In this modern life, many individuals struggle to maintain a healthy diet due to social pressures, unhealthy habits, and a lack of knowledge about nutrition. These challenges result in poor food choices and health issues. Each person has different nutritional needs based on body conditions or daily activities. To address this problem, this research proposes the design of a mobile based nutrition tracking application that helps users make better dietary choices,due to various challenges in life, people often struggle to control their consumption of healthy and nutritious food in a busy life,the primary goal of developing an advanced yet user-friendly nutrition tracking application is significantly improve public health. Additionally, this application is expected to encourage society to engage in more positive activities in their daily lives. This research proposes the design of a mobile based nutrition tracking application using the Human-Centered Design (HCD) approach.Mobile application is the media for the innovation of designing food tracking, the application is intended to bring improvements to each individual or user. A mobile phones are one of the communication tools used daily. This application serve a solution for modern society, which often has high mobility and requires tools to maintain their dietary habits.Regarding solutions, features such as calorie management and monitoring the consumption of macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins, minerals) will make it easier for users to review their ongoing diet process.The benefit and Considering the lack of knowledge about body nutrition,This will provide educational features and offer new insights into nutrition accessible directly.Identifying specific user needs and conditions such as diabetes and others.Specific goals Can assist users in planning their daily meals and quickly identify the calorie and nutritional content.while providing experience for users, Encouraging society to participate in a healthier lifestyle.

Keywords: Application, Nutrition, Lifestyle, Health, Macronutrients