



# ***Food Scanner***

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# Simplifying Healthy Eating

Proper nutrition requires:

- Knowledge
- Planning
- Preparation



# Simplifying Healthy Eating

The alternative requires:

- = Knowledge
- = Planning
- = Preparation
- Much Less...



# Kevin

- Borderline health fanatic
- Prepares meal plans for his family
- Created meal component guide to help prepare healthy dinners
  - Focus on meeting macro goals
    - Specific intake of fat, carbohydrates, and protein
- Observed his methodology of meal planning and shopping
- Inspects food labels before purchasing
  - Does not pay attention to each ingredient
    - Looks to meet his macro goals
  - Tedious and time consuming

# Julie

- Married with two children
- Provides meals for her family
- Healthy, active and desires same for family
- Observed her meal planning and shopping trip
  - Plans meals with pen and paper before shopping
  - Children are with her at the store
    - Small time frame to shop
      - Children are ages two and five
    - Feel rushed
    - Compromise on meal plan
      - Buy less healthy, quicker preparation meals



# Challenges Faced

- Inadequate preparation time
- Preparation is time-consuming
  - Conform to individual needs
    - Dietary restrictions
    - Picky eaters
  - Meet goals and stay healthy
- Small time window to shop
  - Shopping with kids
  - Rushed and forced to compromise
- Inspecting labels is very tedious
  - Focus on specific ingredients





# Jane

- Full-time Graduate Student
- Married with two children
- Worried not providing healthy options for family
- Very little time to devote to planning
  - Spent only fifteen minutes
  - Felt she needed more time to adequately prepare
- Observed her shopping process
  - Also rushed because kids with her
    - Buys more convenient items not originally planned
    - Problem could be solved with more preparation time



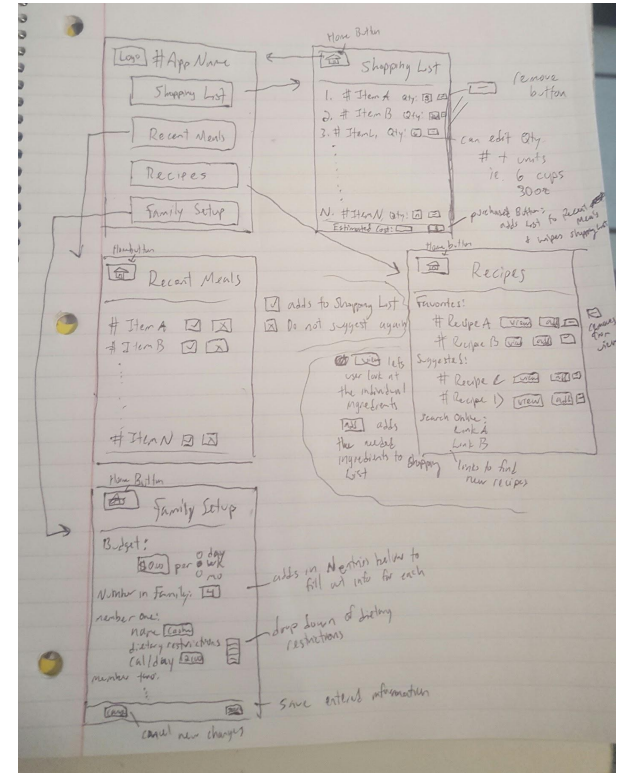
# Tasks

- Finding Healthy food
  - Find healthy food to fit specific needs (protein, no glucose, etc)
- Recipes
  - Explore and share recipes making planning easier
- Budgeting
  - Stay within budget while buying healthy
- Shopping list
  - Create an accessible shopping list efficiently
- Cooking
  - Simplify the cooking process
- Meal tracking
  - Track previous meals making repurchase easy



