

Jie Lu

PORT

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Jie Lu

Pratt Institute

jlux9@pratt.edu

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Preface

For a long time, designers may continue to ask themselves a question: what is my role as a designer? As the industry continues to develop, the boundaries bwtween designers and other professions have become blurred. Many designers began to have multiple identities.

So what is the most important quality of a designer? For me, I think the answer to it is to maintain curiosity and a sense of responsibility. Therefore, in many of my projects, I try to re-examine at the people and things around me from a designer's perspective. At the same time, I hope that my designs are not just a problem-solving tool, but takes into account the role of these designs in people's lives and see what influences they can bring.

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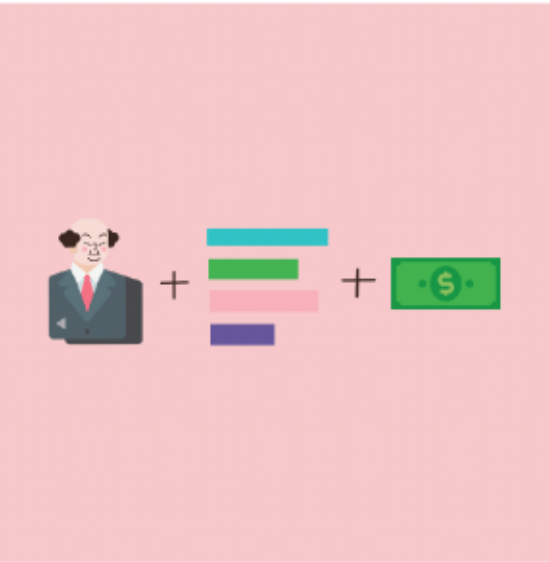
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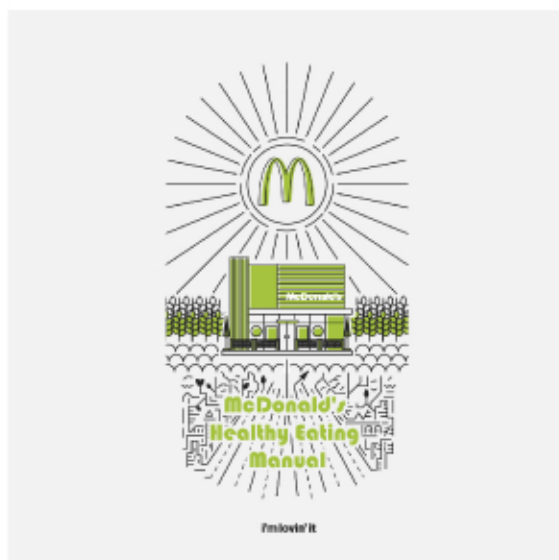
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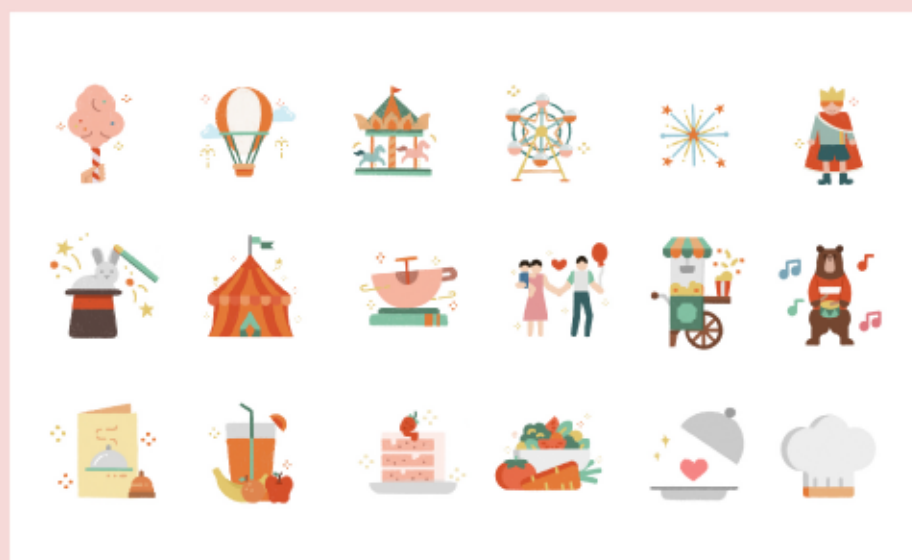
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An abstract geometric pattern composed of various shapes including circles, squares, triangles, and rectangles. The colors used are primarily yellow, orange, purple, and teal. Some shapes contain grid patterns. The overall composition is dense and layered.

