

# Nutrition Assistant Application

## Literature survey

### 1. My fitness pal

My fitnesspal is oriented towards weight loss and is one of the popular app for tracking your food intake.

#### PROS

- Best food database.
- Compatible with many apps and devices.
- Excellent input controls.

#### CONS

Additional content, such as recipes and videos, aren't very compelling.

### 2. Lose it

Lose It Calorie Tracker is a subscription based weight loss app that offers user world class weight loss programs and over 40 tracking tools to help you hit your goals and become a happier and healthier person.

#### PROS

- Allows you to monitor the food you eat
- Helps you make better food choices
- Helps you start healthy habits
- Educates you about nutrition and why selecting healthier alternatives is better

#### CONS

- Calorie counting can be inaccurate
- It's a tedious process
- It can make you feel anxious

### 3. Noom

Noom's nutrition advice is based on the idea of calorie density, encouraging people to eat foods that have few calories for the volume you eat, like leafy greens

#### PROS

- Access to certified health coaches
- Psychological approach
- Focus on the long-term
- Emphasis on eating whole foods
- All-in-one support
- Scientifically supported

#### CONS

- Expensive
- Language can be somewhat degrading
- No face-to-face option
- Requires intense commitment