Instituto Superior de Engenharia de Lisboa
Licenciatura em Engenharia Informática e de Computadores

Nutr.io - Multi-platform application for diabetics' nutritional choices

Progress Report

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Abstract

The idea that every field of study can be digitalized in order to ease monotonous tasks is continuously growing in the modern world. Our project aims to tackle the field of Type 1 diabetes, given its growing prevalence in the world.

One of those monotonous tasks is the count and measurement of carbohydrates in meals used to administer the correspondent amount of insulin, along with their blood levels, to maintain a healthy lifestyle. A task that heavily relies on having access to food databases and realize of how many portions a meal has - usually by using a digital balance or doing estimations.

Eating in restaurants is the perfect example that showcases a gap in this field, that our project, Nutr.io, aims to fill. Most nutritional applications do not provide data for restaurants' meals, such as MyFitnessPal, nor does the user bring his digital balance from home - resulting in a faulty carbohydrate count and therefore the administration of an incorrect insulin dose.

The main goal of this project is to design a system that offers a way to facilitate difficult carbohydrate measurement situations, like in restaurants. To that end, a system that stores meals' nutritional information will be developed, where users can use and calibrate its data with their feedback.

Contents

Chapter 1

Introduction

This document is intended to give an update of this project's progress, until this date. Its main goal is to report that the project is progressing according to the initial plan, previously stated in the project's proposal.

The report will also state the issues encountered during this time period, mentioning the decisions the group chose to solve them. This will also include changes in the accorded initial plan, that the group found relevant for the project's progress efficiency.

The diagrams and schemas developed for this project are disposed in the report's appendix, having references pointing to them when approaching a related topic.

Chapter 2

Development

2.1 Project's Roadmap

According to the proposed plan, the group managed to fullfill almost all the objectives that were planned to be accomplished by this time - a relational database, a working HTTP server and a prototype Android aplication that can make requests to the previously stated server and use its information to display lists and detailed views.

2.2 Issues encountered and project's updates

Chapter 3

Results

Appendix