



**In today's fast-paced lifestyle, we consume unhealthy food on a regular basis than ever before.**



**The modern eating habit leads to many health hazards such as obesity and diabetes. According to the International Diabetes Federation (IDF), 1 in 11 adults have diabetes, and by 2020, 642 million are expected to have diabetes.**





While more and more people suffer from diabetes and health issues, many studies show that a diet of fresh vegetables, fruits, and food with good fiber can prevent many diseases and even provide long-term health.

Just by making healthier food choices, we can be a lot healthier! It's time to stop suffering!



However, you might be wondering.  
**‘what should I eat?’**  
Don't worry! **Food and Nutrition Visualization for Diabetes** will help you!



It displays everything you should know about food ingredients. It contains 93 types of food and its nutrition in detail.

1

GI Level Filter

SORT BY GI LEVEL

GI Level

2

Food Benefits



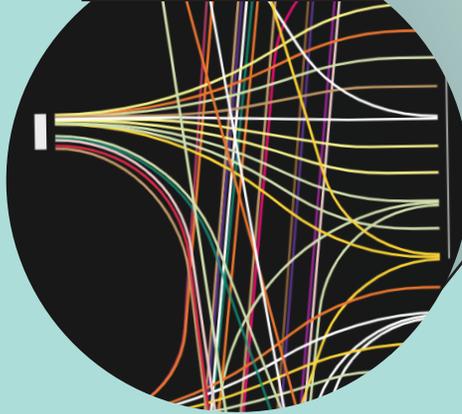
6

Ingredients' Name

- Potatoes
- Coconut oil
- Butter
- Honey

3

Food Colors



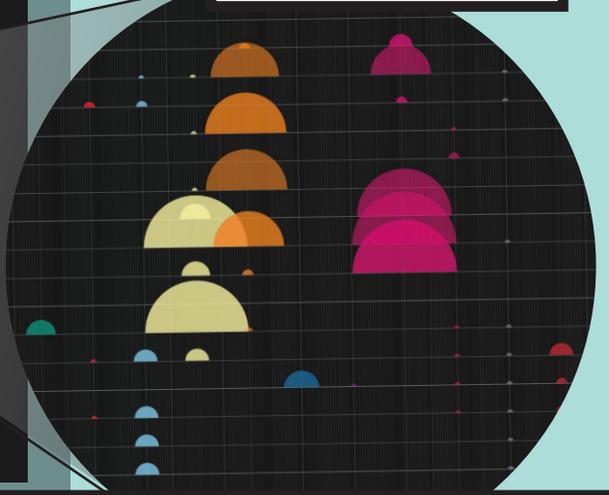
4

Serving Portion

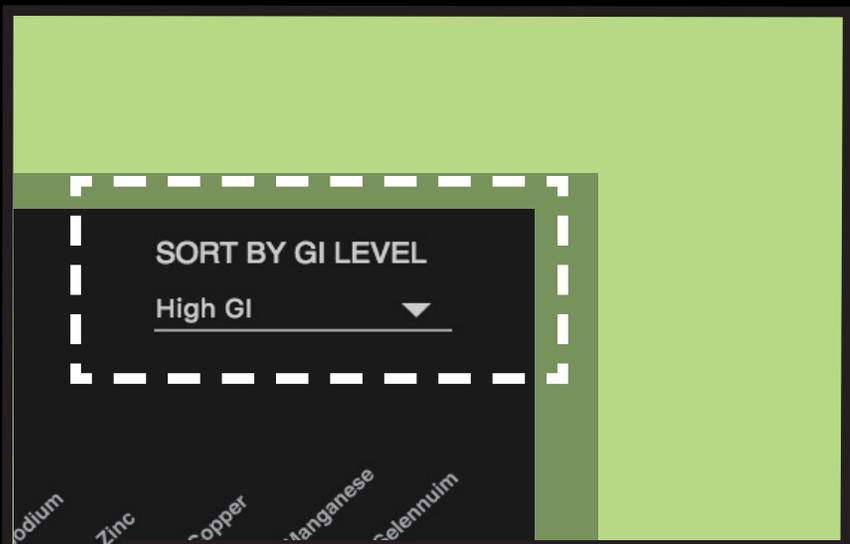
- Pota
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5

