

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [URAMAZ](#) /

› [URAMAZ Food Scale with Nutritional Calculator \(Model CK10E\) - Instruction Manual](#)

URAMAZ CK10E

URAMAZ Food Scale with Nutritional Calculator

MODEL: CK10E - INSTRUCTION MANUAL

Introduction and Overview

The URAMAZ Food Scale with Nutritional Calculator is designed to assist you in tracking your dietary intake with precision. This smart digital scale connects to the "Foodiet" app, offering comprehensive nutritional analysis and personalized health goal tracking. Its compact design and multiple measurement units make it a versatile tool for any kitchen.

- **Free App with 20 Nutrient Metrics:** Track nutritional content of foods and recipes using the "Foodiet" app, which accesses a vast USDA database.
- **Achieve Your Health Goals:** Automatically tracks consumption and visualizes progress through charts, syncing with Apple Health or Fitbit.
- **Customizable 30-Minute Auto-Off:** Conserves battery life with adjustable auto-shut off settings via the app.
- **User-friendly Tare Function:** Easily reset the scale to zero for net weight measurements and continuous weighing of multiple ingredients.
- **5 Accurate Measurements:** Equipped with high-precision sensors, it provides accurate readings from 3g/0.1oz up to 5kg/11lb in multiple units (g, lb:oz, ml, fl:oz, and ml for milk).
- **Lightweight & Easy to Store:** Made from food-grade plastic, its compact design allows for convenient storage.

Setup

1. Battery Installation

The URAMAZ Food Scale comes with two CR2032 coin batteries included. To install or replace batteries:

1. Locate the battery compartment on the underside of the scale.
2. Open the battery cover.
3. Remove the plastic film protecting the batteries (if new).
4. Insert the two CR2032 batteries, ensuring correct polarity.

5. Close the battery cover securely.



Image: Underside of the URAMAZ food scale, highlighting the battery compartment and non-slip feet.

2. App Download and Connection

To unlock the full nutritional tracking features, download the "Foodiet" app:

1. Scan the QR code provided in the instruction pamphlet or search for "Foodiet" in your device's app store (Apple App Store or Google Play Store).
2. Install the app on your smartphone or tablet.
3. Enable Bluetooth on your device.
4. Open the "Foodiet" app and follow the on-screen instructions to pair with your URAMAZ Food Scale.

One Scan, Full Data

Scan barcodes or enter manually — this scale has you covered.



1.5 Million+
Food Data Points

Syncs with



Foodiet



Apple Health



Fitbit



Image: A smartphone displaying the Foodiet app interface, illustrating barcode scanning and manual food entry, with integration options for Apple Health and Fitbit.

Operating Instructions

1. Power On/Off

Press the "ON/TARE" button to power on the scale. The display will light up. To power off, press and hold the "ON/TARE" button for a few seconds, or the scale will automatically shut off after a period of inactivity (default 2 minutes, customizable via app).

2. Unit Conversion

Press the "UNIT" button to cycle through the available measurement units: grams (g), pounds and ounces (lb:oz), milliliters (ml), fluid ounces (fl:oz), and milliliters for milk (ml for milk). Select the unit appropriate for your ingredients.

5 Unit Conversion



Image: The URAMAZ food scale's digital display showing various measurement units, including grams, milliliters, fluid ounces, and pounds:ounces, indicating its versatility.

3. Tare Function

The tare function allows you to weigh ingredients in a container without including the container's weight, or to weigh multiple ingredients consecutively in the same bowl.

1. Place an empty container on the scale. The display will show its weight.
2. Press the "ON/TARE" button. The display will reset to zero.
3. Add your ingredients to the container. The display will show only the net weight of the ingredients.
4. To add more ingredients, simply add them to the container, and the scale will display the new total net weight. Press "ON/TARE" again to zero out the current weight before adding the next ingredient.



High Precision

Accurate Sensors

4



Cooking / Baking



Pets Care



DIY Projects

Image: A visual guide illustrating the tare function in three steps: placing a container, pressing the "TARE" button to reset to zero, and then adding ingredients to measure their net weight.

