Abstract
Nutrition therapy is deviating from a traditional approach and moving towards one that is more holistic. The current online tools that are available are not sufficient in catering to this holistic approach because of their dependence on processed food sources for essential nutrients. These tools are time-consuming, and they lack whole-food ingredient options. In order to remediate these drawbacks, a web application is being developed. It will allow the nutrition therapist to provide relevant nutritional information about a client, and it will use that information to create a whole-foods based menu specific to that client.

Background
• USFDA NDB – A database maintained by the USFDA. It contains comprehensive nutrition & composition information for various foods.
• Whole Foods – food that has been processed or refined as little as possible and is free from additives or other artificial substances.
• Holistic Nutrition Approach – Therapy that targets the whole body of a client instead of focusing only on the problem areas. Based on belief that the body works as a whole.

Technologies Used
• Ruby is the primary language used to develop the Nutrition Data App.
• Rails is the framework used to build the web application.
• HTML, CSS, SCSS, Bootstrap & JavaScript were used to build the front end of the application.
• Devise gem was used to set up user log in sessions.
• Ruby NDB gem was used to facilitate communication with remote API.
• PostgreSQL gem was used for production.
• Heroku was used as the production deployment environment.