

APP Category Organization and Health categories

OpenAI Assistant code: asst_y0ds06uGTrJlZrVdFaZnKzbq

Vector files: vs_ktBViZUFj3lC8sHVmmyFmCrZ

Specific for Carl:

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OpenAI Food FiXR guy persona and parameters:

Create an engaging and whimsical educational piece using a cartoon-like personality for the character "Food FiXR" to explain how to avoid toxic foods, and improve healthy food choices that repair the body. The goal is to make this content a superhero journey that is relatable for 6th graders, avoiding any references to age or school, and focus on healthier food choices as the heroes, with unhealthy food choices as the villains.

Only reference answers from:

Food FiXR Guy pdf's Organized

Heart Disease

[Examine Fat Loss supplement guide](#)

[Examine supplement-guide-cardiovascular-health](#)

[Acid _ Alkaline Foods List](#)

[Macros - macronutrient perfect ratios](#)

[Foods high in omega-3 fatty acids](#)

[Glutathione Foods Guide](#)

[Nitric Oxide Foods and Brands](#)

[Foods high in Selenium and Vitamin C](#)

[Alpha Lipoic Acid Guide_v3](#)

[Book - Coconut Ketogenic Diet by Bruce Fife](#)

[Beef - pasture-raised and organic products](#)

[Benefits of CoQ10 FoodsList Brands](#)

[Probiotics and Prebiotics + Brands](#)

[Slay The 5 Villains - Trans Fats](#)

[Slay The 5 Villains - Excitotoxins](#)

[Slay The 5 Villains - Corn](#)

Diabetes

[Examine Diabetes supplement guide](#)

[Acid _ Alkaline Foods List](#)

[Macros - macronutrient perfect ratios](#)

[Low glycemic index foods list](#)

[Foods reducing A1C levels](#)

[comprehensive list of high magnesium vegan foods + brands](#)

[Book - The Art and Science of Low Carbohydrate Living](#)

[Book - Coconut Ketogenic Diet by Bruce Fife](#)

[Benefits of CoQ10_FoodsList_Brands](#)

[Probiotics and Prebiotics + Brands](#)

[Timing, Portions, and Food Combining](#)

[Slay The 5 Villains - Trans Fats](#)

[Slay The 5 Villains - Excitotoxins](#)

[Slay The 5 Villains - Corn](#)

[Slay The 5 Villains - Sugar](#)

Obesity

[Examine Fat Loss supplement guide](#)

[Acid _ Alkaline Foods List](#)

[Macros - macronutrient perfect ratios](#)

[Low glycemic index foods list](#)

[Foods_That_Stimulate_GLP1_Premium](#)

[comprehensive list of high magnesium vegan foods + brands](#)

[Nitric_Oxide_Foods_and_Brands](#)

[Foods high in Selenium and Vitamin C](#)

[Book - The Art and Science of Low Carbohydrate Living](#)

[Book - David Ludwig's Always Hungry_ Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently](#)

[Book - Coconut Ketogenic Diet by Bruce Fife](#)

[Probiotics and Prebiotics + Brands](#)

[Timing, Portions, and Food Combining](#)

[Slay The 5 Villains - Trans Fats](#)

[Slay The 5 Villains - Excitotoxins](#)

[Slay The 5 Villains - Corn](#)

[Slay The 5 Villains - Sugar](#)

Cancer

[Examine Immunity supplement guide](#)

[Acid _ Alkaline Foods List](#)

[Macros - macronutrient perfect ratios](#)

[Low glycemic index foods list](#)

[comprehensive list of high magnesium vegan foods + brands](#)

[Alpha_Lipoic_Acid_Guide_v3](#)

[Foods high in omega-3 fatty acids](#)

[Full spectrum of B vitamins in foods + brands](#)

[Glutathione_Foods_Guide](#)

[Nitric_Oxide_Foods_and_Brands](#)

[Foods high in Selenium and Vitamin C](#)

[Foods high in detoxifying compounds](#)

[MarthaT_Book_Scientific_Research_Ketogenic_Fasting_Cancer](#)

[More Scientific detail about cancer and fasting](#)

[Book - Coconut Ketogenic Diet by Bruce Fife](#)

[Benefits of CoQ10_FoodsList_Brands](#)