# Design One Overview

- Task Focuses
  - Shopping List, Budget, Recipes, Meal Tracking
- Shopping List / Budget
  - Easily change quantity, remove, and price estimate items
  - Checks within desired budget and meeting specific needs
    - Dietary restrictions and food dislikes
- Recipes
  - Keep track of favorite recipes
    - Simple to add to Shopping List
  - Share and find recipes online
- Meal Tracking
  - Records purchased items
  - One button press to add items to shopping cart again



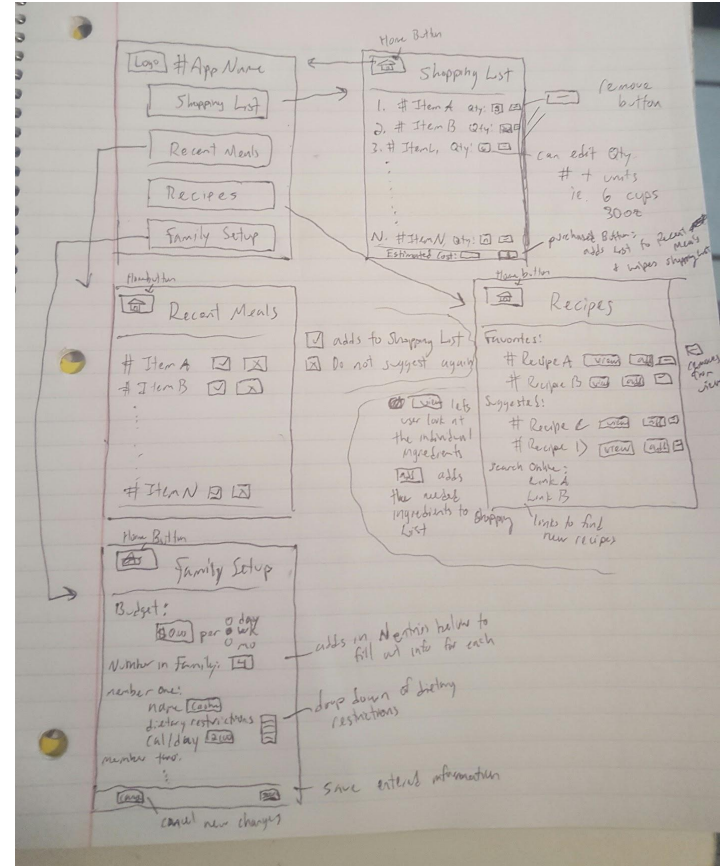
# Design One Pros/Cons

## - Pros

- Ensures staying within budget
- Notifications if food not meeting specific requirements
- Easily add food to shopping cart again
  - From favorite recipes or the meal tracker

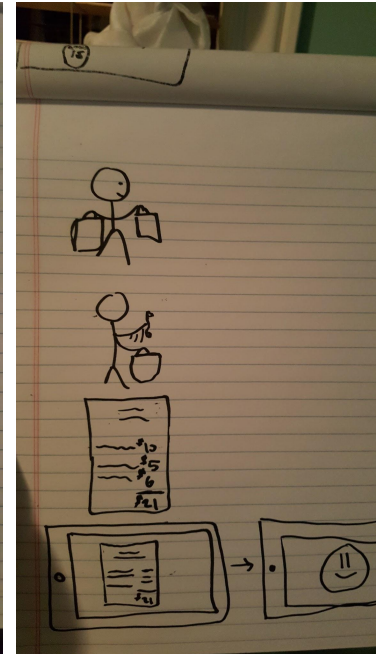
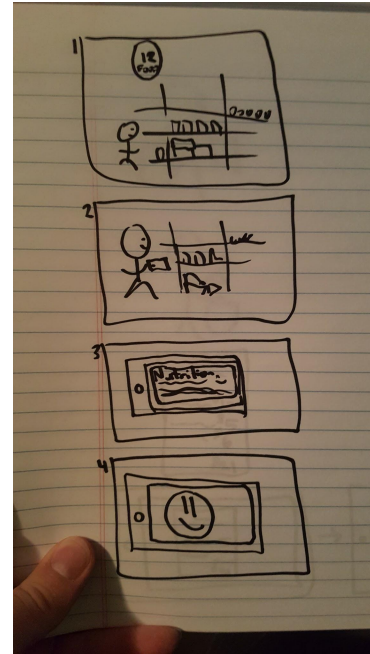
## - Cons

