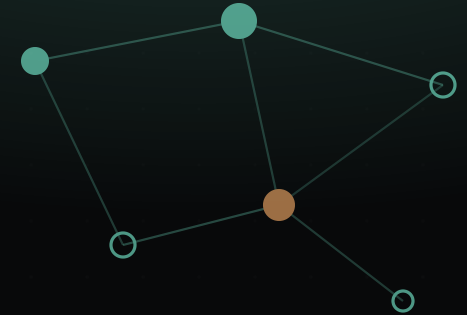


ViaSlim vs Hava

Eight everyday tasks, used hands-on as a real user on both food-logging apps, same iPhone, walked through step by step. Where each wins, where it loses, and what ViaSlim should fix.



Method live, hands-on use of both apps on a physical iPhone · step-by-step capture

Scope 8 head-to-head scenarios across the daily-logging journey

June 2026

Done with [roveflow.dev](#)

01 How this was done & how to read it

What we did

Used both apps hands-on, as a real user, through the same eight everyday tasks on one iPhone, capturing every step.

Tested live

Real, hands-on runs of each flow, not a paper review. The directions here come from living through the friction and the wins on a real device. Caveat: a single experienced user, not a multi-participant study.

The lens

Less is better. Hava's clean, focused design, leading with one Score and revealing detail on demand, is the benchmark. Credit goes to whichever app leads each task.

The bottom line

Across eight scenarios, Hava leads on most ease-of-use and accuracy dimensions, largely through simplification. ViaSlim's genuine strengths are its one-session multi-ingredient flow and its AI + human coaching. Its biggest gaps: an over-built, cluttered feel, a hard-to-hit edit control, an empty recipe library, and barcode/photo accuracy.

02 Scoreboard

8 scenarios, head to head

#	SCENARIO	EDGE	WHAT DECIDED IT
1	Log a single food	Hava	On-home entry, one-step confirm, 6 vs 7 taps.
2	Edit a portion	Hava	Inline edit vs ViaSlim's nested flow + tiny pencil.
3	Multi-ingredient meal	ViaSlim	One session vs four round-trips.
4	Barcode	Hava	Accurate database; ViaSlim's Swiss-brand bug.
5	AI photo recognition	Hava	8/8 items vs 6/8 with hallucinations.
6	Back-log to yesterday	Hava	One-tap copy-to-date vs re-adding each food.
7	AI meal suggestion	Tie	Both strong; ViaSlim adds a human care team.
8	Curated recommendations	Hava	Full recipe library vs ViaSlim's empty tab.

HAVA LEADS

6

VIASLIM LEADS

1

multi-ingredient flow

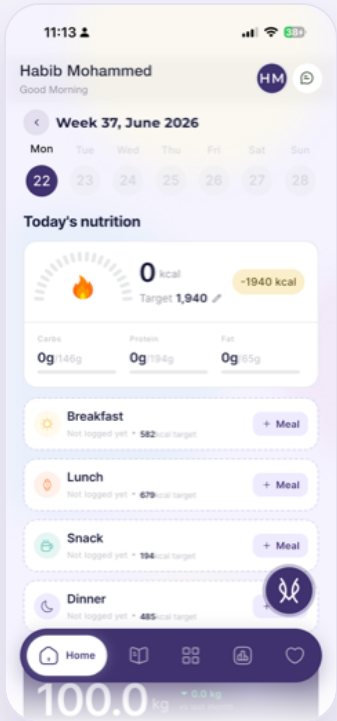
TIE

1

AI meal suggestion

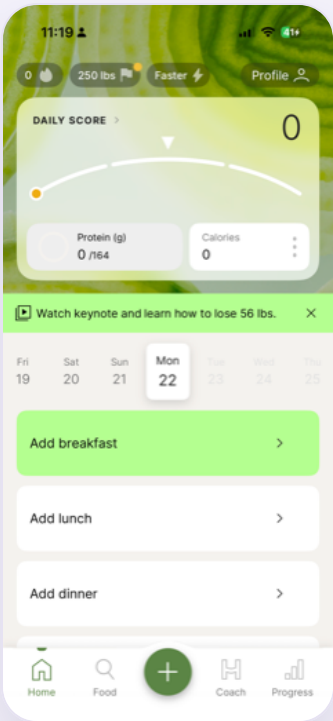
Step 1 of 5 — Entry point

VIASLIM



Today's nutrition sits below the fold. You scroll past a checklist and a consultation card before you can start logging, friction on the most repeated task.

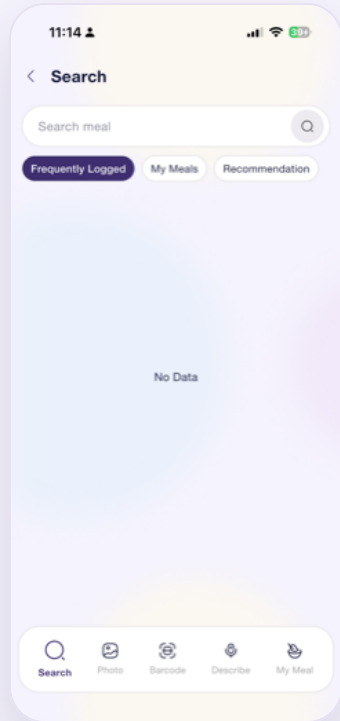
HAVA



“Add breakfast” is a primary button right on the home screen. The core action is the first thing in reach.

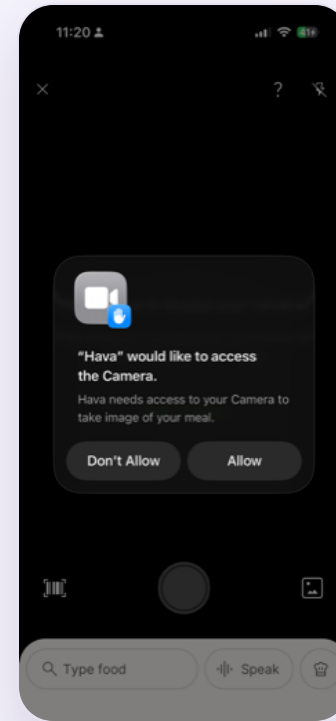
Step 2 of 5 — Find the food

VIASLIM



A clean search field with Frequently Logged / My Meals / Recommendation tabs. Direct and purpose-built for logging.

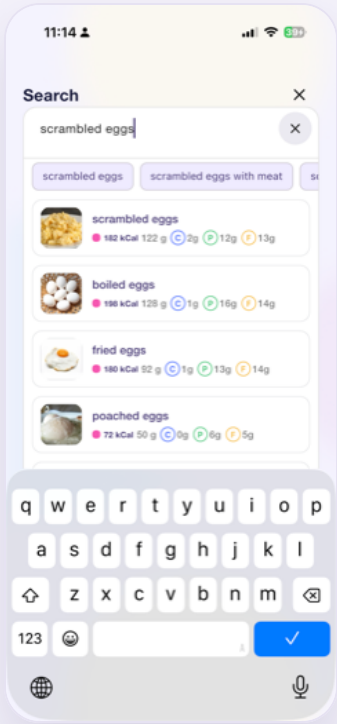
HAVA



Add food opens into the camera first; you tap "Type food" to search. An extra hop to reach text entry.