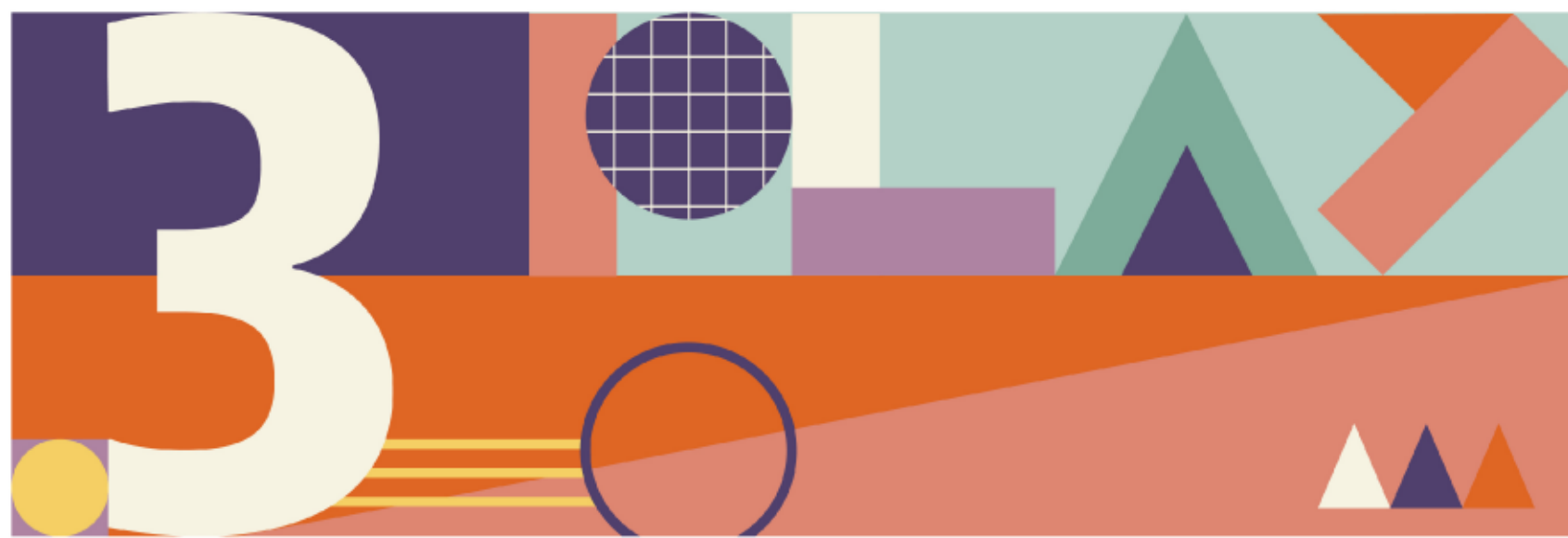
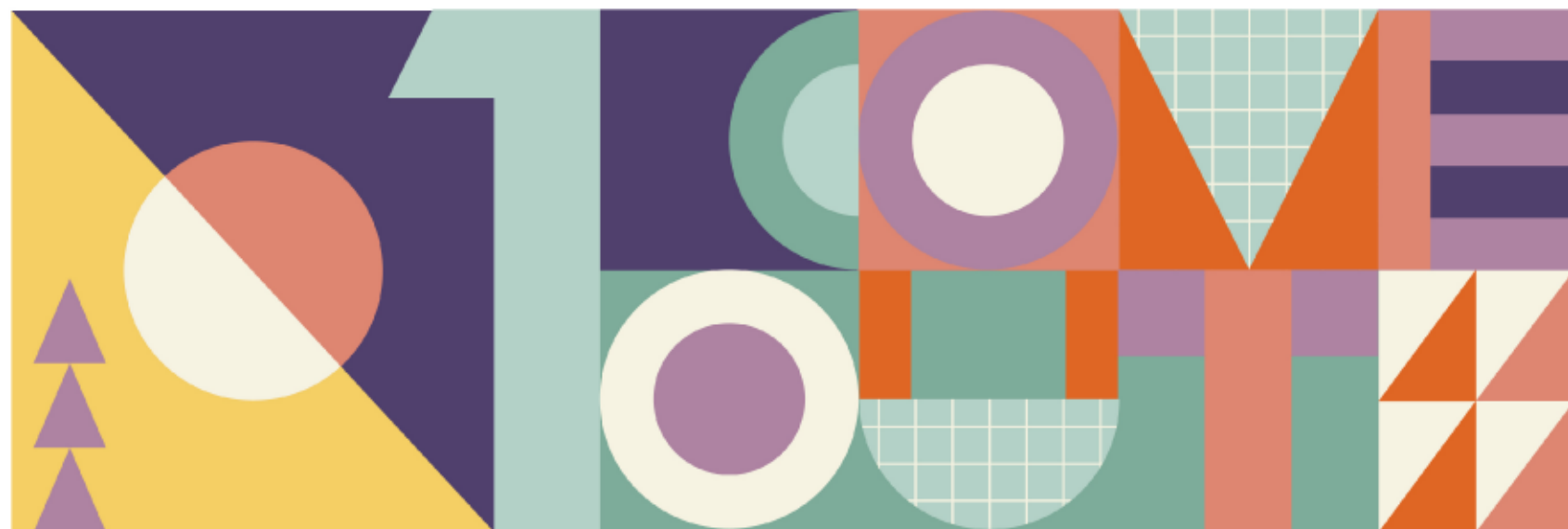
01 Me&U APP

