



Business case:

Nutris is a health and nutrition API that would provide data of food (nutritional values and recommended daily intake values), recipes and exercises based on age, gender, etc. It will help users search for recipes and track their food intake. It will help users track their activity (fitness exercises, walking etc.) and will provide users with analysed information detected by sensors - heart rate, sleep stages, snoring and apnea.

11 main features:

1. *Nutrient data*: The API will provide access to data of various foods: calories, nutrients, macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins and minerals).
2. *Save and update nutrient data*: The API will allow nutritionists to update and add various food info.
3. *Nutritionists data*: The API will allow people to register as nutritionists in order to update food info.
4. *Recommended intake values*: The API will provide recommended daily intake values for various nutrients based on age, gender, and other factors.
5. *Food search*: The API will allow users to search for foods by name, ingredient, or nutrient content.
E.g. *Give me 4 base foods that have less than 100 kcal.*
6. *Recipe search*: The API will allow users to search for recipes based on various criteria, such as ingredient, cuisine, and dietary restrictions.
E.g. *Give me one dinner recipe with salmon for cardiacs.*
7. *Diet and nutrition tracking*: The API will allow users to make an account and track their food intake and nutrient intake over time, and to set and track nutrition goals.
8. *Exercise tracking*: The API will allow users to track their physical activity, including the type, duration, and intensity of the activity.

9. *Weight tracking*: The API will allow users to track their weight over time.
10. *Sleep tracking*: The API will allow users to track their sleep. With info from the sensors, the API will detect stages of sleep and sleep quality. Will determine and analyse snoring and apnea based on information received by sound sensors.
11. *Heart rate tracking*: Allows users to track their heart rate over time, including resting heart rate and heart rate during physical activity.

5 features that could be included in the minimum viable product (MVP):

1. *Nutrient data*: Providing access to data on the calories and nutrient content of various foods is a key feature for any nutrition tracking or management application.
2. *Save and update nutrient data*: Providing updated and plenty of data will help users to find what fits best their needs.
3. *Nutritionists data*: Providing accurate data is a key feature of a nutrition tracking API.
4. *Food search*: A food search feature is important for users to be able to easily find, compare and decide on the foods they are consuming.
5. *Diet and nutrition tracking*: A user should be able to keep his/hers nutrition information in a single place. The ability to track food and nutrient intake over time is a core feature of any nutrition or fitness application.
6. *Exercise tracking*: Tracking physical activity is important for fitness and health management, and can be used to set and track goals.