

Executive Summary

Please provide your GitHub repository link.

GitHub Repository URL:

https://github.com/Swigstan1810/Milestone1_Group32
(https://github.com/Swigstan1810/Milestone1_Group32)

1. Diet Plan

Description

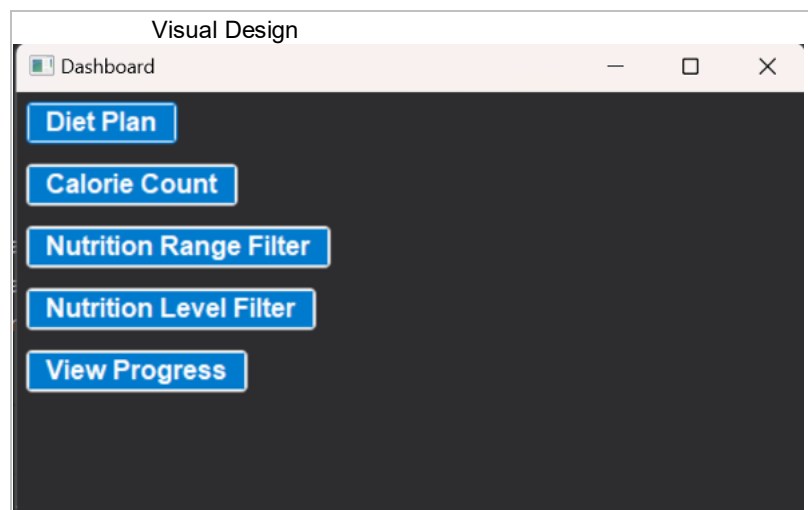
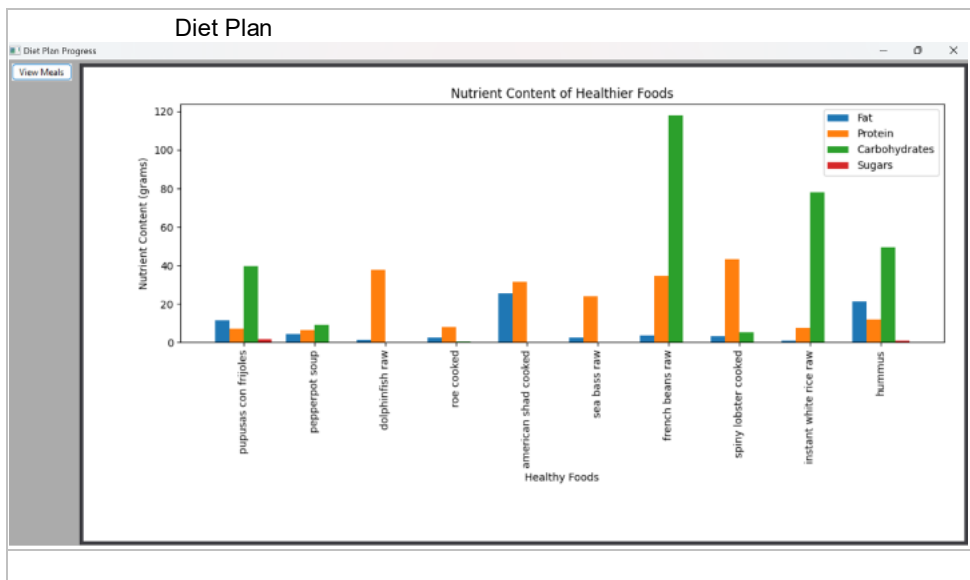
The Diet Plan feature provides users with a personalized meal plan based on their dietary preferences and nutrition data from the food dataset. This feature allows users to track their diet and evaluate their meal choices to align with healthy eating habits. The tool also generates visual feedback on their progress.

Steps

1. Access the Dashboard: Launch the application, and the main dashboard will appear.
2. Select the "Diet Plan" Feature: Click the "Diet Plan" button from the list of available features on the dashboard.
3. View Meal Suggestions: A new window will open, displaying the recommended meals and their nutritional data.
4. Track Progress: Click on the "View Progress" button to generate charts showing your dietary progress over time, based on the meal choices.
5. Visual Feedback: Nutrient intake will be displayed in bar charts to help you monitor fat, protein, carbs, and sugars in the recommended meals.