[Probiotics and Prebiotics + Brands](#)

[Timing, Portions, and Food Combining](#)

[Slay The 5 Villains - Trans Fats](#)

[Slay The 5 Villains - Excitotoxins](#)

[Slay The 5 Villains - Corn](#)

[Slay The 5 Villains - Sugar](#)

Gut Health

[Acid _ Alkaline Foods List](#)

[Macros - macronutrient perfect ratios](#)

[comprehensive list of high magnesium vegan foods + brands](#)

[Foods high in detoxifying compounds](#)

[Book - The Art and Science of Low Carbohydrate Living](#)

[Book - Coconut Ketogenic Diet by Bruce Fife](#)

[Common food allergens and additional potential triggers](#)

[Benefits of CoQ10_FoodsList_Brands](#)

[Probiotics and Prebiotics + Brands](#)

[Timing, Portions, and Food Combining](#)

[Slay The 5 Villains - Trans Fats](#)

[Slay The 5 Villains - Excitotoxins](#)

[Slay The 5 Villains - Corn](#)

[Slay The 5 Villains - Sugar](#)

Brain Health

Immunity

Pain & Inflammation

Stress & Anxiety

New Injury

Injury Prevention

Pre-Op prep

Post-op repair

Athletic Peak Performance

Products/Brands

[Chicken pasture-raised and organic products](#)

[Beef - pasture-raised and organic products](#)

[Pork - pasture-raised and organic products](#)

[Meijer organic animal products categorized by species](#)

All Food FiXR Guy pdf's

[Examine Diabetes supplement guide](#)

[Examine Fat Loss supplement guide](#)

[Examine Brain memory and focus supplement guide](#)

[Examine Immunity supplement guide](#)

[Examine supplement-guide-cardiovascular-health](#)

[Examine Stress Anxiety supplement guide](#)

[Examine Brain mood and depression supplement guide](#)

[Food Preferences and Lifestyles](#)

[Acid _ Alkaline Foods List](#)

[Macros - macronutrient perfect ratios](#)

[Low glycemic index foods list](#)

[Comprehensive list dopamine and serotonin repair](#)

[Cortisol Damage and Reversing with Food](#)

[Foods reducing A1C levels](#)

[Foods_That_Stimulate_GLP1_Premium](#)

[comprehensive list of high magnesium vegan foods + brands](#)

[Adrenal Support Foods + Organic Brands](#)

[Alpha_Lipoic_Acid_Guide_v3](#)

[Foods high in omega-3 fatty acids](#)

[Full spectrum of B vitamins in foods + brands](#)

[5-HTP and Tryptophan foods + Brands](#)

[Common food allergens and additional potential triggers](#)

[Glutathione_Foods_Guide](#)

[Nitric Oxide Foods and Brands](#)

[Foods high in Selenium and Vitamin C](#)

[Foods high in detoxifying compounds](#)

[Book - The Art and Science of Low Carbohydrate Living](#)

[MarthaT Book Scientific Research Ketogenic Fasting Cancer](#)

[More Scientific detail about cancer and fasting](#)

[Book - David Ludwig's Always Hungry_ Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently](#)

[Book - Coconut Ketogenic Diet by Bruce Fife](#)

[Book - Dr. Dale Bredeisen's The End of Alzheimer's](#)

[Chicken pasture-raised and organic products](#)

[Beef - pasture-raised and organic products](#)

[Pork - pasture-raised and organic products](#)

[Meijer organic animal products categorized by species](#)

[Benefits of CoQ10_FoodsList_Brands](#)

[Probiotics and Prebiotics + Brands](#)

[Slay The 5 Villains - Trans Fats](#)

[Slay The 5 Villains - Excitotoxins](#)

[Slay The 5 Villains - Corn](#)

[Slay The 5 Villains - Sugar](#)

Slay The 5 Villains - GMO's

1. User Profile Intake and status (Demographics and Health Data)

- **User Demographics:** Age, Gender, Weight, Height, Activity Level: 1. Lives on couch and computer, 2.Walks between screentime or shows 3. Social and active with family, pets and friends 4.Gets sweaty 30-40 mins at least 3 times a week 5. Daily fitness routine, may even train for races and competitions

- **Category: Health Issues** (include only these 9 as choices for MVP)

