<!DOCTYPE html>

<html lang="vi">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Bye Béo - Ứng dụng dinh dưỡng MVP</title>

<style>

\* {

margin: 0;

padding: 0;

box-sizing: border-box;

}

body {

font-family: 'Segoe UI', Tahoma, Geneva, Verdana, sans-serif;

background: linear-gradient(135deg, #f0fdf4 0%, #dcfce7 100%);

min-height: 100vh;

color: #1f2937;

}

.container {

max-width: 1200px;

margin: 0 auto;

padding: 20px;

}

.header {

background: linear-gradient(135deg, #22c55e, #16a34a);

color: white;

padding: 30px;

border-radius: 20px;

text-align: center;

margin-bottom: 30px;

box-shadow: 0 10px 30px rgba(34, 197, 94, 0.3);

}

.header h1 {

font-size: 2.5em;

margin-bottom: 10px;

}

.subtitle {

font-size: 1.1em;

opacity: 0.9;

}

.main-content {

display: grid;

grid-template-columns: 1fr 1fr;

gap: 30px;

margin-bottom: 30px;

}

.card {

background: white;

border-radius: 15px;

padding: 25px;

box-shadow: 0 5px 20px rgba(0,0,0,0.1);

border: 2px solid #e5e7eb;

}

.card h2 {

color: #16a34a;

margin-bottom: 20px;

font-size: 1.5em;

display: flex;

align-items: center;

gap: 10px;

}

.form-group {

margin-bottom: 15px;

}

.form-group label {

display: block;

margin-bottom: 5px;

font-weight: 600;

color: #374151;

}

.form-group input, .form-group select {

width: 100%;

padding: 12px;

border: 2px solid #d1d5db;

border-radius: 8px;

font-size: 14px;

transition: border-color 0.3s;

}

.form-group input:focus, .form-group select:focus {

outline: none;

border-color: #22c55e;

}

.btn {

background: linear-gradient(135deg, #22c55e, #16a34a);

color: white;

border: none;

padding: 12px 24px;

border-radius: 8px;

font-weight: 600;

cursor: pointer;

transition: transform 0.2s;

width: 100%;

font-size: 16px;

}

.btn:hover {

transform: translateY(-2px);

}

.btn-secondary {

background: #3b82f6;

}

.btn-danger {

background: #ef4444;

}

.stats-grid {

display: grid;

grid-template-columns: repeat(auto-fit, minmax(150px, 1fr));

gap: 15px;

margin: 20px 0;

}

.stat-item {

background: #f0fdf4;

padding: 15px;

border-radius: 10px;

text-align: center;

border: 2px solid #22c55e;

}

.stat-number {

font-size: 1.8em;

font-weight: bold;

color: #16a34a;

}

.stat-label {

font-size: 0.9em;

color: #6b7280;

margin-top: 5px;

}

.food-log {

grid-column: 1 / -1;

}

.food-search {

display: flex;

gap: 10px;

margin-bottom: 15px;

}

.food-search input {

flex: 1;

}

.food-list {

max-height: 200px;

overflow-y: auto;

border: 2px solid #e5e7eb;

border-radius: 8px;

margin-bottom: 15px;

}

.food-item {

padding: 10px;

border-bottom: 1px solid #e5e7eb;

display: flex;

justify-content: between;

align-items: center;

cursor: pointer;

transition: background-color 0.2s;

}

.food-item:hover {

background-color: #f9fafb;

}

.food-item:last-child {

border-bottom: none;

}

.food-name {

font-weight: 600;

flex: 1;

}

.food-calories {

color: #6b7280;

font-size: 0.9em;

}

.add-food-form {

background: #f9fafb;

padding: 15px;

border-radius: 8px;

margin-top: 15px;

display: none;

}

.add-food-form.active {

display: block;

}

.quantity-input {

display: flex;

gap: 10px;

align-items: center;

margin: 15px 0;

}

.today-log {

margin-top: 20px;

}

.meal-section {

margin-bottom: 20px;

background: #f8fafc;

padding: 15px;

border-radius: 8px;

}

.meal-title {

font-weight: bold;

color: #16a34a;

margin-bottom: 10px;

font-size: 1.1em;

