ABSTRACT

At present obesity is an intricate problem that is often faced by adolescents. Obesity among adolescents is very high considering that modern lifestyles make activities reduced, so that an effort is needed to lose weight so that no adverse health effects arise. The aim of this study is that obese sufferers can find out the recommended dietary patterns by simply looking at the application, and obese sufferers can find out how many calories they consume every day.

Other causes of obesity are excessive exercise and excessive diet, and lack of education about the needs and intake of humans at each visit. Humans need 2200 Kcal in general for the needs of calories in the body. So that everyone can find out the number of calories that already exist in a day. And can educate the public about the importance of calories that supports a healthy lifestyle.

This application was created using a linear programming method. Linear programming is a complete way to complete the limited resources between several activities, the best possible way. Because linear programming is a mathematical method that can allocate limited resources to achieve a goal, such as maximizing profits such as time and speeding up workmanship and minimizing costs.

The data taken for the purposes of carrying out this final project uses data in the Ministry of health, Klik Indomaret and the United State Department of Agriculture. And the data is collected and used as a reference data which will later on the application that will be made. After the data is collected into one then the data is carried out scraping process. Scraping is the process of taking the essence of the data that there is a recall of information from a website. Scraping implements indexing by tracing HTML documents from the website where information will be retrieved, to be tagged in HTML so that it can surround the information that is taken to be copied on a web scraping application that will be created in the application.

Keywords: *Application, diet, obesity, linear programming,*