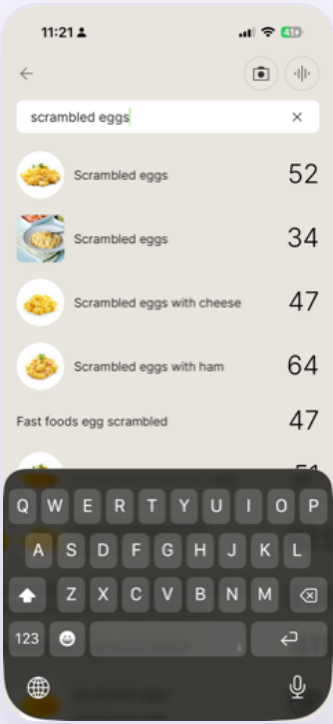
Step 3 of 5 — Read the results

VIASLIM



Every result carries calories plus carbs, protein and fat inline. Accurate, but five numbers per row to parse.

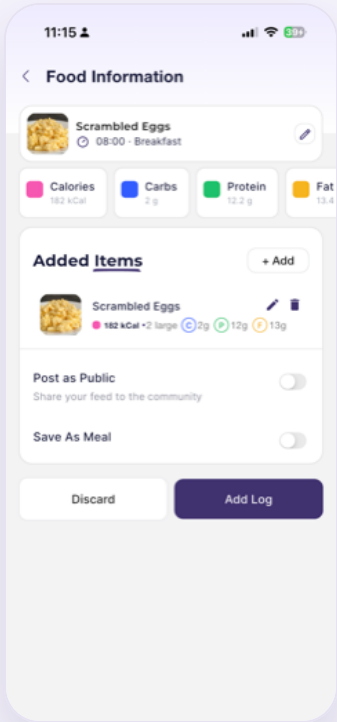
HAVA



Results lead with a single Score. Lighter to scan; the detail is a tap away.

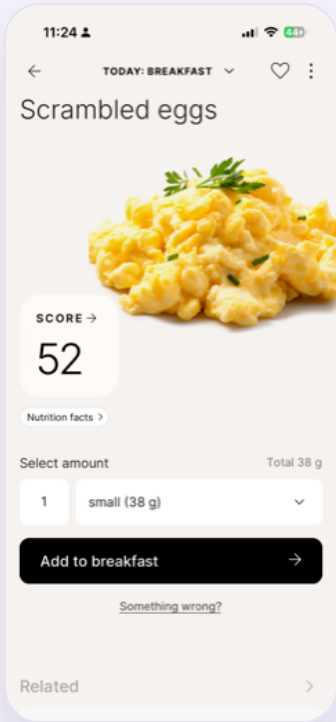
Step 4 of 5 — Confirm the log

VIASLIM



Tapping a result shows an “Undo” toast (looks logged), but the real commit is a separate Review screen then Add Log. A two-step, slightly ambiguous confirm.

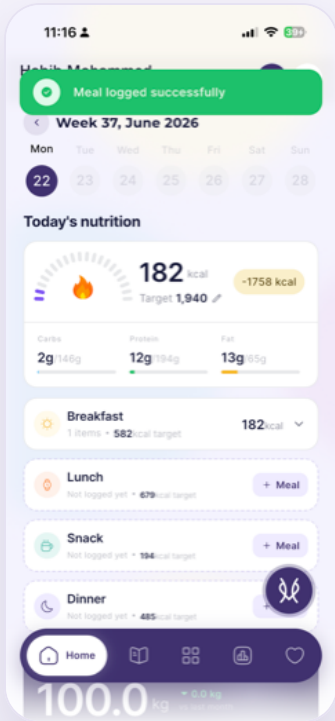
HAVA



One detail screen, then “Add to breakfast”. A single, unambiguous commit.

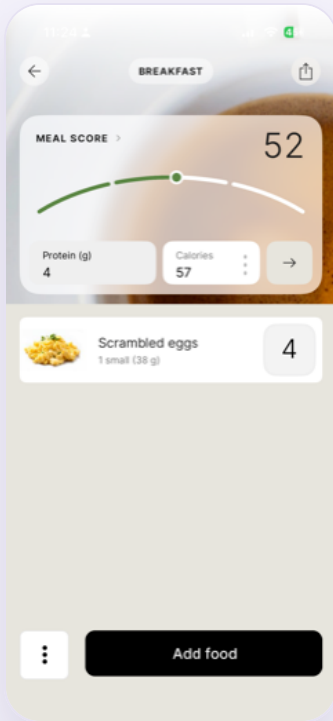
Step 5 of 5 — Confirmation

VIASLIM



A clear “Meal logged successfully” banner with the day's totals updating instantly.

HAVA



Returns to the meal and scrolls to / animates the newly added item. Subtle but clear feedback.

Logging a single food

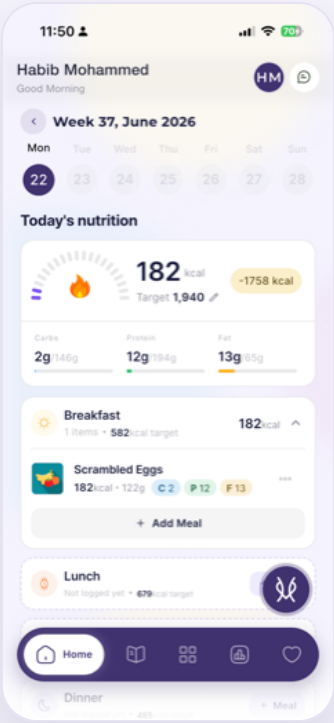
Hava leads

GENERAL COMMENT ON THE FLOW

Within one tap of each other (6 vs 7), but Hava keeps the core action on the home screen and commits in a single step, while ViaSlim adds a scroll and a two-step confirm. The flows are close; Hava is the calmer, faster path.

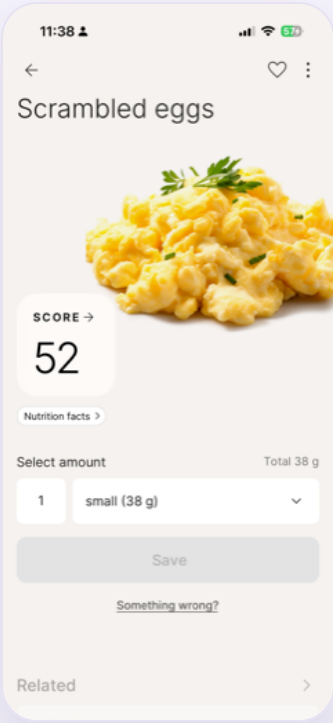
Step 1 of 5 — Reach the item

VIASLIM



Expand the meal to reveal the logged item before you can act on it.

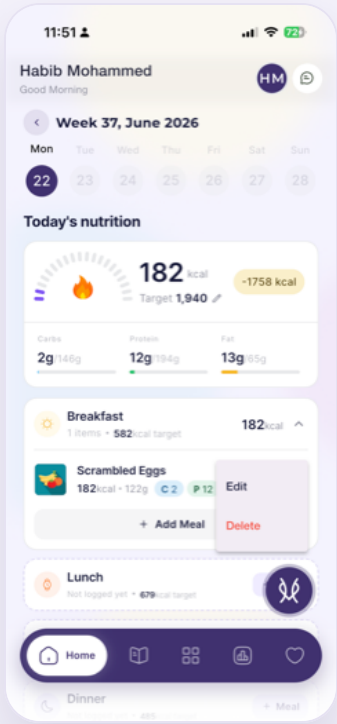
HAVA



Tap the item and it reopens the same detail screen you added it from, consistent and direct.

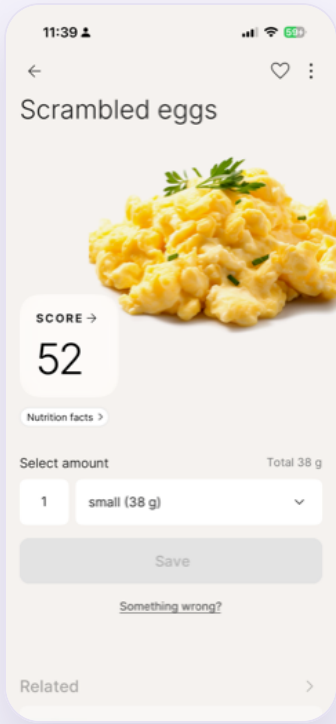
Step 2 of 5 — Open the editor

VIASLIM



A “...” menu offering Edit / Delete. An extra layer before you can change anything.

