

## ***ABSTRACT***

*Food is a basic necessity of every living thing on this earth, because in food contains a lot of nutrients needed by the body. However, consuming food excessively or less can bring illness. In addition, food also contains a variety of chemicals in it so that when consumed carelessly it can also cause food poisoning, therefore in Indonesia is known as the term AKG (Nutritional Adequacy Rate) which is used as a reference for daily nutrition fulfillment*

*However, in this modern era there are still many people - people who experience shortages or excess nutrition, besides the number of cases of food poisoning is also higher every year. So that it requires an application that can help monitor a person's diet so that the person's health can be better maintained.*

*Keyword: RDA, chemicals, modern, application, diet.*