|  |
| --- |
| **User** |
| User\_ID |
| Name |
| DOB |
| Gender |
| Location |
| Goal(fat loss / muscle gain) |
| Nutrition goal (calories, protein, carbs, fat) |

|  |
| --- |
| **Food** |
| food\_ID |
| F\_Name |
| Serving\_size |
| Calories |
| Fat |
| Carbs |
| Protein |

|  |
| --- |
| **Food\_Consumption** |
| User\_ID |
| Date |
| Food\_ID |
| Serving\_size |