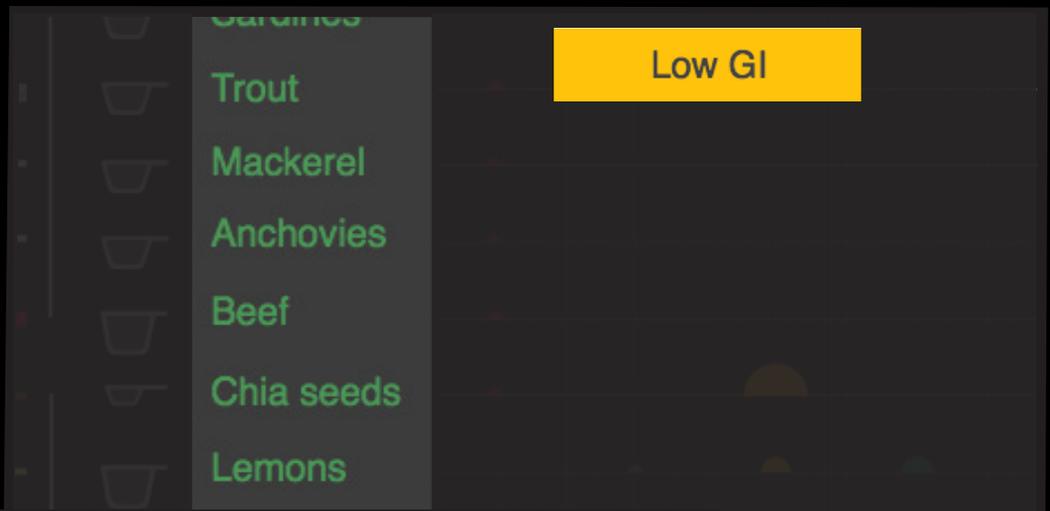
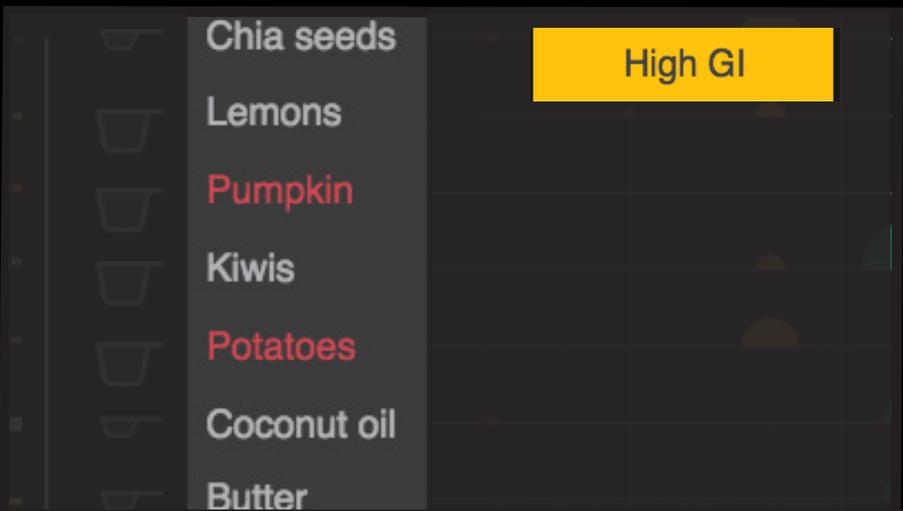
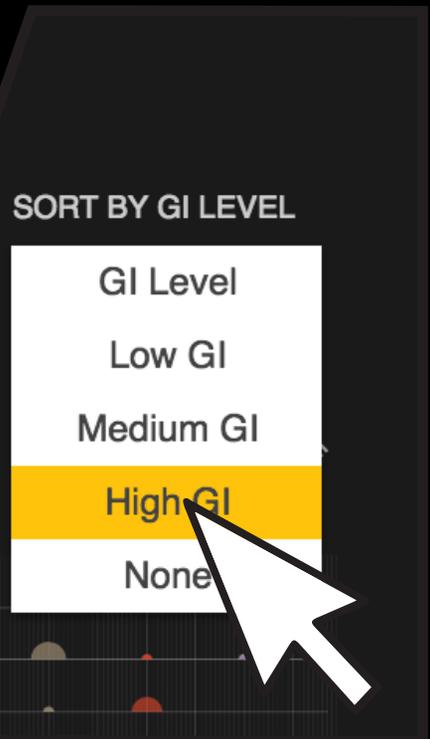
