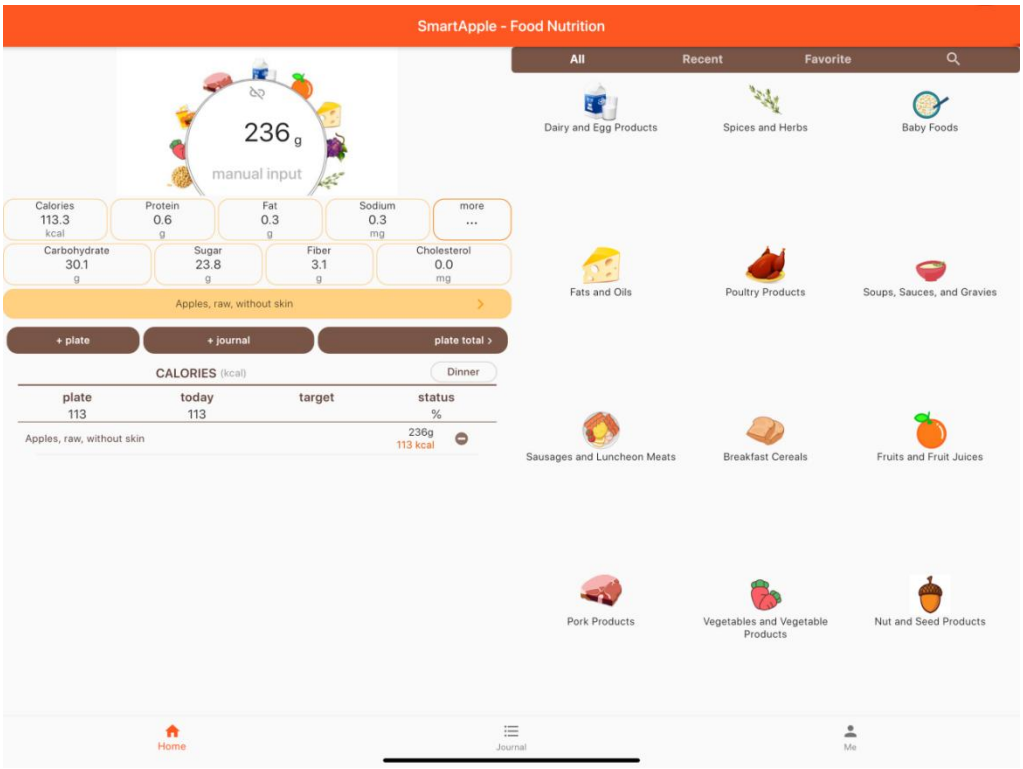


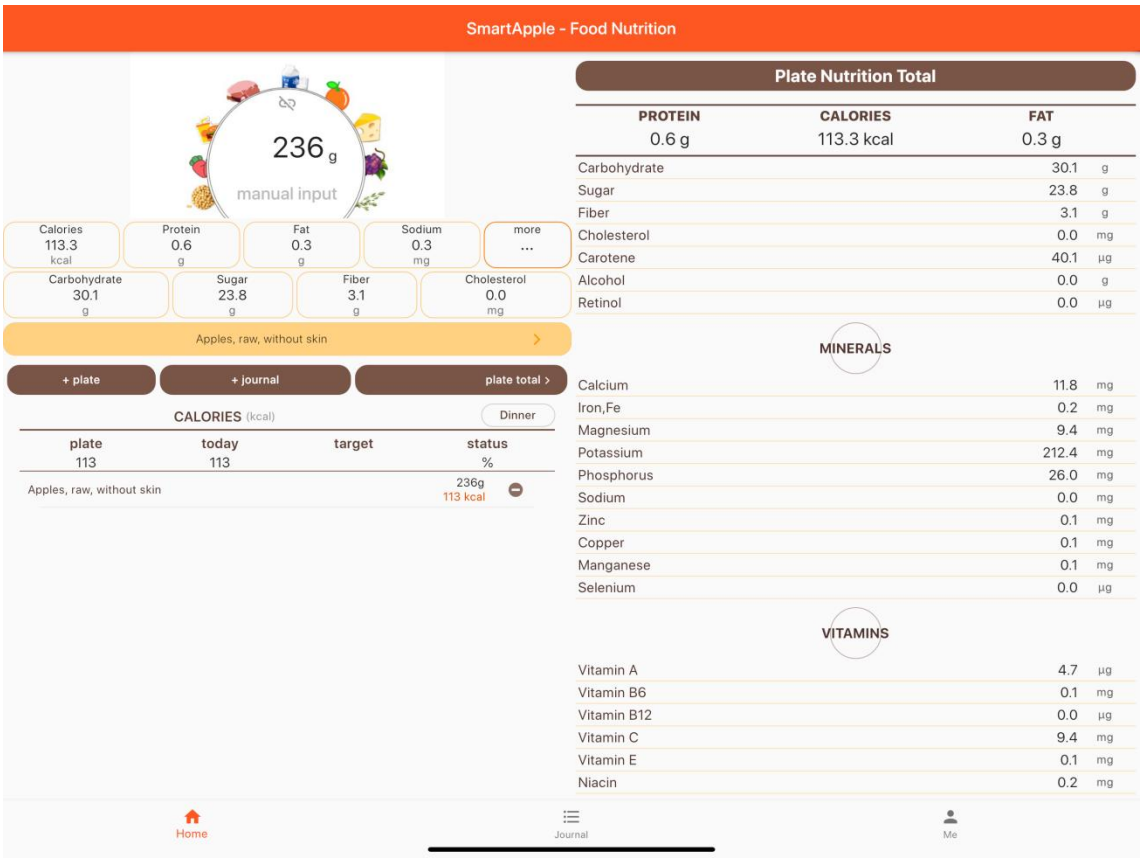
3.1 The app includes over 1 million online and offline foods, primarily sourced from the USDA (United States Department of Agriculture) public data, with gradual additions of European and other regional foods. The database is organised into 25 categories. Users can browse by category or search by typing keywords.

