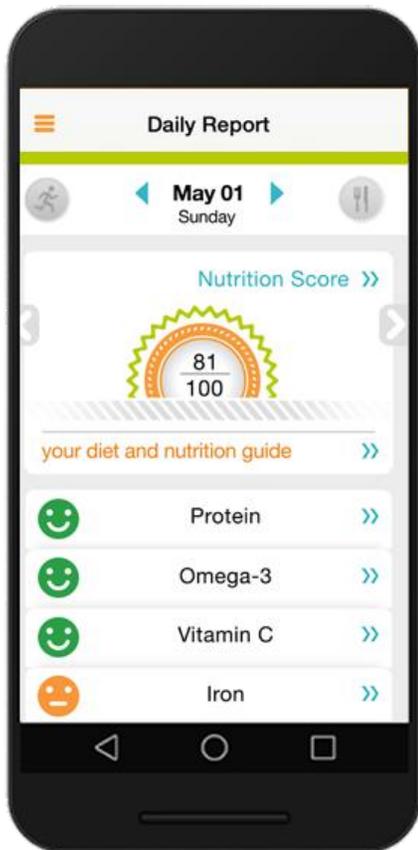# Nutrition and Healthy Eating Games

Kids as young as two are using technology as a way of learning through play, apps like **Clever Kid Yum Yum** is aimed for 2-4 year olds and aims to teach them about the effects of early nutrition. Players select healthy or unhealthy foods to feed the hungry yum yum monster and see the results of their choices, making the monster happy and healthy or sad with a tummy ache.

Another popular app aimed for younger children is **Awesome Eats,** where kids learn about fruit, veggies and related health facts as they progress through the game. The app keeps nutrition education fun and even enjoyable for adults to play.

ABOUT SIYANA

Siyana provides next-generation data, analytics, and decision support capabilities cateredfor massive, sustained improvements in healthcare and education outcomes. We are the leaders in a new era of advanced predictive analytics for with a suite of machine learning-driven solutions, decades of outcomes improvement expertise, and an unparalleled ability to integrate data from across the healthcare ecosystem. Our BIG data approach and know-how of next-generation data warehouse and application development methodologies helps improve quality, add efficiency and lower costs for organizations ranging from the largest US health system to forward-thinking physician practices. Our technology and professional services can help you keep patients engaged and healthy in their homes, communities, and workplaces, and we can help you optimize care delivery to those patients when it becomes necessary. We are grateful to be recognized by Modern Healthcare and a host of others as a Best Place to Work in technology and healthcare.

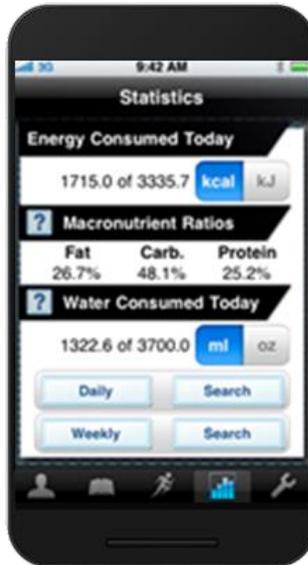Visit www.siyanainfo.com to know more about us.

Food Book

The Food Book is a database or menu containing the food that you eat. Since it is small and personal, it will be faster than any program that requires you to search through thousands of foods that you do not. You can add food to the Food Book by transcribing a nutrition label, combining existing Food Book items, or adding an existing item from another food database. Serious Nutrition Tracker contains two types of food databases: a common food database, and custom food databases. The common food database is a version of the Canada Nutrient File 2007b with baby-food removed. Custom food databases are those that you have downloaded (see Utilities for more information).

The Food Book is controlled by a toolbar at the top of the screen. This toolbar allows you to set the operation mode, filter viewable items, and add new items. Below the toolbar is a search bar that allows you to search for food within your Food Book. Below the search bar is a list of the food in your Food Book. At the right side of the list is an index so that you can quickly jump through the list by pressing a section title.

The Food Book operates in two modes: Eat and Manage.

In Eat mode, pressing a food item will bring you to a screen where you can record when and how much you ate.

