MANAGING DIETARY CHANGES

A SOFTWARE APPROACH

BY

DAVID WILSON

The Problem

Photo by Lubo Minar on Unsplash

- **Each year, 45 million Americans start a new diet [1].**

- **In 2018, 36% of consumers followed specific diets such as the gluten-free and keto diets [2].**

- **Finding last-minute substitutes for excluded foods and ingredients in the grocery store is frustrating.**

The Solution

- My suggestion is a smartphone app that consumers can use to search, favorite, and store recommendations for substitutes on food items for a set of dietary parameters.

- For example, a user on the FODMAP diet used to treat Irritable Bowel Syndrome could search for substitutes to replace high-FODMAP sweeteners like honey or molasses. They could flag their favorites and save them to a list for quick access while shopping.

The Benefits

- Allows consumers to quickly recall their favorite substitute ingredients, speeding shopping trips

- Reduces stress on new dieters by making the work of replacing excluded foods easier

- Helps users remember items they need to avoid to maintain their diet and improve their health

The Implementation

Step No.	Directive
1	Build a database to hold food items, their categories, and their dietary utility
2	Design an app to search the database and track the user's favorite substitutions
3	Distribute the app to smartphone stores

WORKS CITED

[1] Searing, Linda. "The Big Number: 45 Million Americans Go on a Diet Each Year." *The Washington Post*, WP Company, 1 Jan. 2018, http://www.washingtonpost.com/national/health-science/the-big-number-45-million-americans-go-on-a-diet-each-year/2017/12/29/04089aec-ebdd-11e7-b698-91d4e35920a3_story.html.

[2] "2018 Food & Health Survey." *Food Insight*, International Food Information Council Foundation, 13 May 2018, https://foodinsight.org/wp-content/uploads/2018/05/2018-FHS-Report-FINAL.pdf.