App Design

Me&U is an app for people to socialize offline. During the research, I found that people are increasingly relying on online communication instead of interacting with others in reality. The meaning of Me&U is to help people return to real life and meet new friends. Users can use the app to plan offline activities and increase people's social interactions. The main function of the app is to hold activities, participate in activities, and invite friends. It also has a system of users' self-defined looks function. The system is designed to remind every user that you are unique. And don't worry about your sepciality, you will find someone like you.

Also, this is a multi-medias project. I collaborates with industrial deisgner Ordy Chen and programers. Designer Ordy Chen designed and offline installation with the idea of Me&U as meet-ing someone fresh. Ordy Chen designed an public bench that people can find thesebenches positions in the app and see others who shared the same bench.

Slogan Poster



Public Installation

This public bench will allow people to share a public space with strangers thus providing them an opportunity to meet some new friends.

* Me&U chair is designed and rendered by industrial designer Ordy Chen. (ordy0705@gmail.com)



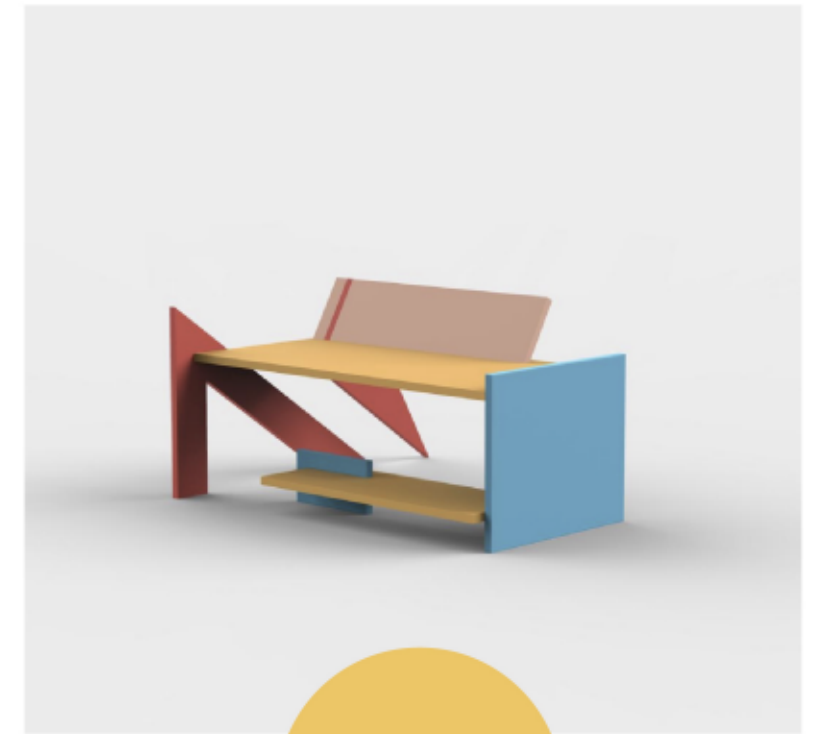
Design

