

Implementation of Healthy Diet System by using Big-M Method

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Abstract

This system produces healthy diet menu set plan to get foods to keep healthy life. BMI and BMR formula is used to estimate how much daily calories should consume order to maintain weight. Many models can be made by using Big-M method depends on the daily caloric needs to produce for daily nutrition requirements such as Carbonhydrate , Protein and fat. If the BMI results in over-weight, the system produce maximization model. If the BMI result is under-weight, minimization model is produced. If the result is normal, model for range of minimization and maximization is produced. Then the system gives healthy diet menu set plan whether any more food to eat or not. By using this system, users can get good utilization of meal planning and sufficient nutritional supplements that need for excellent health.