**Insert Data->Process Data->Show Goals->Show Results**

**User Metrics:**

**Height**

**Weight**

**Dietary Restrictions-Dairy free?Vegan?Vegetarian?GF?**

**SolidPod Research:**

Called Solid 4 providers that host a pod for you

Security for pod: they have their own privacy policies (security of the provider instead of the websites)

You can use this from my pod

Facebook can use your address

Spotify to apple music could transfer listening data so you don’t have to start over

How do users put their data on the pod?

Make the post on twitter but is actually stored on the pod instead of twitter’s (if it integrated with twitter)

Any kind of data can be stores

Picture, apps, spreadsheets, etc

**SolidPod Research:**

Solid gives you control over your personal data (Pictures, contact info, files) unlike how it is done today where facebook, google, and amazon take it in return for allowing you to use their service. You instead store your personal data in a Pod and you can choose what services have access to what information.

You are able to give multiple services access to the same data for example if everything right now used pods and you listened to music on spotify all of your playlists, listening history, and favorites would be on your personal pod. With that you could then give Apple music access to and you would get accurate recommendations right away as well as the ability to listen to your same playlists.

Another benefit is that you only have to change your data in your pod and that changes it everywhere (ex. changing your address).

Pods are built with Vocabularies which is basically a file format like .pdf but for pods.

*How do you get a Pod?*You can choose from different providers (with different privacy policies and geographic locations) that will host your pod or you are able to host it yourself. Then you need WebID which is similar to “Login with Google(Facebook)” but it does not give data to third parties.

[Link](https://youtu.be/qWVTjMsv7AE)

Data: Solid Pod data is available in interoperable formats and protocols. This means that different applications can work with the same data. In addition, any kind of data can be stored on the Pod and this allows for the ability to keep your entire digital life on Solid in one place. <https://solidproject.org/about>

**Our app will have toInterface where they enter the data and stores it to the pod and then interface where they pull in the pod data???**

**General Cycle Research:**

Male:

24 hour

Calories towards beginning of the day more balanced in the middle

Protein at each meal

Exercise in the morning

Magnesium towards the end of the day

Low testosterone in the evening (lighter dinner, lower sugar and alcohol during the day)

Female:

25-46 day cycle

Menstrual phase (winter), need more iron, dark chocolate chicken [3-7]

Follicular phase (spring) more energy lean protein complex carbs increased estrogen, good nutrition less fat and protein [3-10 days]

Ovular Phase (summer) estrogen reaches peak (only a few days) carbs, antioxidants, fatty acids, greens and berries [3-4 days]

Luteal Phase (fall) pms, cravings, high fatty foods and complex carbs eat more calories sweeter options that are healthier high fiber foods magnesium [14ish days]

4 phases to menstrual cycle: follicular, ovulation, luteal, menstrual

- should eat different foods based on different phases of the menstrual cycle

-<https://londonclinicofnutrition.co.uk/nutrition-articles/foods-to-eat-for-each-stage-of-your-menstrual-cycle/>

-<https://www.forbes.com/health/womens-health/what-to-eat-during-menstrual-cycle-phases/>

-<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10251302/>

- <https://health.clevelandclinic.org/nutrition-and-exercise-throughout-your-menstrual-cycle>

1. Menstrual (inner winter)
   1. Menstruation, or the menses phase, typically occurs on days one through five of your cycle and is characterized by vaginal bleeding due to uterine lining shedding in the absence of a pregnancy. Since iron, an essential mineral, is lost along with that blood, it’s important to eat foods rich in the nutrient, such as dark green leafy vegetables, nuts, beef, chicken, clams and dark chocolate.
   2. “Iron may become depleted during menstruation for some women, especially if you have a heavy flow,” says Kathy Brown, a Phoenix-area registered dietitian who specializes in women’s health. “Increase iron-rich foods in your diet such as lean beef, turkey, beans and spinach during menstruation.”
2. Follicular (inner spring)
   1. Choose foods to support your increased energy levels. Lean proteins and complex carbohydrates, such as whole wheat, brown rice and quinoa, will fuel higher-intensity workouts.
   2. As estrogen levels rise, eat foods to help your body balance estrogen, including:
      1. Cruciferous vegetables, such as broccoli, cauliflower, cabbage and kale.
      2. Fermented foods, such as kombucha, sauerkraut and kimchi.
      3. Healthy fats, such as avocados, flaxseeds and pumpkin seeds.
      4. Leafy greens.
   3. Adequate nutrition is especially important during this phase because it provides the energy your body needs as it prepares to release an egg. “During the follicular phase of the menstrual cycle, your body tends to rely more on carbohydrates for energy versus fat or protein,” says Brown. “You may crave more bread and pasta during this time, so listen to your body and increase carbs a bit. Try to stick with complex carbs like fruit, whole grains and starchy vegetables like potatoes.”
   4. Elevated hormone levels can influence your body’s hydration levels, so it’s important to drink plenty of water.
3. Ovulatory (inner summer)
   1. Ovulation takes place in the middle of your cycle—usually 14 days before menses—when an egg is released from an ovary and travels to the fallopian tube for potential fertilization. You may notice a rise in your body temperature during this time, as well as pain or stiffness in your hips.
   2. Our dietary choices can have an influence on ovulation. Research points to the need for carbohydrates with a low glycemic index, monounsaturated and polyunsaturated fatty acids, antioxidant-rich foods and foods with vitamin D and folic acid. Foods such as salmon, mackerel, flaxseed, chia seeds and walnuts are rich in essential fatty acids, and foods like blueberries, blackberries and dark leafy greens are rich in antioxidants.
   3. Carbohydrates, such as most fruits and vegetables, beans, nuts, minimally processed grains and low-fat dairy products, are generally considered low-glycemic index foods. The glycemic index is a number scale that rates how quickly our bodies can convert the carbs in a food into glucose—in other words, how quickly food causes blood sugar levels to rise.
   4. Dietary sources of vitamin D include salmon, fortified milk and eggs, and foods such as spinach, asparagus and fortified breakfast cereals contain good amounts of folic acid.
4. Luteal (inner fall)
   1. The luteal phase occurs around days 14 to 28 of your cycle. During this time, your body is preparing for menstruation, which is characterized by rising progesterone levels to maintain the uterine lining for a potential pregnancy. Nutrition is critical here, especially protein and fat, due to high utilization during the luteal phase.
      1. The luteal phase can be characterized by premenstrual symptoms such as:
         1. Changes in appetite
         2. Weight gain
         3. Abdominal pain
         4. Nausea
         5. Constipation
         6. Mood swings
            1. Add fiber, protein and healthy fats to better manage blood sugar levels in order to avoid cortisol spikes that contribute to mood swings
   2. “During the luteal phase when your body is busy working to prepare for a potential pregnancy, you tend to use more fat for energy and protein is broken down at a higher rate,” says Brown. “It’s important to focus on getting healthy fats from foods like fish, nuts and avocado and have an extra protein-rich snack each day during this phase.”
   3. Agyeman echoes a similar sentiment: “Some women may experience food cravings before or during their period. That’s because during the luteal ‘premenstrual’ phase, your body prepares for your next period by building and thickening the uterine lining.”
      1. “While you are navigating through food cravings, try to include foods that are nutrient-dense—add calcium rich foods like tofu, white beans and dark leafy greens,” she adds. “Add some magnesium rich foods like dark chocolate, pumpkin seeds and cashews. Definitely include more iron rich foods—there are lots of plant sources to choose from.”
   4. The luteal phase can bring on PMS, hunger and cravings. Complex carbohydrates and high-fiber foods, such as cruciferous vegetables, leafy greens and sweet potatoes, will help curb hunger.
   5. If you’re craving a sweet or salty snack, dark chocolate, fruit, nuts and seeds are good substitutes. Pumpkin seeds, which contain high amounts of magnesium, can also help reduce fluid retention.
   6. Remember to stay hydrated. Drinking plenty of water can reduce bloating, brain fog and PMS.
   7. To mitigate painful periods, eating foods high in magnesium at this time can help. Magnesium is also thought to support low energy and libido during this phase.
   8. Eating healthy fats and proteins will also help maintain muscle and strength as your body prepares to bleed. Incorporating complex carbohydrates, root veggies, leafy greens can help.

**General Diet Research:**

Recommended macros vs recommendation version

Calories: 2500 Men 2000 for Women

65% carbs 35% for protein fiber (?) dairy (2-3 servings per day)

* Fiber - Get 25-35g of fiber daily from fruits, vegetables, whole grains, beans, etc. Fiber helps digestion and heart health.
* Protein - Men should get 56g/day minimum, women 46g/day minimum. Higher amounts (1-2g/kg body weight) are beneficial for building muscle. Good sources are meat, seafood, eggs, dairy and plant foods like beans.
* Fruits & vegetables - Aim for 4-5 servings of each per day for essential vitamins, minerals and phytonutrients. Get a variety of colors.
* Dairy - 2-3 servings per day provides calcium, vitamin D and other nutrients. Choose low fat milk, yogurt and cheeses.
* Whole grains -Aim for at least half your grain servings as whole grains like oats, brown rice, quinoa, etc. They provide more fiber and nutrients than refined grains.
* Heart healthy fats - Incorporate mostly unsaturated fats like olive oil, avocados, nuts, fish and seeds. Limit saturated and trans fats.
* Hydration - Drink plenty of fluids, aiming for several glasses of water and other unsweetened beverages each day. Needs are higher in hot climates or with exercise.

Vegetarian and vegan

Hydration Bar

**Diet x Cycle Research:**

**How a women's diet is affected**

* Women experience food cravings, especially for chocolate, salty foods, and other comfort foods. This is thought to be related to hormonal fluctuations. Giving into cravings moderately is fine, but be careful not to overdo it.
* Some women feel a bit more fatigued and may need to increase calories slightly to maintain energy levels. Complex carbs and healthy fats can help.
* Hormonal changes can cause fluid retention and bloating. Reducing salt and drinking plenty of water can help. Avoid gas-producing foods like beans, cabbage, etc.
* Loss of blood during menstruation increases iron needs. Eating iron-rich foods like red meat, spinach, beans, etc. can help replace iron. Take an iron supplement if your diet is. Some research suggests calcium needs may be higher during menstruation. Ensure adequate calcium intake from dairy, leafy greens, calcium-fortified foods, etc.
* Hormonal fluctuations can cause temporary constipation or diarrhea in some women. Eat high fiber foods and stay hydrated to help maintain regularity. Reduce caffeine as it can exacerbate issues

**How a man's diet is affected**

* When testosterone levels peak in the morning, men may feel more energetic and require more calories. Eating a hearty breakfast with complex carbs, protein and healthy fats can help meet energy needs.
* Higher testosterone levels help increase muscle mass and strength. Consuming adequate protein at each meal and getting enough total calories can support muscle growth. Sources like meat, eggs, dairy and protein powder can help meet protein needs.
* Testosterone helps burn fat, so taking advantage of peak levels by getting exercise in the mornings may boost fat loss efforts. Reduce consumption of sugary and high fat foods.
* Declining testosterone levels later in the day can negatively impact mood. Eating foods rich in zinc, vitamin D and magnesium may help, as deficiencies in these nutrients are linked to low testosterone. Foods like shellfish, nuts/seeds and leafy greens contain these nutrients.
* Lower evening testosterone can cause fatigue and lower energy. Having a light dinner and limiting sugar/alcohol intake can help prevent energy crashes.
* Cravings for high-fat, high-sugar comfort foods may increase as testosterone drops later in the day. Being aware of this tendency and choosing healthier snacks can prevent overeating.

**Women - Cycle X Diet**

1. Menstrual Phase (0-7)
   1. Iron-rich foods (replace iron lost from bleeding)
      1. Green leafy vegetables, lean red meat, lentils, beans
   2. Foods rich in Vitamin C (increases iron absorption)
      1. Citrus fruits, berries, broccoli, red peppers, etc.
   3. Vitamin K (reduce heavy bleeding)
      1. Leafy greens, blueberries, cheese, eggs
   4. Omega-3 Fatty Acids (reduce inflammation and cramping)
      1. Salmon, flaxseeds, tree nuts
   5. Shellfish
   6. Pork
   7. Pumpkin + flax seeds
   8. Black + kidney bean
   9. Red: Beets, berries, grapes, peppers
   10. Seaweeds
2. Follicular Phase (8-13)
   1. Increased Estrogen levels
   2. Trout
   3. Chicken, eggs
   4. Pumpkin + flax seeds
   5. Lentils, mung beans
   6. Berries, grapes
   7. Green: Broccoli, lettuce, zucchini, avocado
   8. Citrus, pomegranate
   9. Fermented foods
   10. Barley, oat, wheat
3. Ovulatory Phase (13-16)
   1. Estrogen levels reach their peak
   2. Folic acid, omega-3 acids
   3. Salmon, tuna
   4. Lamb
   5. Sesame and sunflower
   6. Red lentils
   7. Berries, grapes
   8. Spinach, tomato, eggplant, dandelion, brussel sprouts
   9. Apricot, cantaloupe, fig
   10. Chocolate, coffee, alcohol (in moderation)
   11. Corn, quinoa
4. Luteal Phase (16-28)
   1. White fish
   2. Red meat, turkey
   3. Sesame and sunflower
   4. Chickpeas, navy bean
   5. Berries, grapes
   6. Cruciferous + bitter veg: garlic, ginger, onion, sweet potato, cauliflower, cabbage, dark greens
   7. Apple, date, pear, peach
   8. Mint + greens powder
   9. Brown rice, millet

**App and Dev Tools: Postponed**