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.

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.