

REPORT WRITE UP

for

Calorie Counter

Prepared by

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Purpose and Vision

Calories consumed/burnt is the key factor considered as one strives to become more healthy. It is not only calories that are important, but also the substance from which the calories are taken.

To help users make this smart choice in choosing the food ,make meal plan that best suits and thus following a proper calorie intake schedule and above all to find a better alternative to Google Sheets for calculating the macros of meal plans we designed this 'Calorie Counter' app

Description of APP

'Calorie Counter' app provides a database with accurate nutrition facts for many foods .Database also has categories of food, making it easier to find food item.User could also create new food(i.e. provide new data into the database) and provide its nutritional values.

For a specific day, adding a list of food items of a meal ,the user gets the total nutritional values of the same . The app enables you to add multiple meals per day and also to create a schedule by adding multiple days.

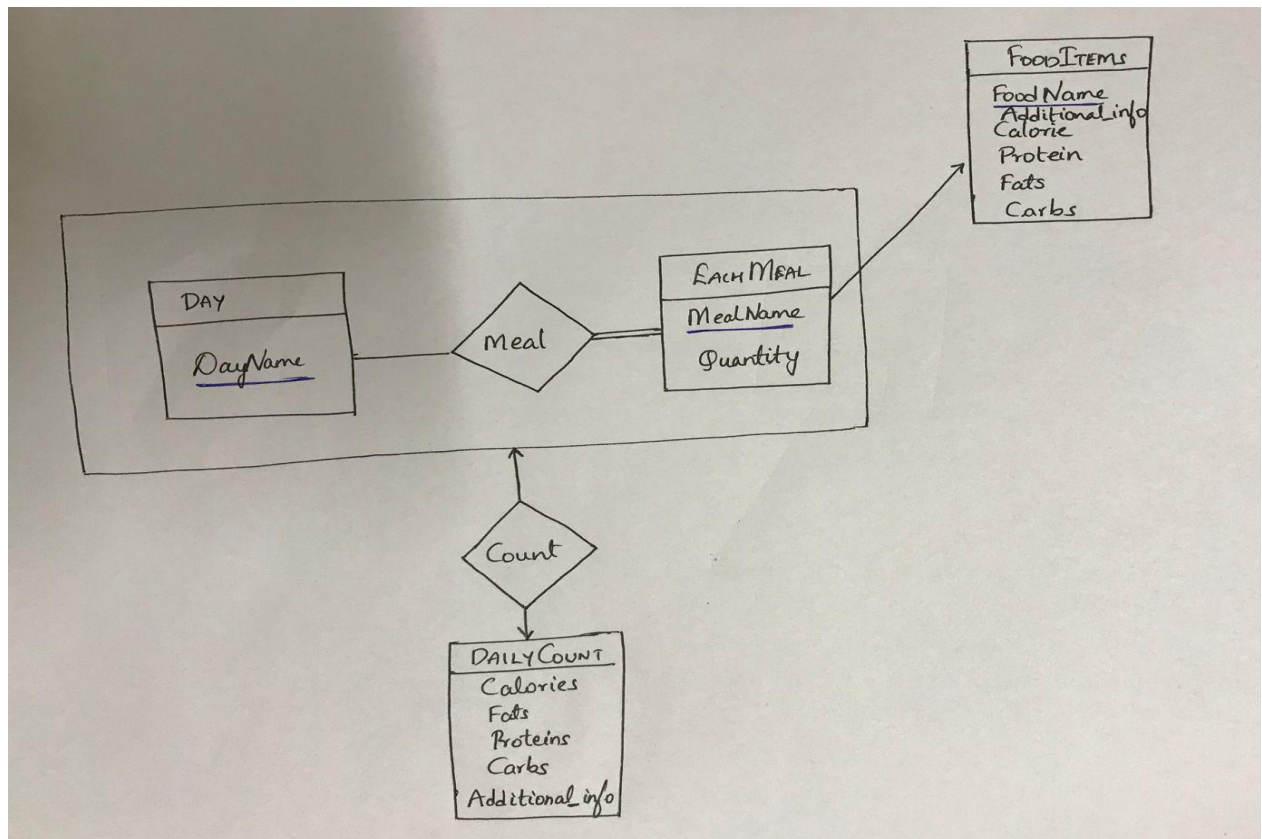
Or alternatively ,the App could also be used