}

.logged-food {

display: flex;

justify-content: space-between;

align-items: center;

padding: 8px 0;

border-bottom: 1px solid #e5e7eb;

}

.logged-food:last-child {

border-bottom: none;

}

.delete-btn {

background: #ef4444;

color: white;

border: none;

padding: 5px 10px;

border-radius: 5px;

cursor: pointer;

font-size: 12px;

}

.macro-bar {

background: #e5e7eb;

height: 20px;

border-radius: 10px;

overflow: hidden;

margin: 10px 0;

position: relative;

}

.macro-fill {

height: 100%;

border-radius: 10px;

transition: width 0.3s;

}

.protein-fill { background: #ef4444; }

.carb-fill { background: #3b82f6; }

.fat-fill { background: #f59e0b; }

.macro-text {

position: absolute;

top: 50%;

left: 50%;

transform: translate(-50%, -50%);

font-size: 12px;

font-weight: bold;

color: white;

text-shadow: 1px 1px 2px rgba(0,0,0,0.5);

}

@media (max-width: 768px) {

.main-content {

grid-template-columns: 1fr;

}

.stats-grid {

grid-template-columns: repeat(2, 1fr);

}

}

</style>

</head>

<body>

<div class="container">

<div class="header">

<h1>🌿 BYE BÉO MVP</h1>

<p class="subtitle">Ứng dụng theo dõi dinh dưỡng thông minh - Giai đoạn 1</p>

</div>

<div class="main-content">

<!-- Thông tin cá nhân và tính toán -->

<div class="card">

<h2>👤 Thông tin cá nhân</h2>

<div class="form-group">

<label>Tuổi:</label>

<input type="number" id="age" value="25" min="16" max="80">

</div>

<div class="form-group">

<label>Giới tính:</label>

<select id="gender">

<option value="female">Nữ</option>

<option value="male">Nam</option>

</select>

</div>

<div class="form-group">

<label>Cân nặng (kg):</label>

<input type="number" id="weight" value="60" step="0.1">

</div>

<div class="form-group">

<label>Chiều cao (cm):</label>

<input type="number" id="height" value="165" step="0.1">

</div>

<div class="form-group">

<label>Mức độ hoạt động:</label>

<select id="activity">

<option value="1.2">Ít vận động</option>

<option value="1.375">Nhẹ (1-3 ngày/tuần)</option>

<option value="1.55" selected>Vừa (3-5 ngày/tuần)</option>

<option value="1.725">Nặng (6-7 ngày/tuần)</option>

<option value="1.9">Rất nặng</option>

</select>

</div>

<div class="form-group">

<label>Mục tiêu:</label>

<select id="goal">

<option value="-500" selected>Giảm cân (0.5kg/tuần)</option>

<option value="-250">Giảm cân nhẹ (0.25kg/tuần)</option>

<option value="0">Duy trì cân nặng</option>

<option value="250">Tăng cân nhẹ</option>

<option value="500">Tăng cân</option>

</select>

</div>

<button class="btn" onclick="calculateNutrition()">📊 Tính toán dinh dưỡng</button>

</div>

<!-- Hiển thị kết quả tính toán -->

<div class="card">

<h2>📊 Chỉ số dinh dưỡng</h2>

<div class="stats-grid">

<div class="stat-item">

<div class="stat-number" id="bmi">--</div>

<div class="stat-label">BMI</div>

</div>

<div class="stat-item">

<div class="stat-number" id="bmr">--</div>

<div class="stat-label">BMR (kcal)</div>

</div>

<div class="stat-item">

<div class="stat-number" id="tdee">--</div>

<div class="stat-label">TDEE (kcal)</div>

</div>

<div class="stat-item">

<div class="stat-number" id="target-calories">--</div>

<div class="stat-label">Calo mục tiêu</div>

</div>

</div>

<h3 style="margin: 20px 0 10px 0; color: #16a34a;">Macronutrients hàng ngày:</h3>

<div style="margin-bottom: 10px;">

<div style="display: flex; justify-content: space-between; align-items: center;">