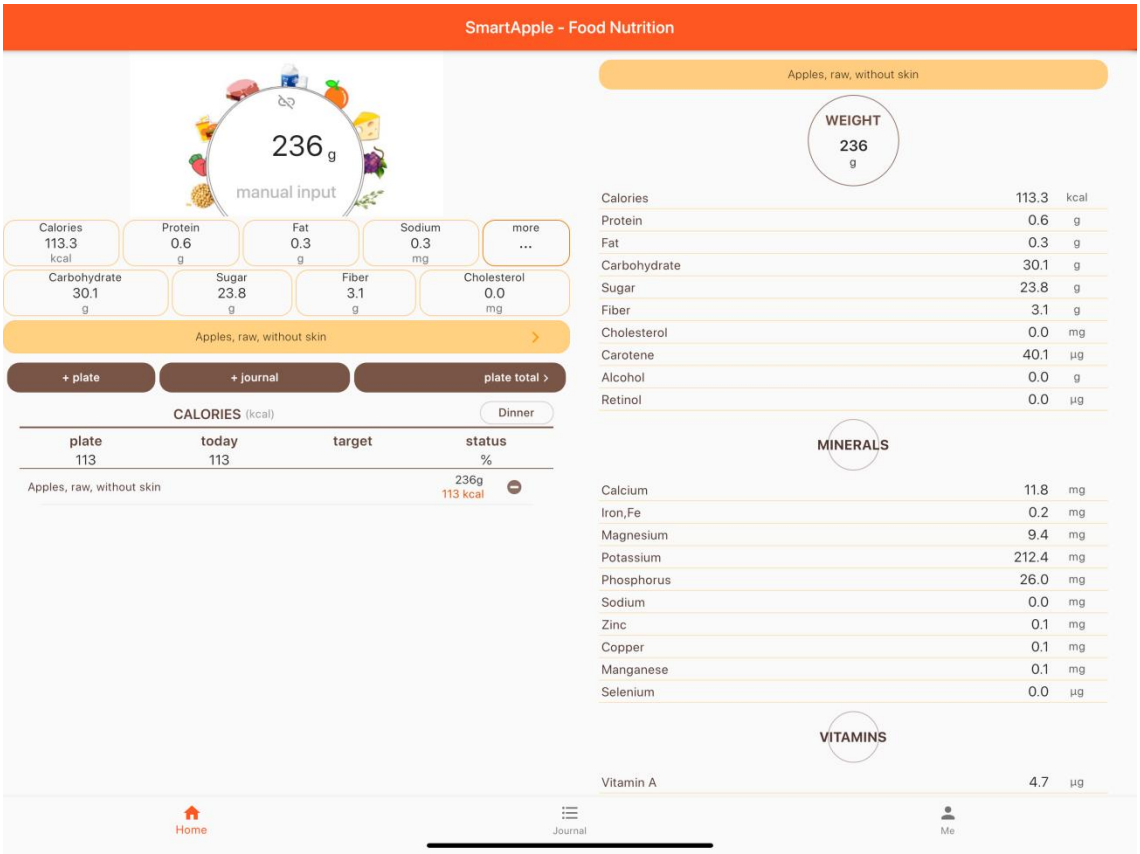
3.2 Custom, Recent, and Favourite: Use the selection icon ✓ to choose the current food, and the favourite icon ♡ to star it. You can find your custom-created, recently used, and favourited foods in the corresponding tabs.



3.3 Tablet Optimisation (both iOS and Android): Split-screen layout allows for easier operation. While weighing, the right panel simultaneously displays the food database, the current plate's nutritional totals, and all nutritional data for the selected food.




SmartApple - Food Nutrition
236 g
manual input
Calories 113.3 kcal
Protein 0.6 g
Fat 0.3 g
Sodium 0.3 mg
more ...
Carbohydrate 30.1 g
Sugar 23.8 g
Fiber 3.1 g
Cholesterol 0.0 mg
Apples, raw, without skin
+ plate
+ journal
plate total
CALORIES (kcal)
Dinner
plate 113
today 113
target
status %
Apples, raw, without skin
236g 113 kcal
Plate Nutrition Total
PROTEIN 0.6 g
CALORIES 113.3 kcal
FAT 0.3 g
Carbohydrate 30.1 g
Sugar 23.8 g
Fiber 3.1 g
Cholesterol 0.0 mg
Carotene 40.1 µg
Alcohol 0.0 g
Retinol 0.0 µg
MINERALS
Calcium 11.8 mg
Iron,Fe 0.2 mg
Magnesium 9.4 mg
Potassium 212.4 mg
Phosphorus 26.0 mg
Sodium 0.0 mg
Zinc 0.1 mg
Copper 0.1 mg
Manganese 0.1 mg
Selenium 0.0 µg
VITAMINS
Vitamin A 4.7 µg
Vitamin B6 0.1 mg
Vitamin B12 0.0 µg
Vitamin C 9.4 mg
Vitamin E 0.1 mg
Niacin 0.2 mg
Home
Journal
Me