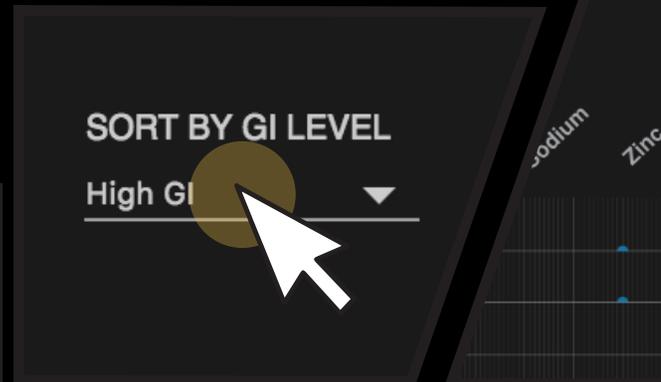
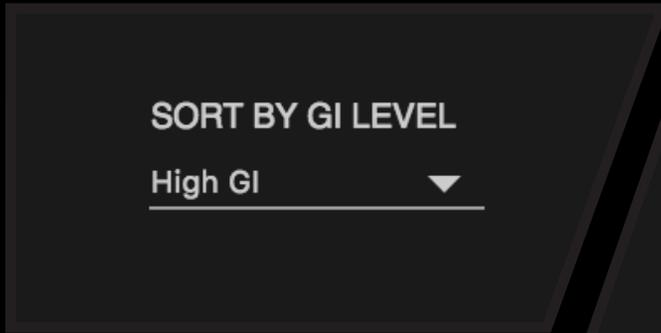
Nutrition Chart