<span><strong>Protein:</strong> <span id="protein-target">--</span>g</span>

<span id="protein-percent">--%</span>

</div>

<div class="macro-bar">

<div class="macro-fill protein-fill" id="protein-bar" style="width: 0%"></div>

<div class="macro-text" id="protein-text">0g / 0g</div>

</div>

</div>

<div style="margin-bottom: 10px;">

<div style="display: flex; justify-content: space-between; align-items: center;">

<span><strong>Carbs:</strong> <span id="carb-target">--</span>g</span>

<span id="carb-percent">--%</span>

</div>

<div class="macro-bar">

<div class="macro-fill carb-fill" id="carb-bar" style="width: 0%"></div>

<div class="macro-text" id="carb-text">0g / 0g</div>

</div>

</div>

<div style="margin-bottom: 10px;">

<div style="display: flex; justify-content: space-between; align-items: center;">

<span><strong>Fat:</strong> <span id="fat-target">--</span>g</span>

<span id="fat-percent">--%</span>

</div>

<div class="macro-bar">

<div class="macro-fill fat-fill" id="fat-bar" style="width: 0%"></div>

<div class="macro-text" id="fat-text">0g / 0g</div>

</div>

</div>

</div>

<!-- Ghi log thực phẩm -->

<div class="card food-log">

<h2>🍽️ Ghi log bữa ăn</h2>

<div class="food-search">

<input type="text" id="search-input" placeholder="Tìm kiếm thực phẩm..." onkeyup="searchFood()">

<button class="btn btn-secondary" onclick="toggleAddForm()">➕ Thêm món mới</button>

</div>

<div class="food-list" id="food-list">

<!-- Danh sách thực phẩm sẽ được hiển thị ở đây -->

</div>

<!-- Form thêm thực phẩm mới -->

<div class="add-food-form" id="add-food-form">

<h3>Thêm món ăn mới</h3>

<div class="form-group">

<label>Tên món:</label>

<input type="text" id="new-food-name" placeholder="Ví dụ: Cơm trắng">

</div>

<div style="display: grid; grid-template-columns: repeat(4, 1fr); gap: 10px;">

<div class="form-group">

<label>Calo/100g:</label>

<input type="number" id="new-food-calories" placeholder="130">

</div>

<div class="form-group">

<label>Protein (g):</label>

<input type="number" id="new-food-protein" placeholder="2.7" step="0.1">

</div>

<div class="form-group">

<label>Carbs (g):</label>

<input type="number" id="new-food-carbs" placeholder="28" step="0.1">

</div>

<div class="form-group">

<label>Fat (g):</label>

<input type="number" id="new-food-fat" placeholder="0.3" step="0.1">

</div>

</div>

<div style="display: flex; gap: 10px;">

<button class="btn" onclick="addNewFood()">✅ Thêm vào CSDL</button>

<button class="btn btn-danger" onclick="toggleAddForm()">❌ Hủy</button>

</div>

</div>

<!-- Form thêm vào bữa ăn -->

<div class="add-food-form" id="add-to-meal-form">

<h3 id="selected-food-name">Thêm vào bữa ăn</h3>

<div class="form-group">

<label>Bữa ăn:</label>

<select id="meal-type">

<option value="breakfast">Sáng</option>

<option value="lunch">Trưa</option>

<option value="dinner">Tối</option>

<option value="snack">Ăn vặt</option>

</select>

</div>

<div class="quantity-input">

<label>Số lượng (g):</label>

<input type="number" id="food-quantity" value="100" min="1" step="1">

<span>gram</span>

</div>

<div id="nutrition-preview" style="background: #f0fdf4; padding: 10px; border-radius: 5px; margin: 10px 0;">

