

We are going to present to you the program named **Nutrition navigator**, or PREHRANSKI NAVIGATOR as it is called in Slovene.

1. WHAT IS IT?

It's an app for smartphones which we can use to track our eating habits. It's very helpful because it helps us improve our diet and live a healthier lifestyle. Additionally, it offers suggestions about healthy nutrition.

2. WHAT IS THE MAIN PURPOSE OF THE APP?

The main purpose is to encourage a better/ healthier lifestyle and eating habits. Besides, the user can learn how to become and stay fit (through activities, exercise) and how to lead a quality life.

3. THE RESULTS OF OUR RESEARCH ARE:

- An unhealthy lifestyle with poor eating habits can lead to chronic diseases such as cardiovascular diseases, diabetes (type 3), hypertension etc.
- The main causes of cardiovascular diseases and diabetes are obesity and overeating.
- The research conducted by the WHO (world health organization) estimated that in 2030 about 300 million people will be obese!
- The national health institute reports that 52% of adults in Slovenia don't have a healthy diet. There are a high percentage of people who are at risks of developing illnesses due to their unhealthy lifestyle. There are also a lot of people who suffer from various allergies and hypersensitivity to different products (like dairy products) and food (tomatoes...).

4. HOW AND WHY WAS THE APP CREATED?

The app was invented- created by the Cobit company. The company thought that the app might be a good idea.

Nowadays, more and more people want to switch to a healthy lifestyle which includes healthy nutrition. For this reason, apps like this are very popular. People who understand the importance of good eating habits lower their risk of having cardiovascular and other diseases.

5. HOW TO USE IT?

Profile

First of all, you must create your own profile. The information you must provide is: your age, weight, height ... (and other body measurements/data), hours of sleep, duration of sport activities (if any) etc. The app will then work out (calculate) the right amount of food and drinks you should take in.

My plate

Secondly, you enter the amount of food and drinks you had. The app contains a database of all types of food, so you only have to select the right food and enter the amount of it you consumed.

Colour of the day

When you have completed the second step a colour will appear on the screen. The colour will reveal whether your diet on that day was healthy (if the colour is green) or not (if the colour is red). The colours encourage you to improve your eating habits. Eventually, each

day of the calendar will be marked with a certain colour what will help you estimate how close you are to reaching the goal of having an optimal healthy diet.

Graph

The app also features a graph that shows your improvements regarding your diet.

Personal measures

In this app you can update your profile - you can change your measurements such as weight, height, waist. These measurements are influenced by your nutrition habits.

CONCLUSION

- We found out that a healthy diet can prevent chronic and cardiovascular diseases.
- After we had used this app for a week, we found out that 85% of us didn't drink enough water. Some of us also ate too little food. We also discovered that some students consume foods that are too salty and too fatty. In the following week we discussed our eating habits with our teacher. The teacher took time and had a personal conversation with each of us individually. It helped us recognize what we should do to improve our nutrition.
- Everyone can change their own lifestyle and eating habits. Whether or not we are going to do it, is our choice. It definitely requires determination and some time. It can be hard at first, but then it can make a big difference to your life.

Findings – what improvements are needed:

- No skipping meals (they shouldn't skip meals).
- The energy intake is too low/ is not in line with the energy needs of a youngster (girls).
- The fluid (water) intake is too low.
- The salt intake is too high.
- The ratio of carbohydrates, proteins and fats is wrong.
- The vegetable intake is too low.

At the end of the project the questionnaire about eating habits will be re-answered and the results will be re-evaluated.