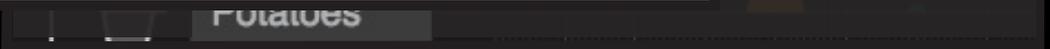
It provides you with 93 different ingredients' GI level, food benefits, serving portion, nutrition values. Let's take a lot at them in detail!



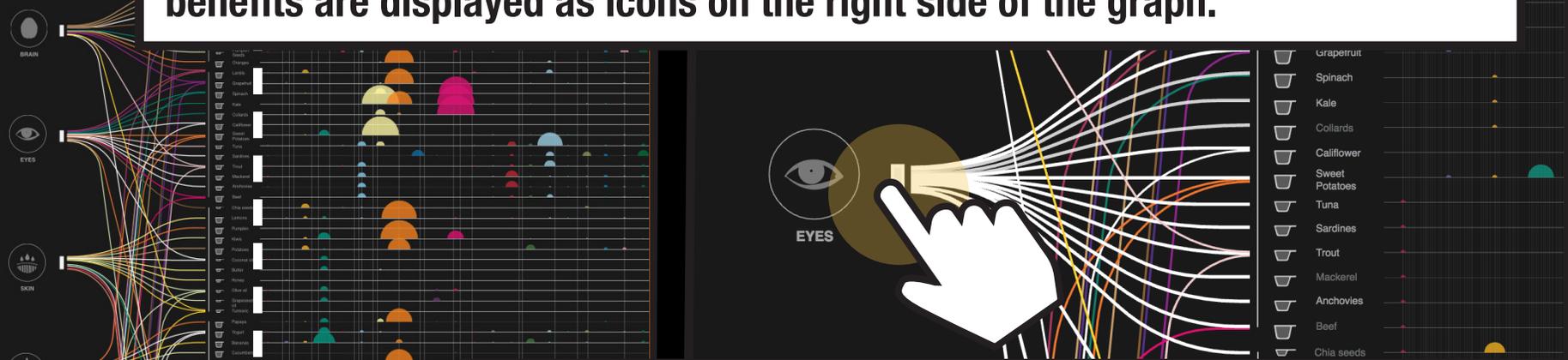
**First, the GI level filter is for diabetes or people who are conscious about blood sugar level.**



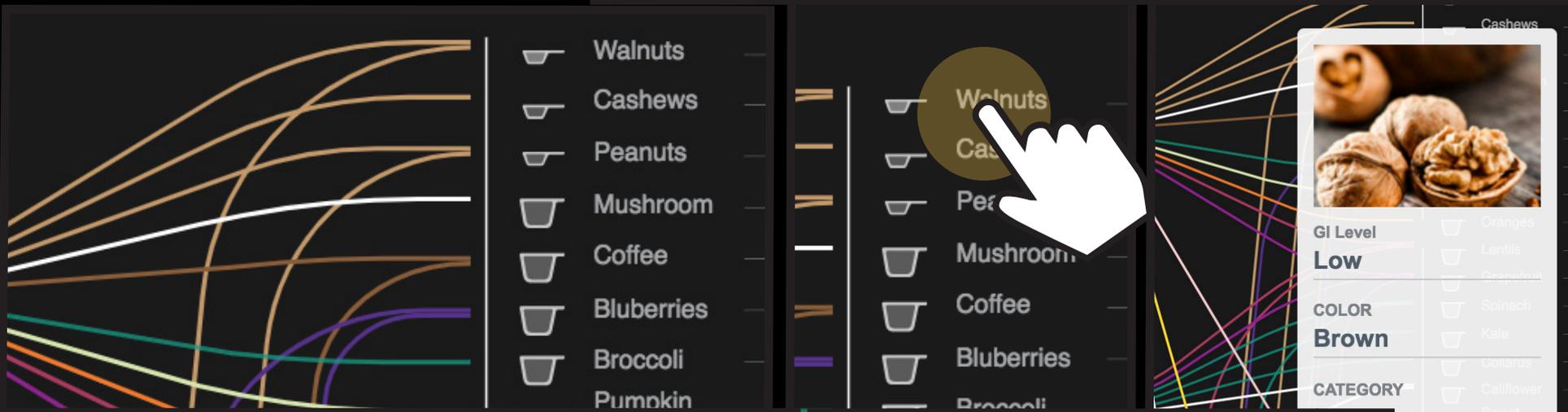
**If you click on the 'High GI' from the drop-down menu, the ingredients that have a high GI level will be highlighted in red. (Medium =Yellow, Low GI=Green)**



Not only it gives beneficial information for GI level, but also on the left side of the chart, the ingredients are divided by specific health benefits to show how they can help improve health such as skin, eyes, brain, digestions, etc. Those benefits are displayed as icons on the right side of the graph.