SmartApple - Food Nutrition
236 g
manual input
Calories 113.3 kcal
Protein 0.6 g
Fat 0.3 g
Sodium 0.3 mg
more ...
Carbohydrate 30.1 g
Sugar 23.8 g
Fiber 3.1 g
Cholesterol 0.0 mg
Apples, raw, without skin
+ plate
+ journal
plate total
CALORIES (kcal)
Dinner
plate 113
today 113
target
status %
Apples, raw, without skin
236g 113 kcal
Apples, raw, without skin
WEIGHT 236 g
Calories 113.3 kcal
Protein 0.6 g
Fat 0.3 g
Carbohydrate 30.1 g
Sugar 23.8 g
Fiber 3.1 g
Cholesterol 0.0 mg
Carotene 40.1 µg
Alcohol 0.0 g
Retinol 0.0 µg
MINERALS
Calcium 11.8 mg
Iron,Fe 0.2 mg
Magnesium 9.4 mg
Potassium 212.4 mg
Phosphorus 26.0 mg
Sodium 0.0 mg
Zinc 0.1 mg
Copper 0.1 mg
Manganese 0.1 mg
Selenium 0.0 µg
VITAMINS
Vitamin A 4.7 µg
Home
Journal
Me

4.Connecting to the Bluetooth Kitchen Scale

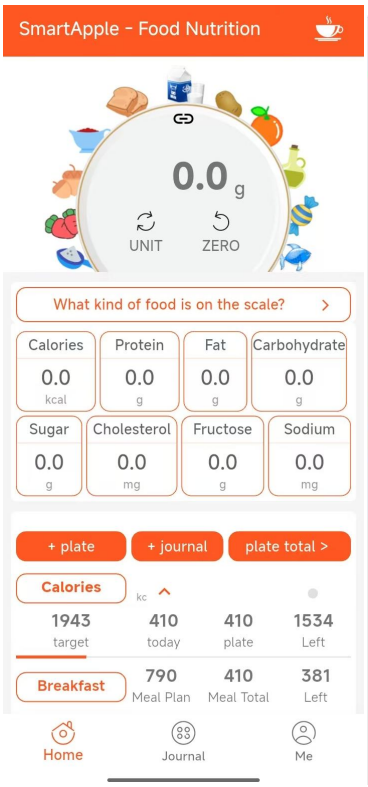
4.1 No manual binding is needed, the app automatically searches for and connects to the scale, synchronising weight and unit readings in real time.

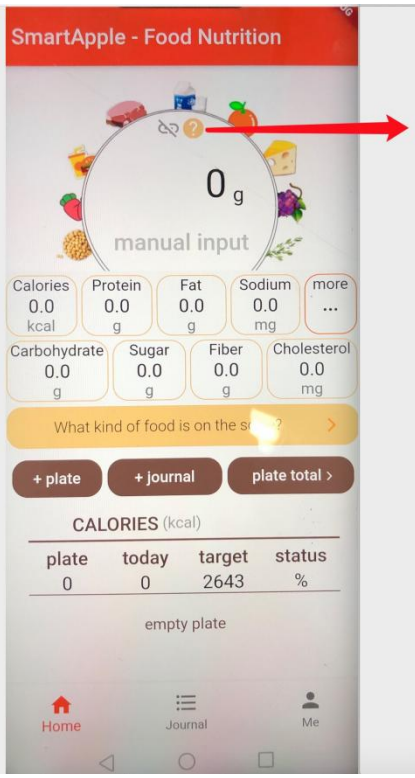
4.2 When no Bluetooth scale is connected, you can manually enter the food weight.

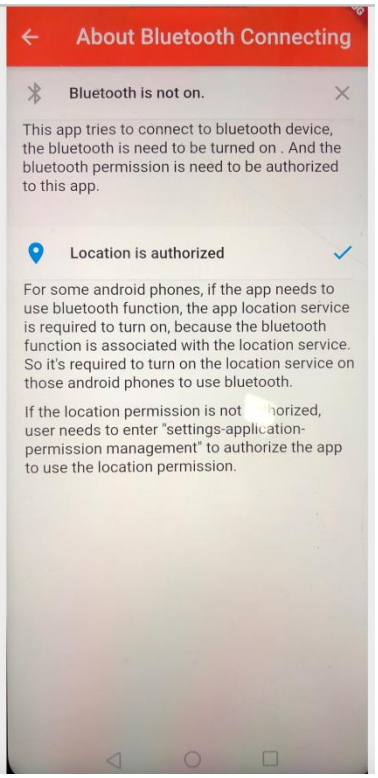
4.3 On Android devices, a Bluetooth anomaly indicator appears on the home screen to help quickly resolve issues (e.g., Bluetooth off or location permission not granted).

