



MY NUTRITION

THE POCKET DIETITIAN



"IN GOOD HEALTH LIES THE KEY TO HAPPINESS"

Health is the greatest wealth, nobody can ever deny that. Being fit isn't a fad or a trend, it's a life choice.

We all know that eating right can help you maintain a healthy body, beauty and avoid certain health problems, but your diet can also have a profound effect on your mood and sense of wellbeing. Hence there are more and more people who want to live a longer healthier life by eating right.



DIETITIAN IN YOUR SMARTPHONE

Eating a healthy diet doesn't have to be overly complicated it just takes right information and awareness of what you are eating. "My Nutrition" acts a pocket dietitian that is constantly making you aware and suggesting the best options while eating at home or dining out.

Whether you want to lose weight, tone up to get healthy or build muscle - every health goal requires a proper diet plan and execution. My nutrition solves the problem by providing guidance and also keeping track of every calorie intake to make it easier for the user to establish goals and achieve them.





HOW WE HELP YOU ACHIEVE YOURS GOALS

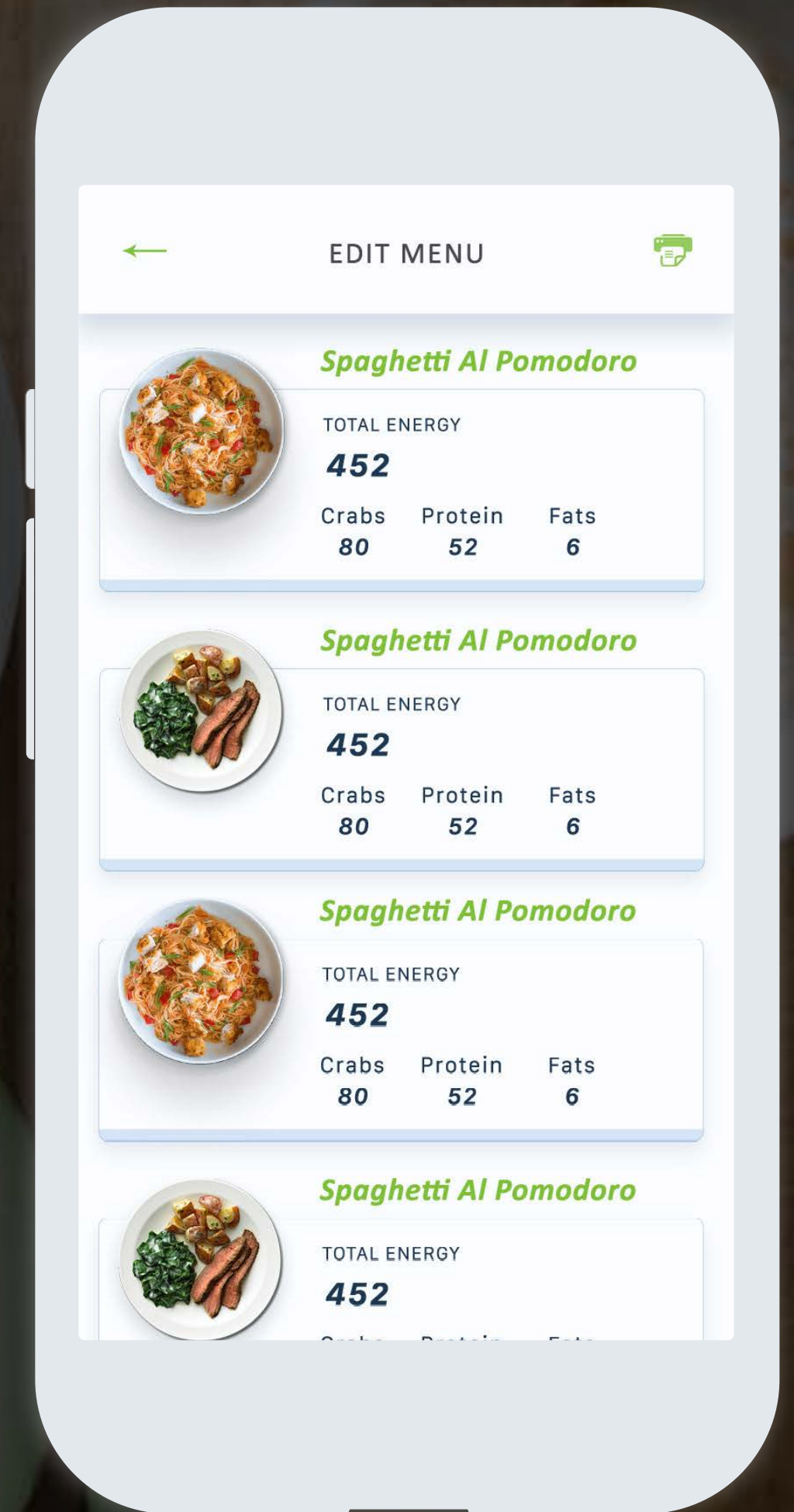
My Nutrition has features that give users complete control and detail of every meal they eat. It facilitates user to –

