Recipes filter based on user preferences

The home page shows the day's progress and recommendations.

Ste
he

Ekilu

18 - 30 years old

Live alone

Limited time

UFRO students

Objective: Promote healthy eating among UFRO students.

Promote healthy habits through nutrition apps.

Lifesum

Personalized meal plans

Mobile app of health and nutrition

Calories and macro counters

Record of habits and foods consumed daily

Barcode scanning for products

Categorization based on nutritional values

ep counter and ealthy activity manager.

Application for scanning barcodes and learning the nutritional value of foods in Europe

List of recipes with descriptions, estimated times, and step-by-step instructions.

GoCoCo App

Barcode scanning to identify whether a food is real, processed, or ultra-processed.

MyRealFood

Scanning app

Large database of registered products and foods.

Healthy recipes and personalized nutritional plans.

Active community of users sharing recipes and progress.

Meal Tracking