MIT APP INVENTOR

D.E.I.T.

(Diverse nutrient Intake Energizes Today)

Junyoung Heo

SUMMER APPATHON

OVERVIEW

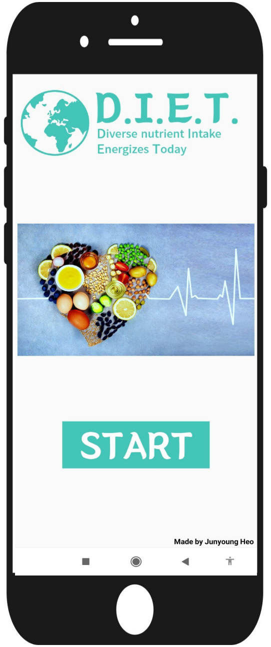
- **App Name:** DIET : Diverse nutrient Intake Energizes Today
- **App Description:** “DIET” provides a suitable diet for the user based on the user information. It may improve the user’s mental health and reduce food waste thrown away indiscriminately by providing a healthy diet in the appropriate amount.
- **Track:** Youth Individual
- **Category:** Mental health & wellbeing

THEME

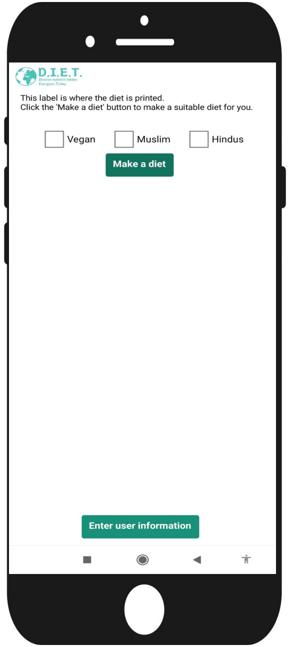
Mental health & wellbeing.

Recently, I gained a lot of weight and was stressed out mentally due to my broken eating habits. And I became interested in solving this problem because I thought there would be other people who are experiencing the same hardships as me.

INSTRUCTIONS


D.I.E.T.
Diverse nutrient Intake
Energizes Today
START
Made by Junyoung Heo

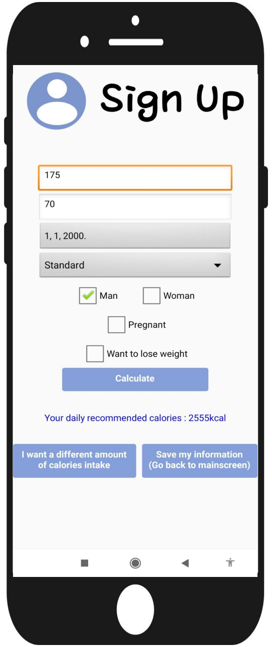
Step 1 : Click “Start” button to move to Main screen.


D.I.E.T.
Diverse nutrient Intake
Energizes Today
Make a diet
Enter user information

This label is where the diet is printed.
Click the 'Make a diet' button to make a suitable diet for you.

☐ Vegan ☐ Muslim ☐ Hindus

Step 2 : Move to SignUp Screen before making a suitable diet for user.


Sign Up
Calculate
I want a different amount of calories intake
Save my information (Go back to mainscreen)

175

70

1, 1, 2000.

Standard

☑ Man ☐ Woman

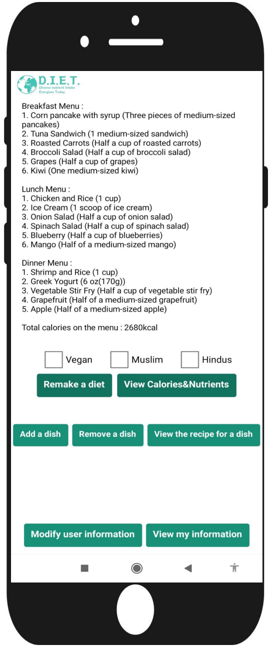
☐ Pregnant

☐ Want to lose weight

Your daily recommended calories : 2555kcal

Step 3 : Enter user information and go back to Main screen.