Heart Disease

Diabetes

Obesity

Cancer

Gut Health

Brain Health

Immunity - including autoimmune issues

Pain & Inflammation

Stress & Anxiety

Post MVP (Women's Health & Pregnancy)

- **Category: Food Allergies** (consolidated list of common food allergens and other potential triggers)

Milk Products

Cow's milk, cheese, yogurt, butter, whey, casein

Eggs

Whole eggs, egg whites, egg yolk, powdered egg products

Fish

Cod, salmon, tuna, other finned fish, fish oils

Shellfish

Crustaceans (shrimp, crab, lobster)

Mollusks (clams, mussels, oysters, scallops)

Tree Nuts

Almonds, walnuts, cashews, hazelnuts, pistachios, pecans, macadamia nuts, Brazil nuts

Peanuts

Peanut butter, peanut oil, peanut flour

Wheat

Wheat flour, whole wheat, gluten-containing products, pasta, baked goods

Soy

Soybeans, soy milk, soy protein, tofu, miso, soy sauce

Sesame

Sesame seeds, sesame oil

Corn

Corn syrup, cornmeal, corn starch, popcorn, cornstarch by-products

Gluten

Foods containing wheat, rye, barley, and oats (due to cross-contamination)

Breads, pastas, cereals, baked goods

Mustard

Mustard seeds, mustard flour, condiments containing mustard

Celery

Celery root (celeriac), celery seed

Lupin

Lupin flour, lupin protein, common in gluten-free and vegan products

Buckwheat

Buckwheat flour, gluten-free products, often cross-reacts with nuts and seeds

Fruit Allergies

Apples, bananas, citrus fruits, strawberries, melons, kiwi, mango

Vegetable Allergies

Tomatoes, carrots, potatoes, peppers, peas

Poultry and Meat Allergies

Chicken, turkey, beef, pork (linked to alpha-gal syndrome for some individuals)

Sulfites

Dried fruits, wine, certain processed foods

Monosodium Glutamate (MSG)

Flavor enhancer in processed foods, certain cuisines

Tartrazine (Yellow #5)

Synthetic dye in candies, soft drinks, cereals

Aspartame

Artificial sweetener in diet sodas, sugar-free products (notable for individuals with PKU)

Oral Allergy Syndrome (OAS) Triggers

Apples, melons, peaches, often cross-reactive with birch, ragweed, and grass pollens

Latex-Fruit Syndrome Triggers

Bananas, avocados, kiwis, chestnuts, papayas

- **Category: Dietary lifestyle: (check all that apply)**

Plant forward eater (80% plants / 20% animal)

Dairy and egg vegetarian

Vegetarian

Pescatarian

Vegan

Keto

Paleo

Carnivore - high animal protein, low carb and veggies

Gundry

[FODMap](#)

Lactose intolerant

Gluten free

Corn free

Nut free

Dairy free

Caffeine free

Sustainable and organic

Grass-fed, pasture raised, no antibiotic or GMO animal products

Raw foods foodie (uncooked or lightly up to 118 degrees)

Juices daily

Juices weekly

Juices a couple of times a month

Anxiety Scale: Regular intervals (daily/weekly), rating 1 low -10 high

- Pain Scale: Similar to anxiety, rating 1 low -10 high

- Push notification randomly throughout the day asking for stress level, and what they're doing to feel that way.

2. Custom Food Journal

- Foods Eaten: Name of the food item (with the ability to select from a database).
- Time of Day: Morning, afternoon, evening (or specific time entries).
- Brand of Food: Option to include brand details.
- Drinks & Snacks: Input fields for drinks/snacks and their brand names.

3. Survey & Goals (8 Categories)

Each category can have a set of questions to gauge user habits and assign scores:

- Toxins: Level of exposure to toxins (cleaning products, pollution, etc.).
- Sugar: Sugar intake habits (amount and frequency).
- Alkalinity: How balanced is the diet in terms of alkaline vs acidic foods.
- Food Combining: Habits on combining foods (e.g., proteins + carbs).
- Timing: Eating patterns (e.g., meal timing, fasting).
- Pre/Probiotics: Usage of probiotics and prebiotic-rich foods.
- Macros: Balance of macronutrients (proteins, fats, carbs).
- Gut/Brain Support: Practices for digestive and mental health support.

