

Diabetes Diet Plan Visualized

Ting Pan

The University of Texas at Austin

Guojun Han

Purdue University

Olivia Kang

Purdue University

Dr.Yingjie Chen

Purdue University

Dr.Zhenyu Qian

Purdue University

ABSTRACT

This data visualization project aims to reveal the connection between food and human body. As we know, different types of food contain different nutrition. We manually collect the nutrition data and then use Adobe Illustrator to present the connection between food type and nutrition. Then, we sort the collected food according to the effects they can bring to human body. We find food can contribute to our brain, eyes, skin, and etc. However, If we get too much food, or food that gives our bodies the wrong instructions, we can become overweight, undernourished, and at risk for the development of diseases and conditions, such as arthritis, diabetes, and heart disease. To better illustrate the side effects, we choose diabetes to do further investigation. In the end, we use visualized data to help diabetes people better organize their daily meal.

Keywords: Food, nutrition, diabetes.

REFERENCES

1. Krause, Marie V. Food, nutrition and diet therapy. Saunders, 1979.
2. Neuhouser, Marian L., Alan R. Kristal, and Ruth E. Patterson. "Use of food nutrition labels is associated with lower fat intake." *Journal of the American dietetic Association* 99.1 (1999): 45-53.
3. Kessler, Hermine, and Shahla M. Wunderlich. "Relationship between use of food labels and nutrition knowledge of people with diabetes." *The Diabetes Educator* 25.4 (1999): 549-559.