

BALANCED DIET CALCULATOR - DEVELOPED ANDROID APPLICATION

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Abstract

Due to the fast development of smart phones in the last couple of years, each day a large dynamics in the application stores is noticed as well, a large number of academic papers have been written in that area. On the other hand, based on a many epidemiological studies, the World Health Organization makes a classification of the risks for getting different diseases associated with excess body mass. For this purpose, we recognize needs for developing a new smart phone application for individual balanced diet calculation based on personal data.

In the first phase of this work was defined medical scientific literature for the accurate definition of the basic necessary parameters. Furthermore, for all calculations, a widely medical recommendation was used. The Eclipse with Android Development Toolkit, which supports plenty of libraries for application developing, was used.

In the developed application for balanced diet, each individual has to enter his/her own parameters: gender, height (cm), mass (kg), and a desired goal of mass decrease/increase expressed in percentage (%). Important parameter which is taken into consideration in the daily food intake recommending is personal physical activity. Based on the entered data, basal metabolic rate (BMR) due the algorithm is calculated. Furthermore, on the screen the recommended daily intake of proteins, carbohydrates and fats is showed.

Today's generation of smart phones and their originality, mass usability, and computer characteristics, represents an ideal platform for the calculation of the required nutritional intake in a way which is available and acceptable almost to everyone, and has a potential for a significant positive effect on people's healthy life.

Key words: *BMR, Diet, Android Application.*