- Tedious initial setup
  - Input family member information
    - Dietary restrictions and food dislikes
- More complicated to learn



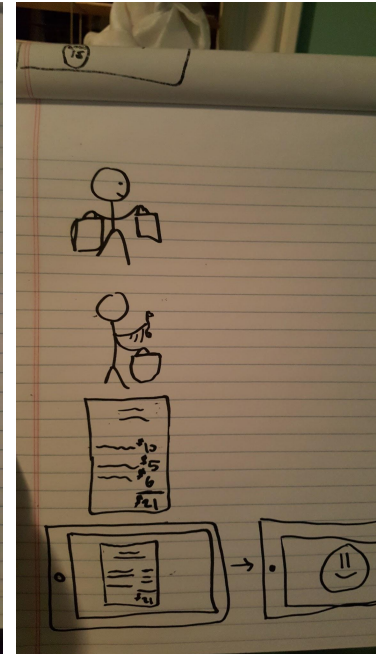
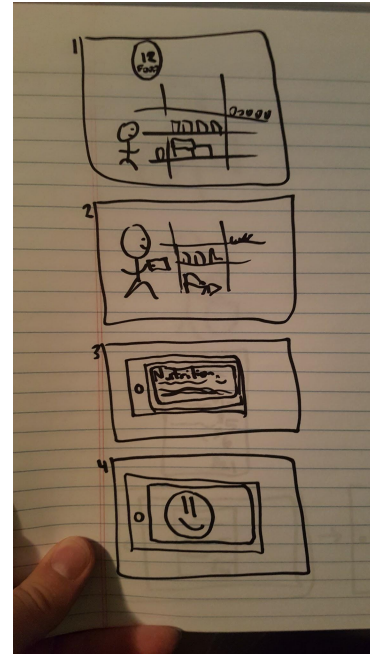
# Design Two Overview

- Task Focuses
  - Healthy Food, Budget, Recipes, Shopping List
- Healthy Food / Budget
  - Scan receipt or label with phone camera
    - Immediate feedback
- Recipes
  - Links scanned food to most popular recipes
- Shopping List / Budget
  - Create shopping list and
  - Compare prices among stores

