

My Food Diary

A health tracking app which aims to keep you healthy

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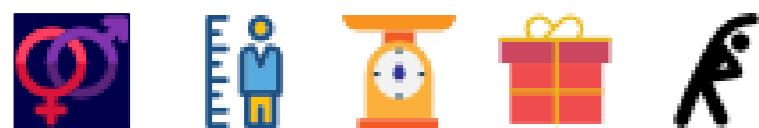
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Motivations

- Obesity and weight control
- Simple food tracking
- Suggestion based eating habit
- Compare Daily analysis
- Goals to Motivate user

How much Should you eat?

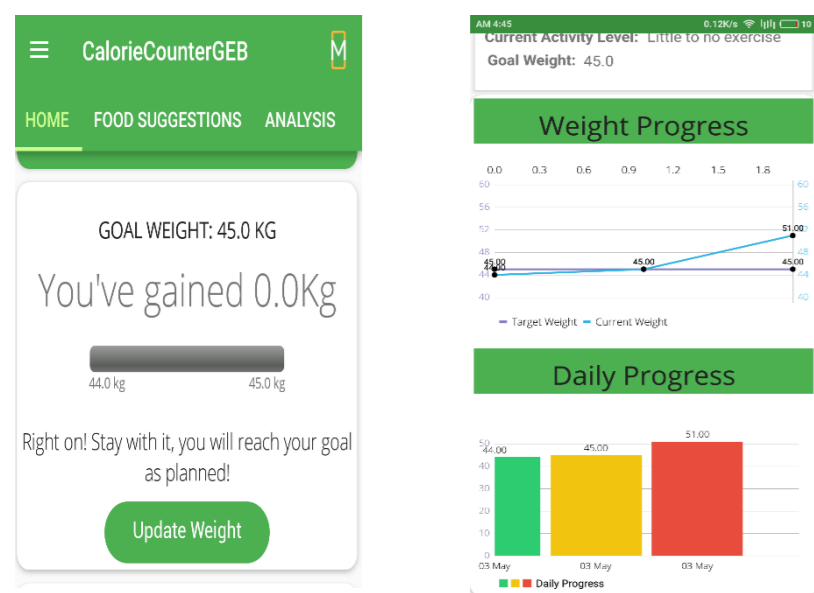
- Calculates everyday calorie approximation
- Suggests nutrients – protein, fat and carb
- **Five Universal parameters –**



1. Gender
2. Height
3. Weight
4. Age
5. Activity Level

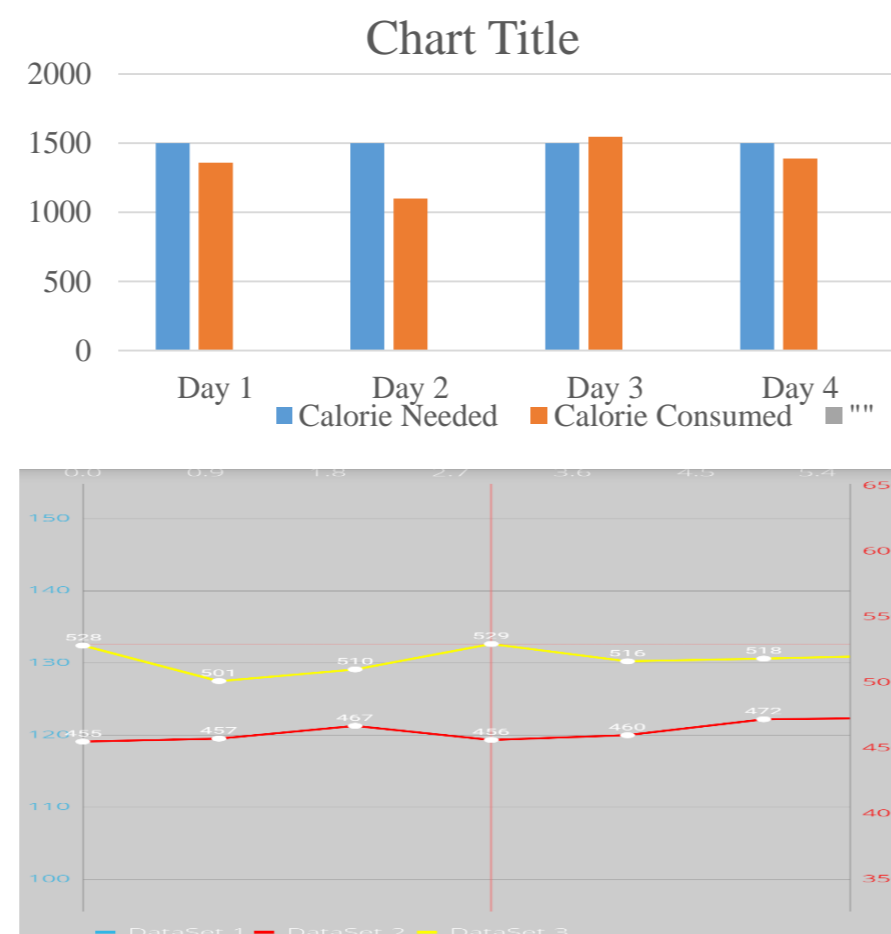
Track Weight

- Keeps track of weight and weight updates
- Analysis of daily and overall weight progress