<!-- Preview dinh dưỡng sẽ hiển thị ở đây -->

</div>

<div style="display: flex; gap: 10px;">

<button class="btn" onclick="addToMeal()">✅ Thêm vào bữa ăn</button>

<button class="btn btn-danger" onclick="closeAddToMeal()">❌ Hủy</button>

</div>

</div>

<!-- Log bữa ăn hôm nay -->

<div class="today-log">

<h3 style="color: #16a34a; margin-bottom: 15px;">📅 Bữa ăn hôm nay</h3>

<div class="stats-grid" style="margin-bottom: 20px;">

<div class="stat-item">

<div class="stat-number" id="total-calories">0</div>

<div class="stat-label">Tổng Calo</div>

</div>

<div class="stat-item">

<div class="stat-number" id="total-protein">0</div>

<div class="stat-label">Protein (g)</div>

</div>

<div class="stat-item">

<div class="stat-number" id="total-carbs">0</div>

<div class="stat-label">Carbs (g)</div>

</div>

<div class="stat-item">

<div class="stat-number" id="total-fat">0</div>

<div class="stat-label">Fat (g)</div>

</div>

</div>

<div id="meals-log">

<div class="meal-section">

<div class="meal-title">🌅 Bữa sáng</div>

<div id="breakfast-foods">Chưa có món nào</div>

</div>

<div class="meal-section">

<div class="meal-title">☀️ Bữa trưa</div>

<div id="lunch-foods">Chưa có món nào</div>

</div>

<div class="meal-section">

<div class="meal-title">🌆 Bữa tối</div>

<div id="dinner-foods">Chưa có món nào</div>

</div>

<div class="meal-section">

<div class="meal-title">🍿 Ăn vặt</div>

<div id="snack-foods">Chưa có món nào</div>

</div>

</div>

<button class="btn btn-danger" onclick="clearAllMeals()" style="margin-top: 15px;">🗑️ Xóa tất cả bữa ăn</button>

</div>

</div>

</div>

</div>

<script>

// Cơ sở dữ liệu thực phẩm Việt Nam (50 món phổ biến)

