I have decided to create a page that consists of a glycemic index calculator. The glycemic index is basically a rating system that rates foods on a scale of 1 to 100. 1 being that it is a food that hardly, if at all, raises your blood sugar, and 100 being that it REALLY affects your blood sugar. A user will be able to input the individual food(s) item(s) they ate as a meal, submit them, and the calculator will compute (if more than one food item is input) the GI for that food/GI load (rating for an meal consisting of multiple food items).

I don’t believe that an API exists that would give me access to a GI library so I plan on creating my own custom API request. I plan to use an extensive GI rating chart that I found belonging to Harvard University. This should match the food items the user inputs with a GI rating to use in the calculation function (if more than one item is given).

In addition to providing the user with the rating of their chosen food/meal, I want to tie in some “advice” to certain ranges of ratings. For example, if the rating comes back on the high end (i.e. 80), attached to the on-screen output of the calculator will be something like, “That was a little high. Try choosing foods with a lower GI rating and/or reducing portion sizes.” Along with this, I would like to have an image served that goes well with the calculator result. So, if a high rating was outputted, then maybe an image of someone fatigued or sluggish. Something along those lines.

This is what I plan to work on for my final project.