

# Ideation Report

Project Title: Special Diet Website

## 1. Introduction

This website provides dietary suggestions to people with special dietary needs such as cirrhosis patients. Patients or caretakers with similar experiences may share their stories to provide support and encouragement with others. It also provides a Favourite page for tracking user's favourite recipes.

Currently, there is no website that provides nutritional guide, dietary advices and other facilities to support Cirrhosis patients and their caretakers. This website aim to provide support for patients with conditions such as Cirrhosis, Gout, Thyroid and Lupus.

## 2. Expected List of Features

- Dietary suggestions for different needs (e.g. cirrhosis patients, gout patients)
  - Justifications
    - Provide a repertoire of dietary suggestions that is readily available:
      - A list of food that is good for people with the condition
      - A list of food to avoid
      - Recipes for dishes beneficial to people with the condition
- Community of Support
  - Justification – to provide a venue for patients/caretakers to share their stories with others who are going through the same sickness or experience. This is a forum for sharing of experiences and encouragement to support people with such medical conditions and their caretakers.
- Log in
  - Justification – to protect personal and confidential information.
- OAuth Authentication
  - Justification – to simplify the logging in process and minimise the number of user id and passwords that users need to create and remember.
- Favorites
  - Justification – to mark favorite recipes

## 3. Market Survey

### Websites

- a. Healthy Meals Resource System (<https://healthymeals.fns.usda.gov>)
  - Mainly for school going children
  - No community of support
- b. Weightlossresources.co.uk (<http://www.weightlossresources.co.uk/options.htm>)
  - Meant for people who need to lose weight.

- c. Dr. Mercola's Nutrition Plan (<http://www.mercola.com/nutritionplan/index.htm>)
  - Meant for general health maintenance and common health risk but not for Cirrhosis patients.
  - No community of support
- d. Nutrition.gov (<https://www.nutrition.gov/dietary-supplements>)
  - Meant for general health maintenance and common health risk but not for Cirrhosis patients.
  - No community of support
- e. American Diabetes Association (<http://www.diabetes.org/food-and-fitness/food/planning-meals/meal-planning-for-vegetarians/>)
  - For diabetes patients but not for Cirrhosis patients.

#### 4. References

- a. Healthy Meals Resource System
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- b. Weightlossresources.co.uk
  - <http://www.weightlossresources.co.uk/options.htm>
- c. Dr. Mercola's Nutrition Plan
  - <http://www.mercola.com/nutritionplan/index.htm>
- d. Nutrition.gov
  - <https://www.nutrition.gov/dietary-supplements>
- e. American Diabetes Association
  - <http://www.diabetes.org/food-and-fitness/food/planning-meals/meal-planning-for-vegetarians/>