- Set daily calorie intake goal.
- Discovering nutritional value of every meal and maintain historical records.
- Finding healthier restaurant and meal choices while eating out.
- Stay on track with our user-friendly calorie counter.
- Identifying protein, fat and carbohydrate content of various food products.



SETTING GOALS IS THE FIRST STEP TO PROGRESS

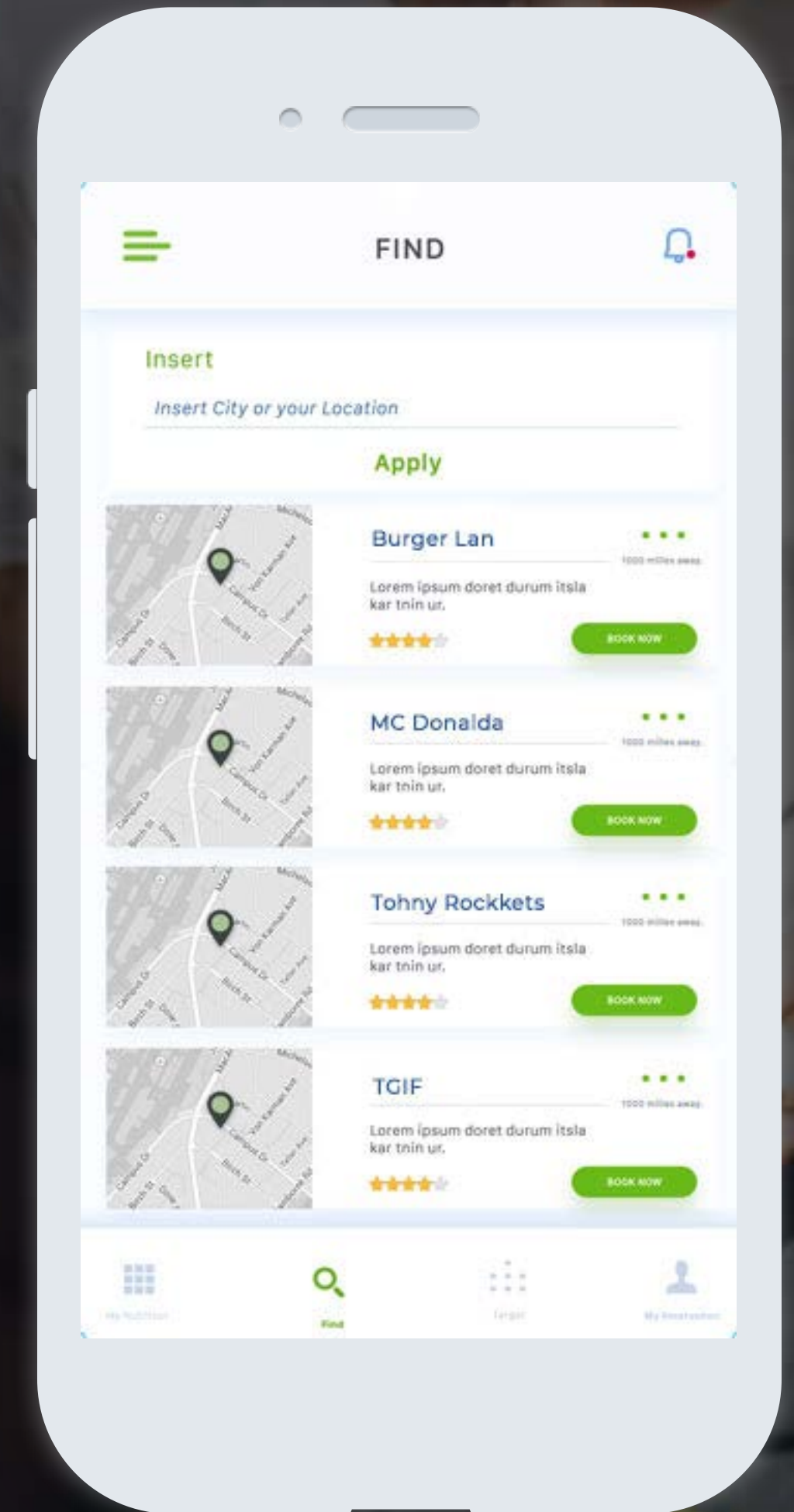
MY Nutrition allows users to make and record daily calorie intake goals to ensure that all meals taken are in line with achieving the desired target. Being constantly aware of the daily goal and progress users enjoy better control of their diet and are able to achieve results quickly.





