**TEAM NUVHEN  
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**Overview:**

In a world where dietary restrictions, allergies, and vegan preferences are increasingly common, managing food choices can be a daunting task. Many individuals struggle to find suitable meals, risking their health and well-being. This project aims to address these challenges by developing a comprehensive app that simplifies meal planning, food selection, and nutrition tracking for people with specific dietary needs. The app will empower users to make informed food choices, ensuring they can maintain a healthy diet without constant stress.

**Solving the Problem:**

People with dietary restrictions, allergies, and vegan preferences often face significant challenges in managing their food intake. Reading labels, searching for suitable recipes, and finding safe dining options can be time-consuming and stressful. Current solutions are often fragmented and inadequate, leaving individuals to navigate these complexities on their own.

Our app aims to consolidate all these efforts into a single, user-friendly platform. By providing a comprehensive tool that integrates meal planning, ingredient checking, nutritional tracking, and community support, we can help users manage their dietary needs more efficiently and effectively. The goal is to ensure that everyone, regardless of their dietary restrictions, can enjoy safe, nutritious, and delicious meals with ease.

App Name: NUVHEN

What It Is:

NUVHEN is a holistic app designed to assist individuals with dietary restrictions, allergies, and vegan preferences. It offers a range of features to simplify meal planning, food selection, and health monitoring, ensuring users can maintain a balanced and healthy diet.

Features:

**Allergy and Dietary Restrictions Management**: Create personalized profiles detailing specific dietary restrictions, allergies, and preferences.

**Ingredient Scanner**: Use barcode scanning to quickly check for allergens and dietary compatibility in food products.

**Recipe Database**: Access a diverse collection of recipes tailored to various dietary needs, including vegan and allergy-friendly options.

**Meal Planning and Grocery Lists**: Plan meals for the week and generate grocery lists that meet dietary requirements.

**Restaurant Finder**: Locate vegan and allergy-friendly restaurants nearby and review their menus.

**Nutrition and Health Tracking**: Monitor daily nutritional intake and track health goals such as calorie consumption, protein intake, and more.

**Community and Support**: Join forums, seek advice from experts, and share experiences with others who have similar dietary needs.

**Educational Resources**: Access a wealth of articles, videos, and tips on managing dietary restrictions and vegan lifestyles.

**Who are the potential users?**

The potential users of this app include individuals with dietary restrictions, allergies, and vegan preferences, as well as anyone looking to improve their overall nutrition and health through informed food choices.

**What tasks do they seek to perform?**

Users aim to plan meals, find safe and suitable food options, track their nutrition, and access support and resources to effectively manage their dietary needs.

**What functionality should any system provide to these users?**

The app should provide comprehensive tools for meal planning, ingredient checking, nutritional tracking, and access to community support and educational resources. It should be user-friendly, efficient, and reliable.

**What constraints will be placed on your eventual design?**

The app must be intuitive and easy to navigate, with a clean and responsive design. It should handle a large database of food products and recipes, ensuring quick and accurate information retrieval. Security and privacy of user data are crucial, and the app must comply with relevant regulations.

**What criteria should be used to judge if your design is a success or not?**

User Satisfaction: High ratings and positive feedback from users.

Accuracy: Reliable and accurate information on dietary restrictions and nutrition.

Usability: Easy to use with an intuitive interface.

Functionality: Comprehensive and effective features that meet user needs.

Engagement: High levels of user engagement and retention.

By meeting these criteria, NUVHEN aims to become an indispensable tool for individuals managing dietary restrictions, allergies, and vegan preferences, ensuring they can lead healthier and more comfortable lives.