Team 12 – Savar – Food/Nutrition Tracking Application

Original Proposal Overview:

Our project aimed to revolutionize health and nutrition tracking by integrating biometric data from the Apple Watch with manual input of meals and nutritional information. We proposed to develop an iOS and Apple Watch application called Savar, which would provide users with personalized analyses, recipes, and nutritional guidance, leveraging data from both manual inputs and biometric feedback.

Accomplishments:

1. **Food Diary Implementation:**
    - Successfully implemented a comprehensive food diary where users can manually input their meals and nutritional information. Uses FoodData Central API for database of foods and their nutritional information.
2. **ChatGPT Recipe Recommender:**
    - Integrated a ChatGPT-powered recipe recommender that provides personalized recipe suggestions based on the user's dietary habits and nutritional needs. Uses the information from the Diary to automatically recommend recipes that address nutritional needs.
3. **Edamam Recipe Recommender:**
    - Incorporated the Edamam API to offer additional recipe recommendations, enhancing the variety and accuracy of nutritional guidance. Users can input queries for their specific needs.
4. **Nutritional Information Charts:**
    - Developed interactive charts that display nutritional information, helping users visualize their dietary intake compared to recommended nutritional values. Uses the information from the diary and displays it for the user

Unrealized Goals:

- **Apple Watch HealthKit Integration:**
    - We were unable to implement the integration with Apple Watch's HealthKit due to technical and scope limitations. This integration was intended to enhance the app by using real-time biometric data to influence nutritional recommendations and health tracking.**:**

While we achieved significant milestones in creating a functional food tracking and recipe recommendation system, the full integration with Apple Watch's HealthKit remains a future goal. Our current accomplishments, however, provide a strong foundation for further development and potential integration with biometric data sources in subsequent phases of the project.