FIND THE HEALTHIEST DINING DESTINATION

Eating out is something inevitable in today's world. However, eating out does not necessarily mean junk food. My nutrition features listing of healthiest restaurants and dishes in the user's area guiding them to pick the very best choices to stay on their desired goal.





KNOW THY FOOD

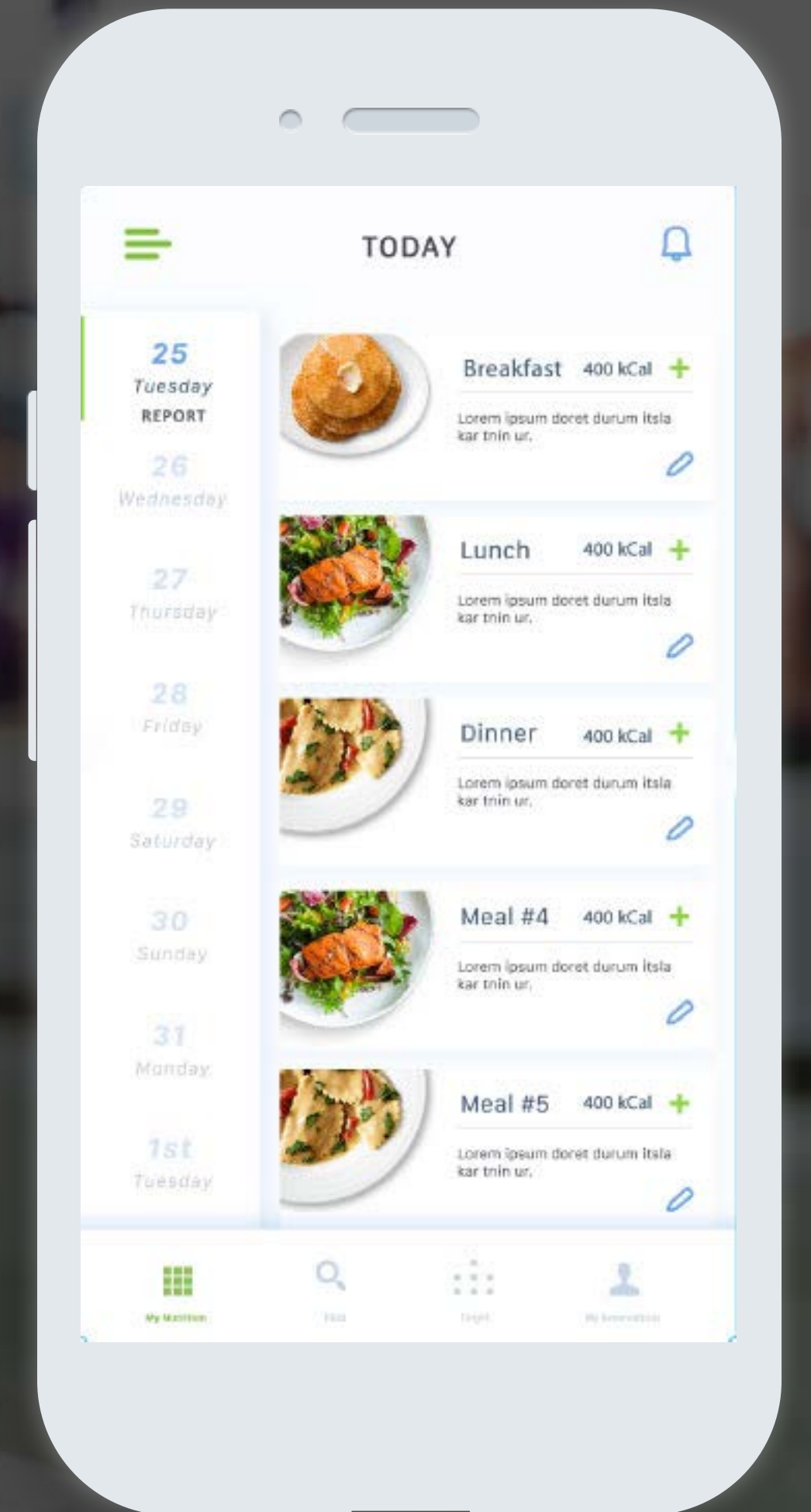
Balancing the diet between proper intake of carbohydrate, protein and fat is of utmost importance to avoid deficiencies and achieving faster results. My Nutrition provides the breakdown of nutrients just by entering the name of the dish in the app and user is made aware of the amount of each nutrient present in a specific dish.





