ABSTRACT

Diet is a food rule specific to health and is usually done at the doctor's or consultant's instructions. Not only for health reasons, diet is also mostly done for beauty reasons. Diet has many kinds according to the needs of each person. Such as diets based on types of diseases such as diabetes or diet is done because the Body Mass Index (BMI) is above the normal limit. Therefore, a nutrition coaching application was created to facilitate a person in finding an appropriate diet program for diabetics and obesity. Application aims to recommend a variety of diet programs as well as healthy food menu suitable for users who are overweight and diabetics. This application is expected to help users in their diet program.

Keywords: Diet, Obesity, Diabetes, Nutrition.