



media-tech MT5544 Smarty Diet Scale User Guide

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media-tech MT5544 Smarty Diet Scale



USER MANUAL

SMART DIET SCALE is a device that will make your meals healthier and help you control your body weight and maintain a proper diet. Measurement data via a wireless Bluetooth connection goes to a mobile device to be analyzed using the „Aifresh” app (a free app downloadable from GooglePlay and AppStore). Of course, the

device can also be used as a regular kitchen scale.

First steps

1. On the bottom of the scale is the battery compartment, open the lid of the compartment.
2. Insert 3 pcs AAA alkaline batteries according to the polarity marks.
3. Close the battery cover.
4. Start the scale with the,, ZERO" button.
5. Place the scale on a flat and firm surface.
6. Select unit of measure: g/oz/ml/lb: oz/fl.oz
7. On your mobile device, install the free app Ai Fresh" downloadable from the GooglePlay,, store (Android system) or AppStore (iOS system).



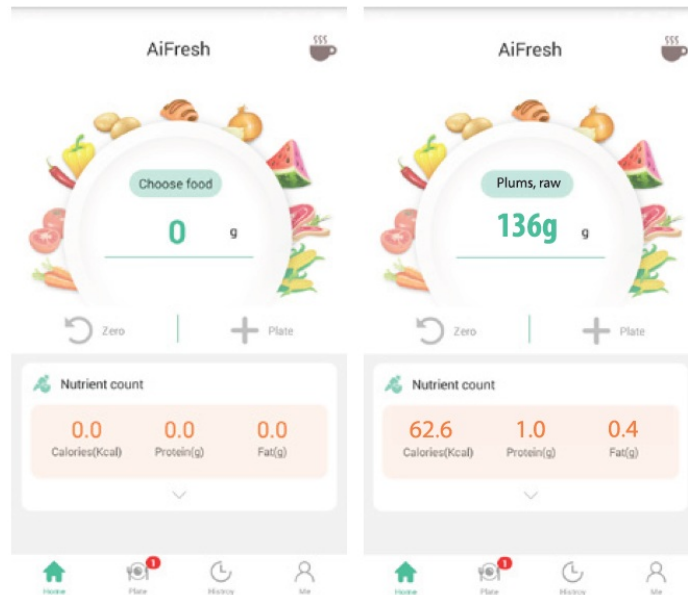
iOS



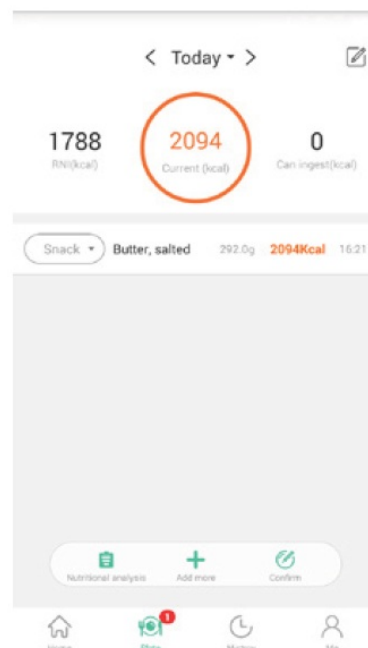
8. Turn on Bluetooth in the phone's settings. However, do not look for the scale ID in the settings. The connection to it is made automatically.
9. The application will ask for permission to access the smartphone functions necessary for its operation.

Use the app

1. Press the ZERO button and wait until the display shows,,0': Then go to the main page of the application
2. Click,, SELECT" in the app and place the food on the weighing platform, and all the values of the number of nutrients will be displayed. Confirm your selection in the upper right corner of the screen.



