

In today's fast-paced life style,
we consume unhealthy food on
regular basis than ever before.



The modern eating habit leads to
many health hazards such as obesity
and diabetes. According to Inter-
national Diabetes Federation (IDF),
1 in 11 adults have diabetes and by
2020, 642 million are expected to
hava diabetes.





While more and more people suffer from diabetes and health issues, many studies show that a diet of fresh vegetables, fruits, and food with good fiber can prevent them and even provide long-term health.

Just by making healthier food choices, we can be a lot healthier! It's time to stop suffering!

WOW!

However, you might be wondering

'what should I eat?'

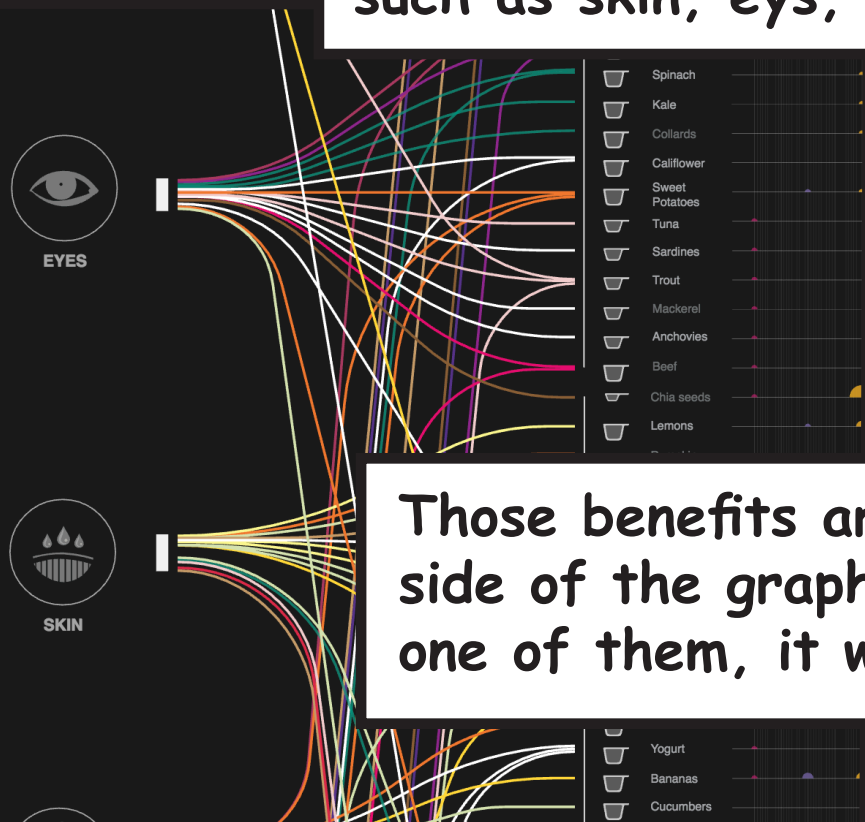
Don't worry! **Diabetes Diet Plan Visualized** will help you!



It displays everything you should know about food ingredients. It contains 93 types of food ingredients and its nutrients in detail.

BOOM!

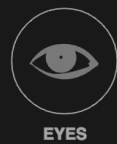
The ingredients are divided by specific health benefits to show how they can contribute to your body such as skin, eyes, brain, digestions, etc.



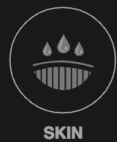
Those benefits are displayed as icons on the right side of the graph. When you hover a mouse over one of them, it will point corresponding ingredients.



EYES



EYES



SKIN

Spinach
Kale
Collards
Cauliflower
Sweet Potatoes
Tuna
Sardines
Trout
Mackerel
Anchovies
Beef
Chia seeds
Lemons

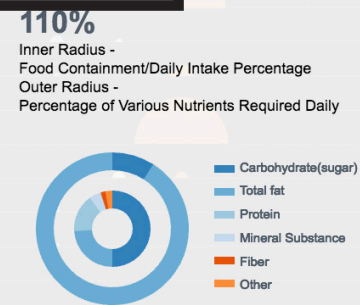
Spinach
Kale
Collards
Cauliflower
Sweet Potatoes
Tuna
Sardines
Trout
Mackerel
Anchovies
Beef
Chia seeds
Lemons

Yogurt
Bananas
Cucumbers

Yogurt
Bananas
Cucumbers



In addition, half circles in the middle of the graph present each ingredient's percent daily values based on a 2000 calories diet.



If you point each items, the discription box will pop up with more details for you.

Are you ready to be healthier with us?...

Visit our website : <https://va.tech.purdue.edu/diabetesViz/>