The profile shape of the chair is designed into the shape of letter M, and the front view design of the chair is echoing the shape of letter U, which in general referring to the app name Me&U



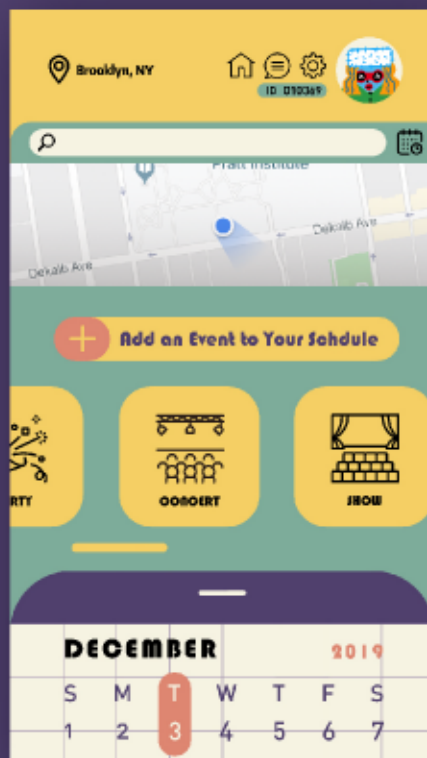
Interaction

The chair has a digital device on it which can connect to the Me&U app on your mobile device. When you seat on the chair you can see the people near you and also leave message on the chair device so the next person who use this chair can see



Connection

This chair both serves as part of Me&U app service and public space. The chair is designed to increase people's interactions in reality and share spaces



Home



Calendar



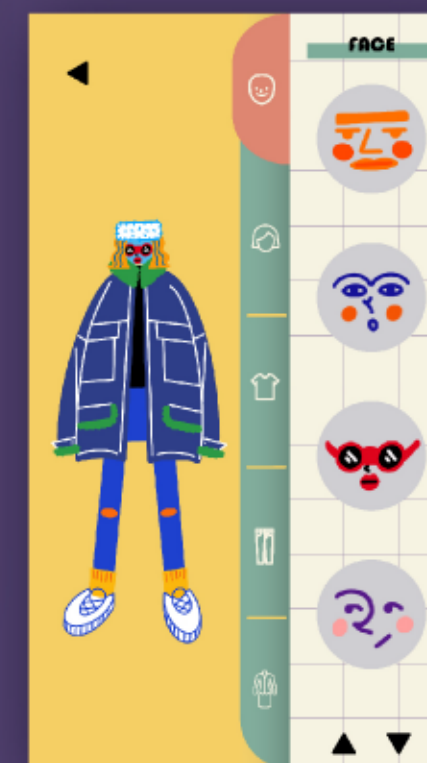
Event



Friends Gallery



Chat



User look Design



DIY LOOK

Fun
Free
Fabulous

The user-defined character system of Me&U app is very unique. All the clothes are specially designed in a surreal style, while gender characteristics are blurred. In this design project, I hope to convey a concept that every user is special. And it is this speciality that connects us.

02 House Note

Apple Watch App

House Note is an Apple Watch reminder app, and is specially designed for full-time family caretakers. This app is based on their living habits, and to help them better plan time and schedules. The self-reward mechanism and gamification system in the app aimed at providing more fun and motivation for these full-time family caretakers to do the daily schedule.

