

YAZIO - Calorie Counter



****About YAZIO – calorie counter****

YAZIO is an application with which users can count their calories, document their nutrition and keep an eye on their activities.

YAZIO is your virtual nutrition diary with which you can count your calories and document your nutrition easily. With the help of the app you also keep an eye on your activities and your weight. You cannot only create individual nutrition plans but also access nutritional values of more than 1 million foodstuffs. Due to the integrated barcode scanner you can determine the nutritional values of each food even more easily. The app helps you to count calories, carbohydrates, protein and fat quickly and reliably.

****YAZIO – features:****

- Your virtual nutrition diary: By using YAZIO counting calories, carbohydrates, protein and fat is very easy. In the app you find the nutritional values and calorie charts to more than 1 million foodstuffs. In addition to that, the app also has an integrated barcode scanner with which you can add food and find their nutritional values even more quickly.
- Create individual plans: Since not everyone follows the same aim, you can create individual nutrition plans in YAZIO. Inform the app if you want to lose weight or if you want to build muscle. The app individually adjusts the plan to your aims then.
- Integrated water meter: The integrated water meter of the app helps you to drink enough. Since a sufficient water supply is very important for healthy eating, the app reminds you regularly of drinking.
- Follow your activities: With YAZIO you cannot only count calories but also follow your activities. The app is e.g. equipped with a pedometer which keeps an eye on exercise. You can also inform the app when you did sports. Enter the sports and the length of your training and the app determines how many calories you just burned.
- Connect: You can synchronize YAZIO with different fitness apps so that the apps can exchange information among each other. In addition to that, you can also become part of the YAZIO Facebook group where you can exchange with others.

Conclusion: YAZIO offers you the possibility to live a healthier and more conscious life. With the help of the app you can easily count calories, determine nutritional values of foodstuffs and control your calorie intake. Features like the integrated pedometer or the record of your activities help you to live a more active life.