

Paranapat Anui, (2023, March), Get rid of the problem of eating as you please with "Calorie Diary", a diet aid: a village doctor : 527 : 74-75

Major causes of obesity Can't deny that it's caused by **eating too much food**. which is a common problem in Thai people

But if anyone really wants to take care of their health, if they do not control their appetite It's hard to lose weight. But the solution that helps is Calorie counting of food eaten there. to calculate that How much have we eaten today? And have you received more energy each day? Which the criteria of each person will be different according to height, weight, gender and age range, but can guarantee that **if anyone eats more than the limit, there is a risk that they will be fat or cannot control their weight for sure**

If anyone sits and calculates by himself and is not sure whether the calorie count is reliable or not. Introducing an application called **"Calorie Diary"** designed specifically to facilitate calorie counting.

How to use it is easy, just download the app. this on smartphone Then fill out health information such as weight, height, age, and then select the goal that How many kilograms will you reduce or control the water?

when selected The system will process the information to make a decision to complain. want a way to control weight What kind of calorie control Which ranges from easy to difficult. but recommend that Choose the middle path, the normal one is enough.

Then in the app it will indicate that each day, how many calories the user can consume in order to walk to the goal If anyone eats anything Can come and fill in the information in the app, which will have complete information that How much energy does that type of food have? Whether it's breakfast - lunch - dinner. including snacks In addition, the category of food also has a wide variety to choose from. All protein, drinks, fruit, fast food and bakery etc.

When the app indulges your mouth a bit Fear of being bad for your health Was able to get up and exercise. and fill in the details For example, today running at a speed of 10 kilometers per hour for 30 minutes is 388 kilocalories. burn away