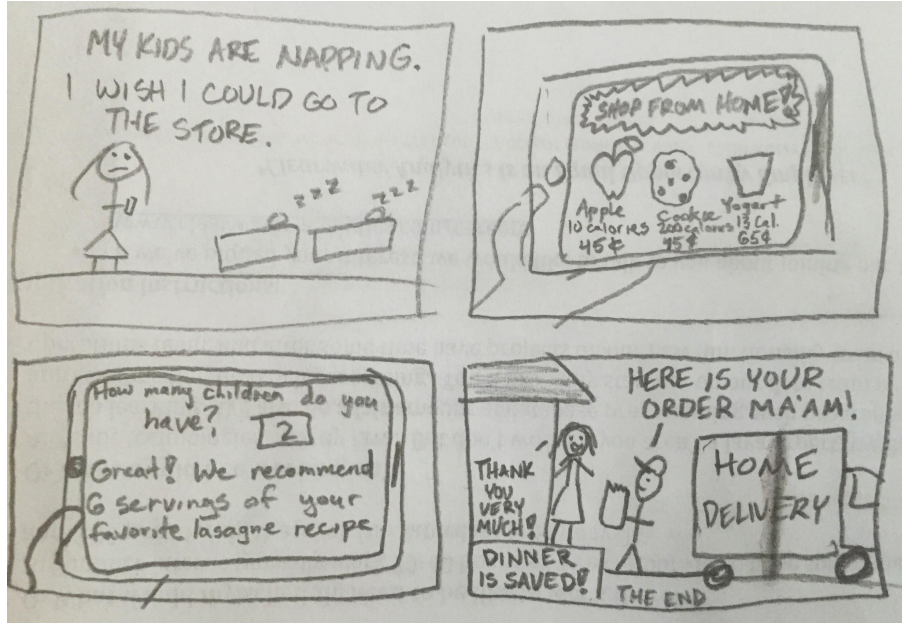


# Design Two Pros/Cons

- Pros
  - Simple to use
  - Immediate feedback on food choice
    - Suggests alternatives
- Cons
  - Non-detailed feedback
    - Why is this label not a good choice?
  - Cumbersome to hold phone out to scan while shopping



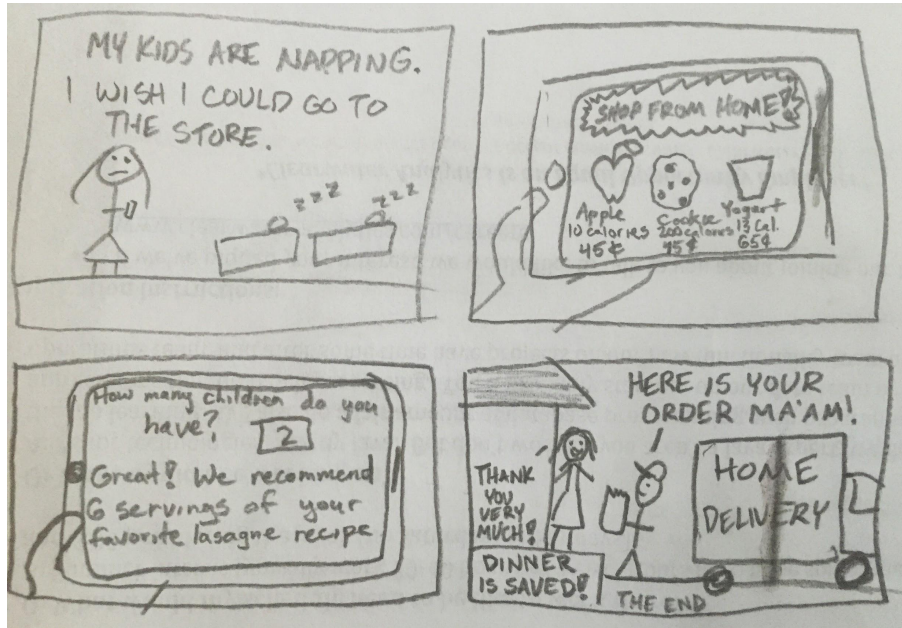
# Design Three Overview



- Task Focuses
  - Budget, Healthy Food, Recipes, Shopping List
- Budget / Healthy Food
  - Prices items and suggests healthy options
- Recipes
  - Records favorite recipes
- Shopping List
  - Adds food to a shopping list
  - Food delivered to home



# Design Three Pros/Cons



- Pros
  - Food delivered to you
    - No time spent at the store
  - Healthy and cheap food options suggested
  - Tracks favorite recipes
- Cons
  - More expensive for home delivery
  - Cannot take advantage of in-store specials