4. Nutritional Tracking with "Foodiet" App

Once connected via Bluetooth, the "Foodiet" app provides detailed nutritional information:

- **Weigh and Sync:** Place food on the scale, and its weight will instantly appear in the app.
- **Search & Scan:** Use the app to search for food items in the USDA database (over 1 million items) or scan barcodes for quick identification.
- **20 Nutrient Metrics:** View detailed metrics including calories, fat, sugar, protein, carbohydrates, vitamins, and minerals.
- **Custom Foods & Recipes:** Create and save your own custom food entries and recipes for personalized tracking.
- **Progress Visualization:** The app generates easy-to-read charts and reports to help you monitor your progress towards health goals.
- **Health App Integration:** Sync your data with Apple Health or Fitbit for a holistic view of your health.

Including 20 Nutritions in Total

Analyze 12 Daily Nutrition

Protein
Total Carbs
Calories
Total Fat

Vitamin C
Vitamin A
Vitamin D
Sodium
Potassium
Iron
Calcium
Cholesterol

Today's Intake	
388 Kcal	<ul style="list-style-type: none"> Fat 18.7% 15.2 Protein 4.6% 3.8 Carbs 76.7% 61.9
Nutrition Facts	
Calories	388.0kcal
Total Fat	15.2g
- Saturated Fat	2.5g
- Trans Fat	--
- Polyunsaturated Fat	--
- Monounsaturated Fat	--
Cholesterol	51.0mg
Sodium	291.0mg
Total Carbohydrate	61.9g

Image: The URAMAZ food scale weighing cherries, accompanied by an infographic illustrating the 20 nutrients tracked by the Foodiet app, such as protein, total carbs, calories, total fat, Vitamin C, Vitamin A, Vitamin D, Sodium, Potassium, Iron, and Cholesterol.

20 Food Nutrition Facts USDA database

Potassium
Calcium
Sodium
Total Carbohydrate
Calories
Iron
Added Sugars
Cholesterol
Total Fat
Vitamin A
Protein
Monounsaturated Fat
Saturated Fat
Vitamin C
Vitamin D
Dietary Fiber
Polyunsaturated Fat
Trans Fat

Nutrient content	
1273 Kcal	<ul style="list-style-type: none"> Fat 7.7% 21.2 Protein 92.3% 205 Carbs -0.0% 0
Nutrition Facts	
Calories	1273.0kcal
Total Fat	10.7g
- Saturated Fat	--
- Trans Fat	--
- Polyunsaturated Fat	--
- Monounsaturated Fat	638.8mg
Cholesterol	16982.5mg
Sodium	--
Total Carbohydrate	51.2g
- Dietary Fiber	--
- Total Sugars	--

Image: A hand holding a smartphone, displaying the Foodiet app's detailed nutrition facts panel for a meal, with the URAMAZ food scale visible in the background.

Your browser does not support the video tag.

Video: A demonstration of the URAMAZ Smart Food Scale's app features, showing how to track food intake and monitor nutritional goals.

5. Customizable Auto-Off Time

The default auto-shut off time is 2 minutes. You can customize this setting via the "Foodiet" app to 2, 3.5, 5, or 30 minutes, preventing unwanted shutdowns during longer food preparation sessions.