let foodDatabase = [

{name: "Cơm trắng", calories: 130, protein: 2.7, carbs: 28, fat: 0.3},

{name: "Phở bò", calories: 320, protein: 15, carbs: 45, fat: 8},

{name: "Bánh mì thịt", calories: 280, protein: 12, carbs: 35, fat: 10},

{name: "Bún chả", calories: 350, protein: 18, carbs: 40, fat: 12},

{name: "Cháo gà", calories: 180, protein: 8, carbs: 30, fat: 2},

{name: "Thịt heo nạc", calories: 143, protein: 20.8, carbs: 0, fat: 6.2},

{name: "Thịt bò nạc", calories: 158, protein: 26, carbs: 0, fat: 5.5},

{name: "Gà luộc (không da)", calories: 165, protein: 31, carbs: 0, fat: 3.6},

{name: "Cá hồi", calories: 208, protein: 25, carbs: 0, fat: 12},

{name: "Tôm luộc", calories: 99, protein: 18, carbs: 0.2, fat: 1.4},

{name: "Trứng gà", calories: 155, protein: 13, carbs: 1.1, fat: 11},

{name: "Sữa tươi", calories: 42, protein: 3.4, carbs: 5, fat: 1},

{name: "Sữa chua", calories: 59, protein: 3.5, carbs: 4.7, fat: 3.3},

{name: "Rau cải xanh", calories: 13, protein: 1.5, carbs: 2.4, fat: 0.2},

{name: "Cà rót", calories: 25, protein: 1, carbs: 6, fat: 0.2},

{name: "Cà chua", calories: 18, protein: 0.9, carbs: 3.9, fat: 0.2},

{name: "Dưa chuột", calories: 16, protein: 0.7, carbs: 4, fat: 0.1},

{name: "Rau muống", calories: 19, protein: 2.6, carbs: 2.1, fat: 0.2},

{name: "Bắp cải trắng", calories: 25, protein: 1.3, carbs: 5.8, fat: 0.1},

{name: "Cà rốt", calories: 41, protein: 0.9, carbs: 9.6, fat: 0.2},

{name: "Khoai tây", calories: 77, protein: 2, carbs: 17, fat: 0.1},

{name: "Khoai lang", calories: 86, protein: 1.6, carbs: 20, fat: 0.1},

{name: "Chuối", calories: 89, protein: 1.1, carbs: 23, fat: 0.3},

{name: "Táo", calories: 52, protein: 0.3, carbs: 14, fat: 0.2},

{name: "Cam", calories: 47, protein: 0.9, carbs: 12, fat: 0.1},

{name: "Xoài", calories: 60, protein: 0.8, carbs: 15, fat: 0.4},

{name: "Nho", calories: 69, protein: 0.7, carbs: 18, fat: 0.2},

{name: "Dưa hấu", calories: 30, protein: 0.6, carbs: 8, fat: 0.2},

{name: "Đu đủ", calories: 43, protein: 0.5, carbs: 11, fat: 0.3},

{name: "Bơ", calories: 160, protein: 2, carbs: 9, fat: 15},

{name: "Hạt điều", calories: 553, protein: 18, carbs: 30, fat: 44},

{name: "Hạt óc chó", calories: 654, protein: 15, carbs: 14, fat: 65},

{name: "Đậu phụ", calories: 76, protein: 8, carbs: 1.9, fat: 4.8},

{name: "Đậu xanh", calories: 347, protein: 23, carbs: 63, fat: 1.2},

{name: "Đậu đỏ", calories: 333, protein: 20, carbs: 61, fat: 1.1},

{name: "Yến mạch", calories: 389, protein: 17, carbs: 66, fat: 7},

{name: "Bánh mì sandwich", calories: 265, protein: 9, carbs: 49, fat: 3.2},

{name: "Mì ý", calories: 371, protein: 13, carbs: 75, fat: 1.5},

{name: "Bún tươi", calories: 109, protein: 2.5, carbs: 25, fat: 0.1},

{name: "Miến", calories: 351, protein: 0.1, carbs: 86, fat: 0.1},

{name: "Bánh phở", calories: 109, protein: 2.5, carbs: 25, fat: 0.1},

{name: "Chè đậu xanh", calories: 180, protein: 4, carbs: 35, fat: 2},

{name: "Chè bà ba", calories: 220, protein: 3, carbs: 45, fat: 3},

{name: "Bánh flan", calories: 150, protein: 4, carbs: 22, fat: 5.5},

{name: "Kem vanilla", calories: 207, protein: 3.5, carbs: 24, fat: 11},

{name: "Nước mía", calories: 269, protein: 0, carbs: 73, fat: 0},

{name: "Nước dừa", calories: 19, protein: 0.7, carbs: 3.7, fat: 0.2},

{name: "Cà phê đen", calories: 2, protein: 0.3, carbs: 0, fat: 0},

{name: "Cà phê sữa", calories: 150, protein: 2, carbs: 24, fat: 5},

{name: "Trà xanh", calories: 2, protein: 0.2, carbs: 0, fat: 0}

];

// Lưu trữ bữa ăn trong ngày

let todayMeals = {

breakfast: [],

lunch: [],

dinner: [],

snack: []

};

// Biến lưu thông tin dinh dưỡng mục tiêu

let nutritionTargets = {

calories: 0,

protein: 0,

carbs: 0,

fat: 0

};

// Hiển thị danh sách thực phẩm

function displayFoodList(foods = foodDatabase) {

const foodList = document.getElementById('food-list');

foodList.innerHTML = '';

foods.forEach((food, index) => {

const foodItem = document.createElement('div');

foodItem.className = 'food-item';

foodItem.onclick = () => selectFood(food);

foodItem.innerHTML = `

<div class="food-name">${food.name}</div>

<div class="food-calories">${food.calories} kcal/100g</div>

`;

foodList.appendChild(foodItem);

});

}

// Tìm kiếm thực phẩm

function searchFood() {

const searchTerm = document.getElementById('search-input').value.toLowerCase();

const filteredFoods = foodDatabase.filter(food =>

food.name.toLowerCase().includes(searchTerm)

);

displayFoodList(filteredFoods);

}

// Tính toán dinh dưỡng

function calculateNutrition() {

const age = parseInt(document.getElementById('age').value);

const gender = document.getElementById('gender').value;

const weight = parseFloat(document.getElementById('weight').value);

const height = parseFloat(document.getElementById('height').value);

const activity = parseFloat(document.getElementById('activity').value);

const goal = parseInt(document.getElementById('goal').value);

// Tính BMI

const bmi = (weight / ((height/100) \*\* 2)).toFixed(1);

document.getElementById('bmi').textContent = bmi;

// Tính BMR (Harris-Benedict)

let bmr;

if (gender === 'male') {

bmr = 88.