- for ingredient comparison(How much of a difference will using whole milk versus low-fat milk make? Analyse a recipe with one ingredient, then edit it to use the second and compare the nutrition facts.)
- for recipe comparison (Analyse multiple recipes and compare the nutrition labels to help you decide which is better for your diet and specific nutritional needs.)
- to get nutritional values of a recipe by specifying its ingredients(i.e. food items),

The app isn't just a meal tracker -or for counting calories.User will learn about habits...change diet, optimise macros, or keep nutrition & calories on track... and find the motivation to get healthy, stay healthy.

ER Model

ER Design



Functionality

USER of App : The App could be used by anyone who wants to get the info of calorie intake, make a diet plan , get the nutritional facts of a meal/ recipe. The functionalities remain the same for all the users.

- **Add Day** : Users could create a schedule by adding single/multiple day(s) into the diet plan.
- **Add Meal** : For a given specific day, the user has a choice to make a plan for a single/multiple meal(s) .By clicking on 'Add Meal' , the user gets the option to choose the food items from the list.
- **Search Food item** : To select food item, user may type the food name/select by scrolling down the list.After selecting food items, the

selected food items will be shown under the meal. User can also alter the quantities, remove selected food item.

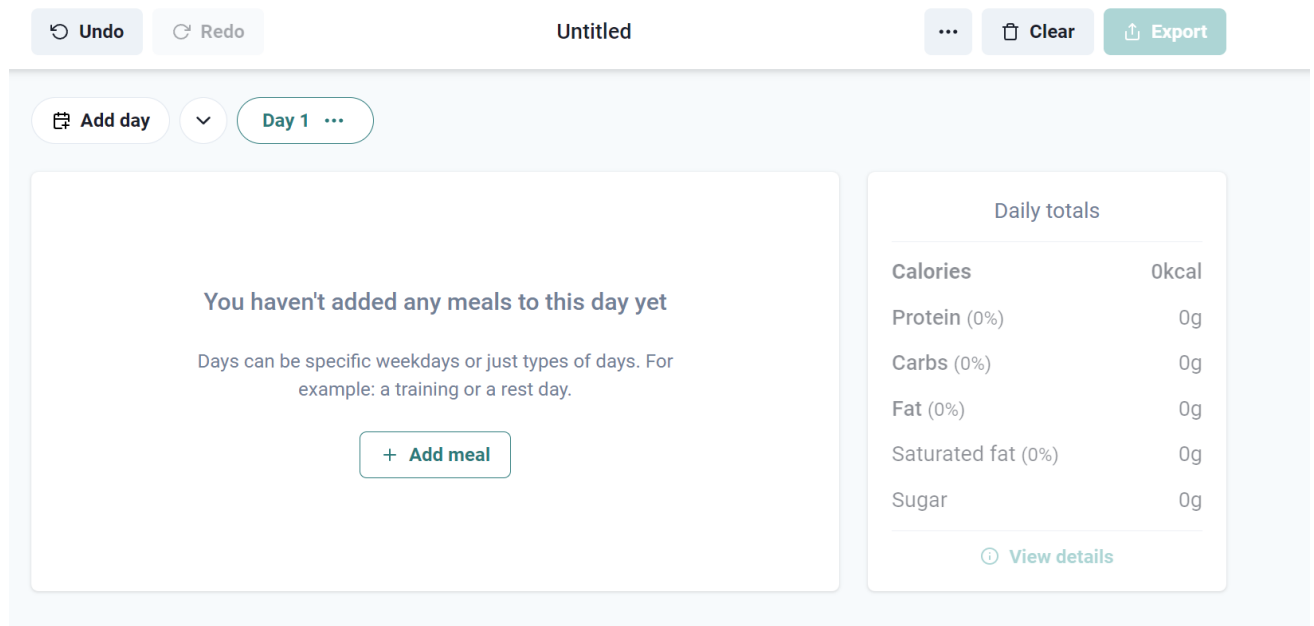
- **Filter** : This filter option helps to get the list of food from a specific category.
- **Create new food** : When a user doesn't find any food item/would like to add a new food into the database, this option enables the user to do the same.
- **Export** : Users could get the PDF of the schedule/plan created when clicked on export.
- **Daily Totals** : After creating a schedule, 'Daily Totals' provides the Calories, amount of Macros (Proteins, Carbs, Fats) of each day and other nutritional information.
- **Clear** : This clears the entire memory/diet plan and gives a fresh page.