4.4 When connect with scale, on the Home screen, the unit-switch UNIT and tare/zero buttons ZERO are available.

4.5 The connected status icon shows when the scale is linked; a flashing icon indicates the app is searching for a scale.

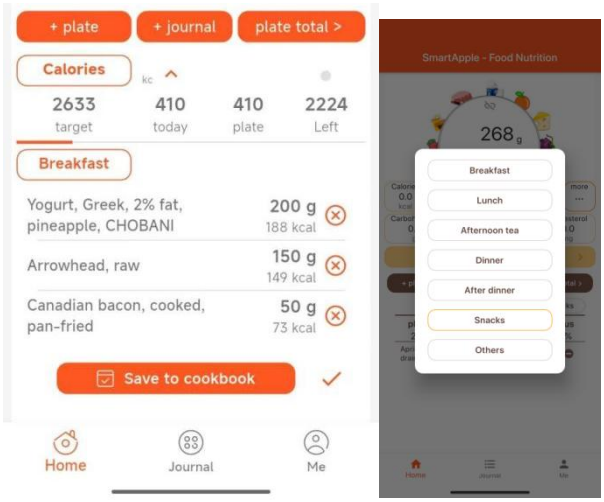






5.Plate Operations

Features: Meal type is automatically determined based on the current time, but you can manually change it. The plate list is displayed on the same Home screen, making deletion quick and easy.



Operations:

5.1 Tap **+plate** to add food to the current plate. The app automatically suggests a meal type (breakfast, lunch, etc.) based on the time of day.

5.2 Foods in the plate can be quickly deleted using the delete icon .

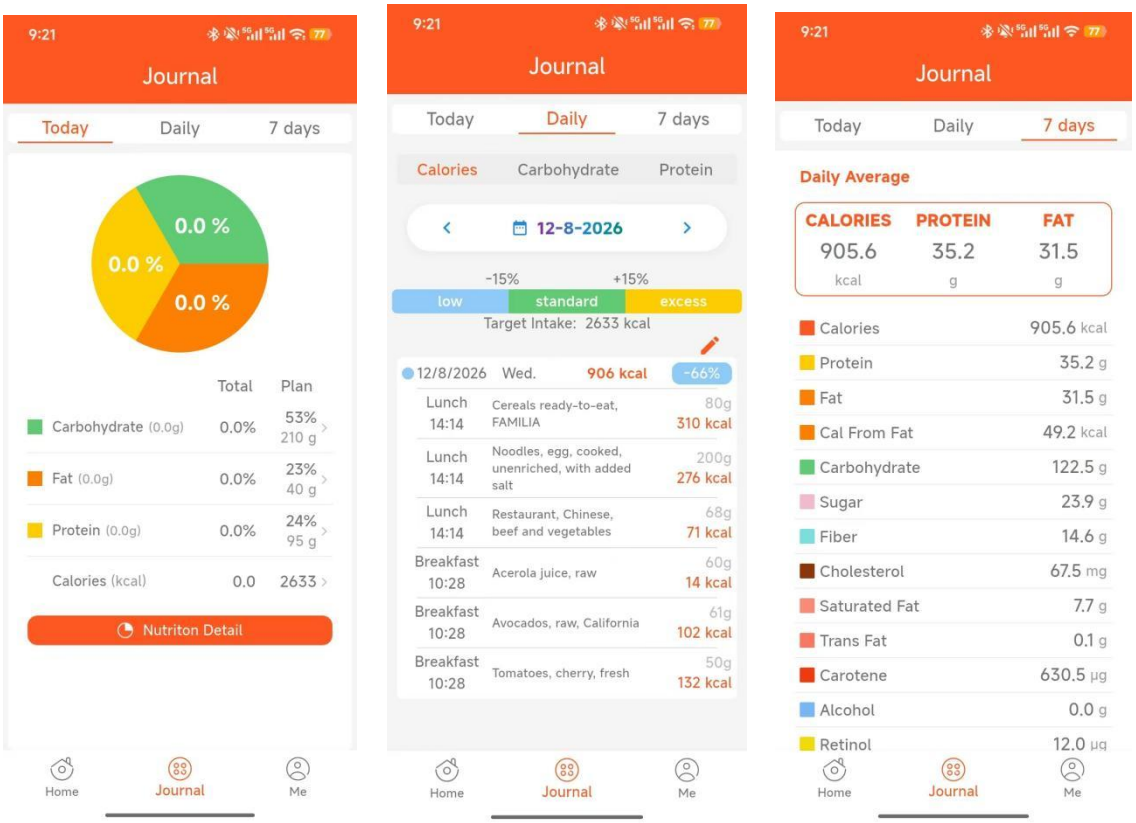
5.3Tap **+journal** to save all foods on the current plate to your daily journal.
5.4 Tap **plate total >** to view the total nutritional summary for the current plate.
5.5The column of the list shows:

Target: your daily target intake)
Today: total calories consumed so far today)
Plate: calories in the current plate)
Left:. The total calories remaining of the day



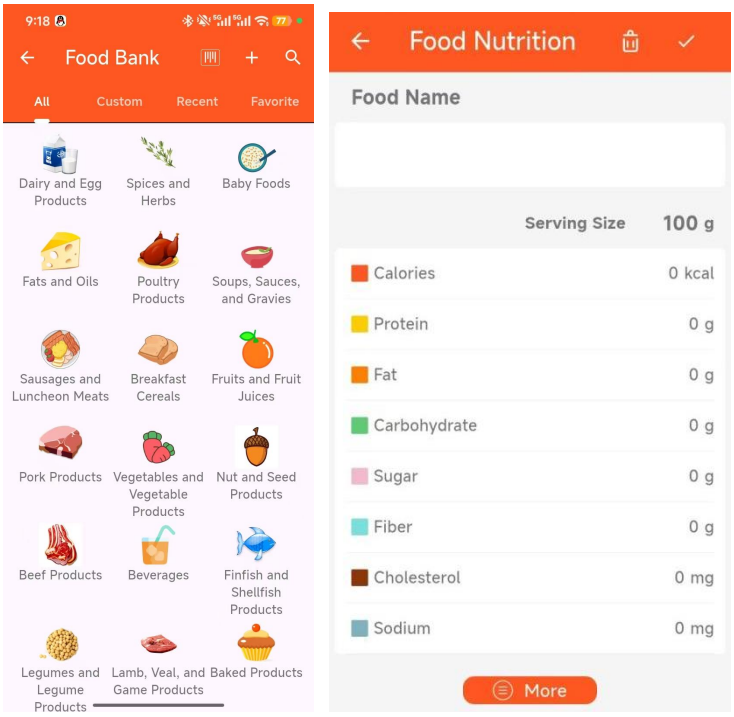
6. Journal Query

You can view:1. The day's meal details, 2. Past daily records,3. Weekly average nutrient values.



7.Adding Custom Foods

If a food is not found in the database, you can add your own custom food by tapping the **+** icon in the upper right. Enter the food name and its nutritional parameters, then save. The custom food will appear in the **Custom** tab of the Food Bank.



8. Saving to a Cookbook

When you want to quickly recreate a complete meal in the future, add all the desired foods to the plate, then select **Save to Cookbook**. You can give the recipe a custom name and confirm by tapping the check mark (✓) in the upper right. The saved recipe will be accessible in the **Custom** tab of the Food Bank.