# Improved Design

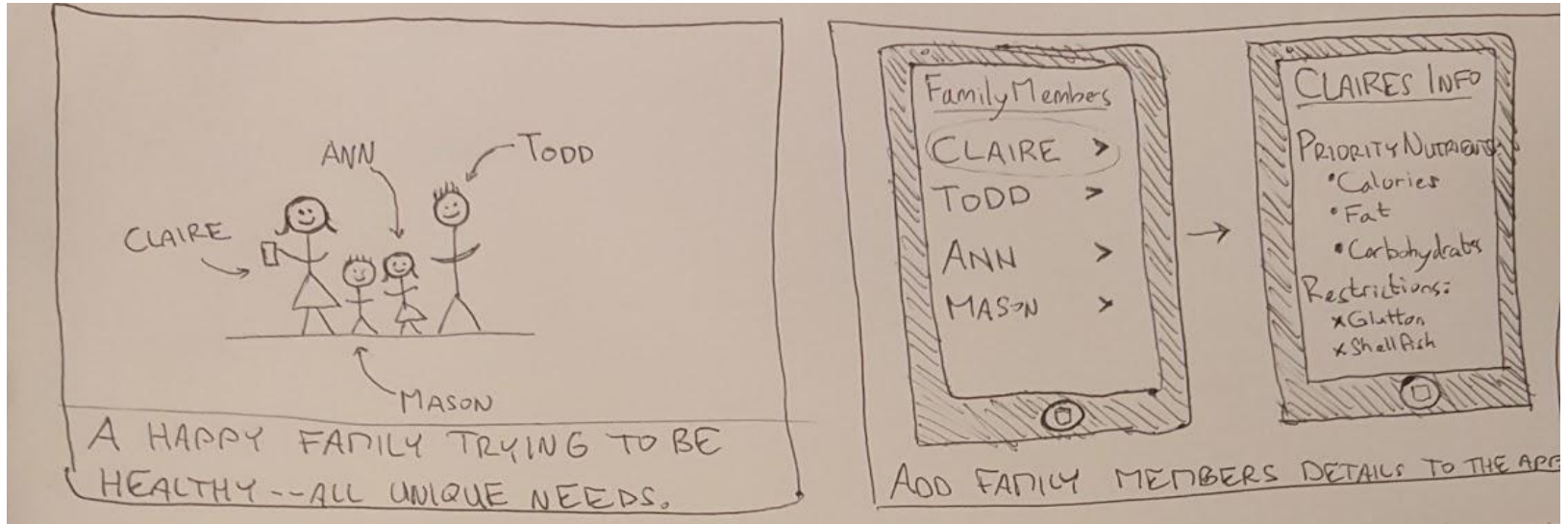
- Problem Focus
  - Planning a variety of healthy meals
  - Finding food options that accommodate everyone
  - Staying under budget