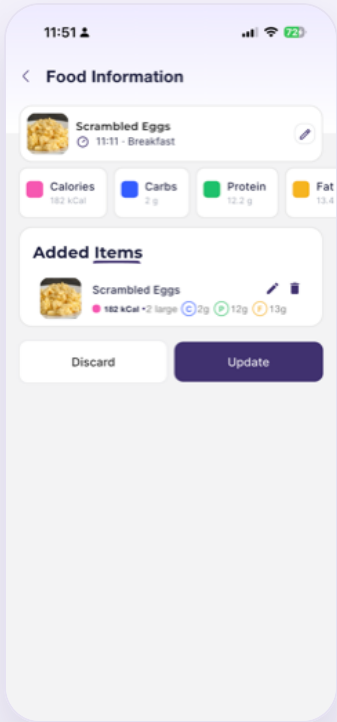
HAVA



The amount is editable inline on the screen you're already on.

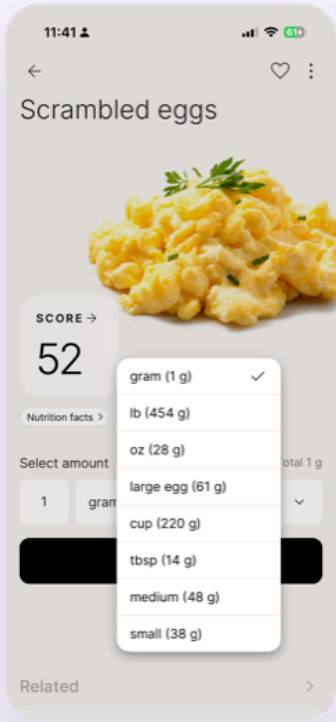
Step 3 of 5 — The edit surface

VIASLIM



A full “Food Information” screen; the portion is changed via a tiny pencil icon sitting right next to delete, a real mis-tap risk.

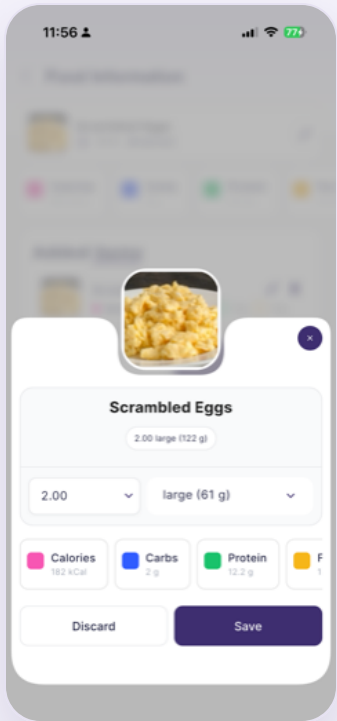
HAVA



A simple unit dropdown on the same screen. Nothing nested.

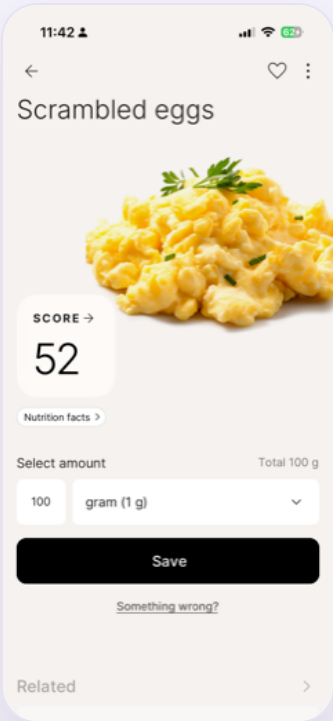
Step 4 of 5 — Set the value

VIASLIM



A separate editor sheet with quantity and unit dropdowns, the fourth surface for a one-line change.

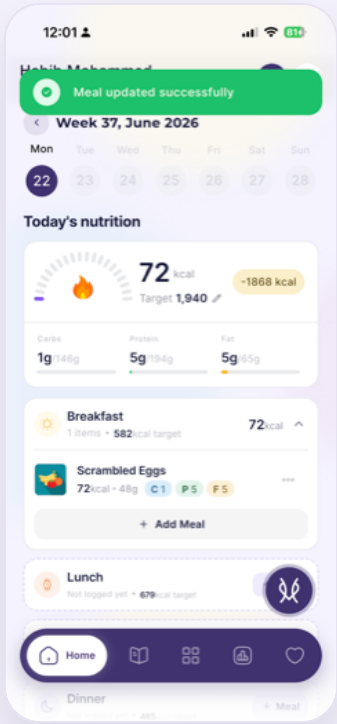
HAVA



Type the new amount; Save enables. Done in place.

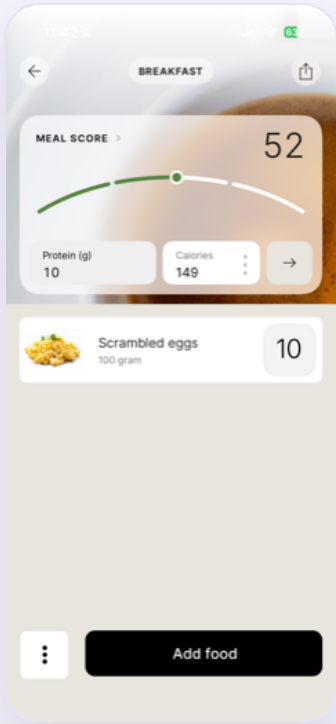
Step 5 of 5 — Saved

VIASLIM



“Meal updated successfully”, clear feedback at the end of a long path.

HAVA



Returns to the meal, updated. (Save sits disabled until you change something, with no hint, a minor nit.)

Editing a logged portion

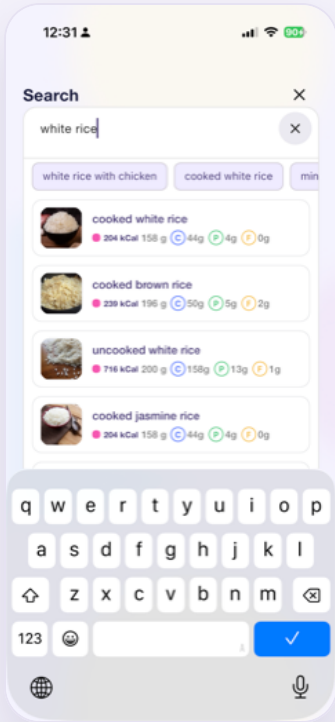
Hava leads

GENERAL COMMENT ON THE FLOW

ViaSlim buries a one-line portion change under a menu, a full screen, a tiny pencil next to delete, and a separate editor sheet. Hava edits in place in a couple of taps. This is the clearest “less is better” gap in the audit.

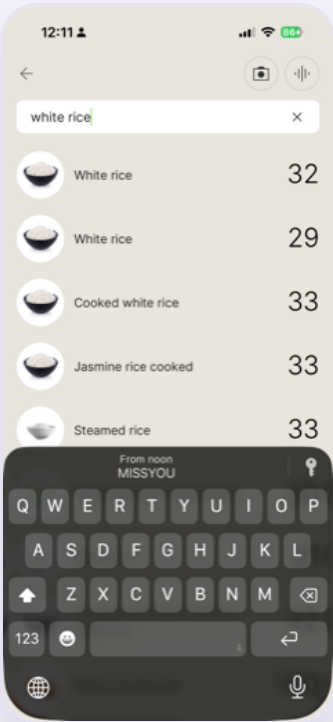
Step 1 of 4 — Add an item

VIA SLIM



Search an ingredient; results show it inline. Tap to quick-add.

