DietFix

 Alejandro Mayorga

11JUL 2020

This idea for an application is based on the principle of one's safety but in the long run by monitoring how and what you eat and how you can adjust your diet for your certain goals or changes to better their health. I came up with this idea after downloading a few applications on monitoring your diet and making logs but the applications just did not have any functions besides that. Many people like myself would like an application like this to be a bit more versatile that goes beyond that and expands on how to manage your diet by informing you on options, how to start, and how to budget.

This will be based by the user inputting what they have eaten/drank for the day. If the user inputs any processed foods or junk food, that he or she does not know the nutritional value of, the application will search and find the product that the user added and will add all nutritional value of the product to a chart. The database would use a search engine to find the items and collect the information like that.

The more complicated options (such as homemade meals that cannot be looked up) would have the user break down the information of what was in the food. It can be broken down to an estimate. With all the information gathered from the user, the application then generates a spreadsheet of the total nutritional value the user has consumed in a day. This will then provide options for healthier alternatives and or dieting (with information and even results) options such as Keto, Paleo, Mediterranean and more

. The user then has the option to decide what diet he or she wants to be on after they are explained the differences between each diet and then they choose what's right for them. Afterwards, they even have the chance to proceed with the application that will give you budgeting options. The budgeting options will calculate food prices ranging from cheapest to expensive, with still providing the same diet plan. Then the user will

select the price range and the application will either deliver the items or recommend pickup stores with the same price ranged ingredients.

This application does more than just manage your diet, it will also help those be able to diet off a budget for those that do not have the money as described with the budget plan. This application can even go further to make the healthier, practicable alternative which easier for those who pursue it.