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Erasmus+

DIARY OF MEALS

Projekt Erasmus+ - Sports and healthy food for inclusion

WHAT IS IT?

- This is an app for smartphones, which we can use to track our nutrition habits.
- It's very helpful, because we can improve our diet with a healthier lifestyle and advices about a healthy nutrition.



WHAT IS THE MAIN INTENTION OF THE APP?



THE RESULTS OF THE RESEARCH:



THE WORLD IS GETTING FATTER

250⁺ MILLION PEOPLE (1980) vs 904⁺ MILLION PEOPLE (2008)

* number of people who are either overweight or obese

HOW DO I KNOW WHETHER I AM OVERWEIGHT?

Calculate your body mass index (BMI) using this formula: $BMI = \frac{\text{weight (kg)}}{\text{height}^2 \text{ (m}^2\text{)}}$

Underweight (< 18.5) | Normal (18.5 - 24.9) | Overweight (25 - 29.9) | Obesity (> 30) | Severe Obesity (> 35)

OBESITY IS KILLING PREVENTABLE THE WORLD

OBESITY KILLS!
7 common diseases due to obesity:
• Arthritis • Cancer • Infertility • Heart Diseases
• Back Pain • Diabetes • Stroke

ABC TO OBESITY PREVENTION

SIMPLE RULES TO STAY IN SHAPE

A dopt New Healthy Habits

GOOD HABIT: Bike to Work, Balanced Diet, Swim
VS
BAD HABIT: Drive to Work, Fast Food, Watch TV

Balance Your Calorie Intake

Food Beverages (CALORIES IN) vs Physical Activities (CALORIES OUT)

Control Your Weight Gain

50

source: World Health Organization ©2014 Health Buzz www.healthbuzz.asia



WHY WAS IT CREATED?

- COBIT Company
- Healthier lifestyle



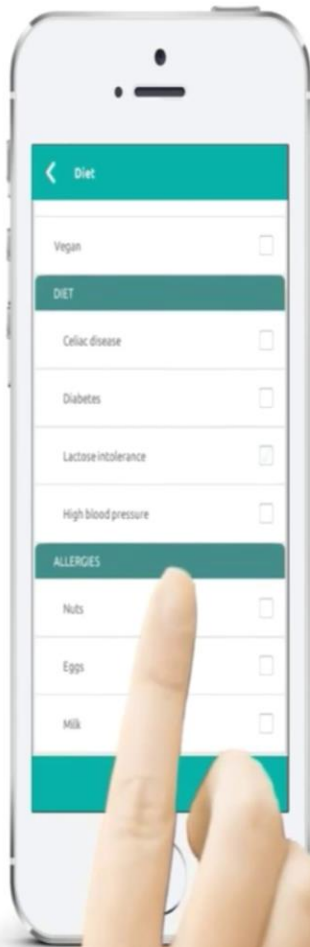
HOW WE USE THE APP?







1. PROFILE

Set your **diet** or **allergens**,
so we can alert you
about non adequate **ingredients**.



 Profile 

E-mail _____

Gender M F

Year of birth
You must be at least 18 years old _____

Body height
You must be at least 120 cm high _____ cm


Type of diet

Physical activity at work
Light-intensity physical activity

Leisure-time physical activity
Light activity

Number of hours of sleep _____ h

Individual measurements





2. ASSEMBLING THE PLATE

Thursday, 14/04/2016

Daily intake 2466.89 Recommended daily intake 2500.92

breakfast snack lunch snack dinner

2.40 l

CH	P	F	kcal
66.10%	12.77%	21.13%	664.00

SHOW DAILY STATISTICS

Food

Search for food

- Favorites
- Prepared meals: soups and stews
- Prepared meals: main dishes
- Prepared meals: side dishes
- Prepared meals: salads
- Prepared meals: desserts and snacks
- Milk and milk products
- Vegetables
- Fruit

KCAL: 0,00 Number of food: 0/8

Fruit

Search for food

- Pineapple
- Avocado
- Banana
- Blueberry
- Peach
- Cherry
- Fig
- Pomegranate
- Grapefruit

KCAL: 85,50 Number of food: 1/8

Butternut squash

Recommended

Carbohydrates 90.8%
Proteins 7.4%
Fats 1.8%

Portion count: 1

Portion: 140g

Energy value:	63.00 kcal	63.00 kcal
Carbohydrates:	16.37 g	16.37 g
Sugars:	3.08 g	3.08 g
Fibers:	2.80 g	2.80 g
Proteins:	1.40 g	1.40 g
Fats:	0.14 g	0.14 g
Saturated fats:	0.03 g	0.03 g
Salts:	0.01 g	0.01 g

Vitamins:
Excellent source of vitamin A. Good source of vitamin C, vitamin E, vitamin B1, niacin, vitamin B6 and folate

ADD REMOVE

3. COLOR OF THE DAY

CINDI recommendations for healthy nutrition

- 1 Eat a nutritious diet based on a variety of foods originating mainly from plants rather than mainly from animal origin.
- 2 Eat bread, grains, pasta, rice or potatoes several times per day.
- 3 Eat a variety of vegetables and fruits, preferably fresh and local, several times per day (at least 400 g per day).
- 4 Control fat intake (not more than 30% of daily energy) and replace most saturated fats with unsaturated vegetable oils or soft margarines.
- 5 Replace fatty meat and meat products with beans, legumes, lentils, fish, poultry or lean meat.
- 6 Use low fat milk and dairy products.

Calendar

February 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
measure	measure	measure	measure	measure	measure	measure
8	9	10	11	12	13	14
measure	measure	measure	measure	measure	measure	measure
15	16	17	18	19	20	21
measure	measure	measure	measure	measure	measure	measure
22	23	24	25	26	27	28
measure	measure	measure	measure	measure	measure	measure
29	1	2	3	4	5	6
7	8	9	10	11	12	13



4. GRAPH

- In the app you can find out through a graph on your improvements about your diet.





5. PERSONAL MEASURES





CONCLUSION

to change your **body**, you must first
change your **mind**

