

ABSTRACT

NAME OF INSTITUTION: De La Salle University - Dasmariñas

ADDRESS: Dasmariñas, Cavite

TITLE: Information System on Nutritional Needs of People

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FUNDING SOURCE: Parents **COST:** 3,000

DATE STARTED: December, 1997 **DATE COMPLETED:** February 1998

OBJECTIVES OF THE STUDY :

A. GENERAL

To provide an easy access information system regarding nutritional needs of people and recommend a balanced diet appropriate for them.

B. SPECIFIC

1. to inform people the importance of good nutrition in their day to day performance
2. to give emphasis on the misconception with regards to vitamins in replace of the essential nutrients that can be get from variety of foods.

SCOPE AND COVERAGE: This study is about the nutritional needs of people. It includes the 1989 edition of the Recommended Dietary Allowance(RDA). This also includes the major food groups, daily food guide and foods which are high on specific nutrients.

METHODOLOGY: The Authors used the Research method and Waterfall method in conducting the study.

OUTPUT OF THE STUDY: The result of the study was an Information System on Nutritional Needs of people which provides an informations about the Recommended Dietary Allowance(RDA), as well as informations regarding food groups where every foods has corresponding category, daily food guide that includes measurement or serving of food foods, and foods which are high on specific nutrients./

CONCLUSIONS: Through his special problem, the proponents came out with an information system that can be of help in some ways in presenting the nutritional information and nutritional needs of people.

RECOMMENDATIONS: It is recommended that the system be extended to include more information about nutrients not included in the 1989 RDA table, and also include more informations regarding foods that were not discussed in this study. It is also recommended that the next study to include the RDA for overweight and underweight person if possible.