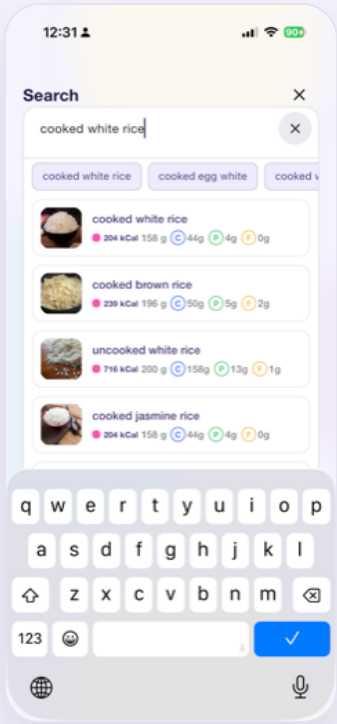
HAVA



Search an ingredient; tapping a result opens a detail screen to set its portion.

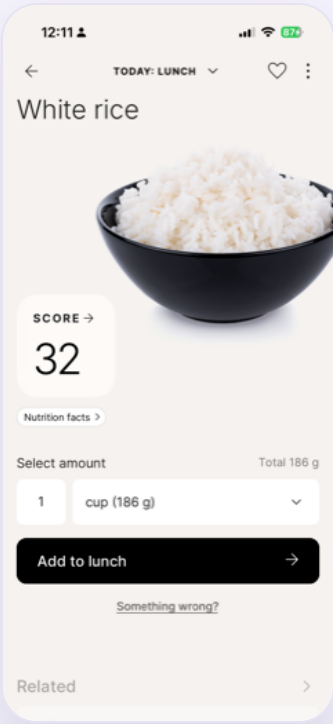
Step 2 of 4 — The add model

VIASLIM



Quick-add KEEPS you in search, ready to add the next item. You stack the whole meal in one session.

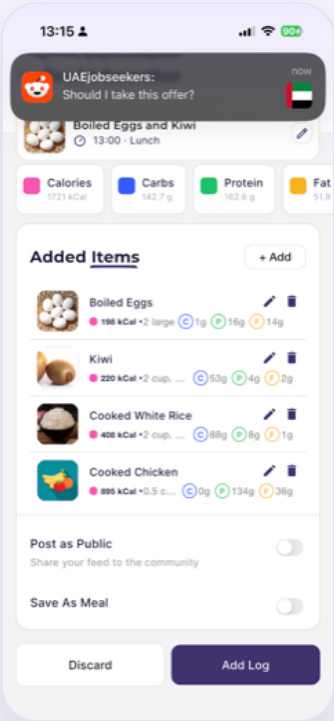
HAVA



Set the portion, tap Add, and you're returned to the meal screen, then you start over for the next item.

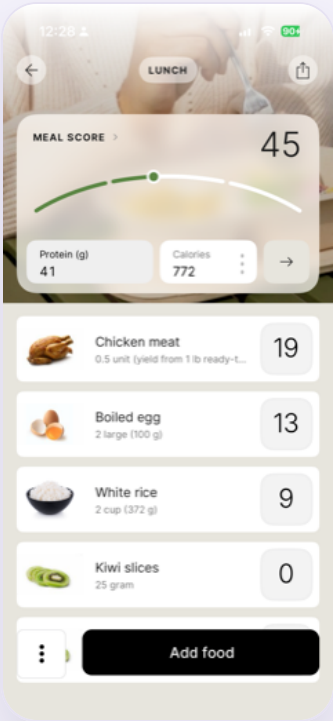
Step 3 of 4 — Review the meal

VIASLIM



One Review screen lists every item with its macros and a combined Calories / Carbs / Protein / Fat total.

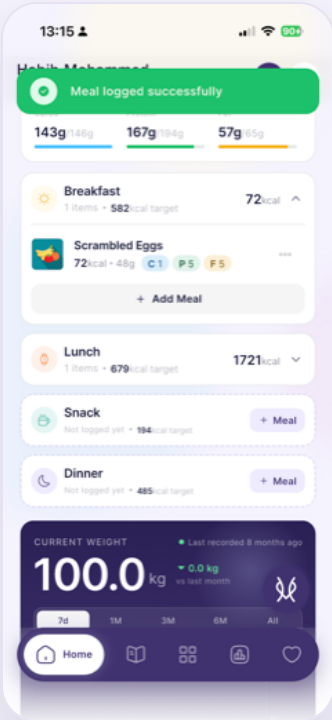
HAVA



No combined review; each ingredient was committed on its own. Four round-trips for four items.

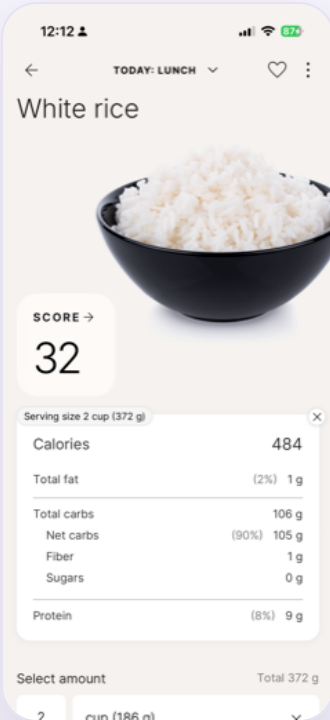
Step 4 of 4 — Macros & commit

VIASLIM



One “Add Log” commits the whole meal at once.

HAVA



Hava keeps full macros a single toggle away per item, a deliberate, clean default rather than a gap.

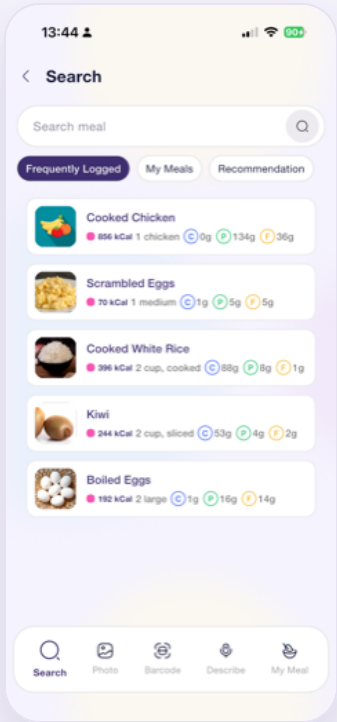
Logging a multi-ingredient meal

GENERAL COMMENT ON THE FLOW

With correct portions both land near the same tap count, but ViaSlim does it in one session with a single review, while Hava is four disjoint round-trips. The one-session flow is ViaSlim's genuine win here (macro display is a design choice, not the decider).

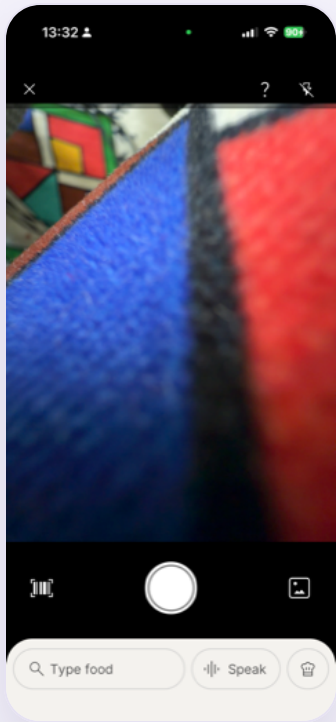
Step 1 of 4 — The mode

VIASLIM



A clear Barcode tab, with an “Enter Barcode Manually” option, more input flexibility on paper.

