A System to Identify Human Nutrition Consumption Based on Daily Activities.

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ABSTRACT

Nutrition is something that affects the process of change in every food that enters the body that can keep the body healthy. Nutrition has a very important role in determining one's health. One way to get a healthy body is to pay attention and monitor the health of our body starting from the ideal weight, ideal height and the number of calories needed each day. Currently, more than 100 million or more 50% of the entire population of Indonesia suffer from various forms of nutritional problems which include IDD (Iodine Deficiency Disorder), stunted, thin, KVA (Vitamin A Deficiency), overweight, CVD (Cardiovascular Disease) and IDA (Iron Deficiency Anemia) (Soekirman et al., 2003). People also find it difficult to determine good nutritional status, record food consumed to track nutritional status and determine foods that can support the body's nutritional needs. The aim of this project is to design and develop a nutritional guidance system for users based on their daily activities. There are two methods used in making this project, namely agile as a website development method and forward chaining as a research method to determine nutritional calculations and food suggestions. As a result, author can develop a website to make it easier for users to get the nutritional information they need every day. This website can also provide food recommendations that must be consumed to meet the nutrients the body needs. So that it can be used by the general public to track and monitor nutritional status.