

UNIVERSITI TEKNOLOGI MARA

TECHNICAL REPORT

**DIET PLANNING MODEL FOR STUDENTS IN UNIVERSITY BY
USING ZERO-ONE INTEGER LINEAR PROGRAMMING**

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TABLE OF CONTENTS

ACKNOWLEDGEMENTS.....	i
LIST OF FIGURES	iii
LIST OF TABLES.....	iii
ABSTRACT.....	iv
1.0 INTRODUCTION	1
1.1 PROBLEM STATEMENT	3
1.2 OBJECTIVES	3
1.3 SIGNIFICANCE OF STUDY.....	4
1.4 SCOPE AND LIMITATION	4
2.0 LITERATURE REVIEW	5
2.1 INTRODUCTION.....	5
2.2 APPLICATION OF INTEGER PROGRAMMING	6
3.0 METHODOLOGY	8
3.1 DATA COLLECTION.....	9
3.2 MATHEMATICAL FORMULATION	9
3.2.1 NOTATION.....	9
3.2.2 LINEAR OBJECTIVE FUNCTIONS.....	10
3.2.3 CONSTRAINTS.....	11
3.2.4 GENERAL FUNCTION OF ZERO-ONE INTEGER LINEAR PROGRAMMING MODEL	12
4.0 RESULT AND DISCUSSION	13
4.1 DATA COLLECTED	13
4.2 MODEL FORMULATION FOR DIET PROBLEM.....	16
4.3 RESULTS INTERPRETATION	18
5.0 CONCLUSION AND RECOMMENDATION.....	20
5.1 CONCLUSION	20
5.2 RECOMMENDATION	20
REFERENCES	21
APPENDICES.....	23

LIST OF FIGURES

Figure	Title	Page
Figure 1:	Flowchart of Methodology	8

LIST OF TABLES

Table	Title	Page
Table 1:	Nutrients	11
Table 2:	The total of calories and price for white rice and plain water.....	13
Table 3:	List of foods.....	14
Table 4:	The results of zero-one integer linear programming.....	18
Table 5:	Options of breakfast for the students	19

ABSTRACT

In recent years, the rate of obesity in Malaysia has been increased since a few years back then including to the students in university. Obesity is a condition where excessive fat accumulated at the level that affect someone's health. Students in university become obesity because they do not know how to manage their money well and eat unhealthy food in their daily menus. Therefore, this study aims to formulate a menu planning model for students with the best nutritional requirement as well as minimizing the cost. The data was collected from students in UiTM Cawangan Negeri Sembilan, Kampus Seremban and have been analyzing by using zero-one integer linear programming. The result obtained satisfies all the objectives of this research since the total cost of food consumed is less than RM15 per day.