Data Dictionary:

Term	Definition
Action Plan	The user can choose the action plans, like nutritional information, recommendations on food, and recommendations on meal plans.
Activity Level	A descriptor representing how much physical activity the user does on a daily basis.
Calorie	It's a measure of how much energy your body can get from consuming a particular food or beverage.
Cuisine Preference	User's preferred type of food that is cooked in a specific way based on a culture's ingredients, region, and traditions.
Diet	User-logged information regarding their preferred food choices including lifestyle choices, allergens and intolerances.
Dietary Plan	A possible option of a diet that fulfils the user's medical needs, cuisine and dietary preferences.
Dietary Preference	User's preference for certain foods for personal, medical, religious or cultural reasons.
Entry	Generated/Edited list of food items with nutritional information.
Health Goals	User's target for weight loss/gain.
Healthy/Healthier	Options of food that adhere to: - Users' dietary requirements and preferences; - Users' basal metabolic rate.
History	Date, time, and nutritional information that was previously logged, sorted in reverse chronological order.
Macros	Macros mainly consists of Carbohydrates, Protein, Fats
Meal	Any image or text that contains any amount of food.
Medical Information	Information including user's allergies and intolerances, and the level of severity.
Notifications	Push Notifications including reminders for meals, reminders to stick to goals and reminders to log the user's meal.
Nutritional information	Values of different nutrients per serving, such as calories, sugar, carbohydrates, protein, fats.
Personal information	Information including user's height and weight, gender of user, age, medical conditions.
Recommendations	List of food items curated to users needs.

Report	A summary of macros, nutrition and weight gains/losses.
Satiety	The user's feeling of fullness gratified beyond the point of satisfaction from food.