

## Attribute Description

- **Nutrients – Entity that contains information about nutrients of each Meal.**

**Contains the following attributes:**

- Name: This is an attribute of Nutrient. The purpose of this attribute is to identify the nutrient being used.
- Amount recommended: This is an attribute of Nutrient. The purpose is to specify the amount recommended for that nutrient in a day. It will hold a numerical value.
- Type: The purpose is to describe the type of nutrient. It can be Macronutrient or Micronutrient.

- **Meal Contains – Relationship that connects Meals with Nutrients.**

**Contains the following attribute:**

- Amount: This is an attribute of Meal Contains. The purpose is to specify the amount of nutrients a food/drink has. It will hold a numerical value.

- **Meals – Entity that contains information about Meals.**

**Contains the following attributes:**

- Serving Size: The purpose is to specify the serving size of the given meal. It will hold a numerical value.
- Name: The purpose is to record the name of the person who consumed the meal.
- Calories: This is an attribute of food/drink. The purpose is to record the amount of calories for each food in one serving. It will hold a numerical value.

- **Conversions – Entity that contains information about unit conversions.**

**Contains the following attributes:**

- Conversion: The type of conversion to be used. It will contain a numerical value that will accomplish the conversion.
- Converting\_to: The new conversion. It will contain a textual value, such as: grams, pounds, liters, etc.
- Unit\_Name: The name of the unit being converted. It will contain a textual value, such as: grams, pounds, liters, etc.

- **Consumes Meal – Relationship that connects Accounts with Meals:**

- Servings Consumed: The amount of servings consumed for each meal. It will hold a numerical value.

- **Accounts – Entity that contains information about the User Accounts.**  
**Contains the following attributes:**
  - Account\_ID: ID number for the account in use. It will hold a numerical value that will be set to Auto-Increment, starting at 1.
  - Name: Name of the account holder.
- **Records Weight – Relationship that holds information about User's weight over time.**
  - Pounds: The purpose is to record the weight of each individual.
- **Workouts – Entity that contains information about the Workouts that can be performed by Accounts (User).**  
**Contains the following attributes:**
  - Name: The purpose is to record name of each workout to differentiate between them.
  - Duration: The purpose is to record the amount of time spent on the specific workout. It will hold a numerical value – minutes.
  - Intensity: The purpose is to record the intensity the user has on a given workout. It will hold a numerical value – calories.