

# **IMPLEMENTATION OF MY NUTRITION: INFORMATION APPLICATION MOBILE BASED NUTRITIONAL REQUIREMENTS & DAILY CALORIES**

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## **ABSTRACT**

Health is the most important part of life, but most students do not know about health information, especially in fulfilling daily nutrition and calories. This lack of information about the fulfillment of daily nutrition and calories results in the emergence of excess and even nutritional deficiencies and daily calories that make the body unbalanced. The purpose of this research is to design or build an application of information on daily nutritional and calorie needs so that students can find out the pattern of daily nutrition and calorie consumption in order to monitor body health. In conducting this research, the type of research used is qualitative research because this research emphasizes the aspect of understanding the problem under study, while the data collection methods used are observation, literature study and questionnaires. The result of the system that has been created in this study is an application that runs on the Android operating system, where students can perform calculations on the standard daily nutritional and calorie needs of the body, obtain nutritional and calorie information contained in food and the number of calories and nutrients consumed per day. , and get information on reports of calories consumed and weight in a week.

Keywords: Information, Nutrition and Calories, Android