MacroBites

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The Problem

→ Nutrition information is often not readily available

→ Hard to compare macronutrients in restaurant foods

→ Eating out with dietary restrictions is already difficult enough

Nutrition Facts

Serving Size 1 Roll (113g)
Servings Per Container 4

Amount Per Serving

Calories 250   Calories from Fat 2

% Daily Valu

Total Fat 3g

Saturated fat 0g

Trans fat 0g

Cholesterol 0mg

Sodium 410mg

Total Carbohydrate 59g

Dietary Fiber 9g

Sugars 4g

Protein 4g

Vitamin A 0%   •   Vitamin C 0%

Calcium 8%   •   Iron 6%

Percent Daily Values (DV) are based on a 2
calorie diet. Your daily values may be highe
or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total fat	Less than		65g	80g
Sat fat	Less than		20g	25g
Cholesterol	Less than		300mg	300m
Sodium	Less than		2,400mg	2,40
Total Carbohydrate			300g	375
Dietary Fiber			25g	30g

What It Does

→ Set your goal macronutrient ratios

→ Search by restaurant or by individual food

→ Get a pie chart showing the distribution of macronutrients as well as individual macronutrients counts

→ Sort by ratio or macronutrients

Cheeseburger
Carbs: 33   Protein: 15   Fats: 12
Calories: 300

Hamburger
Carbs: 31   Protein: 13   Fats: 8
Calories: 250

Hotcakes
Carbs: 102   Protein: 9   Fats: 16
Calories: 600

McChicken
Carbs: 39   Protein: 15   Fats: 22
Calories: 410

McDouble
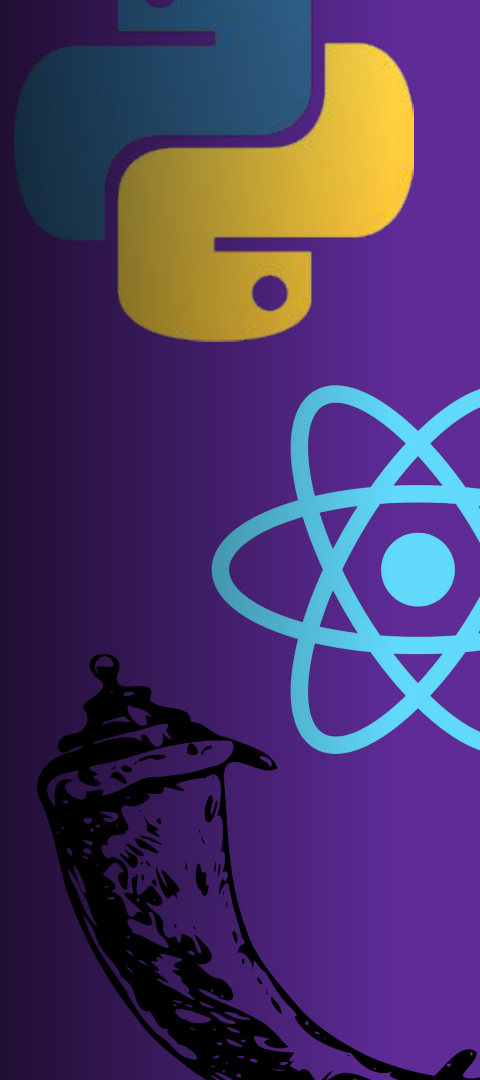Carbs: 33   Protein: 22   Fats: 18
Calories: 390

How It Works

→ Query Nutritionix API for list of restaurants and their foods

→ Query Clearbit API for company logos

→ When you search for a food, query Nutritionix API again

Technologies We Used

→ Python for the backend to handle queries

→ Flask to create an interactive web app to communicate between the backend and frontend

→ React Native for the frontend

And now…

a demo!

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This is where you can set up your preferred macronutrients ratios.

Carbohydrates

Protein

Fats

Confirm

McDonald's

Wendy's

Burger King

Panera Bread

Subway

Papa John's

Thank you!

This project was made by
The Waitlisters

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