

Nutrition Assistant Application

Project Design Phase-II

Functional Requirements

KEY FEATURES AND FUNCTIONALITY

Just like any other web or mobile application, a nutrition meal planner app must have a certain functionality set and a number of basic features that help its users to improve their physical condition and make your health tracking platform differ from your main competitors The basic functionality set must include, but not be limited to:

- Profiles;
- Search;
- Food logging;
- Barcode scanner;
- Calorie calculator;
- Changes tracker;
- Messenger (if the app implies communication with a nutrition specialist or a friend);
- Recipe recommendations;
- Meal planner;
- Alerts;
- Notifications;
- Records;
- Payment;

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- Support.

Diet chart. Without an appropriate diet chart a nutrition application may not be entirely useless, but it won't be maximum useful for its target audience, and thus, won't bring a desired number of loyal users. Moreover, if your diet chart has flaws in its logics it may turn into a bad experience when people won't get a desired result they expect from using your diet application. Thus, make sure that your nutrition app is developed by specialists with an experience in creating different kinds of applications.

Healthy food recommendations. If you intend to build the best healthy meal planning app you need to include such feature as recommendations on nutrition. These recommendations can be in a form of a live consulting with a chosen specialist who also uses the app or it may be an automatically generated diet advice built using **Artificial Intelligence** and Machine Learning technologies.

Water consumption feature. Proper water consumption plays an important role in healthy nutrition and weight loss. That is why you need to build a food and nutrition tracking tool with a water consumption feature. The logics of this feature may include a calculator that would recommend daily quantities of water individually for each user basing on inputted parameters (age, weight, etc.).

Sugar and fat control features. Uncontrolled sugar consumption is one of the main causes of obesity and diabetes.

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Since today more people are interested in calculating amounts of sugar and fat they consume you need to create a diet and nutrition app with a sugar and fat tracker. This tracker may go in connection with automatically-generated recommendations that fit individual cases.

The calorie tracking feature. When you make a food journal application for Android, iOS or any other mobile operating system, you need to include an advanced calorie tracking option into your health-related digital product.

Physical activity observation. This feature will require an additional gadget similar to Mi Band that tracks steps, sleeping activity, heart rate, etc. and delivers all gathered data to the application, so users see their information in a convenient format.

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