YOUR DIET IS A BANK ACCOUNT. GOOD FOOD CHOICES ARE GOOD INVESTMENTS.

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BETHENNY FRANKEL

Here's how to use the Libro app

Did I mention on the call that if you complete the 3-day diary diet using the app, you can omit filling out the diet diary part of the questionnaire?

You should have received an email from Libro inviting you to download the app. Please check your spam/junk/promotional folder for this email, as you won't be able to download or use the app without it. If you haven't received an email, let me know.

Input your personal details

Once you've created an account and a password in the Libro app, you will need to fill in your personal details with your date of birth, weight and height so that Libro can work out your calorie and nutrient requirements based on your age and body mass index (BMI). Your nutritional requirements will be very different if you are a little girl versus a fully grown adult man, so you'll need to input these details to get reports on your diet.

I think it only allows you to input your weight in kg and height in cm (the company is based in the Republic of Ireland, so they use the metric system). Here's a link to help you convert from Imperial measurements to metric if you need to: https://www.rapidtables.com/convert/index.html

You can also input dietary preferences and some food allergies as you're creating your profile. Once you've created your profile, tap on the tick (✓) in the orange circle at the bottom right of the screen.

The menu icon

In the Libro app, there are three little horizontal lines stacked on top of each other in the top left-hand corner. That is the menu icon. Any time you want to get back to the menu, select that icon.

How to log your diet

To log your food, click on the menu icon and then click on "today." At the bottom left-hand corner of the "today" screen, there's a blue box that says "go to log." Click on that. It is probably best to log each day as you go. But if you do want to go back and correct an earlier day's input, you can go to the very top of that screen where it says "LOG." Directly under "LOG", it gives today's date. If you want to input something from a previous day, tap on the date and then choose a date from the calendar that appears.

Within the log, you can add items for each meal and snacks. Click on the "+" icon to add a portion of food. You can search for foods using text or voice. To type in a food, go to the very top of the screen, where there's a small grey magnifying glass icon (🔍). Tap on the 🔍 and then start typing in the food you want to log. A list of foods should begin to appear underneath, and you can choose from them. Tap on the "+" beside the food you want to enter and then enter the amount of food.

You can choose from "smart portions" for some foods, e.g. small, medium or large. You can swipe to see the range of smart portions.

Alternatively, you can input a specific quantity in g, ounces (oz), or kg. To input the amount of the food by weight, tap on "TYPE A QUANTITY" and choose g, oz, or kg and use the keyboard to select the number.

You can also use voice to input foods. Before you can use the speech function, you might have to give the Libro app permission to access your microphone and speech recognition. You should be able to find these in your phone settings. Once Libro can access speech recognition, you can access the speech to text by clicking on the orange Libro logo in the bottom right-hand corner of the screen.

Please don't forget to log fluids like water, tea, coffee, etc.

Other things you can do in Libro

The orange Libro logo in the bottom right of the screen has a few other shortcuts that you might find helpful. You can:

- use it to scan a barcode for a food if you're eating something from a packet,
- create a recipe,
- add nutrition details from a food label,
- run a search,
- create a recipe,
- or find out more about how the Libro app works.

To see the entire submenu of what you can do using the Libro app, click on the grey ellipses (...) that appears when you tap on the orange Libro logo in the bottom right-hand corner of the screen.

And any time you want to return to today's log from any screen, go back to the top left-hand corner of the screen to the stack of 3 little horizontal bars and tap on it to open up the menu, then tap on "today."

Libro settings

You can find the settings for the Libro app by tapping on the grey gear (which looks a lot like this only without the tiny dot in the middle ⚙) in the top right-hand corner of the home screen. You can access this by tapping on the three little horizontal bars in the top left-hand corner, and the settings menu should appear in the upper right corner.

In the settings, you can:
- input or change your personal details in "profile,"
- see examples of voice commands in "voice,"
- connect to a step counter in "hardware,"
- or email the Nutritics team who created and manage the Libro app in "about."

If you own a Google Fit, Fitbit, or Garmin Connect device, you can connect those with the Libro app to log activities. To do this, go to "hardware" in the settings menu and follow the instructions.

Libro help

If you need more help to use Libro, you can tap on the help icon (a "?" inside a circle). You'll find the help icon when you tap on the three horizontal lines in the top left-hand corner. It's the second icon from the right at the top of the screen, and you'll see it beside the grey settings gear icon (⚙). This will take you out of Libro and open the help webpage using your web browser.

I hope that helps you to navigate Libro,

Catriona