**Nutrition Apps**

We search for nutrition mobile apps and we find three apps look same as our project idea , the name of those apps: fatSecret , MyNetDiary and Lose It , those apps have shareable ideas and features as the main aim which allows the user to choose the goal about the weight(lose, maintain, gain) by the calories calculation ,after the user entered all his/her information about gender, current weight / target weight /height, then these apps will give the user to enter meals by search or scan image or add new entries to calculate the user calories of these meals, then it will show the user all the information about the daily calories , weekly rate, and target date to get the wanted weight by achieve daily calories or not .

These apps contains many similar features like the simplicity to end user, and this appear in friendly UI and sequential in data entry and data output , high performance , analytics by get the user the full information about their behaviour , but all of these apps aren’t work offline .

Our app will have the same features and it will be a native app, it also has special calculations algorithms for the user like BMI, TER and RMR, by the standards of weight status of the BMI the app will give the user the measure of TER which will decrease or increase the user’s calories.