Nutr.io

A multi-platform application for diabetics' nutritional choices

Pedro Pires Nº 42206 Miguel Luís Nº 43504 David Albuquerque Nº 43566

ISEL ADEETC Área Departamental de Engenharia Electrónica e Telecomunicações e de Computadores

Instituto Superior de Engenharia de Lisboa

Introduction

The idea that every field of study can be digitalized in order to ease monotonous tasks is continuously growing in the modern world.

One of those tasks is the measurement of carbohydrates in meals, which is to used to administer the correspondent amount of insulin.

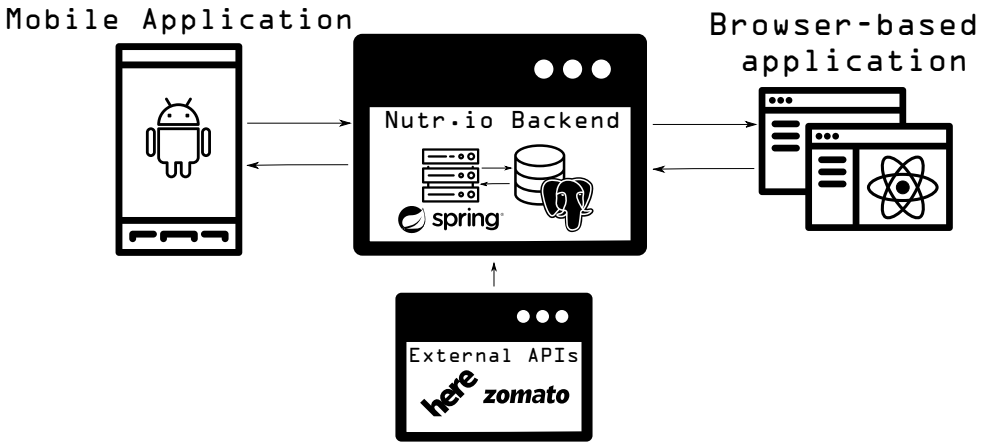
Most nutritional applications do not provide data for restaurants' meals - resulting in faulty carbohydrate counts and therefore the administration of an incorrect insulin dose.

This is the gap this project aims to fulfill.

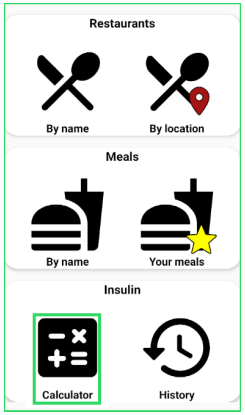
Objective

To design a system that helps individuals with type 1 diabetes easing difficult carbohydrate measurement situations, specifically in restaurants.

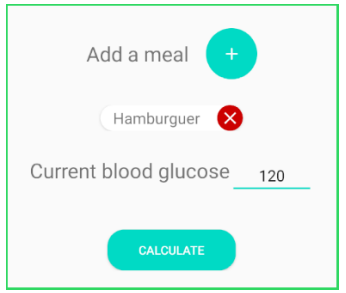
Methods

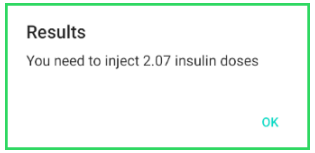


Results



The insulin calculator is the main feature of the mobile application. The result is based on a insulin profile, set by the user, and the shown inputs.





Conclusions

It was concluded that most available nutritional APIs didn't give accurate information about the ingredients composition.

Given that fact, the project had to work around ingredients with generic information in order to provide more accurate results to the user.

Pairing this source with upcoming inputs from users the information is progressively tuned, resulting in a increasing nutritional accuracy.

References