Would you like help with organizing the backend, UI design, or specific feature details?

You said:

yes. organize this so it can function as an app

ChatGPT said:

ChatGPT

To organize this into a functional app, let's break it down into key components for both front-end (user interface) and back-end (data storage, management) aspects:

1. User Flow & Screens

User Screens

- Sign Up / Log In: Allow users to create an account or log in.
- User Profile (Demographics & Health):
 - Fields: Name, Age, Gender, Weight, Height, Activity Level.
 - Health: Chronic conditions, Allergies, Dietary Restrictions.
 - Anxiety/Pain Scales: Simple sliders for users to input their daily/weekly ratings.
- Food Journal Entry Screen:
 - Fields:
 1. Food: Autocomplete field with food database suggestions or manual input.
 2. Time of Day: Dropdown or time picker (morning, afternoon, etc.).
 3. Brand of Food/Drink/Snack: Optional fields for brands.
 - Option to Add Drink or Add Snack entries separately.
 - A Save button after each entry.
- Survey Screen (Lifestyle Habits):
 - 8 categories displayed as tabs or sections:

1. Toxins: Multiple choice on toxin exposure (e.g., "Do you use non-toxic products?").
 2. Sugar: Rate intake on a scale or dropdown (low/medium/high).
 3. Alkalinity: Questions about diet balance (e.g., "Do you eat more acidic or alkaline foods?").
 4. Food Combining: Questions like "Do you avoid mixing proteins with carbs?"
 5. Timing: Ask about fasting, meal regularity, etc.
 6. Pre/Probiotics: "How often do you consume probiotic foods?"
 7. Macros: "Do you track your macronutrient intake?" (Yes/No).
 8. Gut/Brain Support: Lifestyle questions about practices for supporting gut health (e.g., meditation, fiber intake).
- Users rate their habits, which generate a score in each category.
 - Submit button to save survey results.
 - Dashboard/Home Screen:
 - Display a summary of user data (e.g., anxiety/pain trends, food logs, lifestyle score).
 - Daily Journal button for quick access to add food/drink/snacks.
 - Survey button to fill out or review lifestyle habits.

Additional Features

- Notifications: Reminders to fill in the food journal, anxiety/pain scale, or survey.
- Progress Tracking: Charts/graphs showing improvements in health metrics, food patterns, and lifestyle habits.

Health categories

Heart Disease

Diabetes

Obesity

Cancer

Gut Health

Brain Health

Immunity

Pain & Inflammation

Stress & Anxiety

Icons of current health status for Homepage Dashboard

From low score 1 red, to high score 7 green (1 - 7)