The inspiration for this design project came from the dispute over whether full-time family caretaker is a job. For me, I think that these family caretakers provide the whole society a lot of work value but rarely noticed. And many times these women have become the bearers of family life, but their work has not been widely recognized and admitted, and they have no wage guarantee. This design project caused controversy since its related to a relatively sensitive social topic. As the designer my original intention is to arouse people's attention to full-time family caretakers through this design project and see their works .



*References, Silvia Federici, "Wages Against Housework"



First Ideation



Junna

“ I hope I can keep my housework organized and well-done. This way I can spend more of my time outside of my family life. ”

BASIC INFORMATION

Age 32
Job Housewife
Location Osaka, Japan
Family Husband, two children

GOALS

- Well arrange house work time

FRUSTRATIONS

- Unfamiliar to use complex app

A DAY IN THE LIFE

As a full-time housewife, Junna gets up at 5:30 in the morning. After getting up, Junna had to do the laundry in an hour and then start preparing breakfast and lunch for the family. After the family went out, she would use the day time to do housework. After lunch, she would take advantage of her free lunch break. Junna will go out to buy food in the afternoon. If she is free, she will go to the cafe to chat with other housewives. At four o'clock she will go back to prepare dinner. After dinner, she would watch TV with her husband or spend time with her children.

Direction

The first idea of this design project is to design a time app for apple watch. At the beginning of the project, I considered four potential user groups, including housewives, white-collar workers, doctors and athletes. Finally, I chose housewives as the design direction, because I think they are rarely considered in the design.



Aly

“ I am a junior. My schedule is very regular. Recently I started to pay attention to my health and hope to keep exercising every morning. ”

BASIC INFORMATION

Age 20
Job College Student
Location Boston, America
Family Living with roommate

GOALS

- Get in the habit of exercising regularly every day

FRUSTRATIONS

- Unable to use mobile phone during exercise

A DAY IN THE LIFE

On the day of class at 9 o'clock, Aly will go to school gym before class to do some simple exercises. It made her feel good and started her day. If there is no class in the morning, Aly runs a long distance run in the neighborhood around the school. Aly almost gave up her exercise habits during the holiday just ended. Now that the new semester has begun, Aly hopes she can keep up the exercise every day.



Li Wei

“ My work is complex and busy. As a doctor I need to remember all the information about my patients. I hope I can find an effective way to plan my work schedule. ”

BASIC INFORMATION

Age 28
Job Doctor
Location Shanghai, China
Family Living with girlfriend

GOALS

- Well arrange tedious work

FRUSTRATIONS

- Can not use smartphone during work-time

A DAY IN THE LIFE

Li Wei arrived at the hospital at seven in the morning and had a simple breakfast in the doctor's lounge. As a doctor in a public hospital, Li Wei has a lot of patients. After consulting the nurse about the patients' condition, he went to the ward with the chief doctor for a daily round. Li Wei then started surgery. During this time he would have a simple lunch if time permits, but he would often stay hungry after the surgery. After that, Li Wei has to make a written record of each patient's condition until the end of the day. During this period, the patient may have an emergency, and he needs to go to the ward for treatment.



Robert

“ My work is based on a strict schedule. As I work on my tasks, I also have to deal with a lot of mail. I hope to find a concise and effective way to deal with my schedule. ”

BASIC INFORMATION

Age 26
Job White collar
Location New York, America
Family Single

GOALS

- On time and save time

FRUSTRATIONS

- Too many emails and tasks require constant attention

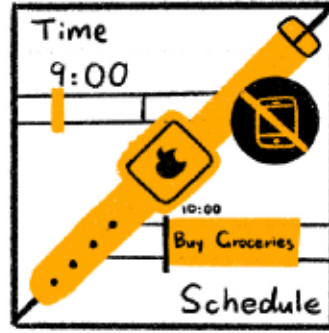
A DAY IN THE LIFE

As a New Yorker, Robert lives on Long Island and spends an hour on the subway each morning to reach his office in Manhattan. After starting work at 9:30, Robert prepares a cup of coffee and starts checking emails. At 12:30 Robert will have a sandwich for lunch, after which he will take a walk downstairs, but not too long in case there is an emergency job. In the afternoon, Robert will have a work meeting, which sometimes ends quickly, sometimes for a long time. