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## FoodFit: Motivation

Incidence of type 2 diabetes and obesity could be reduced by educating the population to change their lifestyles to include healthier food choices and more frequent physical activities. Lack of motivation is a major obstacle to achievement of healthier lifestyle.

FoodFit is a web application to illustrate food and activity choices in an interactive environment that encourages users to learn more effectively about healthier choices and motivates them to live a healthier life.

Depending on the gender and age, default food and activity plans (in an interactive calendar view) are provided for first time users to make it easier for personal adjustments. What makes FoodFit distinct is its interactive blood glucose plots for user-defined daily food-activity plans. Conventional nutrition value analysis is also provided in an engaging way.

## Sign In

No need to register

Asks for personal information for analyzing the nutrition values



## Profile

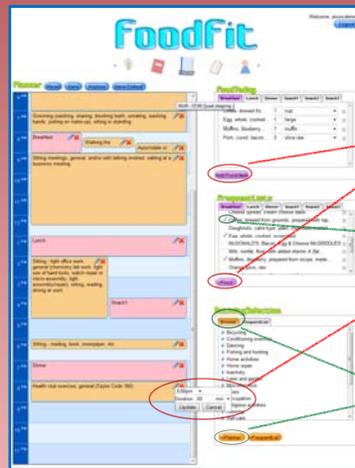


-Pop-ups appear over a grayscale  
-Easy to manipulate without losing track

## Sign In

- Food and Activity planning on the same page
- Starts with a default planner (for adult or child) for the new user, which can easily be personalized and saved (time investment)

- Stored personal frequent list of foods and activities
- Different meals displayed in tabs
- All planner manipulations from the same window with a calendar like view (easy to track)



- Add food without leaving the Planner
- Easy to follow within frame functionalities
- Food database provided by the USDA National Nutrient Database

- Adds food from the frequent list to today's food at one step (same functionality in the frequent activities list)
- Personalized frequent food and activity tables (a significant time investor for the user)

Easy navigation with a calendar like view



Activities database provided by The Compendium of Physical Activities Tracking Guide

## Journal



- Save your daily food and activity logs under the journal
- Easy to navigate with tabs
- Plan, edit or analyze your food/activity logs without going to the calendar like Planner
- Edit your saved food/activity logs to repeat the scenario for the day or create a new scenario without leaving the Journal window
- Mix and match different scenarios for food and activity to see how they effect your nutrition values
- Load your previously saved scenario or a new one to the Planner

## Reports



-Printable PDFs of your food and activity analyses stored in separate tabs

## Analyze



- Analyze the nutrition values of your food consumption and compare them with the recommended values
- See how good you are balancing your diet with physical activities
- Familiar nutrition facts label, colorful bar plots and face emotions make Analysis window easy to understand
- Warning messages appear when your cursor is located on the faces about how good you are balancing your diet
- Glucose concentration plot shows how your diet effects your blood sugar through the day
- Printable PDFs
- You can save your analysis under the Reports window