Nutr.io

A multi-platform application for diabetics' nutritional choices

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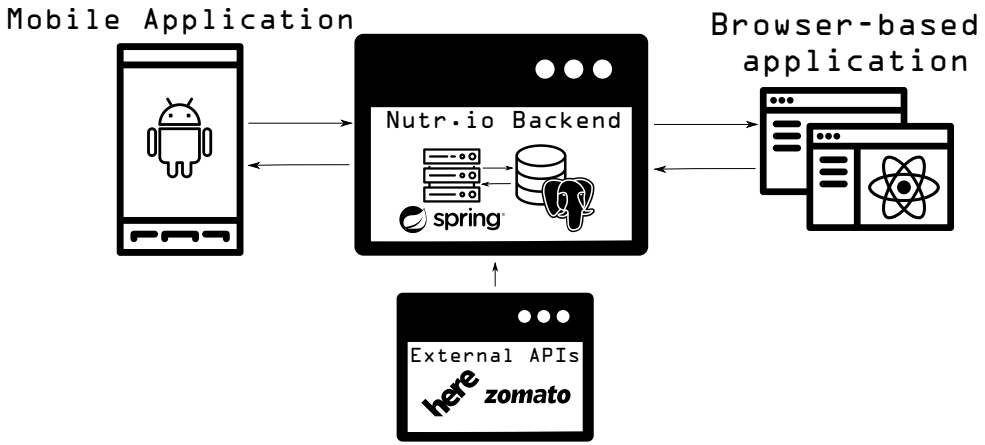
Introduction

- 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.

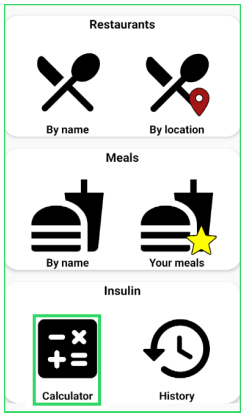
Objective

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

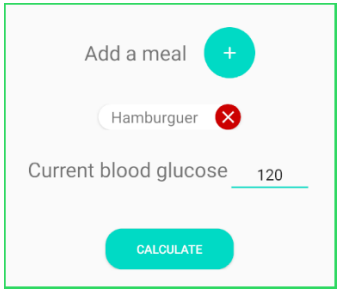
Methods

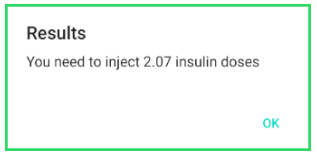


Results



- 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

- Over development, the group concluded that there are no databases that provide accurate information about restaurant menus or meals' nutritional information.
- To overcome this, Nutr.io utilizes precise and manually inserted nutritional information about ingredients and meals, which are labeled by cuisines.
- Pairing this source with upcoming inputs from users, the information is progressively tuned, resulting in an increasing nutritional accuracy.

References