

{Food Analysis Project}

Steps on how to use the Chronometer food analysis website:

Track a one-day food intake, breakfast, lunch, and dinner including all the snacks and drinks which contain calories and write them on a piece of paper before using the program.

Then,

1. Go to [Cronometer](#) website on google.
2. Click sign up for free to create your account.
3. Enter your email and choose a password then confirm it. Enter your birth date, height, and weight; then click the little box to agree on terms and conditions.
4. Click, **create an account**.
5. An email will be sent to the email that you provided, log in to the email and open the link from your email to continue into the program.
6. Click ADD FOOD then start entering the food item on your list. It will give you the option to choose the serving size, choose it then click add.
7. Repeat step 6 until you finish all the food listed from daily intake.
8. Scroll the page down to get an idea about the vitamins and minerals and other elements in your daily food.
9. Save the page in your device by clicking the right click then choose the “save”.
10. Submit the page into canvas.