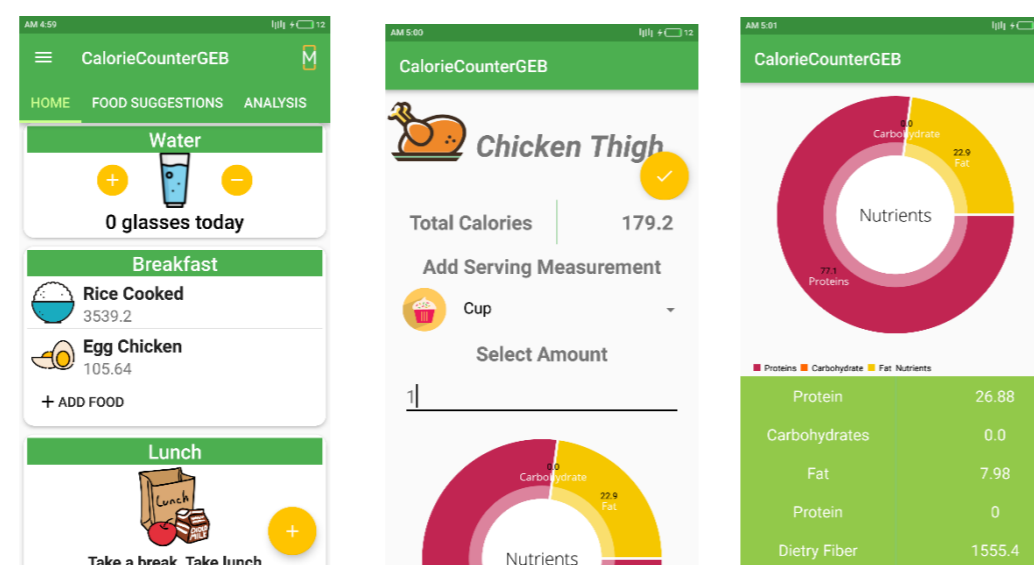
Data Analysis

- Over the time needed vs Consumed nutrients analysis



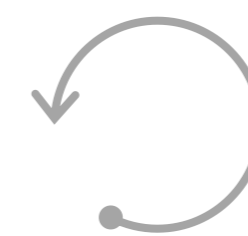
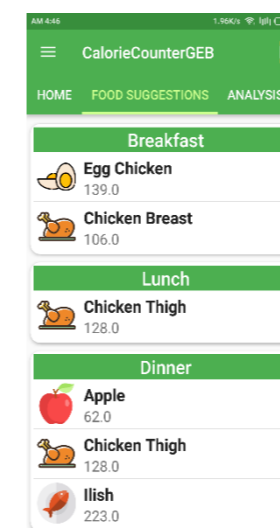
Track Food and water

- No more complicated calorie calculations – easy UI
- Shows food nutrients with percentile



Food Suggestions

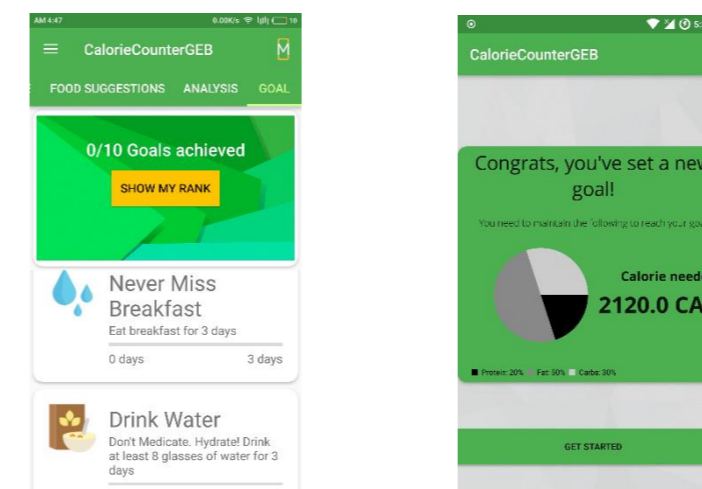
- Evidence based and customizable food suggestions
- Automated best fit food lists for your diet plan
- A Modified genetic algorithm chooses food list



Has options of regeneration

Guided Goals and Motivations

- Achievable goals to motivate users
- Points based evaluation



Future work

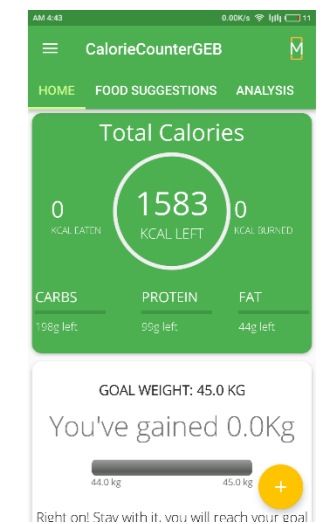
- Specially modified food suggestions for diabetic patients
- Language and regional support for Bangla

Daily Analysis and notification

- Day by day graphical comparisons of–

1. Calorie
2. Protein
3. Fat
4. Carbohydrates

Breakfast, lunch and dinner reminder



Conclusions

- Obesity and weight control by daily tracking of food
- Suggestion based food habit control
- Guided and evidence based goals to improve health tracking experience
- Powerful analysis tool

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