



VidaOne Diet & Fitness

Food Sharing

Signing Up

You can now share the custom food you created with your family and friends. This is done by creating an account and posting the food you created in the Food Organizer.

Choose the Profile toolbar, click on Community to show the Community window and click Log In to show the Log In screen.

The screenshot shows a 'Log In' dialog box with a blue title bar and a close button (X) in the top right. The main text says 'Please log in or sign up for a VidaOne account.' Below this are two sections: 'Log In' and 'Sign Up'. The 'Log In' section contains a 'Username:' field, a 'Password:' field, a 'Log In' button, and a blue link for 'Forgot your password?'. The 'Sign Up' section contains a 'Username:' field, a 'Password:' field, an 'Email:' field, a 'Country:' field with a dropdown arrow, and a 'Sign Up' button. A 'Close' button is located in the top right corner of the dialog.

Figure 1: The Log In screen is the first step to sharing food with your friends.

To create an account, fill up the fields in the Sing Up section. Make sure to enter a username and password of at least six (6) characters. Enter your email address if you need your password to be resent to you. Select your country to help identify the food items you will share. This will be used in a future version to browse food by country. Then click Sing Up.

If you've already created an account, enter your username and password under the Log In section, and click Log In. Click **Forgot your password?** if you need your password to be resent (to the email address you entered when you signed up).

Back to the Community screen (Figure 2), you can see the account you're logged into, along with some account information, which you can update.

Select **Keep me logged in** so that you do not have to log in every time to exit and restart VidaOne Diet & Fitness.

When you are logged, you can share any custom food you created via the Food Organizer.



Figure 2: The Community screen shows your account information.

Sharing Food

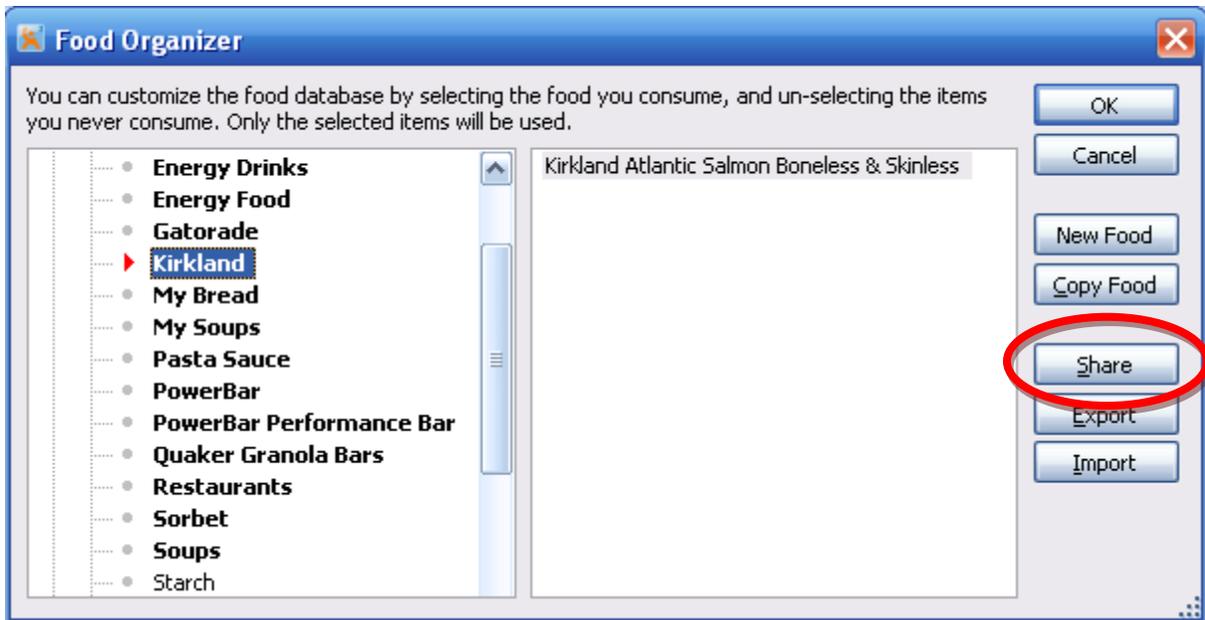
You can share the categories you created under My Food, and make them available to other people when they search for food.

In the Food Organizer, select a custom category and click **Share**. You will be asked to log in if not already (more details in section **Error! Reference source not found.**) and the food items of that category food will be stored on VidaOne's community food database.

When searching for food when entering meals (more in the next section), that food database is also looked up, and matching food items (posted by anyone) are displayed.

The food items you posted are not shown when you conduct a search because the food items are already stored in VidaOne Diet & Fitness and listing them would make them duplicates.

If you make modifications to your food items (e.g. if you update them), make sure to share them again in order to update them on VidaOne's community food database.



Searching Food

If the option **Include shared food** is selected, food shared by others that match the keywords are shown in pale blue as shown below.

Enter one or more words to search: Apply food filter Include shared food

Matching food items: **85**

- Bread, white, prepared from recipe, made with low fat (2%) milk
- Cheese, cottage, lowfat, 2% milkfat
- Egg custards, dry mix, prepared with 2% milk
- Flan, caramel custard, dry mix, prepared with 2% milk
- French toast, prepared from recipe, made with low fat (2%) milk
- Jack in the Box, 2% Reduced Fat Milk Chug – 8 fl. oz.*
- Kirkland, Kirkland Milk 2%**
- Macaroni and Cheese , dinner with dry sauce mix, boxed, prepared with 2% milk and t
- Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin
- Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vit
- Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitam
- Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D
- Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D
- Muffins, blueberry, prepared from recipe, made with low fat (2%) milk

The matching food items from VidaOne's community food database are listed in pale blue.

Select this option to access the food shared by others.