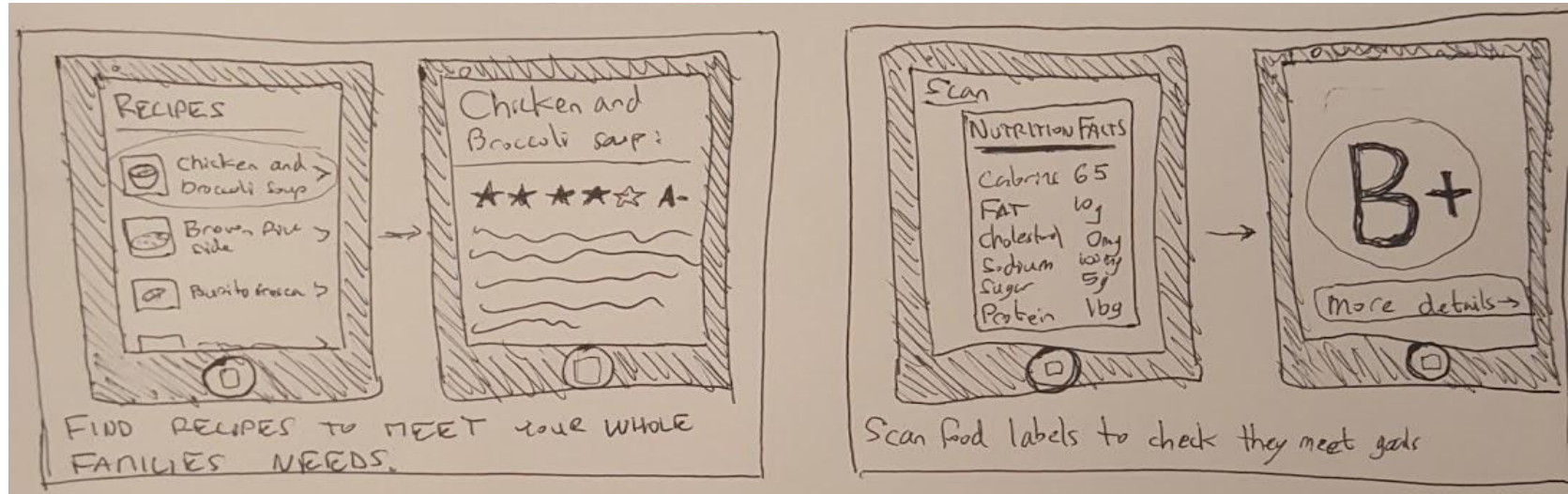
# Improved Design

- Design Focus: Meal planning app
  - Meal planning
    - Recipe discovery
    - Shopping list
  - In-store food label/receipt scanning function
    - Reads ingredients and nutrition facts
  - Compares scanned item's data with needs and goals
  - Saves data to aid future decisions

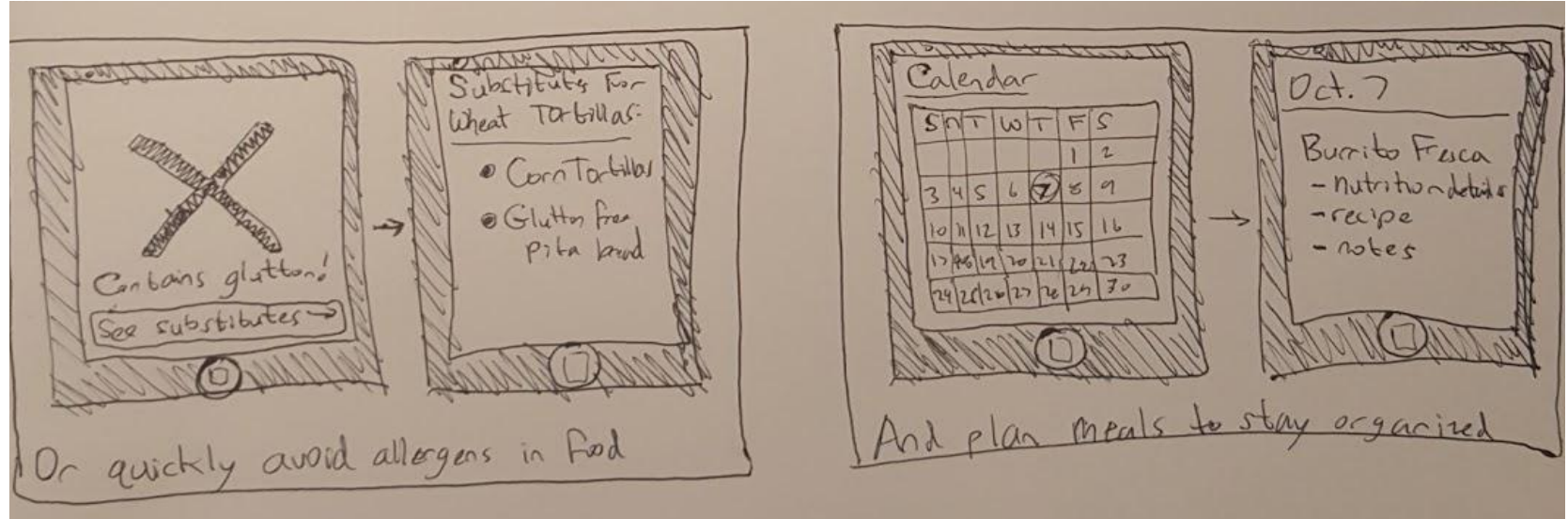
# Improved Design



# Improved Design



# Improved Design



# Questions ?