INSTRUCTIONS


D.I.E.T.
Diverse nutrient Intake Energizes Today
Remake a diet
View Calories&Nutrients
Add a dish
Remove a dish
View the recipe for a dish
Modify user information
View my information

Breakfast Menu :
1. Corn pancake with syrup (Three pieces of medium-sized pancakes)
2. Tuna Sandwich (1 medium-sized sandwich)
3. Roasted Carrots (Half a cup of roasted carrots)
4. Broccoli Salad (Half a cup of broccoli salad)
5. Grapes (Half a cup of grapes)
6. Kiwi (One medium-sized kiwi)

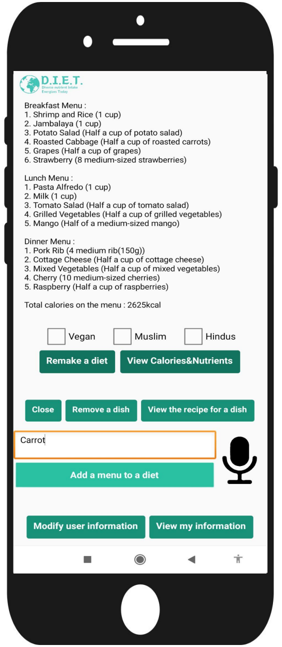
Lunch Menu :
1. Chicken and Rice (1 cup)
2. Ice Cream (1 scoop of ice cream)
3. Onion Salad (Half a cup of onion salad)
4. Spinach Salad (Half a cup of spinach salad)
5. Blueberry (Half a cup of blueberries)
6. Mango (Half of a medium-sized mango)

Dinner Menu :
1. Shrimp and Rice (1 cup)
2. Greek Yogurt (6 oz(170g))
3. Vegetable Stir Fry (Half a cup of vegetable stir fry)
4. Grapefruit (Half of a medium-sized grapefruit)
5. Apple (Half of a medium-sized apple)

Total calories on the menu : 2680kcal

☐ Vegan ☐ Muslim ☐ Hindus

Step 4 : Make a diet. The menu is configured based on user information. For example, for users who want to lose weight or are active in exercise, a protein-oriented diet is provided.


D.I.E.T.
Diverse nutrient Intake Energizes Today
Remake a diet
View Calories&Nutrients
Close
Remove a dish
View the recipe for a dish
Add a menu to a diet
Modify user information
View my information

Breakfast Menu :
1. Shrimp and Rice (1 cup)
2. Jambalaya (1 cup)
3. Potato Salad (Half a cup of potato salad)
4. Roasted Cabbage (Half a cup of roasted carrots)
5. Grapes (Half a cup of grapes)
6. Strawberry (8 medium-sized strawberries)

Lunch Menu :
1. Pasta Alfredo (1 cup)
2. Milk (1 cup)
3. Tomato Salad (Half a cup of tomato salad)
4. Grilled Vegetables (Half a cup of grilled vegetables)
5. Mango (Half of a medium-sized mango)

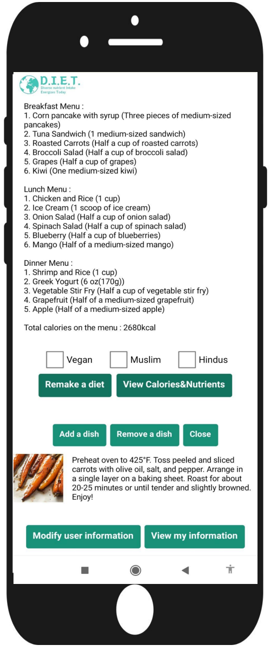
Dinner Menu :
1. Pork Rib (4 medium rib(150g))
2. Cottage Cheese (Half a cup of cottage cheese)
3. Mixed Vegetables (Half a cup of mixed vegetables)
4. Cherry (10 medium-sized cherries)
5. Raspberry (Half a cup of raspberries)

Total calories on the menu : 2625kcal

☐ Vegan ☐ Muslim ☐ Hindus

Carrot

Step 5 : Users can add or remove dishes if they want another dish instead of one of the menu on their diet. (Function of adding a dish used Chatbot)


D.I.E.T.
Diverse nutrient Intake Energizes Today
Remake a diet
View Calories&Nutrients
Add a dish
Remove a dish
Close
Modify user information
View my information

Breakfast Menu :
1. Corn pancake with syrup (Three pieces of medium-sized pancakes)
2. Tuna Sandwich (1 medium-sized sandwich)
3. Roasted Carrots (Half a cup of roasted carrots)
4. Broccoli Salad (Half a cup of broccoli salad)
5. Grapes (Half a cup of grapes)
6. Kiwi (One medium-sized kiwi)