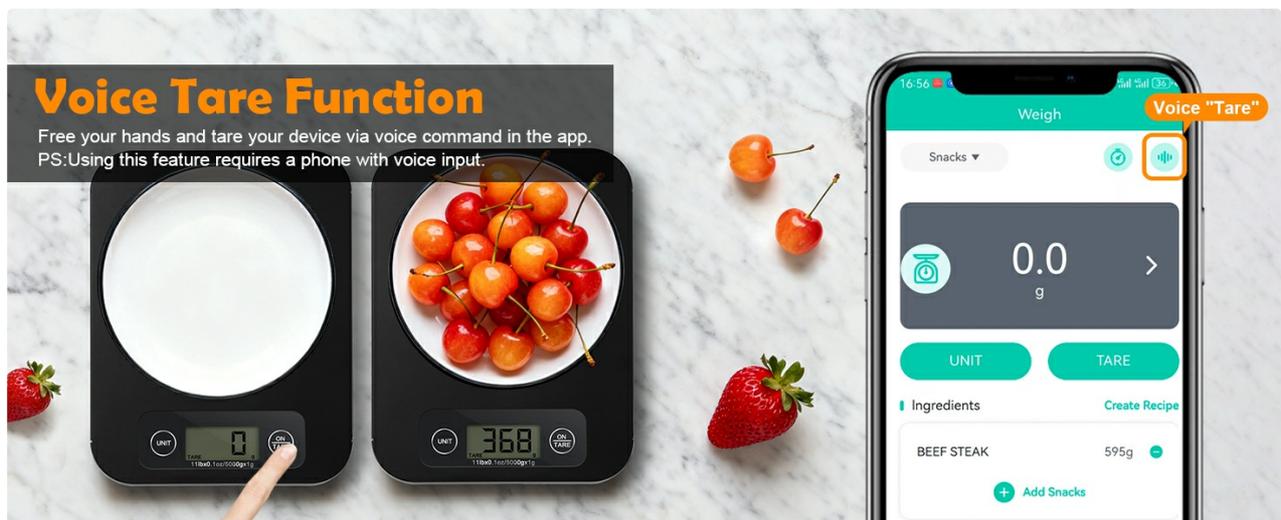
Customize Auto-Off Time

With the Foodiet app, you can customize the auto-off time between 2-30 minutes.

Image: The URAMAZ food scale with a bowl of flour, alongside a smartphone displaying the Foodiet app's settings for customizing the auto-off time to various durations.

6. Micro Measurement Mode

For enhanced precision, especially with tiny objects or small quantities (down to 1g), activate the micro measurement mode through the "Foodiet" app. This ensures accurate readings for even the smallest ingredients.



Voice Tare Function

Free your hands and tare your device via voice command in the app. PS: Using this feature requires a phone with voice input.

Image: The URAMAZ food scale with a small bowl of salt, accompanied by a smartphone displaying the Foodiet app's micro measurement mode, indicating precision for small quantities.

7. Integrated Timer

The "Foodiet" app includes a timer function, allowing you to set timers from 1 second up to 7 hours. This is useful for various cooking and baking tasks, from quick brews to slow cooking.



Image: The URAMAZ food scale with a coffee pour-over setup, next to a smartphone displaying the Foodiet app's timer function, set for 35 seconds.

Maintenance

1. Cleaning

The URAMAZ Food Scale is crafted from food-grade plastic, making it easy to clean. Wipe the surface with a damp cloth and mild detergent. Do not immerse the scale in water or use abrasive cleaners.

2. Storage

Due to its compact and lightweight design, the scale can be easily stored in a drawer, cabinet, or travel bag. Ensure it is stored in a dry place away from extreme temperatures.

Troubleshooting

If you encounter any issues with your URAMAZ Food Scale, please refer to the following common solutions:

- **Inaccurate Readings:** Ensure the scale is placed on a flat, stable surface. Avoid placing it near strong electromagnetic fields. Recalibrate if necessary (refer to app instructions for calibration).
- **Display Not Turning On:** Check if the batteries are correctly installed and have sufficient charge. Replace batteries if needed.
- **App Connectivity Issues:** Ensure Bluetooth is enabled on your device and the scale is within range. Restart both the app and the scale, then attempt to re-pair.
- **Auto-Off Too Soon:** Adjust the auto-off time setting within the "Foodiet" app to a longer duration.

Specifications

- **Brand:** URAMAZ
- **Model Number:** CK10E
- **Color:** Black
- **Material:** Plastic

- **Weight Limit:** 11 Pounds (5 kg)
- **Readout Accuracy:** 1 gram / 0.1 ounce
- **Display Type:** LCD
- **Item Weight:** 7.1 ounces
- **Product Dimensions:** 7.9 x 5.94 x 0.43 inches
- **Batteries:** 2 CR2032 batteries (included)
- **Special Features:** 20 Nutrient Tracking Analysis, Auto Shut Off, Connect to Fitbit, Digital Food Scale, Macro Counting APP

Warranty and Support

For warranty information or technical support, please refer to the contact details provided in your product packaging or visit the official URAMAZ website. Keep your purchase receipt for warranty claims.