Tech Stack Used

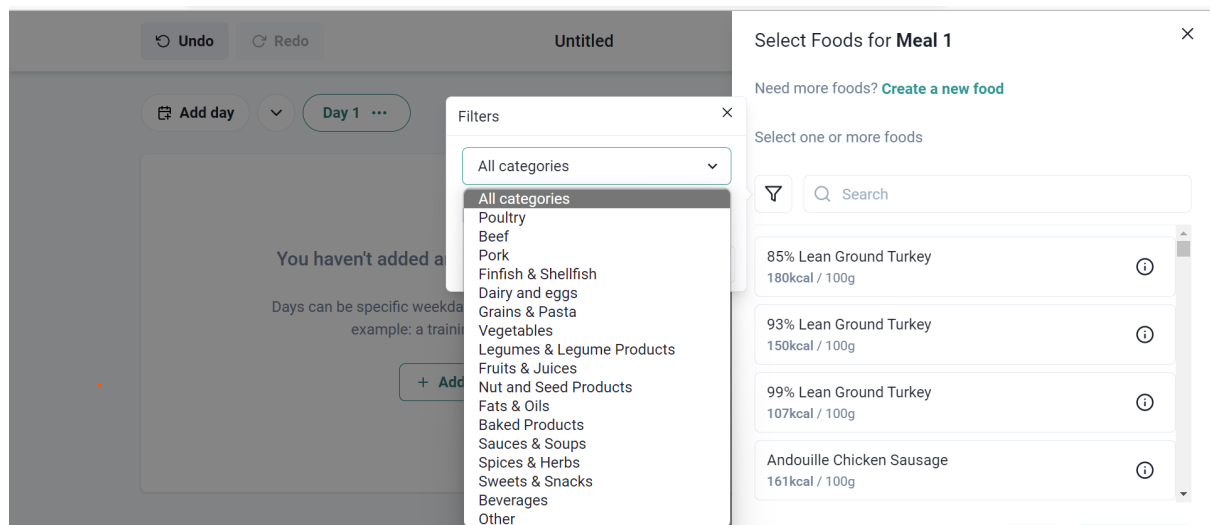
For the frontend we used HTML, CSS, Bootstrap for design, javascript to give some functionality and EJS templating to connect the backend to frontend. For the backend we used javascript, nodejs as the javascript runtime environment, express framework, MongoDB database with mongoose as object data modelling library (ODM) for MongoDB and nodejs. Mongoose is a higher level abstraction which simplifies our work of creating and managing the relationships of the models.

User Manual

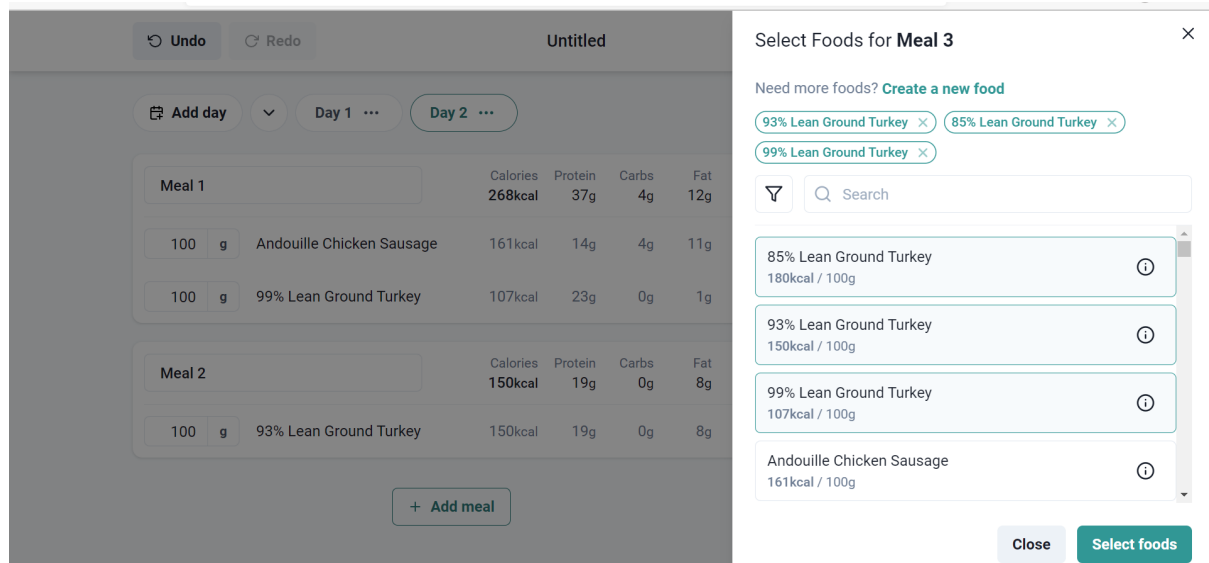
Add a title to your schedule if we don't want it to remain **Untitled**. We can create a day with a name and start adding meals.



