# Getting Started

## These are the steps to using Sifter on your computer.

1. Go to [uniteforher.sifter.shop](uniteforher.sifter.shop) or scan the QR code below.

2. Use the *Sign Up* icon in the upper right corner to register.

3. Create a MyDiet profile, choosing the appropriate filters that meet your needs. The more filters you choose, the more limiting the food selection would be. You can also develop multiple profiles and save them for use any time.

4. Use the *Start Sifting* button (upper right corner or bottom of the page) to search for foods based on your diet profile. The tool will display foods that meet all of your diet requirements first.

5. At any time, you can add/subtract filters, which are featured on the left side of the page.

6. Click on a specific food to review nutrition information or select the *Add to List* button to start your shopping list.

7. In your shopping list (upper right corner icon with check), you can check off the items as you find them in the store. You can also choose a retailer to see if there is an option to order online. If the option is there, click on *Buy* to be directed to the retailer's site.

*Watch it on YouTube:* [*https://youtu.be/sV_ilSgZgF4*](https://youtu.be/sV_ilSgZgF4)

## These are the steps to use the Sifter app (Scan By Diet) on your phone.

It offers the same features as the desktop and the additional ability to scan products when you are in the store.

1. Download the free app from the [App Store](App Store) or [Google Play](Google Play)

2. Login and make sure your MyDiet profile is on.

3. Click the Scan a Product icon (page center) and use your phone's camera to scan a product's UPC barcode.

4. You will see either a green checkmark, indicating the food item fits your diet or a red "x" with the diet it does not fit. You can click on More Info to review the nutrition information.

*Watch it on YouTube:* [*https://www.youtube.com/shorts/ngWO8CppFGw*](https://www.youtube.com/shorts/ngWO8CppFGw)