Screenshots

Include screenshots for each step demonstrating the use of this feature.



2. Calorie Count

Description

The Calorie Count feature allows users to search for specific food items in the dataset and view their nutritional values, including fat, protein, calories, and sugars. Additionally, it generates a pie chart to visually display the breakdown of the selected food's nutrition, helping users to make informed choices.

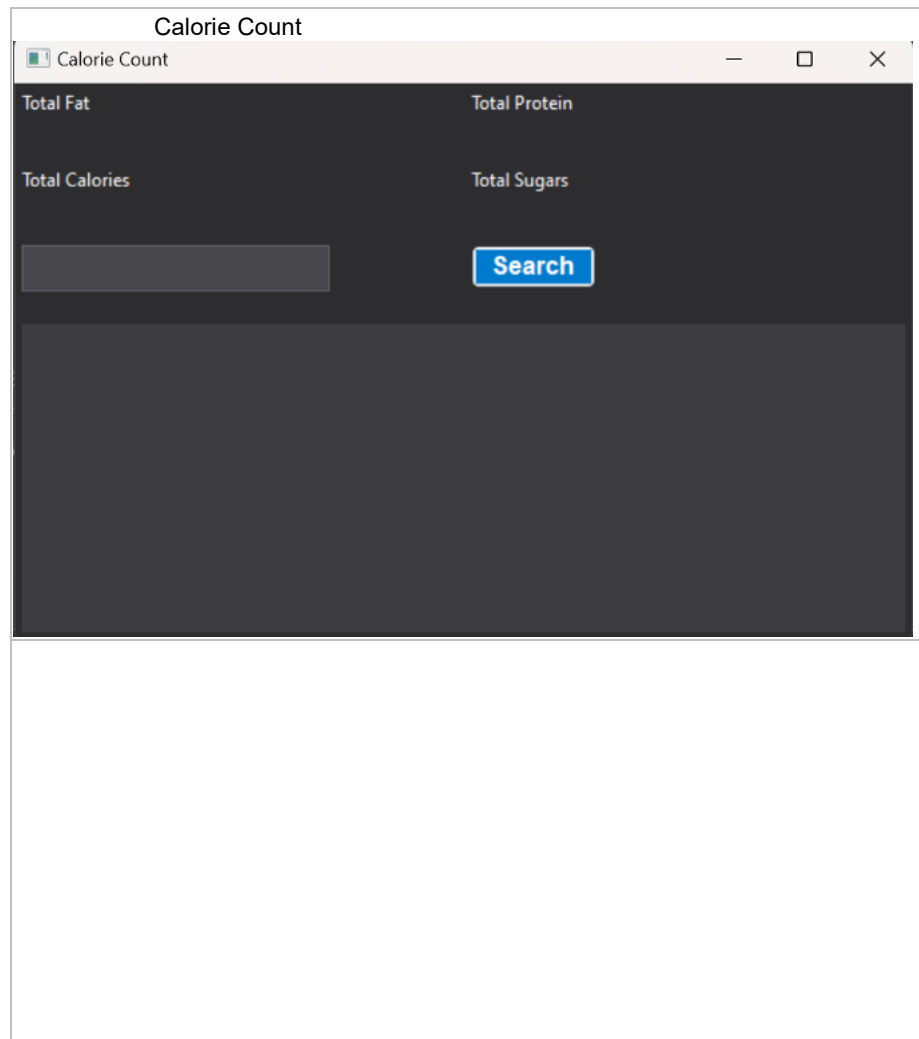
Steps

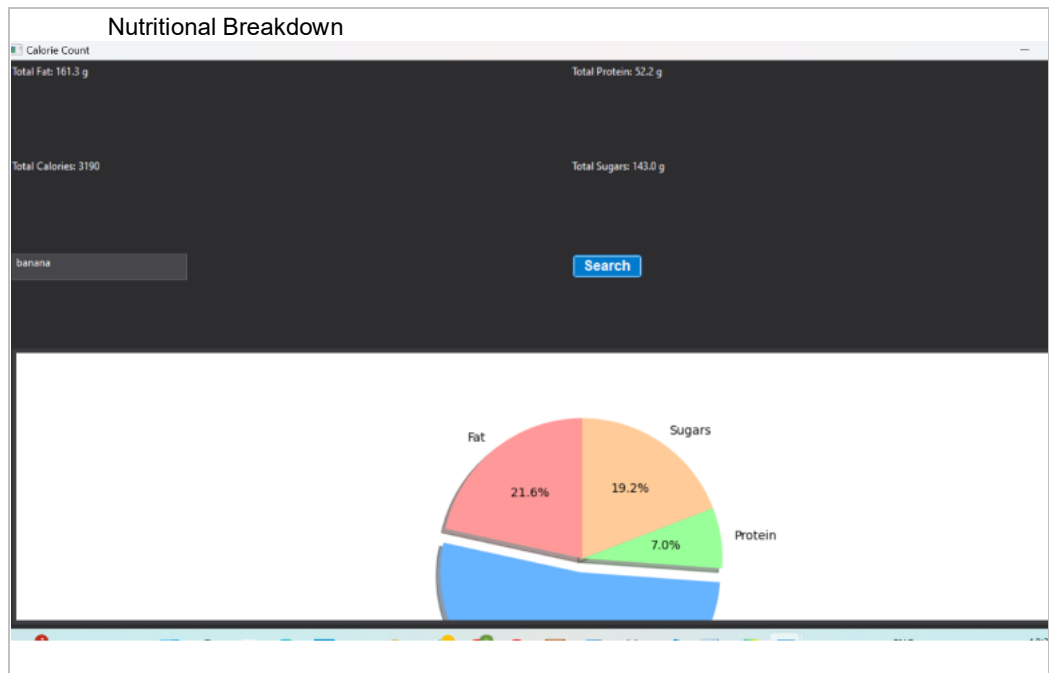
1. Select the "Calorie Count" Button: Click the "Calorie Count" button from the dashboard to open the calorie count tool.
2. Enter a Food Item: Type the name of a food item in the search bar. You can enter partial or full names, and the tool will attempt to find a match in the dataset.

3. View Nutritional Information: The tool will display the food's total fat, protein, calories, and sugar content once the search is complete.
4. Visualize with a Pie Chart: The nutritional breakdown will also be displayed as a pie chart, showing the proportion of fat, protein, carbohydrates, and sugars in the selected food item.
5. Modify Search: If needed, change the search term to view the data for another food item.

Screenshots

Include screenshots for each step demonstrating the use of this feature.





3. Nutrition Range Filter

Description

The Nutrition Range Filter feature allows users to filter the foods in the dataset based on specific nutritional ranges. For example, users can filter foods that contain between 10-20 grams of fat or 5-10 grams of protein. This feature helps users find foods that meet their dietary requirements quickly.

Steps

1. Click the "Nutrition Range Filter" Button: Select the "Nutrition Range Filter" button from the dashboard to open the filtering tool.
2. Select Nutrient to Filter By: From the dropdown menu, choose the nutrient you wish to filter by, such as fat, protein, carbohydrates, or sugars.
3. Enter Minimum and Maximum Values: Input the desired range of nutrient values. For example, to filter for foods containing 10-20 grams of fat, enter 10 in the "Minimum" field and 20 in the "Maximum" field.
4. Click "Search": The tool will return a list of foods that meet your specified nutrient range.
5. View Results: The filtered foods and their nutritional values will be displayed in a table format. You can further modify the search range if needed.

Screenshots

Include screenshots for each step demonstrating the use of this feature.