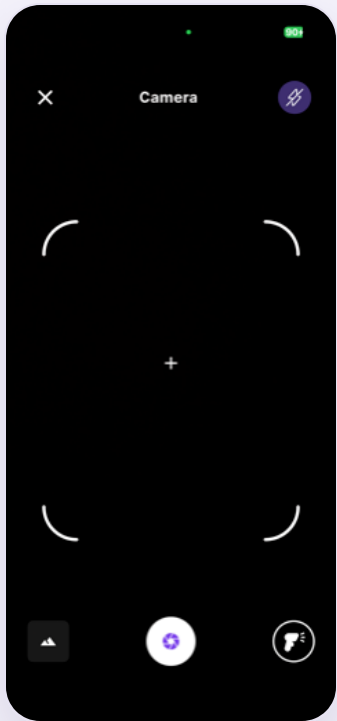
HAVA



Add snack opens straight into the camera scanner.

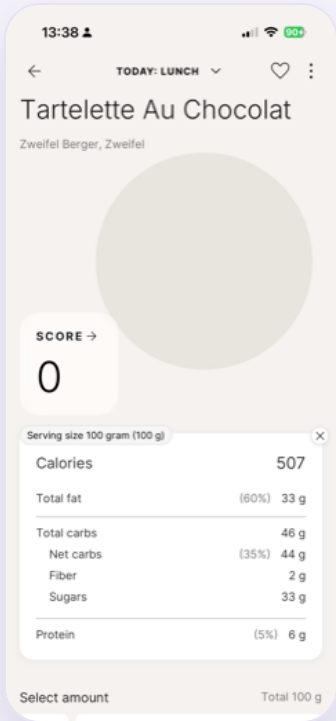
Step 2 of 4 — Scan / lookup

VIASLIM



The camera did not detect the code in testing.

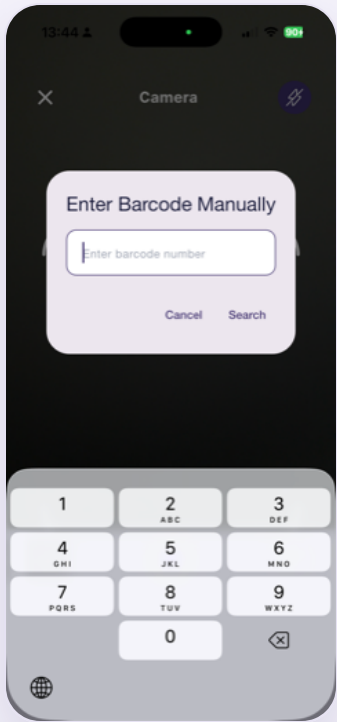
HAVA



The scan instantly found the exact product (“Tartelette Au Chocolat, Zweifel Berger”) with label-accurate macros, 507 vs 506 kcal.

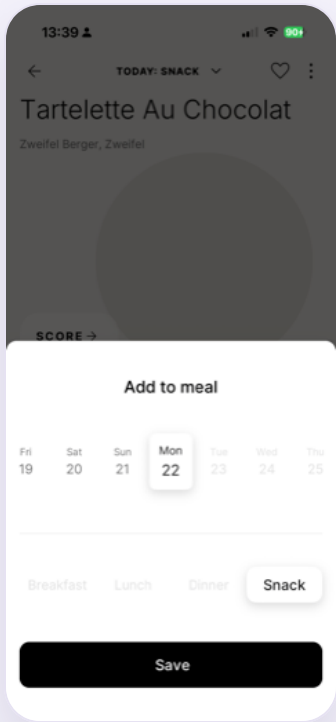
Step 3 of 4 — Fallback / assign

VIASLIM



Manual entry decodes the number...

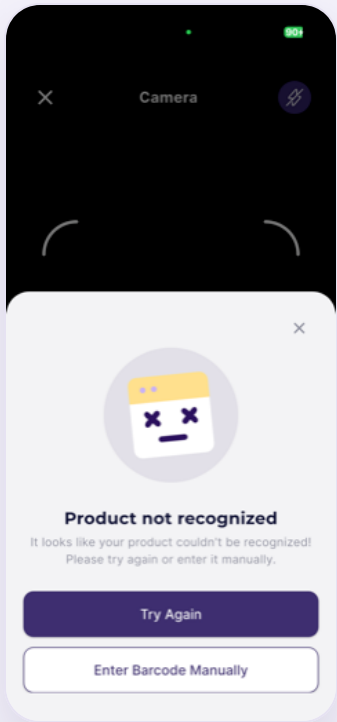
HAVA



A date and meal-type picker cleanly assigns it to Snack.

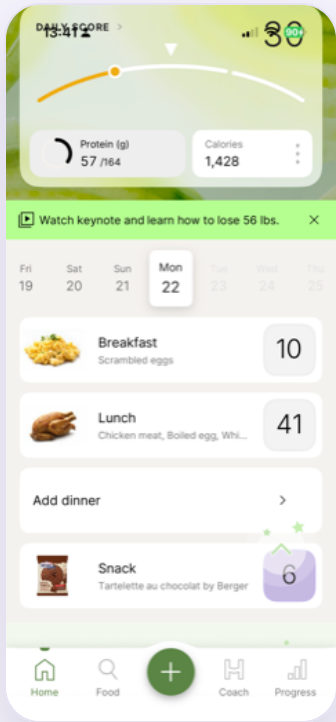
Step 4 of 4 — Result

VIASLIM



...but returns a no-name generic entry with wrong macros (253 vs 506 kcal). A known issue for Swiss brands.

HAVA



Registered correctly to the snack.

Barcode scan & lookup

Hava leads

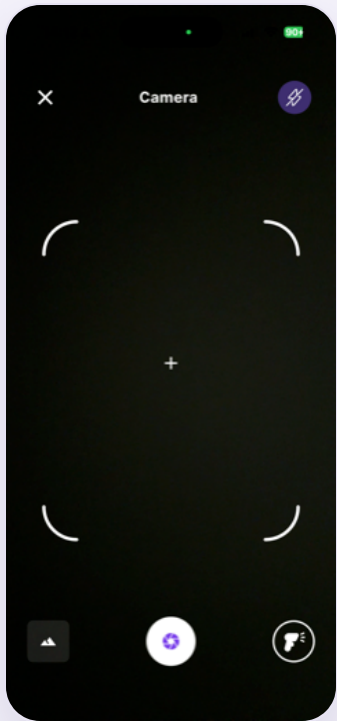
GENERAL COMMENT ON THE FLOW

ViaSlim's manual-entry convenience is undercut by a database miss that silently produces incorrect, unnamed data. Hava's product database recognised even a regional Swiss item accurately. Clear Hava win on barcode reliability.

Step 1 of 4 — Capture

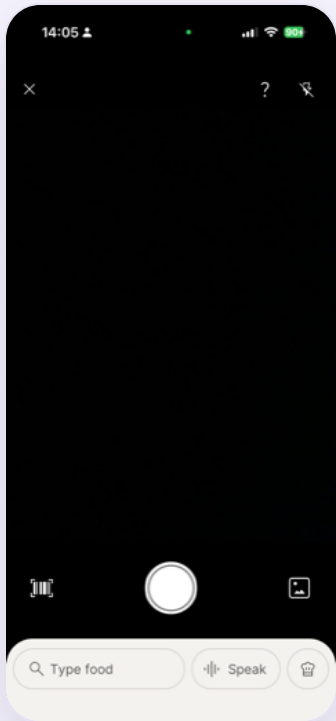
VIASLIM

Open the photo capture mode.