EVERY MEAL MATTERS

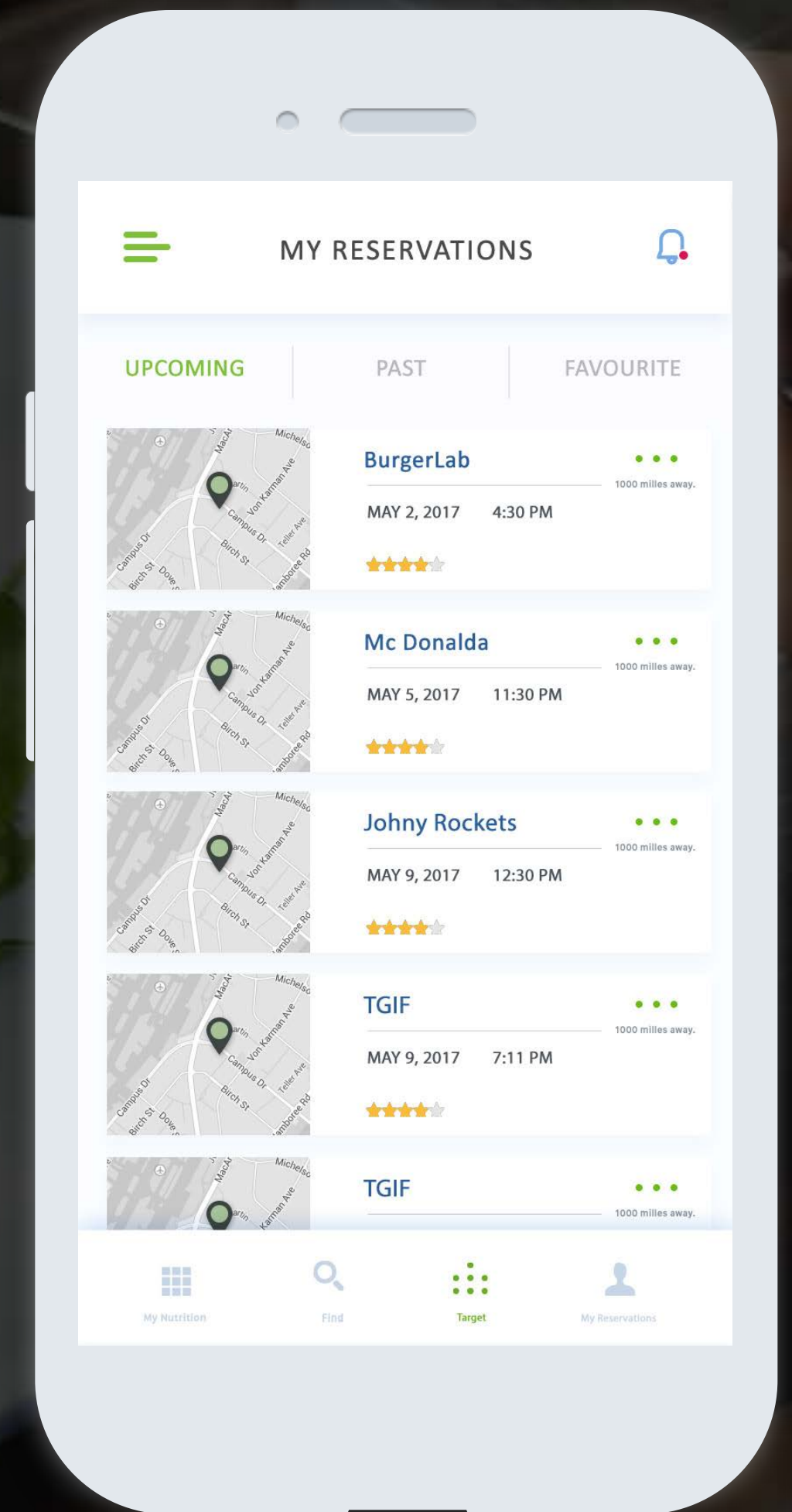
My Nutrition can record and maintain information about every meal for the user, making it fun and thus keeps the user motivated to improve every day to achieve the desired goals. Users can even go back to check the history of meals from previous weeks or months to evaluate the progress made.