Nutrient Range

Nutritional Level Filter

Nutrition Check

Fat

Maximum

Minimum

Search

	Food	Fat	Protein	Carbs	Sugars
1					
2					
3					
4					
5					

Nutritional Level Filter Results

	Food	Fat	Protein	Carbs	Sugars
1	neufchatel che	19.4	7.8	3.1	2.7
2	port salut che	37.2	31.4	0.8	0.8
3	goat cheese hi	10.1	8.6	0.6	0.6
4	gjetost cheese	67.0	21.9	96.8	0.0
5	blot cheese	10.4	9.8	0.8	0.0
6	osadero cheese	31.9	25.5	3.2	3.2
7	provolone che	19.9	27.9	4.0	0.6
8	roquefort che	26.0	18.3	1.7	0.0
9	queso blanco	28.7	24.0	3.0	2.1
10	queso seco ch	23.6	23.8	2.0	0.5
11	chihuahua che	38.2	28.5	7.3	7.3
12	muenster che	38.7	30.9	1.5	1.5
13	queso fresco c	26.1	22.1	3.6	2.8
14	pimento cheese	43.7	31.0	2.4	0.9
15	mexican cheese	21.7	27.7	3.8	0.6
16	provolone che	35.1	33.8	2.8	0.7
17	snijo cheese	38.6	28.3	6.1	6.1
18	cheese spread	68.6	17.0	8.4	8.4
19	corn tamale	12.0	5.8	44.3	12.3
20	baked potato	25.9	18.4	44.4	0.0
21	chinese egg ro	10.6	7.4	24.3	0.0
22	butter croissan	12.0	4.7	26.1	6.4
23	enchilada with	17.6	11.9	30.5	0.0
24	corned beef hu	24.2	20.6	21.9	0.8
25	biscuit with eg	25.3	17.4	33.4	2.5
26	bagel with har	18.5	26.7	52.4	7.0
27	quesadilla with	27.5	27.1	43.3	3.4
28	kung pao chic	42.2	59.0	41.5	18.3
29	beef empanadi	16.3	10.1	27.8	1.6
30	crispy chicken	17.6	14.8	33.2	3.9
31	enchilada with	25.2	15.4	21.2	3.6

4. Nutrition Level Filter

Description

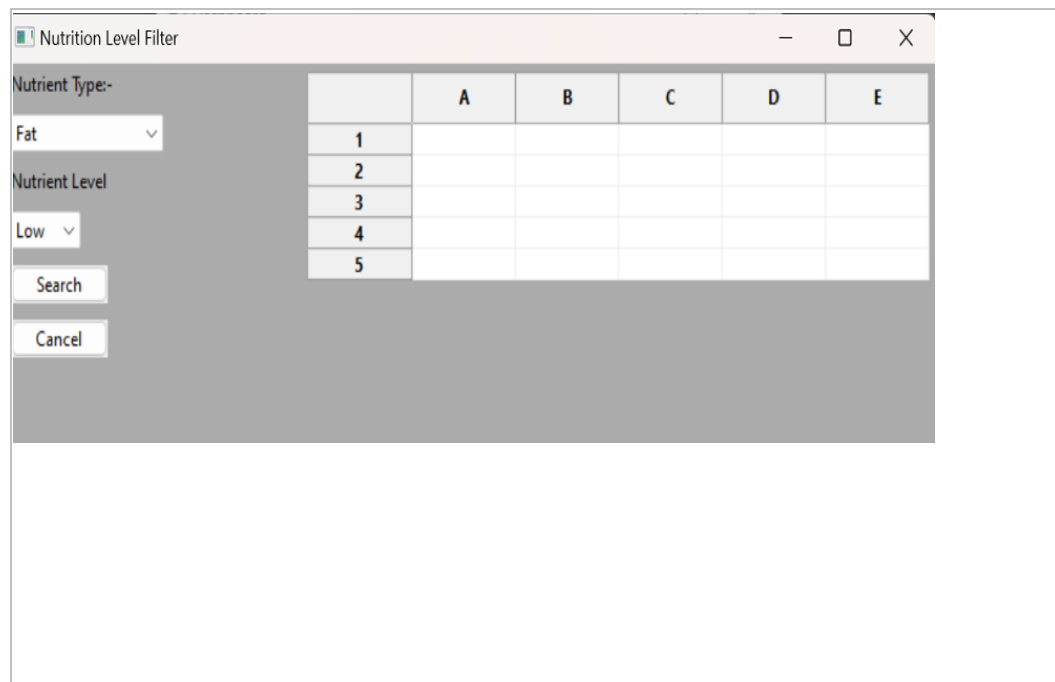
The Nutrition Level Filter feature enables users to filter foods based on predefined nutrient levels such as "low," "mid," or "high" for specific nutrients like fat, protein, or carbohydrates. This feature helps users quickly identify foods that meet their dietary goals, whether they are looking for low-fat options or high-protein foods.

Steps

1. Open the "Nutrition Level Filter" Tool: Click the "Nutrition Level Filter" button on the dashboard.
2. Select Nutrient Type: From the dropdown menu, select the type of nutrient you want to filter by (e.g., fat, protein, carbohydrates, or sugars).
3. Choose the Nutrient Level: Select from the available levels: low, mid, or high. For example, choose "low" to find foods with a low amount of the selected nutrient.
4. Click "Search": The tool will filter the dataset to show foods that match the selected nutrient level.
5. View the Results: The filtered food list will be displayed in a table, showing the food's name and corresponding nutrient values.
6. Adjust Levels: You can modify the nutrient type or level and perform the search again for a new set of results.

Screenshots

Include screenshots for each step demonstrating the use of this feature.



The screenshot shows a window titled "Nutrition Level Filter". On the left side, there are two dropdown menus: "Nutrient Type:-" with "Fat" selected, and "Nutrient Level" with "Low" selected. Below these are two buttons: "Search" and "Cancel". To the right of the dropdowns is a table with 6 columns and 6 rows. The columns are labeled "A", "B", "C", "D", and "E", with an unlabeled first column. The rows are labeled "1", "2", "3", "4", and "5", with an unlabeled first row. All cells in the table are currently empty.

	A	B	C	D	E
1					
2					
3					
4					
5					

Nutrition Level Filter					
Nutrient Type:-		food	Fat	Protein	Carbohydrates
Fat		1eam cheese	5.0	0.9	0.8
Nutrient Level		2ufchatel cheese	19.4	7.8	3.1
Low		3queijao cremoso light catupiry	3.6	0.8	0.9
Search		4botta cheese	2.0	1.5	1.5
Cancel		5eam cheese low fat	2.3	1.2	1.2
		6eam cheese fat free	0.2	2.8	1.4
		7uyere cheese	9.1	8.3	0.1
		8eddar cheese	9.3	6.4	0.9
		9irmesan cheese	4.5	6.4	0.6
		10mano cheese	1.3	1.6	0.2
		11irmesan cheese grated	1.4	1.4	0.7
		12ort salut cheese	37.2	31.4	0.8
		13wiss cheese	7.7	6.7	0.4
		14fat cheese hard	10.1	8.6	0.6
		15uda cheese	7.7	7.0	0.6
		16pper jack cheese lucerne	6.0	5.0	0.0
		17raway cheese	8.3	7.1	0.9
		18tost cheese	67.0	21.9	96.8

5. View Progress

Description

The View Progress feature provides a graphical overview of the user’s nutrient intake over time. Users can track the intake of key nutrients like fat, protein, carbohydrates, and sugars over a defined period, and visualize their progress using line charts. This feature is useful for monitoring dietary habits and making adjustments to meet health goals.

Steps

1. Click the "View Progress" Button: On the dashboard, select the "View Progress" button to open the progress tracker.
2. View Nutritional Progress: The system will automatically load the user’s dietary data and generate a line chart showing nutrient intake over time for the tracked meals.
3. Interpret the Line Chart: The chart will plot values for fat, protein, carbohydrates, and sugars, helping the user identify trends in their nutrient intake.
4. Adjust Time Period (if applicable): Users can view progress for different time periods by adjusting the dataset used to generate the graph.

Screenshots

Include screenshots for each step demonstrating the use of this feature.

