Research Summary

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# Research

## Nutritional Research

The sources involved are for the databases used to reference for the application. Unfortunately, no single database can serve as a reference – as much of the data is spread out. As there is less data gathered specifically for vitamins and micro/macro nutrients, developing a complete database is a difficult task. Instead, two databases were used to generate a list of initial nutrients to track and the database to store nutritional values served as a final check. Finally, Healthline and the National Institutes of Health were used to compile a list of symptoms and suggested foods to provide nutritional suggestions. Healthline was used as an initial pass that the NIH then confirmed. Rather than list all websites accessed under both, an example (Vitamin K) is provided

## Coding Research

Several references were consulted as Android Studio / application development is a new experience for me. The documentation and tutorials for Android Studio served as the initial reference, with stack overflow providing additional examples.

# References

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