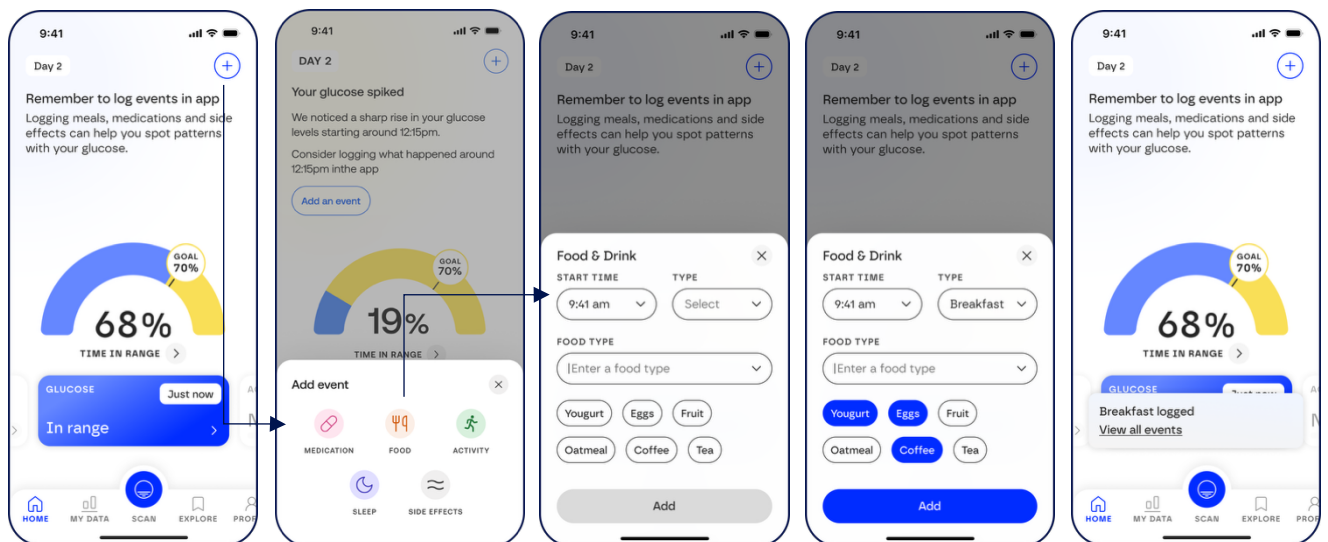


The importance of logging food, and how to do it

Why you should log food

Logging what you eat and drink can help you notice patterns, such as eating when stressed, skipping meals, or choosing foods that leave you feeling hungry later. Research shows that people who regularly track their food intake are more likely to lose weight and build healthier habits because they become more aware of their daily choices. Studies have also found that people who consistently do this often achieve better results than those who do not track their meals. The food logging is not about being perfect. It is about learning from your everyday habits and making small changes that can lead to better health over time.

How to log food in the app



1. Tap the “+” icon in the top right corner of the home screen.
2. “Add event” will pop up - tap “Meal”
3. Add details such as
 - When you ate in “Start time”
 - The type of meal in “Type,” such as breakfast or a snack
 - Search for the food you ate in “Food type” - you can select up to 6 foods per entry
4. Tap “Add” when you’re done
5. After you scan, the app will also notify you on the homepage when a rapid rise in your glucose has occurred. You can also check times when you went out of target range on the My Data screen.

For safety information and instructions, refer to the Instruction Booklet in your kit or the Technical Manual at biolinq.com/support.