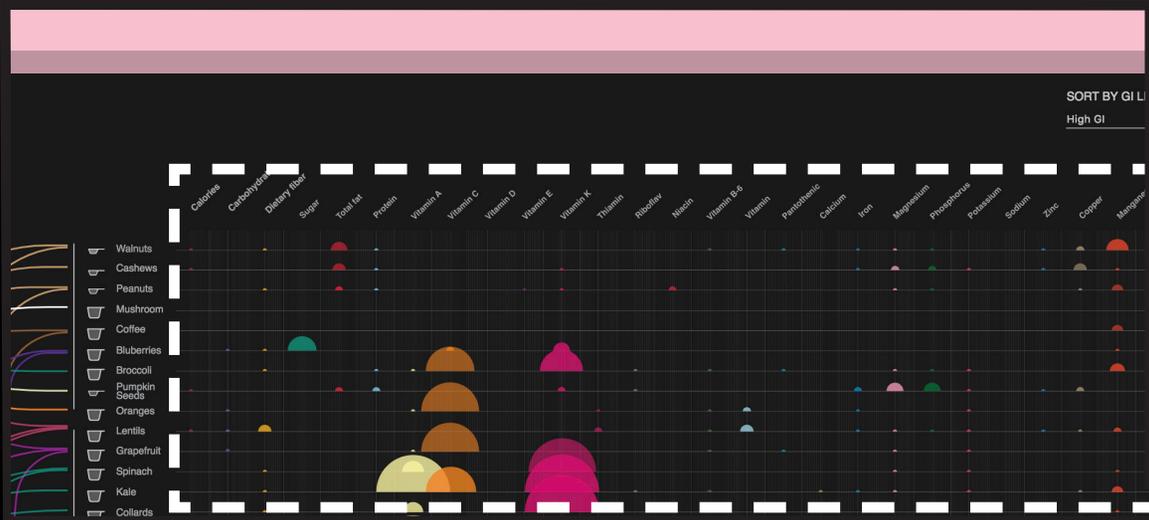


For example, if you hover a mouse over 'EYES,' it will point food that is beneficial for eyes, its name, and serving portion.

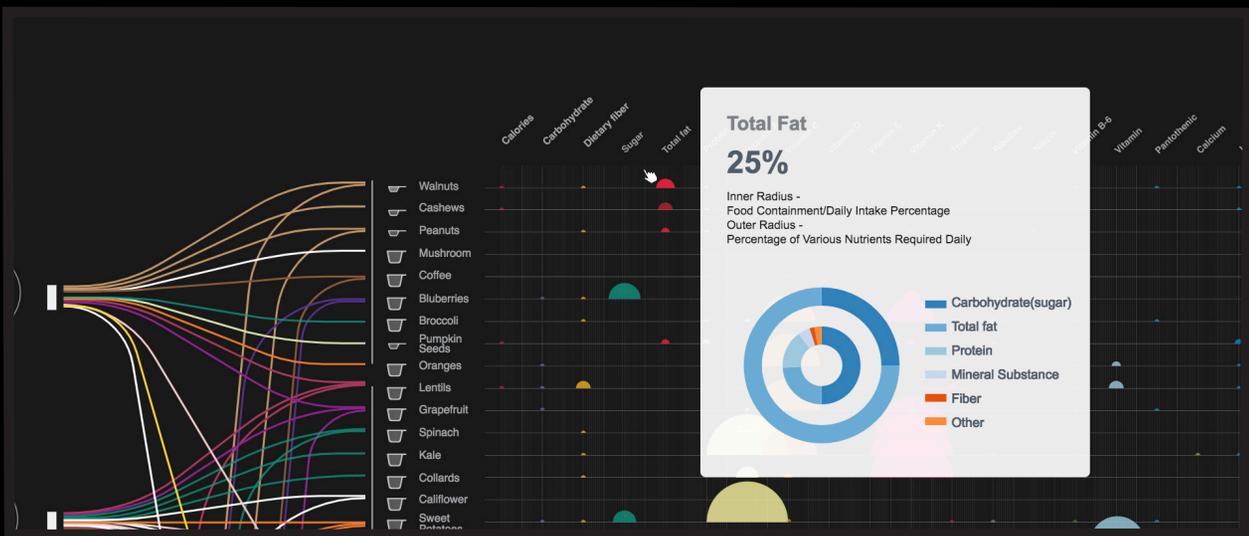
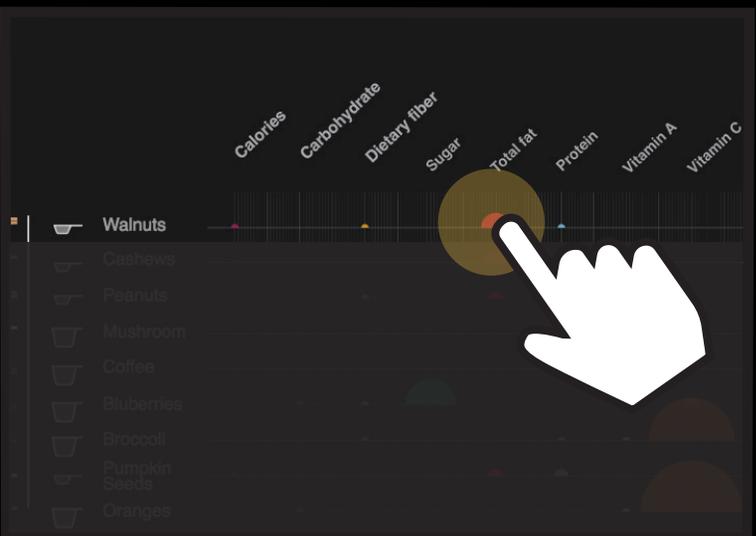


