Zadig

A platform on which you can visualize your eating habits

The problem

Humans have lost a deep connection with what and how they eat.

The term obese describes a person who's very overweight, with a lot of body fat.

Statistics from the NHS:

Obesity is a common problem in the UK that's estimated to affect around

- **1 in every 4 adults**
- **around 1 in every 5 children aged 10 to 11.**

Root of the cause

- As our society becomes increasingly fast paced, the demand for take-outs, ready made, and fast food has only grown

- Customers' awareness of which ingredients compose their diet has faded away as a consequence of not having to cook and buy their own food

What this platform is NOT trying to solve

We are not trying to encourage the general public go back to buying and cooking more of their own food!

What this platform IS trying to solve

We are providing the tools and technology to help people understand:

- Eating habits
- Diet Ingredients
- Nutritional Values derived

Method

We will use a dataset found on Kaggle:
https://www.kaggle.com/shuyangli94/food-com-recipes-and-user-interactions

The dataset contains information about users who log their meals on Food.com

The dataset contains:

- User id's
- Ingredient ids
- Recipe tokens
- Date stamp of the recipe consumption

Method pt.2

We then:

- Analyse each user's nutrition, recipe, and ingredient history

- Compare their history with the recommended daily intake by the NHS:
  https://www.nhs.uk/live-well/eat-well/what-are-reference-intakes-on-food-labels/

- Provide data visualizations to explain where they might be able to improve and where some lack of nutritions might pose a serious problem

- Create a recommendation system suggesting different recipes based both on personal preferences and nutritional needs

Thank you and God bless you