Why use HealthEat?
Diets should be completely personalized without any unwanted meals or actions imposed on anyone.
Ensure you are consuming the right amount of nutrients without having to change anything about your lifestyle.
Get personalized recommendations that comply with your personal goals.
Simply snap a picture of your food, and let the app do the rest!

What is HealthEat?
The user has the option to choose their desired nutritional plan (maintain weight, lose healthy weight, etc.) and also choose how strict or lenient the app is when reminding you when and what you should eat. Recommendations are given based on users’ plan, preferences, and adjustment of lenient/strict.

Use this app for just two to three days and let it pick up on your eating habits and preferences. By simply taking a picture of your food on your regular phone camera, HealthEat is able to identify it as a meal and the app breaks down the nutritional information. With advanced algorithms, the app knows what time the user should get hungry and understands what specific type of foods the user likes to eat.

Who should use it?
Whether you are eating only what you love or deciding to follow a strict plan, eating a sufficient amount of calories and certain nutrients is necessary and beneficial. Avoid time spent on meal prepping, counting calories, figuring out macronutrients, and simply eat what you like!