1 Absolutely Horrible

2 Dire & Weary

3 Unhealthyyy

4 Meh, Getting By

5 Great

6 Awesome

7 Outstanding!









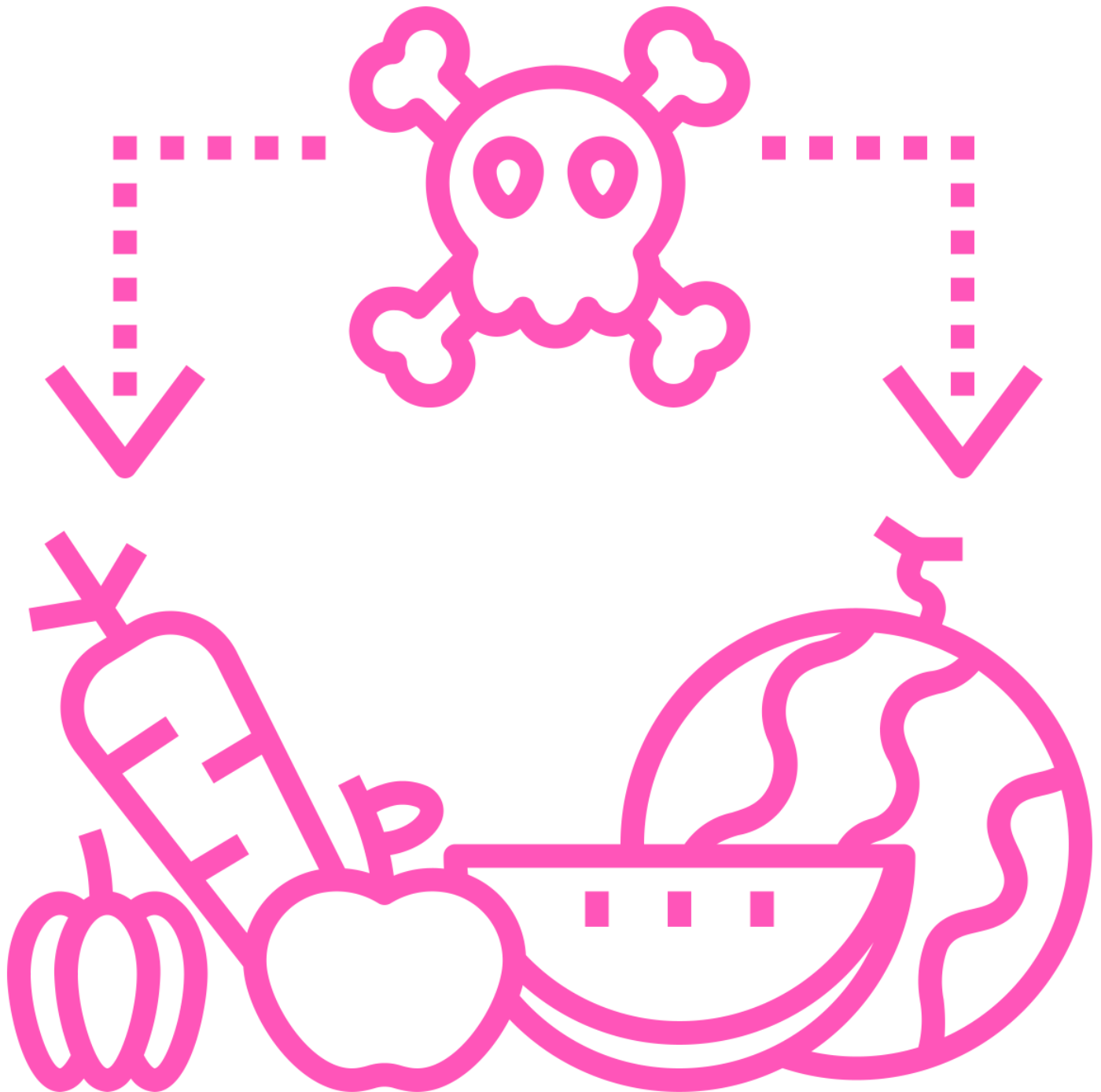