In Manage mode, pressing a food item will bring you to a screen where you can view item properties, edit the item, delete the item, or add the item to a custom food database. Note that you can edit, but cannot delete, items that you have eaten within sixteen weeks. This is to ensure exact diet tracking within that time period.
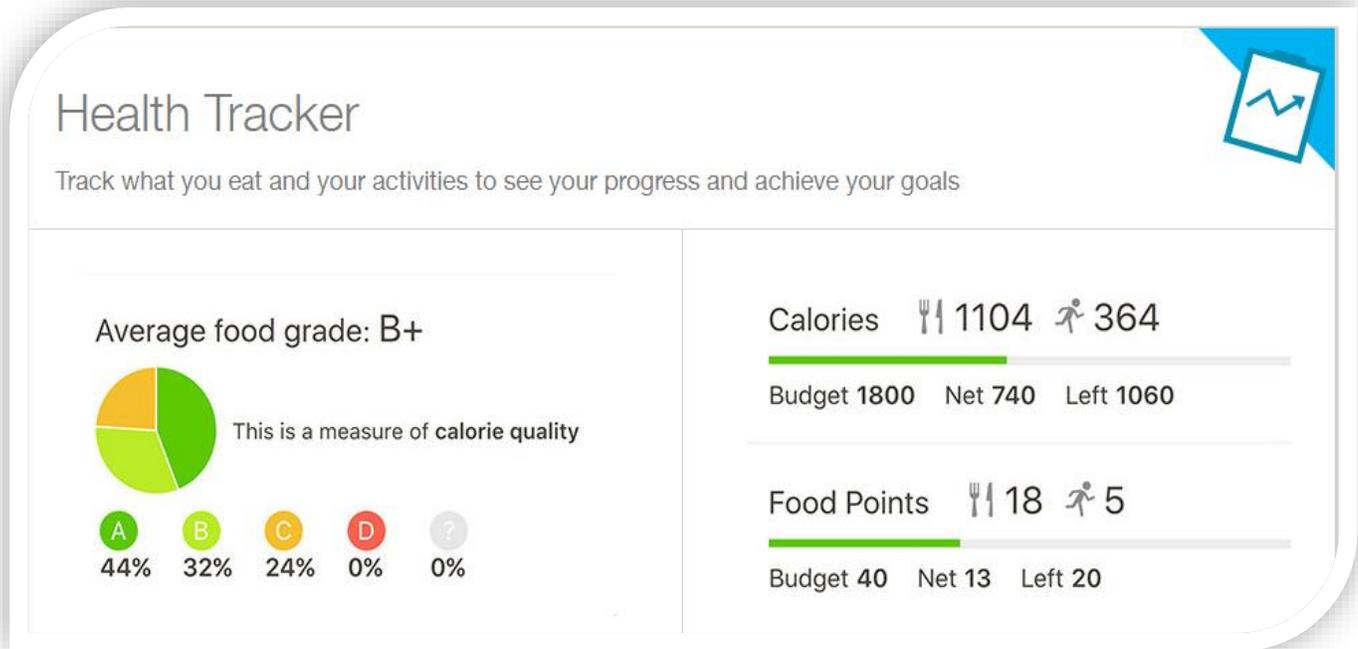
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Health Tracker

Health Tracker

Track what you eat and your activities to see your progress and achieve your goals

Average food grade: B+

This is a measure of **calorie quality**

A	B	C	D	?
44%	32%	24%	0%	0%

Calories 🍴 1104 🏃 364

Budget **1800**　Net **740**　Left **1060**

Food Points 🍴 18 🏃 5

Budget **40**　Net **13**　Left **20**

- Averages for user-defined time-spans
- Create combination items for recipes or meals
- Create custom food databases and share them with others (or edit them in spreadsheet programs)
- Create your own food labels
- Daily, weekly, and per item statistics
- Detailed common foods database (Canada Nutrient File 2007b)
- Energy, protein, and fluid requirement estimator (or set your own energy goals)
- Fast, user-friendly interface (introduced in v2.0 based on user feedback) *see Final Note*
- Food search index and food group categorization
- Graphs that track individual nutrients, energy and water
- Large, easy to read, bar graphs
- No network connection required (except when sharing your custom databases)

- Nutrient information by weight, energy and ratio

- Record your consumption throughout the day (not just for pre-defined meals) because when you eat is important

- Sort your consumption by nutrient to find where you are consuming the most sodium, trans fat, etc.

- Statistics for user-defined time-spans

- Tracks energy (kcal or kJ), total fat (g), saturated fat (g), trans fat (g), cholesterol (mg), sodium (mg), potassium (mg), total carbohydrate (g), dietary fibre (g), sugars (g), net carbohydrate (total carb - fibre) (g), protein (g), calcium (% or mg), iron (% or mg), and water (mL or fl oz)

- You build your main database so you do not have to troll lists of food you do not eat

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