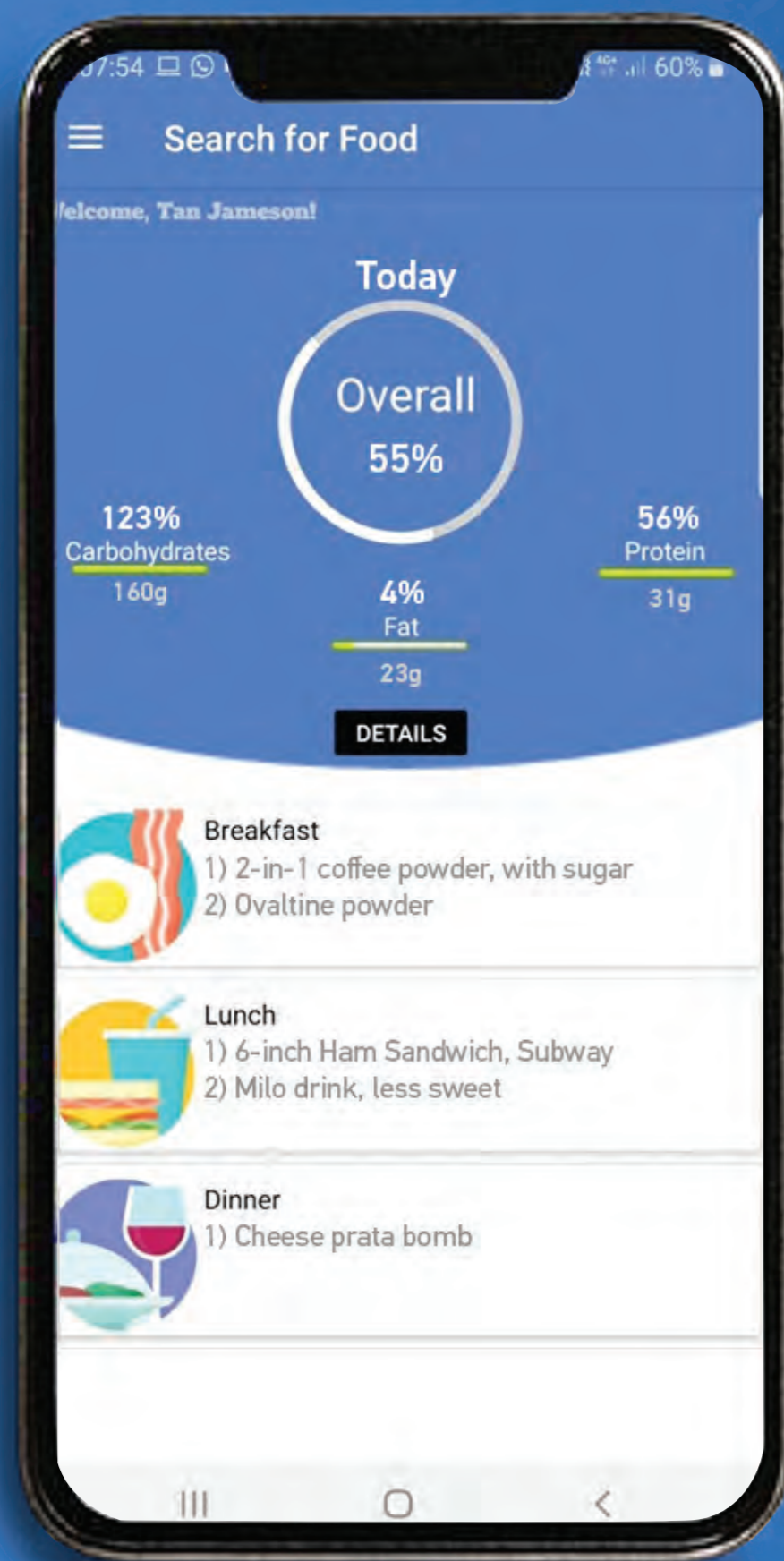


# HealthApp Mobile Application

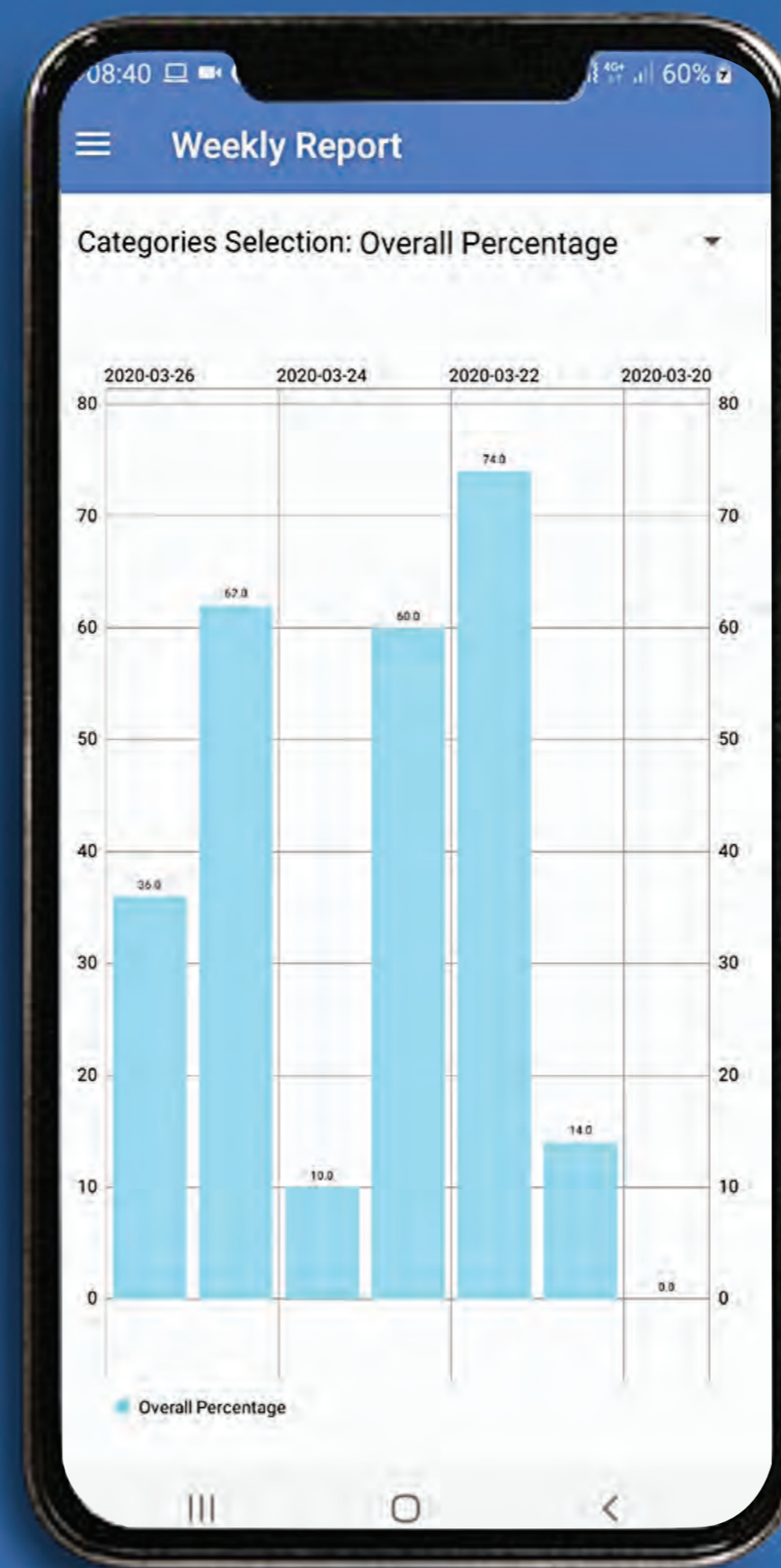
## Enabling a healthy lifestyle through diet

Nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, maintaining a healthy diet can help an individual in achieving a healthy weight, reduce the risk of chronic diseases and promote an individual's overall physical condition.

### Keep Track.



### Analyze Past Records.



### Understand Nutrition Composition.

The screenshot shows a 'Search for Nutrients' screen for 'Milk, filled'. It displays a table of nutrient composition with columns for Nutrient, Amount, and Unit.

Nutrient	Amount	Unit
B-Carotene	0	mcg
Calcium	1701	mg
Carbohydrate	287.7	g
Cholesterol	0.01	mg
Dietary fibre	0	g
Energy	1786.81	kcal
Iron	0.3	mg
Monounsaturated fat	5.5	g
Nitrogen	1.364	g
Phosphorus	217	mg
Polyunsaturated fat	1.4	g
Potassium	114	mg
Protein	8.7	g
Retinol	141	mg
Riboflavin	0.66	mg
Saturated fat	2.1	g
Selenium	3	mcg
Sodium	135	mg
Thiamin	0.72	mg
Total fat	9.4	g
Vitamin A	141	mcg
Vitamin C	1.2	mg
Water	25.4	g

## OBJECTIVE

The application was created to track a user's daily food intake and the corresponding nutrition that was consumed. By putting together, the concept of a food pyramid, these consolidated records will then be analyzed to generate the recommended food that best suits an individual. Data analytics will be used to extract and filter the food by the individual's preference and their health status.