3. See the nutrient amount" table for nutrient values: Weight/ Calories/ Protein/ Fat/ Carbohydrates/ Fiber/Vitamin N Carotene/ Retinol Equivalent/Vitamin B12/Vitamin B6/ Niacin/Vitamin (/Vitamin E/ Cholesterol/ K/ Na/ Ca/Mg/Fe/Mn/Zn/Cu/P/Se.
4. Click,,+ Plate" to add food to the plate.
5. Click the,, Plate" icon to view the details of the meals on the plate and the sum of the current Kcal on the plate.
6. Click the,, Nutritional Analysis" button to get the results of all the nutritional data for one meal.



7. CClicking „Approve" in the plate section will take you to the history page to save your nutrition data linking Approve" in the plate section will
8. Clicking the,, History" button on the home page will display the entire history of meals consumed
9. Clicking Nutrition Report" will give you a " nutritional analysis, which you can send in the form of a document, for example, to a nutritionist. "

How to add user-defined food if it cannot be found in the food database?

Click"Select " or type of food, and then go to the database page, click the ,,+" in the upper right corner to go to the " Add your own products" page, where you need to fill out a short form to save the new food in the food database.

Important

Units of measurement are changed according to the order g/oz/lb:oz/ml/fl.oz by pressing the "UNIT" button. If the tested products weigh more than the allowed 5 kg, „Errn" will appear on the screen

Batteries

- If the symbol appears on the display, it means the batteries need to be replaced.
- Open the battery cover located on the bottom of the scale, and insert 3pcs AAA alkaline batteries according to the polarity marking. If you do not use the scale for more than one month, remove the batteries from the device
- Return used batteries to the appropriate collection point for this type of waste.

Cleaning

- The housing of the scale can be cleaned with a dry or slightly damp cloth.
- Please do not use aggressive detergents, or solvents to clean the device.
- Do not wash the scale with a stream of water or immerse the scale in water.

General view



Technical data:

- Smart kitchen scale with diet app
- Auto turn-off and tare function
- Precision strain gauge sensor system
- Maximum load: 5KG, units: g(kg), lb:oz, ml, fl.oz
- Accuracy: +/- 1 g
- Modern LED display: 22x60mm
- 4mm thick tempered safety glass plate
- Finger-resistant, easy to keep clean
- Information about low battery levels and exceeding weight limit
- Bluetooth 4.2 connection to smartphones and tablets
- Multilingual AiFresh app with compatibility:


- 105 8.0, Android 4.4, and later
- Flexible database with +7000 food types
- Calculation of macronutrients: calories, protein, fat, cholesterol, carbohydrates, fiber and salt
- Ability to expand the database with your own
- foods AND ingredients
- Coffee drinker's assistant: instructions for
- preparing the optimal coffee brew
- Power supply: 3 x AAA alkaline batteries (not included)
- Dimensions: 166x193x20mm
- Weight (without batteries): 469g

The scale is intended for home use only is not suitable for medical or commercial use, and is not a legalized instrument. Due to continuous development, the specifications and design of the device are subject to change without prior notice. Technical support is available at www.media-tech.eu.

Environmental guidance:

The device is marked with the symbol of a crossed-out waste container, in accordance with the European Directive 2012/19/EC on waste electrical and electronic equipment. Products marked with this symbol should not be disposed of or disposed of after the end of their useful life together with other household waste. The user is obliged to dispose of waste electrical and electronic equipment by delivering it to a designated point where such hazardous waste is recycled. The collection of this type of waste in separate places and the proper process of their recovery contribute to the protection of natural resources. Proper recycling of waste electrical and electronic equipment has a beneficial effect on human health and the environment. In order to obtain information on where and how to dispose of waste electrical and electronic equipment in an environmentally safe way, the user should contact the relevant local authority, the waste collection point, or the point of sale where he purchased the equipment.

Documents / Resources

	<p>media-tech MT5544 Smarty Diet Scale [pdf] User Guide MT5544 Smarty Diet Scale, MT5544, Smarty Diet Scale, Diet Scale, Scale</p>
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References

- [User Manual](#)