

## **ABSTRACT**

### **E-GIZI**

#### **Aplikasi Penyedia Kandungan Gizi Makanan**

The need for information on the nutritional content of the food is needed by everyone. However, nutrient content information is generally only found in food products produced by the industry, while the food ingredients found in traditional markets do not include the content of nutrients in the foods.

To overcome these problems made a timer aplikasi nutrient content providers and web-based daily themed E-GIZI. This website contains information on the nutritional content of foods such as calories, protein, fat, carbohydrates and vitamins, and is equipped with a calculation of the percentage of one's ideals.

Keyword : Website, Nutrition, ideals