



# Fatema Gamal

The dedicated researcher with specific needs



Age/Identifying Gender  
29/Female



Location  
Poughkeepsie, NY



Occupation  
Childcare Specialist



Family Status  
Single/No Kids

## Bio

Fatema was diagnosed with Type 2 diabetes five years ago and has since focused on maintaining a healthy lifestyle through proper meal planning. She finds it challenging to balance her dietary restrictions with the meals her family enjoys. She often struggles with finding meal options that are both nutritious and enjoyable, especially when eating out or trying new recipes. She prefers using digital tools to track her food intake and get recommendations tailored to her health needs.

*“Managing my diabetes means planning my meals carefully. I need an app that helps me find meals that are healthy, balanced, and fit my nutritional goals without making me feel restricted.”*

## Goals

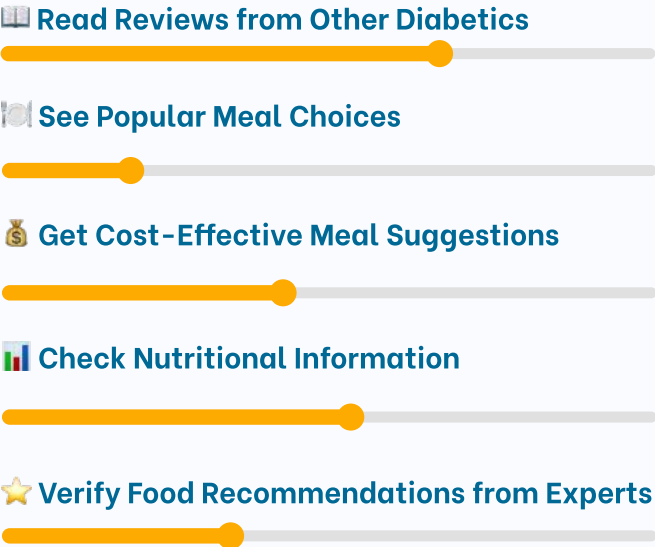
- Find meals that align with her diabetes-friendly diet
- Get personalized meal recommendations based on nutritional needs
- Track caloric intake and monitor key nutrients
- Share meal ideas with others who have similar dietary restrictions

## Pains

- Struggling to find tasty meals that meet her dietary requirements
- Difficulty tracking nutritional information in everyday meals
- Lack of reliable sources for diabetes-friendly meal plans
- Spending too much time researching suitable recipes

## Motivations

(For Researching Skincare)



## Devices

(% of Use When Researching Meals)

