**Why will people come to your site?**

People will come to my site to find healthy and affordable recipes, whether they just

want to be healthy or they have a health issue that requires a specific diet.

**What questions will your visitors expect your site to answer for them?**

Some questions my site will answer are: What foods are considered healthy? Where are places I can purchase healthy food/meals? What are some healthy and affordable recipes I can make?

**What types of activities will visitors want to complete on your site?**

Visitors will select recipes they would like to make and learn health tips/facts for a healthier lifestyle.

**What information is necessary to complete any actions your site offers?**

Various health tips and recipes, places they can go or purchase from

(High in protein, high in fat, ... have different categories?)

**Why will your visitors come to your site instead of another to get this information or complete the actions?**

To my knowledge and research there isn't a site dedicated to these purposes. There are articles and subsections on other websites, but you have to do some digging/clicking around. My site focuses on specific elements throughout the entire site (healthy, affordable ...) and is geared towards a specific audience.

With your topics and audience in mind, please write at least 600 words on your website idea providing text content that your audience may want to read or get from your website. You can just freewrite any pertinent information about your website idea following good paragraph and sentence structure, thought processes, and so on.

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Healthy and affordable recipes for you!

**Facts/tips (main page)**

What foods are considered healthy?

‘Healthy foods are those that provide you with the nutrients you need to sustain your body's well-being and retain energy. **Water, carbohydrates, fat, protein, vitamins, and minerals** are the key nutrients that make up a healthy, balanced diet.’

<https://www.morelandobgyn.com/blog/womens-nutrition-what-is-considered-healthy-food#:~:text=Healthy%20foods%20are%20those%20that,up%20a%20healthy%2C%20balanced%20diet>.

What are macros? (Protein, fat, carbohydrates)

“macro” is **short for macronutrient**. What's a macronutrient? They're the three categories of nutrients you eat the most and provide you with most of your energy: protein, carbohydrates and fats. So when you're counting your macros, you're counting the grams of proteins, carbs or fat that you're consuming.

<https://www.sclhealth.org/blog/2018/10/what-are-macros-and-why-should-i-be-counting-them/#:~:text=Well%2C%20%E2%80%9Cmacro%E2%80%9D%20is%20short,fat%20that%20you're%20consuming>.

Recommended amounts?

In general, most adults should target their diets to comprise of **45-65% Carbohydrates, 10-35% Protein and 20-35% Fat**. (If you're trying to lose weight, the number should be adjusted to 10-30% Carbohydrates, 40-50% Protein and 30-40% Fat.)

<https://www.google.com/search?q=recommended+amounts+of+macros&oq=recommended+amounts+of+macros&aqs=chrome..69i57j0i22i30i625j0i22i30j0i22i30i625j0i390l2.5123j0j4&sourceid=chrome&ie=UTF-8>

**Recipes (first child page)**

What are some healthy and affordable recipes I can make?

Recipes for those with health issues will be marked with special symbols!

**Places (second child page)**

Where are places I can purchase healthy food/meals?