8 Survey Categories: Goals icons, also Food For Thought education:

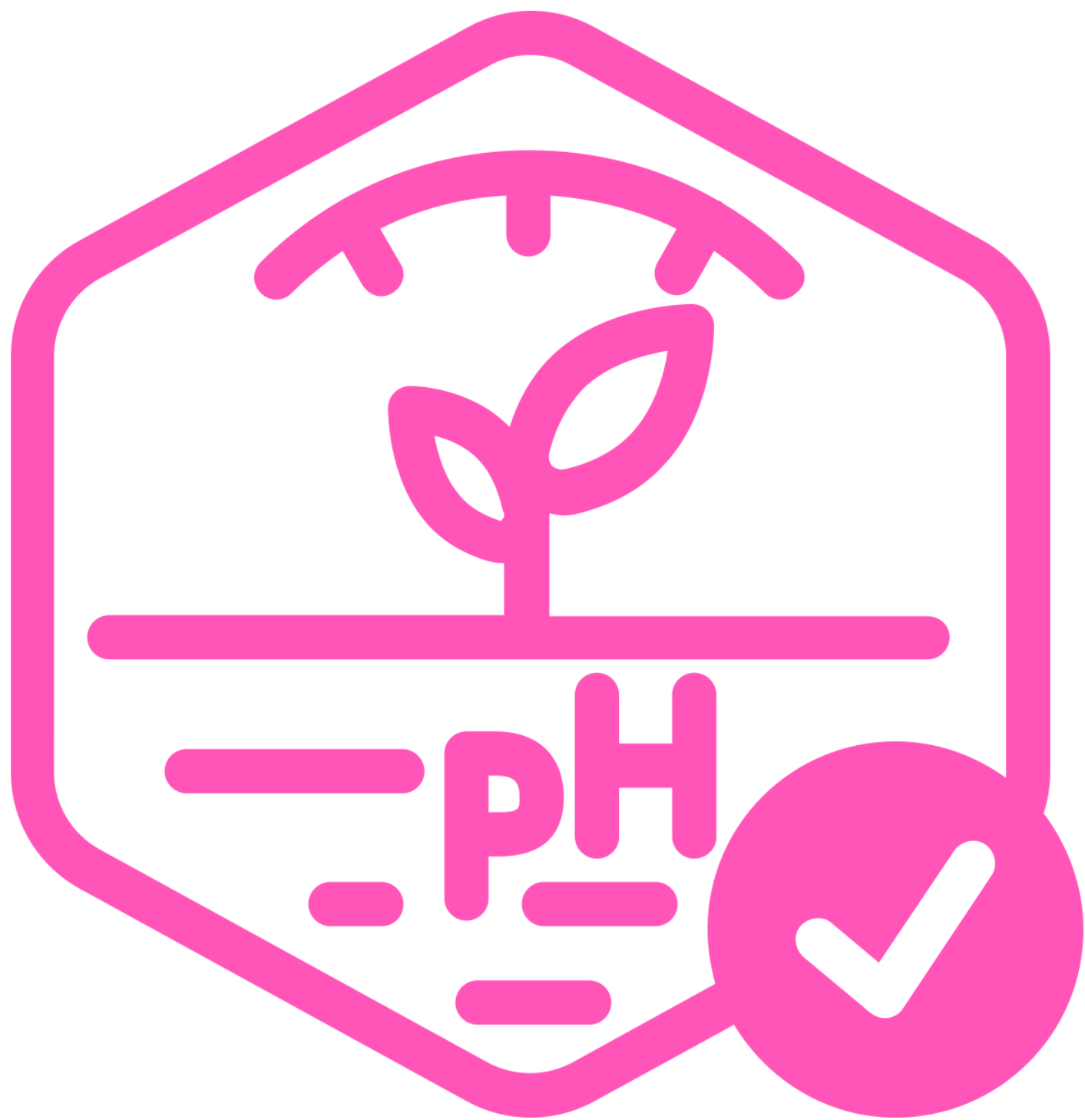
Toxins:



Sugar:



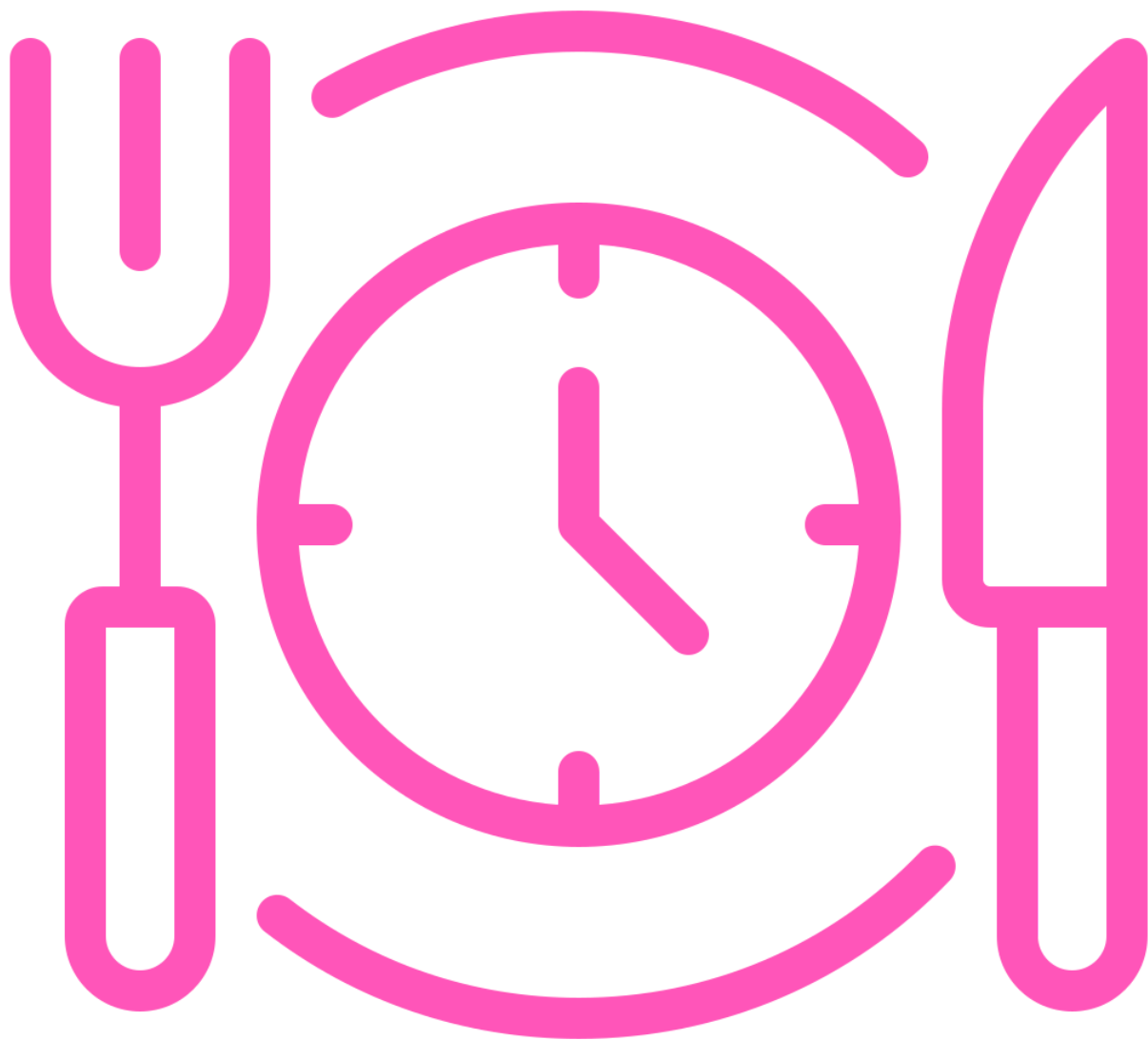
Alkalinity:



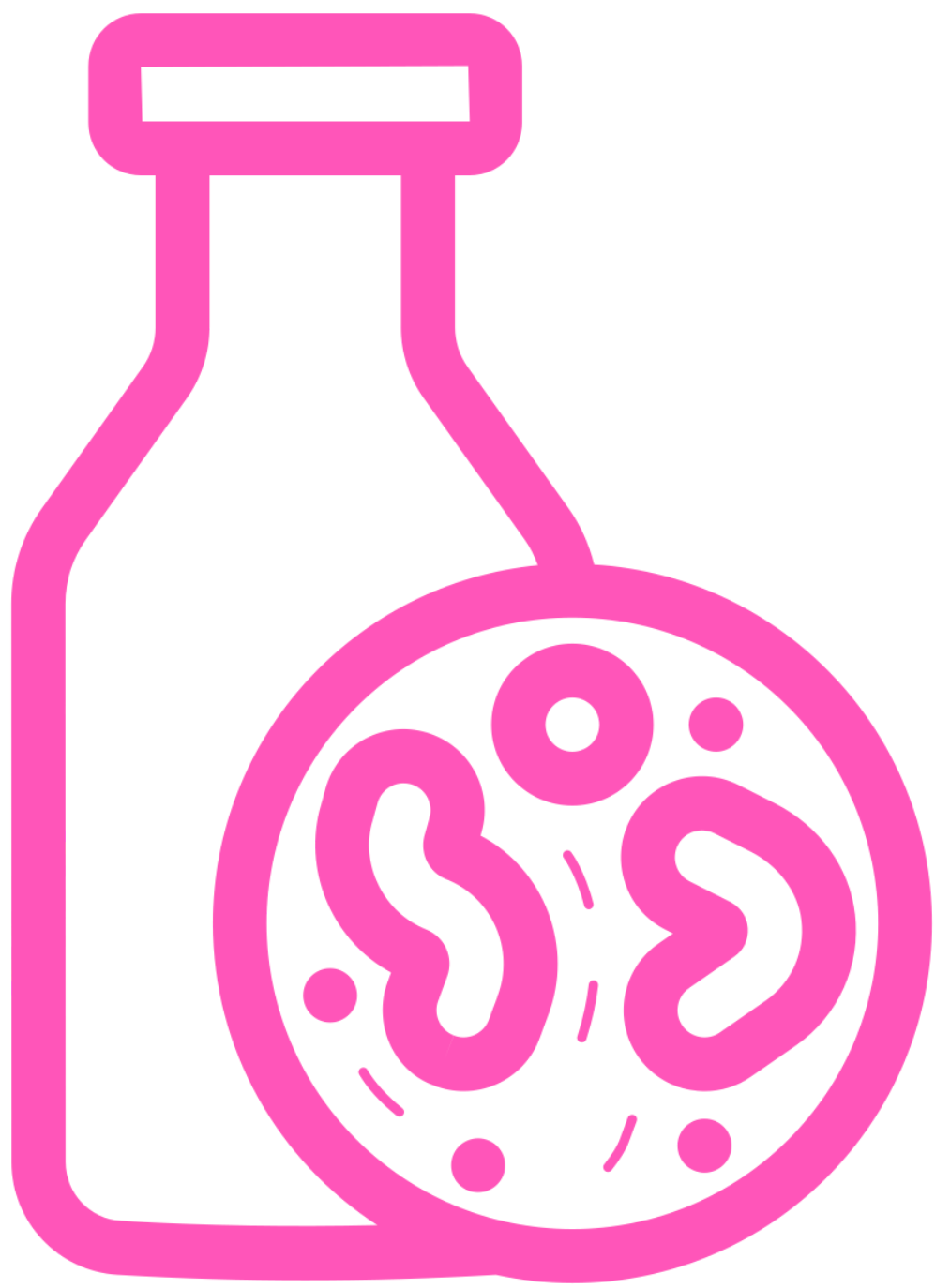
Food Combining:



MealTiming:



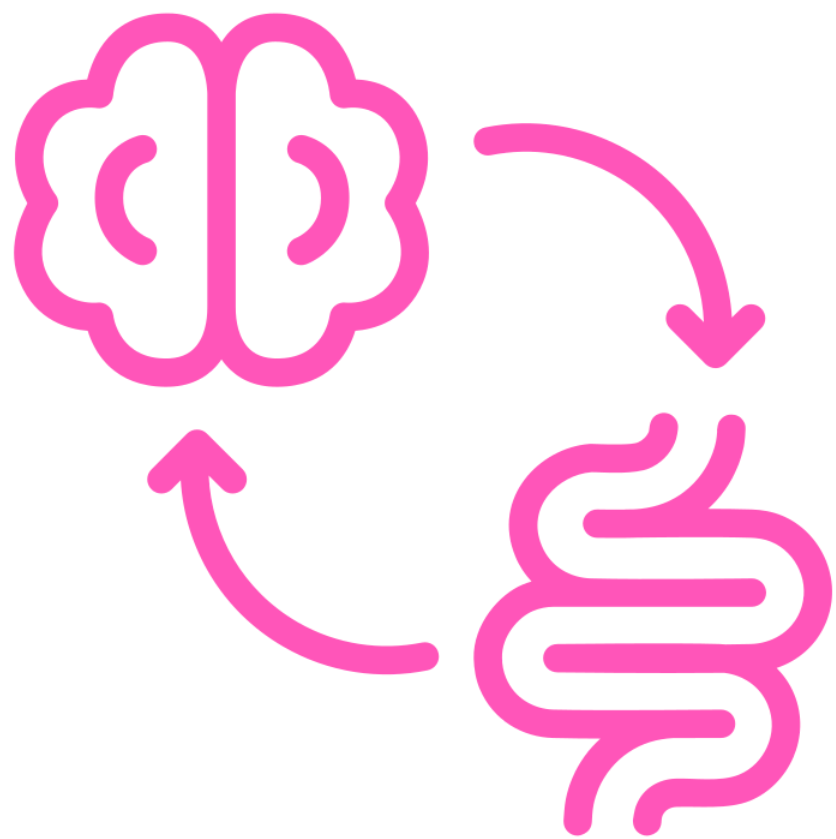
Pre/Probiotics



Macronutrient Balance
(proteins/fats/carbs) :



Gut/Brain Support:



Food For Thought Icon and screen (education)



