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**Who and how will use the system?**

Those who have chronic diseases or short-term illnesses, those who want to reach healthier meals and meal menus, regular sports and athletes use it, on the other hand, it is used in hotels, private hospitals and fitness centers. To summarize, anyone who needs a healthy diet can use it. Users will be able to use the system through browsers. Each user will be able to access their information through a special interface.

**Functionality**

The main function of the system is to show the user the most optimal food and food by taking the necessary variables from users of different types and characteristics. For another user type, the health status of the users will be checked with the applied algorithms. For the health problems that need attention throughout their lives, the values ​​given to the disease will be taken and added to the system. In addition, there will be a data pool for each registered user in the system, thus ensuring continuous use.There will be a sufficient library of information about the nutritional values ​​and properties of each food in the system, so that users will be able to use the system to get information directly.

Another type of user will be able to allocate the nutrients they need for the athletes and the nutritional supplements they need to get from the system according to their own characteristics.

In addition, the price information section of the products in the system will be added to the system and a suggestion system specific to the user's budget will be used, so the system will keep users of all levels in the system.

**Main components of the system**

• **Interface design**

Users can easily provide inputs and easily see the dishes created thanks to these data.

• **Database Design**

Necessary tables are created to keep the nutritional values and ingredients of the meals.

**• Finding and processing food data**

The dishes to be added to the database are found from the internet and added to the database along with their nutritional values and recipes.

**• Categorization of dishes**

Meals are categorized according to the ingredients and nutritional values in order to be listed according to user requests.

**• User Requirement Analysis**

It is the analysis of which user will use the system and for what purpose.

**• User Data entry analysis**

It is the analysis of the inputs made by the user through the interface.

**• Food recommendation based on User Data entry**

Calculations are made according to the information entries made by the user and the relevant dishes are listed from the database according to these calculations.