



Final Year Project Report

Body Composition Assistance App

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Authenticity

Acknowledgements

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Chapter 1

Introduction

Body composition relates to the percentage of fat, bone, water and muscle in a human body. As the proportion of bone and water cannot really be altered, the makeup of fat and muscle in the body can drastically change its appearance. The desired proportion of muscle and fat will results in a "lean" body which reduces the risk of major health problems and is considered to be healthy. A healthy body with the desired body composition can be achieved through a combination of a healthy balanced diet and regular exercise. It is essential that humans consume the required level of nutrients to both fuel the body and repair and replenish the muscles after exercise. When an individual's diet leads them to intake too much nutrients from their food or in some cases too little, the result is often a poor body composition. In the case of not consuming enough food or nutrients (under-eating) the levels of muscle and fat in the body can become dangerously low. This can results in a weak immune system, infertility or Type 1 diabetes. In extreme cases where an individual suffers from an eating disorder such as anorexia or bulimia,

organ failure can occur. In contrast to under-eating, consuming too much food can lead to an increase in the proportion of fat in the body leading to the person being classed as overweight or in extreme cases, obese.

One of the main reasons people either gain or lose weight is that humans are poor at estimating the quantity of food they eat in a day. In many cases, people do not know the specific caloric values of the food they are eating, which can result in them consuming far more calories than needed. Conversely, when under-eating, there is a deficiency in the amount of nutrients absorbed by the body. This problem typically arises as it is difficult for humans to remember the nutritional information of a wide array of foods. In the past few years, the world has become more aware of the nutritional values of food, with this information often displayed on the packaging of products. Generally, the information displayed contains the ingredients, calories and split of nutrients in the product along with the recommended daily food intake. More recently, there has been an increase in the number of websites and apps which house a vast database of foods with their corresponding nutritional values along with keeping track of the amount of calories consumed on a given day. These tools have modernised how people follow a diet plan and control their weight.

The purpose of this project is to develop an application which allows the user to create a meal based on their specific calorie and nutrient restrictions. This application will be developed on the Android platform.

1.1 Project Objectives

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1.2 Project Requirements

Chapter 2

Literature Review

In order to obtain a greater knowledge of the scientific background of the project, it is a requirement to complete a literature review of books and academic papers. In order to improve my knowledge of how the modern human diet in combination exercise plans can effect the composition on the human body, I carried out research of literature and academic papers throughout the duration of the project but this research was primarily done during Semester 1.

2.1 Obesity

Obesity is a state of excess body fat and it is a disease which is continuously affecting all kinds of countries throughout the world including developed and developing countries. It is one of the most prominent diseases with almost one in five youths being obese in the USA. Obesity is also associated with many other diseases including cardiovascular diseases, diabetes and several

cancers [1]. Global obesity has more than doubled since 1980 and today approximately 1.9 billion adults are overweight with 600 million of these obese. 41 million children under the age of 5 are either overweight or obese. It is widely acknowledge the importance of preventing and treating obesity and the estimated cost of obesity in Ireland is thought to be 1.3 billion (safeood.eu, 2012). Not only does this excess amount of body fat lead to a poorer quality of life and massive health care bills, it also greatly increases the risk of death. The two main causes of obesity are an inactive, sedentary lifestyle and a high caloric intake but it has also been shown that there can be a increased likelihood of developing obesity based on an individuals's genetics.

The most common measure of obesity is the body mass index (BMI). BMI is the ratio of a persons height and weight. The formula for BMI is weight in kilograms divided by height in metres squared [2]. A person with BMI score of over twenty five is considered to be overweight and people with a BMI greater than thirty are said to be obese. The ideal range for persons BMI is 20-25 meaning a BMI less than 20 is classed as underweight. Body Mass Index is not accurate in all cases however, as it does not take into account the percentage of fat or the percentage of muscle a person has. Many elite professional athletes, such as rugby players are often classed as morbidly obese by the Body Mass Index Scale where in reality they are generally healthy individuals. As a result of this inaccuracy, there has been a shift to the Body Fat Percentage formula in the past number of years and in some cases a combination of both measuring techniques can give the most accurate results. The Body Fat Percentage of a human is the calculated by

obtaining the total mass of fat on an individuals body and dividing it by the total body. Below is table which displays the range of values which are determined healthy and unhealthy for both males and females.

Description	Male	Female
Underweight	<8%	<20%
Healthy	9-20%	20-35%
Overweight	20-26%	35-40%
Obese	>26%	>40%

2.2 Nutrition

There are a number of factors behind weight gain in humans today with the main one being the intake of excess calories on a daily basis. For an individual to gain weight, the total energy intake must be greater than the total energy expenditure. Therefore, for a person to maintain their current weight, the total energy intake and output must be in equilibrium. If a persons total energy intake is greater than their energy output over a period of time, it will result in weight gain. Conversely, if the energy intake is less than the energy output, the individual will notice some weight loss. The total number of calories/energy a person need to maintain their current weight are dependant on a number of factors such as height, current weight, gender, level of activity throughout the day, metabolic rate, etc.

2.2.1 Calories

The unit of energy used in food is calories. There are two different types of calories, a small calorie (cal) and a large calorie (Cal, kcal). A small calorie is the amount of energy required to raise one gram of water by one degree celsius whereas a large calorie is the amount of energy required to raise one kilogram of water by one degree celsius. In general, the average number of calories need to be consumed by a person on a daily basis is normally between 1500 and 2500 large calories (kcal). If your body needs 1800 calories per day to maintain your weight, your body uses 1800 calories on performing the vital functions of the body such as breathing, transporting blood around the body and maintaining the current body temperature. All of these functions are all performed when your body is at rest. The amount of calories are burned when at rest is known as your Basal Metabolic Rate (BMR).

2.2.2 Macronutrients

Nutrients are molecules in food/substances used for energy and growth by the body. The two main groups of nutrients are macronutrients and micronutrients. Macronutrients are the substances which are need in large amounts by the body. In total there are three different macronutrients - Carbohydrates, Proteins and Fats. They all provide energy to human body in the form of calories. Below is a list of the energy information of the three macronutrients and it can be seen that the Fats are the most calorie dense macronutrient.

- 4 kcals per gram of Carbohydrates
- 4 kcals per gram of Protein

- 9 kcals per gram of Fat

Carbohydrates

Carbohydrates are the most important source of energy for the body. The human digestive system converts carbohydrates to glucose and uses this glucose as an energy source. Carbohydrates therefore are vital for athletes and for people doing a high level of activity generally[7]. People will not achieve peak performance without adequate levels of carbohydrates, however excess intake of carbohydrates can lead to weight gain[5]. There are two different type of Carbohydrates - simple and complex. It has been shown that people on a low fat diet with complex carbohydrates can lose more weight than people on a low fat diet with simple carbohydrates [5].

Proteins

The body uses Protein to create new cells and to also repair existing cells. Protein is made up of amino acids and it is vital for growth. Protein is the primary macro nutrient needed when looking to gain weight by building muscle. An adequate amount of protein is needed to maintain lean body mass and increase muscle mass[4]. It is suggested that humans should consume between one and two grams of protein per kilogram of body weight[4].

Fats

Fats are composed of fatty acids and are an essential part of the human diet. There are three different categories of fatty acids which are Saturated Fats, Polyunsaturated Fats and Monounsaturated Fats. Research has shown

that the type of fat consumed is more important than the amount of fat consumed. Monounsaturated fats and a percentage of polyunsaturated fats are beneficial to a persons health whereas the majority of Saturated fats are unhealthy when large quantities are consumed. Generally, humans consume far too much saturated fat which is leading to weight gain and to other health problems such as increased cholesterol and cardiovascular disease[6].

2.3 Exercise

One of the other main factors behind weight gain in humans today is their level of activity on a daily basis. The World Health Organisation recommends that the average adult gets around thirty minutes of moderate exercise every day. One type of exercise that helps with an individuals fat loss is Resistance training coupled with a nutrition plan with calorie deficit. Resistance training has been shown to boost metabolism. This is due to muscle fibres and cells tearing with placed under tension. As a result, more energy is needed to repair these cells and to create new cells[8]. When in a calorie deficit, the body can't get the required level of energy from food sources alone so it uses body fat to help repair cells which leads to a reduction in body fat. Cardio based activities such as walking, running or swimming can also prove very beneficial in supplementing weight loss[9]. These activities will increase the total energy expenditure which provided the total energy intake is equal to or less than the persons BMR.

Exercise is also essential for people who are looking to gain weight. Resistance training coupled with the correct nutrition will lead to muscle growth.

Resistance training with a calorie surplus will lead to muscle growth in contrast to weight loss where a calorie deficit is needed. For optimal muscle growth, many factors need to be accurate such as the split of macronutrients and in particular, protein[10].

Chapter 3

Technical Review

This chapter will provide a full technical review of the technologies used in developing this project including the environments, languages, frameworks and the version control used.

3.1 Mobile Application

I made the decision to develop this application as a mobile application as it would be of most convenience to the user. Many other fitness and well being applications are also mobile applications so it would be useful if the Body Composition App can be used alongside these applications. It would also allow users to use the app and get meal ideas on-the- go without needing access to a computer. There has been a large increase in the number of mobile users in the past five years. According to Comscore, the number of mobile only users is now greater than the desktop only users. In addition, the US adult smartphone users now spends 2 hours and 21 minutes on their

smartphone per day on average [3]. This suggests that the body composition app being a mobile application would reach a greater amount of people.

3.2 Android

Android is an Open Source Mobile Operating System which has been developed by Google. It is primarily used by touchscreen smartphones and tablets. Android Inc. was founded in October 2003 by Andy Rubin, Rich Miner, Nick Sears and Chris White in California. The reason for finding the company was to "allow smarter mobile devices that are more aware of it's owners location and preferences".[11]

The company was then acquired by Google two years later in 2005. After the acquisition of the company, a mobile operating the system was developed which was based on the Linux Kernel. Within three years of the acquisition, the first mobile device to run the Android 1.0 operating system was released. Since that first release, the growth in popularity of the Android OS has gone from strength to strength. The most recent version of Android is Android 7.1.1 "Nougat". Approximately 85% of all smartphones in the world today run an android operating system. That is a growth of over 80% in the past seven years. The main reason Android holds such a large percentage of the market share is the large number of devices that run Android. There is a large variety of Android smartphones available from numerous smartphone manufacturers in comparison to iOS which is only used in Apple products.

3.3 Java

The Java programming language is the primary development language of Android. Java is different to other programming languages as Java code is not compiled into machine code. Instead, Java is compiled to an intermediate format called bytecode. It relies on a Virtual Machine to interpret this bytecode and therefore all platforms that runs Java needs an implementation of a Virtual Machine. The name of the Android Virtual Machine is Dalvik and it's job is to interpret the Java bytecode and run the application on the processor. This is beneficial as Android apps can be developed on numerous platforms such as Windows, Linux and Mac and convert the source code to bytecode which can be executed on Android's built in Virtual Machine (Dalvik).

3.4 Android Studio

The Android Studio IDE was chosen as the environment to develop the application. It is the official IDE for the Android platform which made it the ideal choice for developing the Body Composition Assistance App. One of the main important features of Android Studio is that it provides an Android Virtual Device which is very useful for running and debugging applications.

3.5 Github

Git is a free and open source distributed version control system. The main advantage of Git is that it is Distributed meaning everyone has their own

repository and can commit any changes to their localised repository and can access the history and versions and check in frequently without breaking the build. Due to the fact that the data is stored locally, Git is an extremely fast versioning control system. Git also has a centralised repository where all local changes can be synced and merged with one another.[12]

Chapter 4

Technical Issues

Chapter 5

Results

Chapter 6

Conclusion

6.1 References

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