Project: Calorie Shopping

SSW 695 Presentation for Customers

Team Member

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Brief Introduction

Controlling one's diet is common sense for people who exercise regularly. But for beginners, It's a little bit more complicated.(for example, calculate the ratio of sugar, protein, oil and vitamins)

- As a beginner, I want to know what I should eat every day. So that I can adjust my fitness plan.
- For ordinary people, I want to be recommended for healthy food. So that I have more choice.
- For allergic people, I want to be recommended for safe food. So that …

Main Features

- **Calories calculation**

  We give three concepts here: Fund, Income, Expenditure.

  Fund: Fund is daily basal metabolism of the body, which is calculated by the height, weight and age of the user.

  Income: Income is calories burned during daily exercise such as walking and running.

  Expenditure: Expenditure is calories intake.

For different users, they have different "fund", if they eat more, they will "spend" more "fund". They also can get "income" from daily exercise so that they can "earn" more everyday.

Main Features

- **Meal Recommendation**

  This app will collect different kinds of food, include calorie content, fat content, vitamin content, carbohydrate content and so on. According to users requirement, this app will give some plan about the meal.
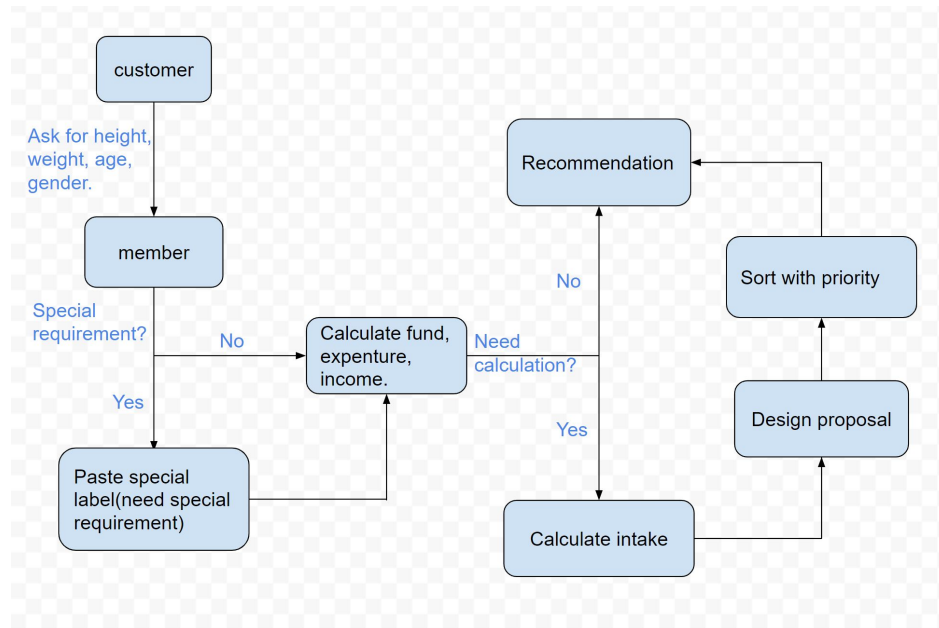
Main Features

- **Special limitation**

  Give different suggestions for different users. For example, avoid recommending sugary foods to diabetics, and recommend more high-protein foods to exercise enthusiasts.

Working Flow

Data collection

- Basic methods to collect users' data

  - Users input the required data manually.

- Basic methods to count "Income"

  - Users input the required data manually.

  - Users input their exercise plans and the system estimates the calories consumed based on the data inputted.

- Basic methods to count "Expenditure"

  - Users input the required data manually.

  - Users input the information about their meals and the system will calculate the intaked calories based on the data inputted.

Additional Features

- Advanced methods to collect users' data and count "Income":

    - Allows users to connect this app to the health management system (like Apple Health) of their own devices to collect data.

    - Allows users to connect this app to their smart furnitures (like smart weighing scale) to collect data.

- Advanced methods to count "Expenditure":

    - Allows users to take a photo of their meals and count calories using artificial intelligence.

    - Allows users to connect this app to their accounts of restaurants apps (like McDonald) or delivery apps (like Uber Eats) to collect data of their meals.

- Rating the health level of each meal based on the data collected from users.

Impact on Customer :

- Good shape and healthy body :

Through the control of diet, we can not only get comprehensive food nutrition and keep healthy, but also help us get a healthy body shape.

Impact on Customer :

- Effectively increase muscles

We know that many users' hobby is fitness. One of the purposes of fitness is to obtain muscles. Appropriate muscles can not only make us look more aesthetic, but also provide more physical strength for our daily life.

Impact on Customer :

- A Regular life

In the current fast-paced life, we need to socialize and save time at the same time. Have a big meal with a friend in the morning, or even have no time for an empty meal. This project can help users reasonably improve their unhealthy lifestyle, or reduce the burden of this unhealthy lifestyle on the body to a relatively low level.

A better world

- Our app also has some commercial value, which can connect with some restaurants specially for healthy diet and provide users with meal ordering service.

- If the development process goes well, we hope to do some work to make the software more perfect in the future. We imagine that users can take photos of the food in front of them and calculate the calories of the food roughly through the AI.

Thank you for listening

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