

## ***ABSTRACT***

*Ideal body weight is closely related to the health of the human body to avoid dangerous diseases, and can also be used to increase appearance factors to be better. But there are still many people who misrepresent it, if you want to have an ideal body weight enough by doing sports alone. Even though exercise is not enough to achieve that, there are still other factors that must be considered, such as meeting daily calorie needs.*

*Many adults don't know the number of daily calories enough to reach their ideal weight. The study was designed using genetic algorithmic methods that will hopefully make it easier for adults to know their ideal weight, the number of daily calories they should consume, and the type of food they should consume.*

*The data used in the system as much as 30 user data, and food data and nutritional content consisting of 7 different types of foodstuffs, with a total of 92 data. This application has an accuracy rate with a percentage value of 83.3% by means of accuracy testing to people who are experts in their field, namely nutritionists.*

***Keywords :*** *Application, Genetic Algorithms, Ideal Body Weight, Calories.*