

UNIVERSITI TEKNOLOGI MARA

**MOBILE BALANCED AND
HEALTHY DIET ON ANDROID
SYSTEM**

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BACHELOR OF COMPUTER SCIENCE (HONS.)

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**Mobile Balanced and Healthy Diet on
Android System**

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**Thesis submitted in fulfilment of the requirements
for Bachelor of Computer Science (Hons)
Faculty of Computer and Mathematical Sciences**

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SUPERVISOR'S APPROVAL

MOBILE BALANCED AND HEALTHY DIET ON ANDROID SYSTEM

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This report was prepared under the supervision of the project supervisor, Miss Siti Fatimah Binti Mohd Rum. It was submitted to the Faculty of Computer and Mathematical Sciences and was accepted in partial fulfillment of requirement for the degree of Bachelor of Computer Sciences (Hons) Computer Sciences.

Approved by

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Project Supervisor

July 30, 2015

STUDENT'S DECLARATION

I certify that this report and the project to which it refers to which it refers is the product of my own work and that any idea or quotation from the work of other people, published or otherwise are fully acknowledged in accordance with the standard referring practices of the discipline.

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ABSTRACT

Healthy Diet is all about taking nutrition food to stay healthy, by providing information about calorie intake per day and assist the user to maintain diet lifestyle. Nowadays, many people have low concern on diet lifestyle. With this application it will process all the data insert by the user such as height, weight, age, gender to calculate user Basal Metabolic Rate (BMR), this calculation is the rate that maintaining body weight and how much it burns per day. Then when BMR is calculated, Daily Calorie Required (DCR) calculation is taken to know the intake calorie per day of that particular person. By identifying user Level of Activity (LOA), DCR can be calculated by multiplying BMR with LOA, then get the result of DCR. By using rule based method to analyze all data input by user so that the rule will selected on what group of BMI of the user. In addition, Rapid Application Development method is applied in this development since it is fast and can overlap from interface and development and testing. By the month passing, user can loss about 1 to 2 kilogram based on what eating dietary been suggested. This system gives result of 65 percent who used the application gain more knowledge on diet lifestyle and reduce their weight.

Keywords – *Healthy Diet, nutrition food, Basal Metabolic Rate, Daily Calorie Required, Level of Activity*