The main goal of Stance4Health is to develop a complete Smart Personalized Nutrition (SPN) mobile app to help European users to achieve their optimal health and well-being. It aims to recommend weekly menus to the users, based on their goals, physical activity, and other personal values. While guiding the user towards a healthy lifestyle, it also ensures the optimization of the gut microbiota activity to meet these objectives. This task is complex, and therefore requires an extensive design of an information system, as well as a mobile application that allows the user to interact with the system.

An app is like a house!

All apps have two sides that cannot be separated. To understand this, you can think of them as your house. During its construction, we need a strong foundation and walls, as well as a good electrical and plumbing installation. From these bases we create our home, giving it our personal touch: we choose the color of the walls, the furniture, or the appliances. Apps are essentially the same.
On one hand, we need a good foundation, i.e. a source of data that has information relevant to our objective, reliable algorithms, etc. And once we have it, we can start building our house from it, choosing which functionalities, colors, and screens the user will see. Both are important and determine the characteristics that make the Stance4Health Smart Personalized Nutrition (SPN) mobile app unique.

Each person is unique and has different goals and food habits, and a truly innovative nutrition system cannot ignore that.

To be able to recommend menus we need to get to know you well. Often nutrition recommendations aim to force you to adapt to them. At Stance4Health we have turned this around.

Our app adapts to you, your preferences and your lifestyle!

This can be achieved thanks to all the research performed to connect all the characteristics of the diets with these personal factors, developing a database with multiple sources of information. And who hasn't skipped a diet from time to time? When working with people, we must also consider these situations. Changes in meals throughout the day can occur and our system can identify them and analyze how to take them into account so that we do not move away from our objective.
Balance is the key to making healthy habits which are sustainable over time.

Our system allows you to search thousands of different recipes and products. This function not only allows you to see pictures of recipes or learn how to cook them but also serves as a small nutritional encyclopedia of great value.

Understanding and discovering the characteristics of foods and how they contribute to a recipe or to our diet is fundamental to making better nutritional choices and living a healthier life.

As the app fits you, you can add your own recipes and see how your choices affect the nutritional value. The system does not only contain nutritional information of the foods, but also the possibility of providing information of the products you buy in the market. Additionally, it weekly generates the list of ingredients that you need to have in your pantry for cooking all dishes from your menu, making it easier for you to do grocery shopping and contribute to reducing food waste. Another key factor is the ability to adapt to your eating habits. This system is intended to work in different countries uniformly, but we cannot omit the specific dishes that users from several countries expect to find when using the app.

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Cultural food diversity is considered in our system, providing the most suitable food and dishes according to your eating habits. In this way, it can automatically adapt to your traditional recipes depending on your country of origin. In addition, the app will show your data and recipes in your native language to maximize the user experience.

Our mascot will also try to give you useful advice and warn you when you stray from the right path. He is a wise guy and we are all already very fond of him.

**You can learn a lot from our mascot!**

As you may have noticed at this point, our system deals with many different kinds of objectives at the same time. This could not be done without a comprehensive design and development, able to jointly deal with users’ needs, working at both visualization and functionality levels simultaneously.

Visit [www.stance4health.com](http://www.stance4health.com) for more information about our project.

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