NutritionalTable

- calorie: double
- protein: double
- carbohydrate: double
- lipids: double
- calcium: double
- iron: double
- fiber: double
- phosphor: double
- iodine: double
- magnesium: double
- potassium: double
- sodium: double
- zinc: double
- vitaminA: double
- vitaminB1: double
- vitaminB2: double
- vitaminB3: double
- vitaminB5: double
- vitaminB6: double
- vitaminB9: double
- vitaminB12: double
- vitaminC: double
- vitaminD: double
- vitaminE: double
- vitaminH: double
- vitaminK: double

+ toString(): String
+ getters()
+ setters()

VitaminsAndMinerals

- name: String
- significantSources: String
- mainFunctions: String
- diseasesCaused: String
- deficiencySymptoms: String

+ toString(): String
+ getters()
+ setters()

<>
BodyIndexCalculator

height: double

+ getters()
+ setters()

BAI

- hip: double

+ BAI()
+ print()
+ baiCalculation(): double
+ getters()
+ setters()

BMI

- weight: double

+ BMI()
+ print()
+ bmiCalculation(): double
+ getters()
+ setters()

Aliments

+ aliments()
+ alimentListPrint()

Disease

- name: String
- avoidAliments: String
- diseaseInformation: String
- symptoms: String

+ toString(): String
+ getters()
+ setters()

No método aliments foram instanciados objetos do tipo NutritionalTable