The color of connecting lines stands for the color of food it is heading to. Also, the measuring cup icons represent the serving portion.

If you point each name of item, a description box will pop up with more details for you.



Next, right by the ingredient name column, there is a graph with half circles. Each circle indicates the nutrition value of an ingredient per daily recommended amount. Each column presents different nutrition. There are 27 different nutrition info we provide in the graph.



When you hover over mouse each half circle, you will see more detail information in a pop-up screen.

# Organize Your Meal

Use search function to find your favourite food and add it to your basket on the right!

Search your food

Search

Hint! Try keywords vegetable, fruit, seafood ...

Low

Medium

High

Check Food GI level

On top of that, we also provide a feature that allows you to balance your meal by showing GI level for ingredients of your meal at once.

Use search function to find your favorite food and add it to your basket on the right 'to check GI level'

Vegetables

Hint! Try keywords vegetable, fruit,

Vegetables

Search

Hint! Try keywords vegetable, fruit, seafood ...

Broccoli

Spinach

Kale

Collards

Califlower

Potatoes

Carrots

Cucumbers

Green bean

Artichokes

Tomatoes

Red peppers

Asparagus

Beetroot

Eggplants

Okra

Low

Medium

High

Check

You can simply search food by category and click each item to put into your plate on the left side. Then, click on 'Check your GI Level' and it will show you their GI level by color coding them.

## Organize Your Meal

Use search function to find your favorite food and add it to your basket

Vegetables

Search

Hint! Try keywords vegetable, fruit, seafood ...

Broccoli Spinach Kale Collards Califlower

Potatoes Carrots Cucumbers Green bean

Artichokes Tomatoes Red peppers Asparagus

Beetroot Eggplants Okra

Low Medium High

Check Food GI level

Broccoli Kale Califlower

Carrots

fruit

Search

Hint! Try keywords vegetable, fruit, seafood ...

Broccoli Spinach Kale Collards Califlower

Potatoes Carrots Cucumbers Green bean

Artichokes Tomatoes Red peppers Asparagus

Beetroot Eggplants Okra

Low Medium High

Check Food GI level

Broccoli Kale Califlower

Potatoes

Tomatoes

**Food Nutrition Visualization for Diabetes**  
have a lot to offer for your health!

**Are you ready to be healthier with us?...**

Visit our website : <https://va.tech.purdue.edu/PacificVis/>