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Healthy Eating Application

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EXECUTIVE ABSTRACT

Healthy Eating Application Objective: The objective of this application is to help users decide what to eat based on their real-time health data and available ingredients at home, supporting healthy eating habits and providing new food recipes. System Components and Working Principle: Data Collection (Smartwatch and Manual Input): The user wears a Spovan Electro 2X (or smartwatch with similar capabilities). This watch measures the user’s blood glucose, blood pressure, and blo...

ARTICLE TEXT

Healthy Eating Application

Objective: The objective of this application is to help users decide what to eat based on their real-time health data and available ingredients at home, supporting healthy eating habits and providing new food recipes.

System Components and Working Principle:

Data Collection (Smartwatch and Manual Input):

The user wears a Spovan Electro 2X (or smartwatch with similar capabilities).

This watch measures the user’s blood glucose, blood pressure, and blood triglyceride concentration in real-time. The user enters these measured data into the mobile application.

Needs Analysis:

Based on the entered data (blood glucose, blood pressure, triglyceride), the application determines which nutrients (carbohydrates, protein, fat, vitamins, etc.) the user currently requires.

Blood Glucose: Refers to the amount of glucose in the blood unit. It indicates the necessary level of consumption of sugary and fatty foods. For instance, people with high blood glucose are recommended to cut down on starchy food consumption early.

Blood Pressure: Shows the pressure exerted on the vessels by the blood pumped from the heart. This data can be used to adjust salt consumption.

Triglyceride: If the triglyceride level in the blood is high, recommendations such as reducing unhealthy carbohydrate consumption and opting for plant-based oils by avoiding trans fats can be offered.

Meal Recommendation and Recipe Creation:

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KEY FINDINGS

* System Components and Working Principle: Data Collection (Smartwatch and Manual Input): The user wears a Spovan Electro 2X (or smartwatch with similar capabilities).
* For instance, people with high blood glucose are recommended to cut down on starchy food consumption early.
* Benefits: Enables users to make informed decisions about what they should eat at any given moment.