Lunch Menu :
1. Chicken and Rice (1 cup)
2. Ice Cream (1 scoop of ice cream)
3. Onion Salad (Half a cup of onion salad)
4. Spinach Salad (Half a cup of spinach salad)
5. Blueberry (Half a cup of blueberries)
6. Mango (Half of a medium-sized mango)

Dinner Menu :
1. Shrimp and Rice (1 cup)
2. Greek Yogurt (6 oz(170g))
3. Vegetable Stir Fry (Half a cup of vegetable stir fry)
4. Grapefruit (Half of a medium-sized grapefruit)
5. Apple (Half of a medium-sized apple)

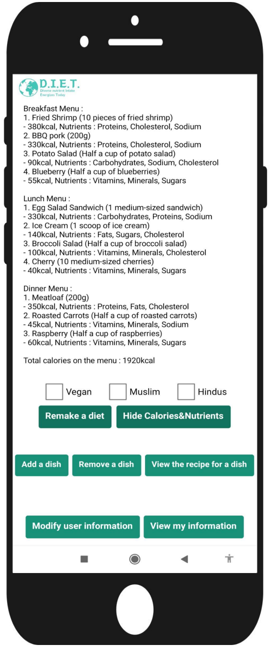
Total calories on the menu : 2680kcal

☐ Vegan ☐ Muslim ☐ Hindus

Preheat oven to 425°F. Toss peeled and sliced carrots with olive oil, salt, and pepper. Arrange in a single layer on a baking sheet. Roast for about 20-25 minutes or until tender and slightly browned. Enjoy!

Step 6 : Users can view the recipe for a dish of the menu whenever they want. (This function used ImageBot and Chatbot)

INSTRUCTIONS


D.I.E.T.
Diverse nutrient Intake Energizes Today

Breakfast Menu :
1. Fried Shrimp (10 pieces of fried shrimp)
- 380kcal, Nutrients : Proteins, Cholesterol, Sodium
2. BBQ pork (200g)
- 330kcal, Nutrients : Proteins, Cholesterol, Sodium
3. Potato Salad (Half a cup of potato salad)
- 90kcal, Nutrients : Carbohydrates, Sodium, Cholesterol
4. Blueberry (Half a cup of blueberries)
- 55kcal, Nutrients : Vitamins, Minerals, Sugars

Lunch Menu :
1. Egg Salad Sandwich (1 medium-sized sandwich)
- 330kcal, Nutrients : Carbohydrates, Proteins, Sodium
2. Ice Cream (1 scoop of ice cream)
- 140kcal, Nutrients : Fats, Sugars, Cholesterol
3. Broccoli Salad (Half a cup of broccoli salad)
- 100kcal, Nutrients : Vitamins, Minerals, Cholesterol
4. Cherry (10 medium-sized cherries)
- 40kcal, Nutrients : Vitamins, Minerals, Sugars

Dinner Menu :
1. Meatloaf (200g)
- 350kcal, Nutrients : Proteins, Fats, Cholesterol
2. Roasted Carrots (Half a cup of roasted carrots)
- 45kcal, Nutrients : Vitamins, Minerals, Sodium
3. Raspberry (Half a cup of raspberries)
- 60kcal, Nutrients : Vitamins, Minerals, Sugars

Total calories on the menu : 1920kcal

☐ Vegan ☐ Muslim ☐ Hindus

Remake a diet
Hide Calories&Nutrients
Add a dish
Remove a dish
View the recipe for a dish
Modify user information
View my information

Step 7 : Users can view nutritional information about their diet, such as calories and nutrients, at any time. (Information of all dishes is stored in my personal firebase database. It was written by referring to several sites such as https://www.nutritionix.com/)

LIMITATIONS

Information of all dishes, such as calories and nutrients, may vary depending on many factors like recipe.

ACKNOWLEDGEMENTS

- Teacher Kim : Shared ideas for themes together through brainstorming.
- Chaewon Yoo (Friend) : Assisted in design the logo
- Minjae Kim (Friend) : Assisted in video script review
- Hyunjin Jeon (Friend) : Assisted in data research

APPENDIX

There may be some buffering depending on the device as this application contains many codes & user interface elements.

This program used chatbot and imagebot. As I am using the free API KEY provided by the App Inventor, functions that use chatbot and imagebot may not work properly if the user uses more than the limit.

Information of all dishes was written by referring to several sites such as https://www.nutritionix.com/