16\_0929 Stakeholder Meeting

**Participants**:

Dr. Sherri Stastny, NDSU

Ryan Nelson

**Discussion Notes:**

* On the current apps
  + - My Fitness Pal: used by a lot of dieticians
    - Spark People: difficult / confusing interface
    - MyPlate Tracker: government creator, not available as app anymore, can use web version
    - Calorie King: good, prescribed by physicians
* On errors in current apps
  + - Nutritional accuracy:
      * Small things (e.g. differing amounts of calories in strawberries)
      * Big things (e.g. can of tomatoes has 1000 mg sodium, app says 10)
      * Weight vs. Volume conversions (e.g. cups / grams)
* Best sources for nutritional data: USDA
* Professional software applications for nutrition: ESHA / Food pro (both get data from USDA)
* On focusing on NDSU campus
  + - Difficult, may be taking on too much
    - NDSU meals are not found on USDA database (someone would have had to upload the data, and NDSU doesn’t have resources to do that)
    - Recommend starting small, focus first on off-campus venues (e.g. restaurant chains, fixed menu locations)
* On her nutrition class
  + - Nice for in the spring to have an app to show the nutritional information for the meals her students prepare and serve in their test restaurant: <https://www.ndsu.edu/hnes/program_contact_information/department_restaurant_800_cafe/>

**My (Ryan) recommendations:**

Based on our meeting, I would recommend we refocus the scope of our database offerings to only venues that have a fixed menu and that have nutritional data available for their items. We only include info and choices for what restaurants have as options - no worrying about adding a tomato slice or not to a hamburger at this point, if <McDonald’s> doesn’t give us nutritional data for individual tomato slices.

Start small, with one or two venues. We may even choose to manually enter the data in the database at this point, just to have something in there to work with. Not a bad idea to figure out how to pull data from the companies, but that can come secondary. We’ll have enough to worry about with personal profiles and interaction between the database and app.

We should focus more on creating good requirements, design, and implementation of a simple app and database, while allowing for easy addition of features and venues in the future.