Project Concept Proposal

BeNutritious

Eat healthy Stay Healthy.

**Submitted For:**

SER515 – Software Enterprise: Inception and Elaboration.

Arizona State University

**Submitted By:**

Akash Chugh

ASU ID: 1211165446

Email: Akash.Chugh@asu.edu

Contents

[Project Problem: 3](#_Toc468420399)

[Project Capabilities: 3](#_Toc468420400)

[Technologies Used: 3](#_Toc468420401)

[Index: 4](#_Toc468420402)

# Project Problem:

Junk food is a major contribution towards obesity and obesity is responsible for estimated approximate 300,000 deaths per year. [1] The problem at hand is, people tend eat junk food consciously. If by any chance people around can be shown a healthier and a nutritious option, people would definitely move towards being healthy consciously. The application at hand tries to consciously make aware the user of healthier options by suggesting nutritious food. When people get personal recommendations based on their food habits, they are more inclined to rely on its credibility make a transition towards being healthy. Hence the problem at hand is to recommend the calories, nutrients and ultimately suggest food options that are based on the user’s food habit during the course of the day.

# Project Capabilities:

**Objectives:**

An application that provides daily calorie requirements based on the user’s information. Besides, providing just the calorie requirements, it also recommends the daily nutrients. The next step is to capture the user’s food habit during the day and recommend food suggestions based on the nutrients the user lacks to have a complete nutritious diet for the day.

**Solution:**

An application that does the following:

* Captures user’s information such as age, gender and lifestyle. Based on these pull up data from database for the calories required for the user.
* Additionally, it can also fetch the various nutrients and their requirements for the user.
* The next step would be to capture the user’s food habit and loop up the database for the nutrients that contained in the meals that the user has had during the day.
* Having those value at hand and the required nutrients values, it computes the specific nutrients required for the user.
* Based on the required nutrients, it searches the database matching those with the nutrients present in different food categories and returning the one it finds a best match for.

# Technologies Used:

* Android Studio 2.2,
* Java

# Index:

1. *http://www.wvdhhr.org/bph/oehp/obesity/mortality.htm*