



The world's only 3D calorimeter  
with speech recognition!





## The basic Application

Putting good sense back on the menu



### Do you have any idea of how many calories you've eaten today?

And what about the associated threshold not to exceed if you want to maintain a balanced weight?

Indeed, you need to keep an eye on the number of calories that you absorb daily, 20 more calories per day translating into 2 to 4 extra pounds at the end of the year. However feeling guilty can be counterproductive.

**KcalMe** bears no negative judgements. Fun and easy to use, it provides personalized support in helping you visualize your daily calory intake.

**KcalMe** focusses on what counts!

No deprivation, diets of all sorts, or erratic and risky control of your food intake. All you need to keep in mind is that:

**100 calories of chocolate = 100 calories of salad**



It doesn't matter whether you're a sweet tooth, or addicted to salty dishes or fatty foods. No nutrient in itself makes you gain or lose weight. What weights in on the scale at the end of the day is the difference between intake and expenditure. **It's pure Math: if you eat less, you lose weight, if you eat as much as you burn, your weight will remain stable.**

« Thanks to its comprehensive embedded database, **KcalMe** evaluates your calories in 3D instantaneously. In the end you're only putting some good sense back into what you're eating without taking out the pleasure.»

**Docteur A. Cocaul, MD**

Nutritionist  
Co-founder of KcalMe



# The Health Application

That looks like you and keeps pace with your needs



« Hi,  
My name is Claire.  
I love to eat: I'm a chocolate and pasta addict!  
I often have trouble containing my cravings during dinner.  
With KcalMe, I haven't changed anything to my eating habits.  
I've only adjusted my amounts and better managed my food intake ...  
How does it work? »

## 1. I configure my profile:

Female  
38 years old  
5'9  
170 lbs



## 2. I estimate my activity level :

I'm a Key Account manager. I walk 2h/week and swim 1h once a month.

## 3. KcalMe computes

my daily energy expenditure with Harris and Benedict's formula, in my case: 2039 calories.



## 4. And off we go !

My figure is represented by an avatar.  
My calorie count is set to zero.  
I'm ready!



# The Day to Day Application

Simple and accurate



7:30 AM: breakfast at home



1. Search food or beverage



2. Choose container type



3. Determine quantity for each food or beverage



5. Know how to position yourself: 24% for this breakfast. You keep track of the calorie count of each food or beverage that's being recorded:

1. Visually as your avatar fills up,
2. Numerically through the displayed percentage ratio of calories vs daily energy expenditure (DEE).

**KcalMe helps you to balance meals and anticipate on specific menus tailored to your condition (diabetes, cardiac condition, obesity, eating behaviour disorder, bariatric surgery follow-up etc...).**



The powerful fun to use Application  
Over 15,000 foods & beverages and  
200 dynamic 3D pictograms



12:30 PM: lunch at the office



### Can't find what you're eating ?

Commercially prepared or «homemade», you can find almost any dish in the KcalMe database. If not, all you have to do is use the built-in food and beverage « Editor ».

Create the product file by entering:

- Product name,
- Brand (where applicable),
- Container type,
- Portion size (in grams),
- Calories indicated on the package.
- It's automatically recorded in your favorites.

*« Today after breakfast and lunch, I've consumed 60% of my daily calorie allowance. I'll probably go for a light dinner this evening. »*





## The Application configures, computes & records



With **KcalMe**,:

- **You create your reference figure:** you configure your user profile, adjust it if needed, estimate your level of physical activity, your meal times...
- **You search for what you're eating in the database:** by name or brand. It's continuously updated by nutritionists and with user feedback.
- **You choose the container type by simply sliding your finger horizontally.**
- **You select the amounts you've eaten by simply sliding your finger vertically:** the 3D pictograms make it easy, You're not eating one ounce or drinking one fluid ounce but specific servings tailored to each type of food or beverage: a bowl of cereals, half a banana, or a can of cola...
- **You observe the avatar :** its reference figure fills up as you eat. A percentage of your daily calorie intake vs. daily allowance is then displayed.
- **You create favorites associated to foods or beverages that you consume on a regular basis.**
- **You create your own foods or beverages using a built-in editor.**
- **You monitor your weight curve and its evolution vs an assigned objective set with your doctor.**
- **Your calorie count is automatically reset at the end of the day:** recent scientific research shows that, whatever you eat, what matters is the global calorie count over a period of 24 hours. Each night, your avatar's figure is automatically reset to zero as you sleep, each day provides for a new start.
- **You consult your consumption history:** **KcalMe** records your data over several days. It can also email your consumption history to your favorite health professional (dietician, endocrinologist, nutritionist, family doctor).

**KcalMe** develops empathy, a key to optimised results.



The Application is also available for iPad



KcalMe for a family use and even greater fun...



The application everyone is talking about...

## Doctor A. Cocaul, MD

Nutritionist



*«Wake up the Neanderthal man or woman in you. Push the logic even further and as you go back to the earliest origins of mankind, feed yourself as our prehistoric ancestor did. He felt hungry, went hunting or collecting food, ate what he found on the spot (fresh, seasonal food) and stopped as soon as the hunger faded away. Our ancestors did not develop fat, they listened to their bodies.*

*And what about us, with our 70 000 meals or so consumed over the course of our lifetime, do we always balance our needs? KcalMe can help you, in a world of overconsumption, to regain control of your consumption habits in making sense of what you eat.»*

## I. Blivet

Founder of [AllaGreca.com](http://AllaGreca.com)



*« We all know it: for every business lunch, a salad or a bowl of vegetable soup for dinner! Overindulge but catch up in the day or be prepared to pay for it when you step on the scale. Clever and user friendly, KcalMe helps me to optimise my eating behaviour and find the proper balance between meals and exercise. It's like going on a diet without the frustration and with the added fun!»*