

STAY - NOURISHED

Home page

Stay-Nourished

login/signup

AboutTypes of DietknowyourfoodsTell us about you

< General about facts Nutrition >

IMAGE

Types of Diet

Rainbow Diet

100-mile Diet

Dash Diet

Diabetic Diet plan

Weight loss Diet

Weight gain Diet

Rainbow Diet

Man

Woman

Pregnant

child

Information about the Diet chosen

Know Your Foods

Apple a

* Search for a food with name

Calories = 150g

Fat = 10g

Protein = 15g

Apple can be added to your daily diet which help improving your immune

Tell us about you

Name :

AGE :

GENDER :

ARE YOU PREGNANT :

FOOD ALLERGY IF ANY :

DEFICIENCY DISEASE IF ANY :

HEREDITARY DISEASE IF ANY :

OTHER DISEASE IF ANY :

HEIGHT :

WEIGHT :

Submit

FOOD ALLERGY IF ANY

Peanut Allergy

Lactose Intolerance

HEREDITARY DISEASE

Sickle cell Anemia

Cystic Fibrosis

Tay - Sachs disease

Thalassemia

OTHER DISEASE

Blood pressure

Diabetes

DEFICIENCY DISEASE

IRON

Calcium

Report

your BMI is 25.79

Questions of any.

< User queries >

Submit