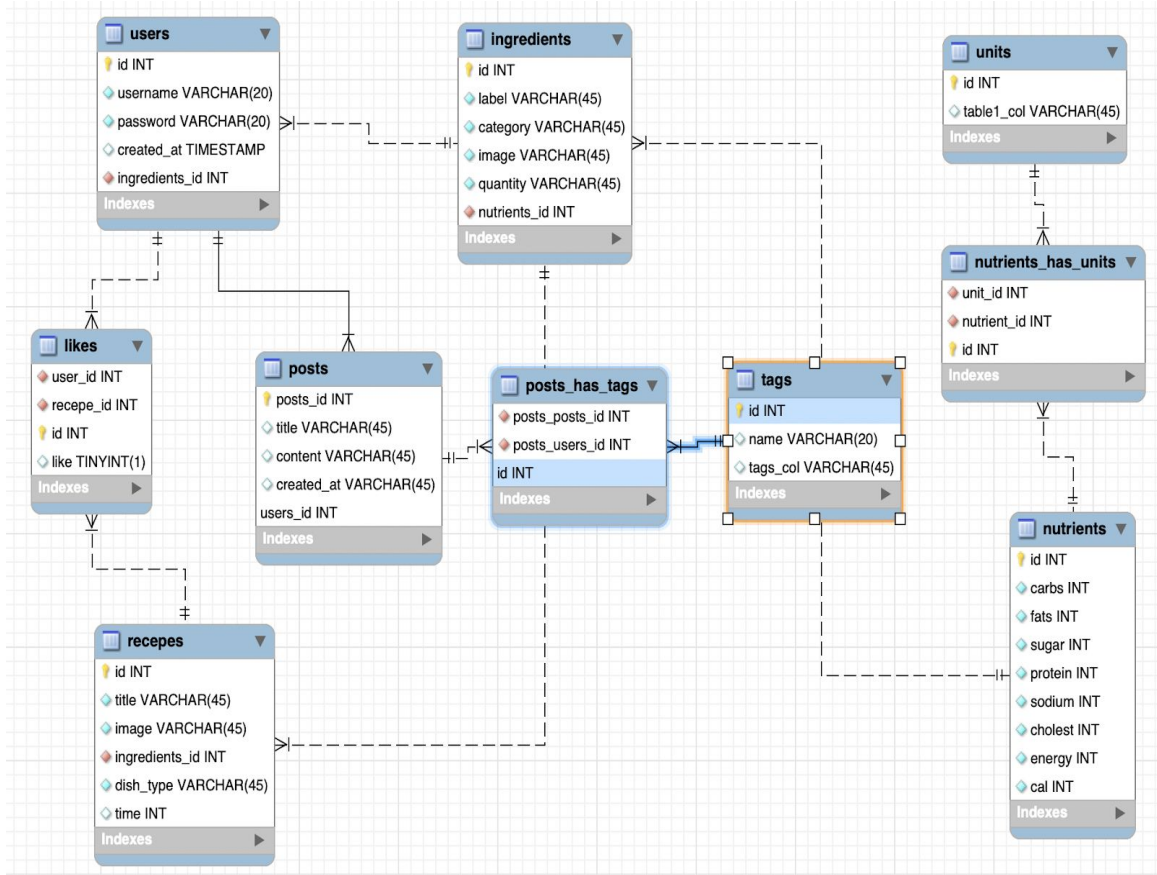


### ***Proposal to Capstone Project#1: Keto Life by Nikolay Gundobin***

1. The goal of the website is to help people who are currently on a ketogenic diet. The site will show foods and recipes with appropriate ingredients and nutrition facts to keep track of carbohydrates and fats intake.
2. Keto works with all ages. Sugar and the resulting release of insulin are not healthy, especially at the amounts Americans consume these days, so the health benefits are for all. It is not so famous with a younger group such as 18 to probably 25. I believe people who are a little older can easily get into the keto diet. As far as the younger group is concerned they may be afraid of dealing with the ketosis stage and the temptation of giving up certain food and snacks.
3. I will be using nutritional analysis data, food data and recipe data. ***Food data*** will provide you with tools to find nutrition and diet data for generic foods, packaged foods and restaurant meals. I will most likely cover sourcing of nutrition facts for a given food, including: macro and micro nutrients, allergen labels, lifestyle and health labels, search for a food by keyword, food name, nutrient quantity. Full ***nutritional analysis*** of food recipes in real time – entity extraction, measure and quantity extraction with calculating of the applicable nutrition for the recipe and applicable health and diet labels. ***Recipe data*** will be accessed by searching using keywords or food data or nutrition data. The API returns HTTP code 200 OK and the body contains the result of the query in JSON format, otherwise it will return 404 code. I will be using Nutritionix/Edamam/NutriS APIs(one of them).



4.

I will need to secure users' passwords when they register and sign back in. Users will be able to create/edit/delete their own recipes and submit them for other users to see them, which means users can like them and share their reviews. There will be 5 recent ketogenic recipes displayed. A user can also search for recipes and ingredients and add them to their vault(from API). A user can register/update/delete his account. The site will have all CRUD features.