RESERVATIONS MADE EASY

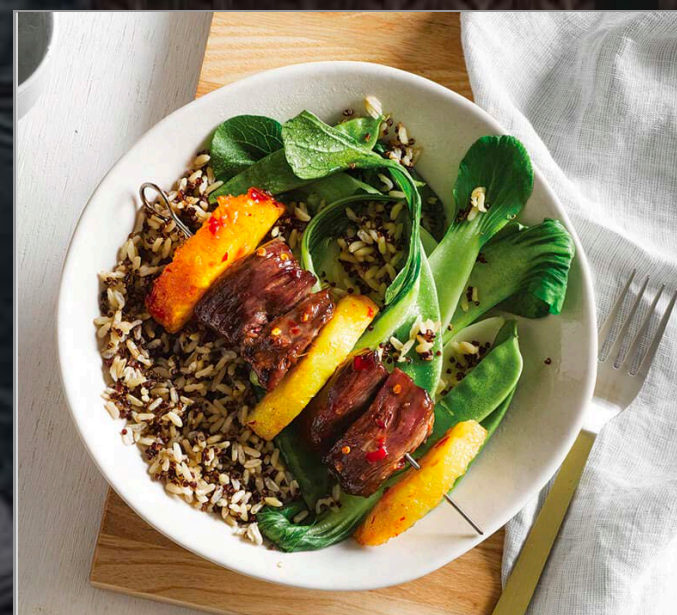
My Nutrition allows users to make a booking at any listed restaurant to plan for a healthy meal well in advance. Not just that the future bookings can be viewed within the app and favourite restaurants can be saved by the user in their profiles for easier bookings next time.





MY NUTRITION FOR RESTAURANTS

Restaurants listed on my nutrition can cater to the users who are looking exclusively for healthier choices while eating out or ordering in. This provides restaurants with a specific demographic to target and improve business performance.





RESTAURANTS USING MY NUTRITION ARE ABLE TO

- 🍴 Recieve notifications of bookings: Get real-time information about future booking and home delivery requests.
- 🍴 Manage restaurant information: Update information for the restaurant listing in real time by editing photos, menus, hours, etc.
- 🍴 Promotion Management: Add promos, deals, special menus, and events: Update listing information to increase customer engagement.
- 🍴 Access analytics: Restaurants can use detailed information provided by the app to stay ahead of competitors.



A healthy diet is a better investment than money spent on medicine, healthcare and beauty products. You can live longer while looking young and beautiful if the daily food intake is managed well. 'My Nutrition' is a necessity for the health-conscious generation who likes being in control of their life. Even restaurants & food outlets are able to service a new demographic to improve sales and break away from the image of junk food servers. The users and the restaurants create a mutually valuable bond with 'My Nutrition'.



THANK YOU

My Nutrition – An EL Group International Exclusive