HAVA

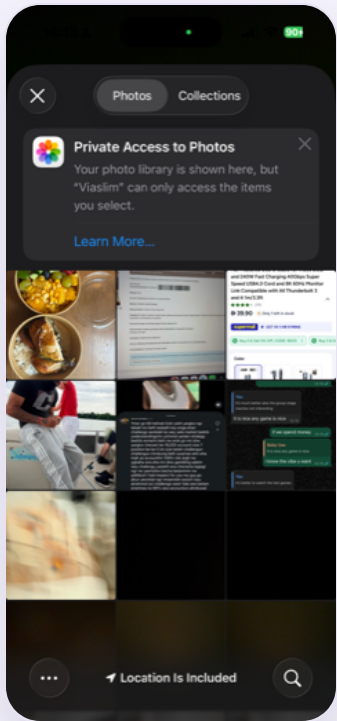
Open the photo capture mode.



Step 2 of 4 — Pick the photo

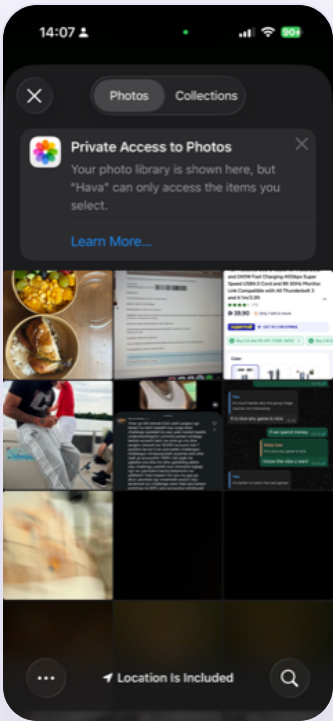
VIASLIM

Choose the meal photo from the gallery.



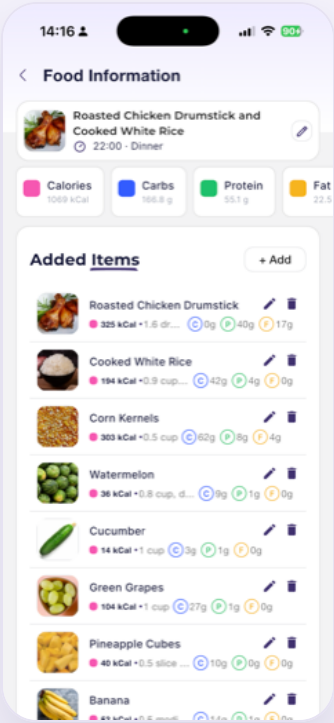
HAVA

Choose the same meal photo from the gallery.



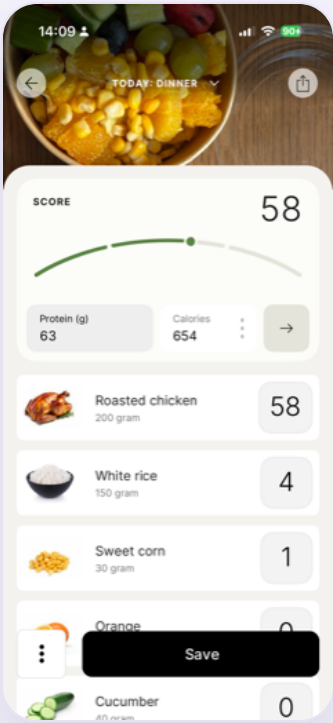
Step 3 of 4 — Itemize

VIASLIM



“Analyzing”, then the plate is broken into editable line items (Passio).

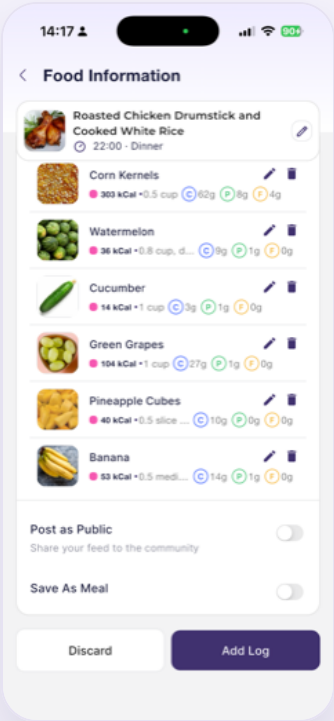
HAVA



The plate is broken into editable line items.

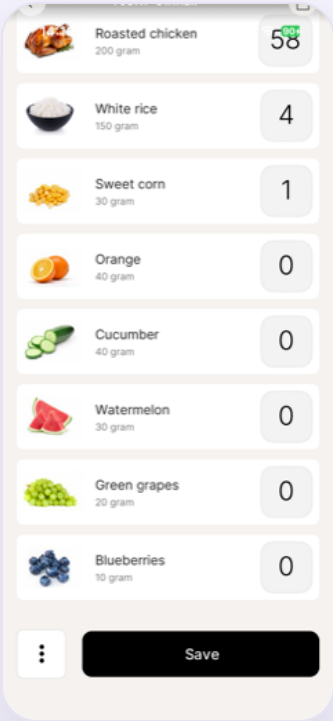
Step 4 of 4 — Accuracy

VIASLIM



6 of 8 right: missed oranges & blueberries, invented pineapple & banana, and badly over-counted the corn (303 vs ~30 kcal).

HAVA



All 8 items correct (chicken, rice, corn, orange, cucumber, watermelon, grapes, blueberries), no false positives, sensible portions.

AI photo recognition of a plate

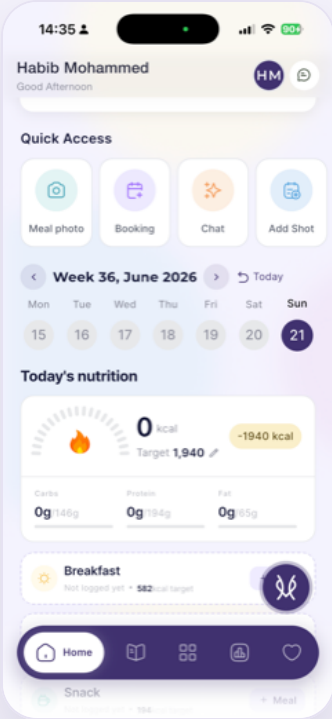
Hava leads

GENERAL COMMENT ON THE FLOW

Same photo, same flow, both turn it into editable items. Hava's recognition engine was clearly more accurate on this complex plate; ViaSlim mis-identified items and over-counted. The gap is recognition quality, not the interface.

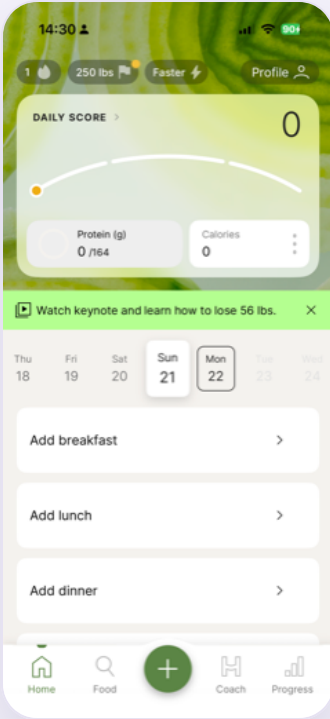
Step 1 of 4 — Reach yesterday

VIASLIM



Yesterday isn't on the current week strip, so you tap back a week first.

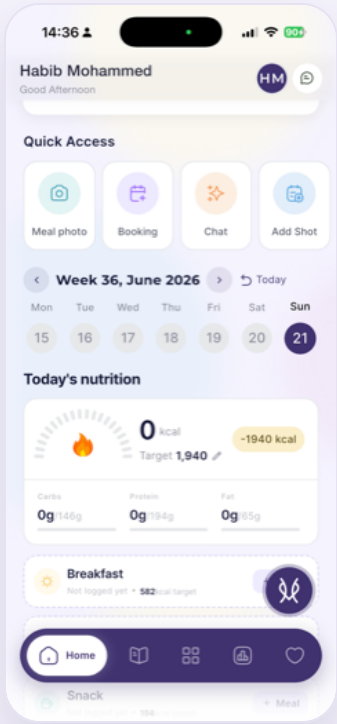
HAVA



Yesterday is one tap on the always-visible home date strip.

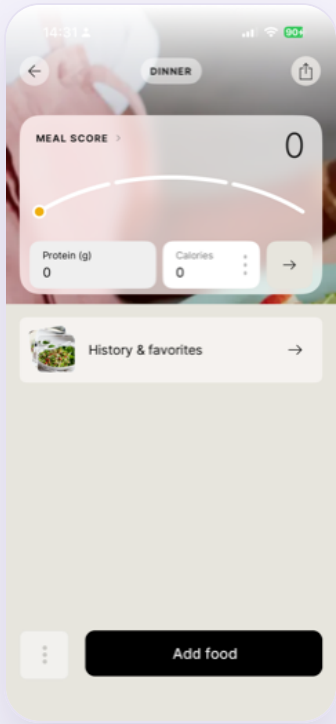
Step 2 of 4 — Start the meal

VIASLIM



Pick the day. (The section header still reads “Today's nutrition” on a past date, a small inconsistency.)

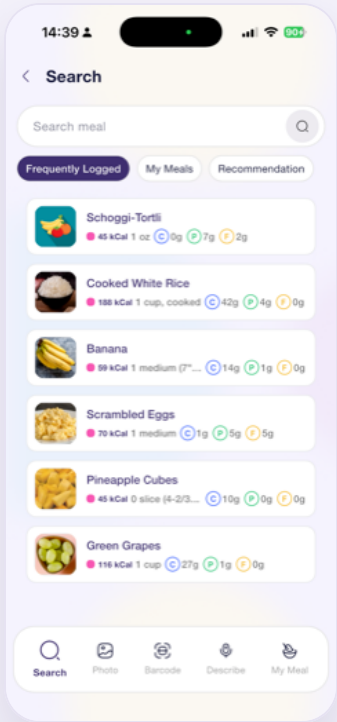
HAVA



Add dinner for that day.

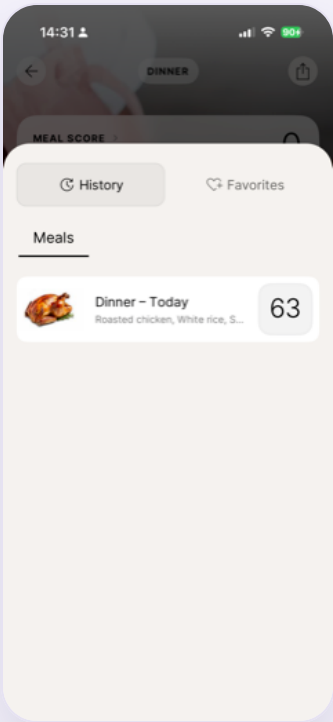
Step 3 of 4 — Re-use the meal

VIASLIM



“My Meals” is empty, meals aren't saved by default. There's a manual “Save As Meal” toggle, but it's opt-in and easily forgotten, so you end up re-adding each food one by one from Frequently Logged.

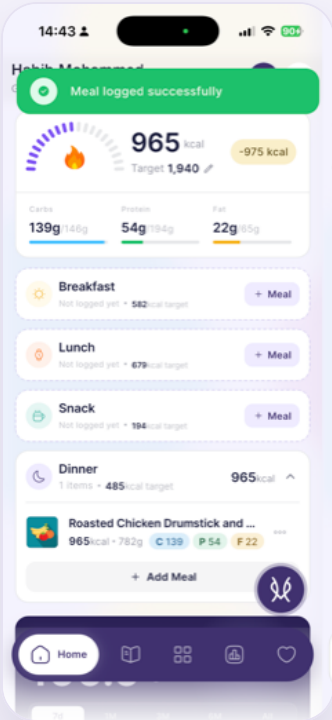
HAVA



History has the whole “Dinner – Today” saved automatically, ready to re-use, no toggle to remember.

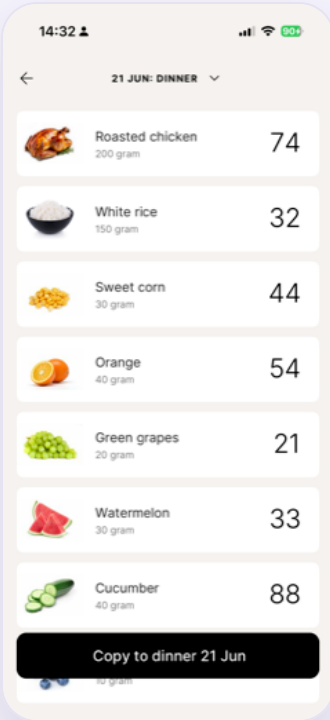
Step 4 of 4 — Commit

VIASLIM



Logged correctly to yesterday, but only after re-adding ~8 items (~15+ taps).

HAVA



“Copy to dinner 21 Jun” re-logs the entire meal in one tap (~5 taps total).

Back-logging a meal to yesterday

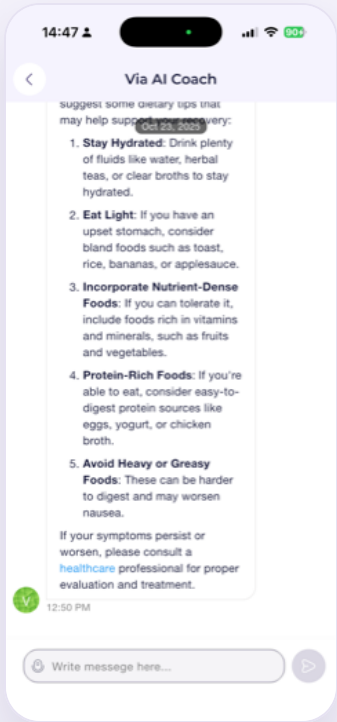
Hava leads

GENERAL COMMENT ON THE FLOW

Both can back-date, but Hava saves whole meals and copies them to any date in a tap, while ViaSlim needs week-back navigation plus re-adding every food. The root cause isn't a missing copy feature, it's that ViaSlim doesn't save meals by default (the “Save As Meal” toggle is opt-in and easily forgotten). Save meals automatically and the same one-tap re-log becomes possible.

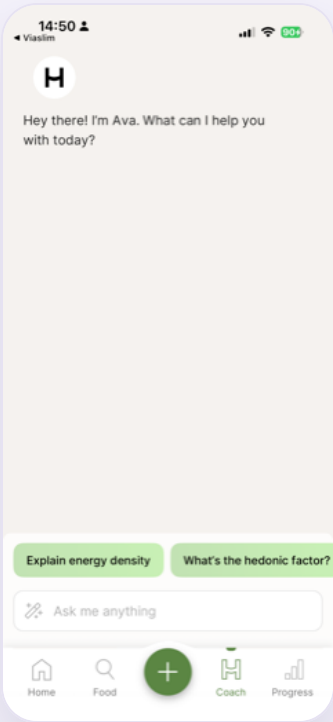
Step 1 of 2 — Finding the coach

VIASLIM



The bigger problem is discovery: the AI Coach is buried. You reach it only via Home → Chat → the human Care Team screen → a floating button. It is not apparent anywhere, most users would never know it exists.

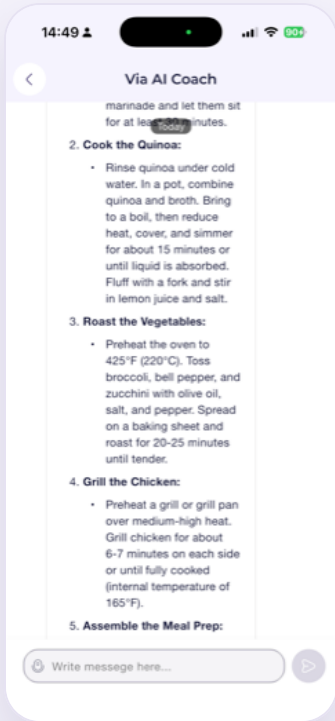
HAVA



“Ava” is its own clearly-labelled tab in the bottom nav, discoverable from anywhere in one tap. You can't miss it.

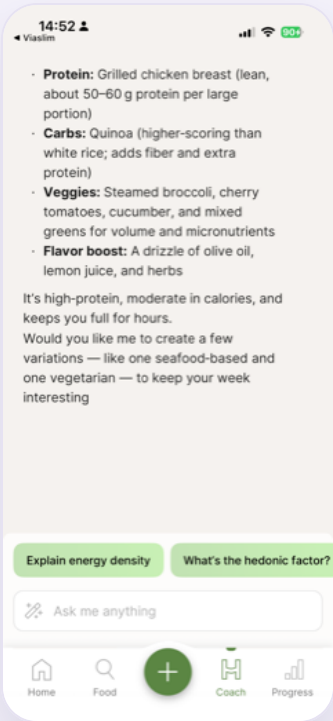
Step 2 of 2 — The suggestion

Viaslim



Once found, it gives a full, step-by-step recipe: marinate, grill, cook quinoa, roast vegetables, assemble, with temperatures and times.

Hava



A concise, role-structured meal-prep (protein / carbs / veggies / flavor) tied to your goal and the app's Score, ending by offering variations.

Suggesting a healthy meal

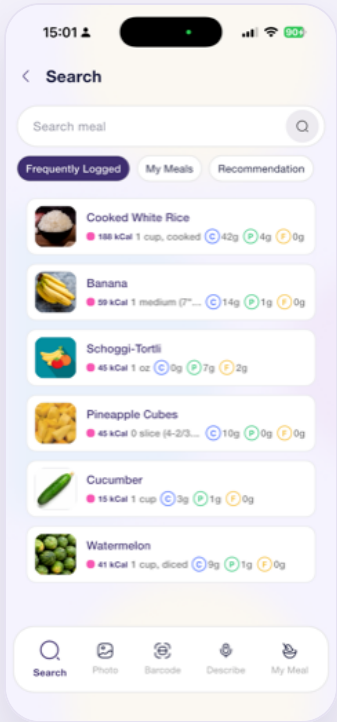
Tie

GENERAL COMMENT ON THE FLOW

Both coaches suggest well and proposed nearly the same meal, so the advice itself ties. Access does not: Hava's coach is a clear bottom-nav tab, while ViaSlim's AI Coach is hidden behind the Chat and Care Team screens and a floating button, hidden enough that most users would never find it. ViaSlim's first job here is discoverability, give the AI coach its own obvious entry point.

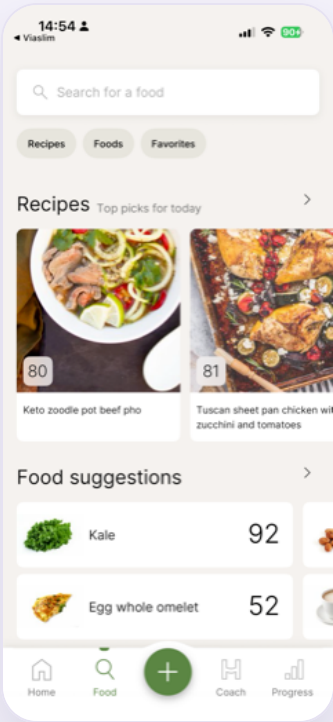
Step 1 of 2 — The surface

VIASLIM



A “Recommendation” tab exists in the logging flow...

HAVA



A full Recipes / Foods / Favorites browse with scored “top picks” cards.

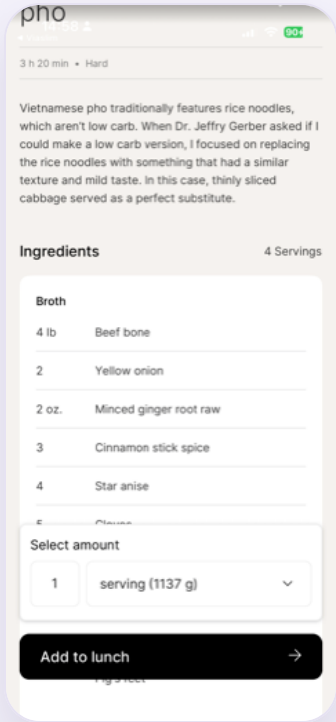
Step 2 of 2 — The content

VIASLIM



...but it shows “No Data”. Empty, an unbuilt placeholder with nothing to browse or log.

HAVA



Open any recipe for a description, a full ingredient list and cook time, then log it to a meal in one tap.

Curated recommendations & recipes

Hava leads

GENERAL COMMENT ON THE FLOW

The single biggest content gap. Hava lets users discover scored recipes, read the ingredients, and log them directly; ViaSlim's equivalent surface is empty. A clear, high-value build opportunity.

03 What ViaSlim should do

Above all: embrace simplification & minimalism, the core lesson from Hava

Hava wins most tasks by doing less, on screen and in steps. It leads with a single focal Score and reveals detail only on demand, keeps the core action on the home screen, and edits in place. ViaSlim tends to show everything at once and nest simple actions behind menus and full screens. The through-line for every fix below: cut steps, cut on-screen density, lead with one clear number, reveal the rest on demand.

Fix first

- **Build the recipe library**, the Recommendation tab is empty. Sc. 8
- **One-tap, in-place portion edit**; move it away from delete. Sc. 2
- **Logging above the fold**; drop the ambiguous quick-add toast. Sc. 1
- **Auto-save meals & copy-to-date**, the “Save As Meal” toggle is opt-in and forgotten; save by default so meals can be re-logged in one tap (adopt copy-to-date if missing). Also fix the past-date label. Sc. 6

Declutter

- **Adopt a single guiding score**, like Hava's satiety-based Score (eat to feel full, not to gain), so users know what to eat without decoding four stats; keep the macro breakdown on a toggle.
- **Flatten nested flows**, fewer menus and full screens for simple actions.
- **Calmer, more focused screens** across logging and review.

Improve & protect

- **Barcode coverage** for regional brands. Sc. 4
- **Photo recognition accuracy**. Sc. 5
- **Surface the buried AI Coach** as its own entry point. Sc. 7
- **Protect**: the one-session multi-item flow (Sc. 3) and the quality of the coaching itself (Sc. 7).

04 · NEXT STEPS

From research to roadmap

1. Adopt the simplification principle, then ship the “fix first” items and re-run these same eight tasks to confirm the gaps closed.
2. Treat barcode and photo accuracy as data problems, expand coverage, tune recognition, re-measure.
3. Validate the highest-impact changes with more users beyond this hands-on pass.

Every screen here was captured by driving both apps live on a real iPhone with [roverflow.dev](#), the autopilot that maps and UX-tests any app, screen by screen.