If we click on the add meal button we get a sidebar where we can start searching for the food items we want to add to our meal. We can use the filter button to see various filter options like meat, poultry, oils etc as shown below.



We select items by clicking on the tab of item. After selecting all items we can select the **Select foods** button and it gets added to the meal of the day as below and we can create multiple such meals.

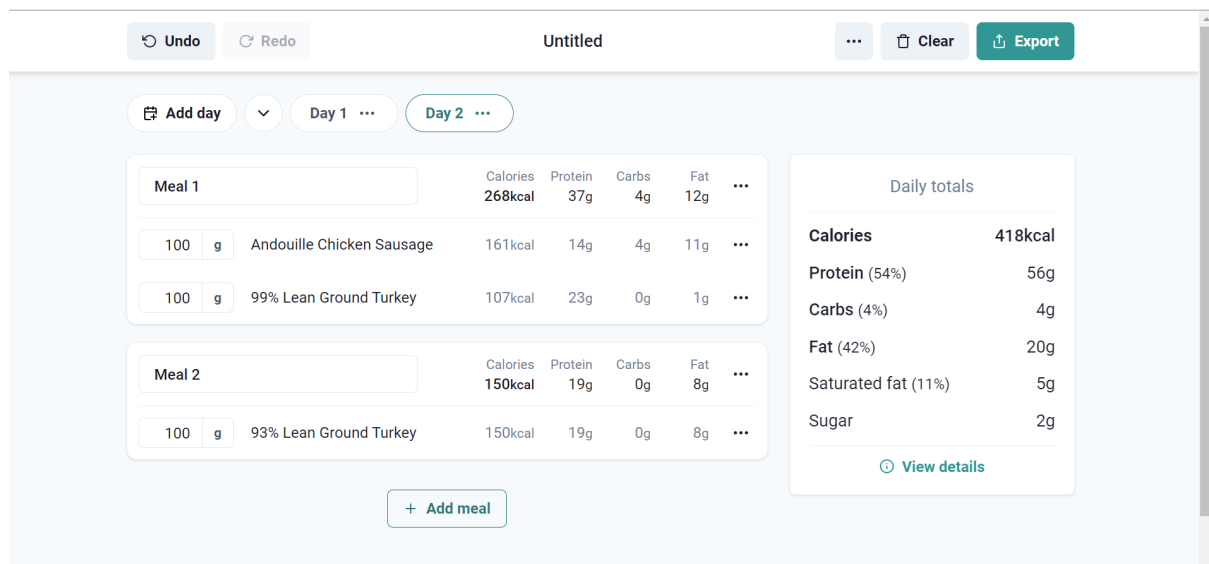


We can also change the quantity of the food from the default 100g to another value. We can also add, remove food items from the meals created.

We can also add our own food item details and add them to our meal by clicking on **Create a new food** and add these foods to our meal.

We can create a number of such meal pages by clicking on the **Add day** button. By clicking the different day buttons we get the meals added to that particular day. This way we can schedule our meals.

The total calories of the food on a day are shown on the **Daily totals** table.



Finally, we can download the schedule by the export button which gives a pdf of the day wise schedule of our diet plan .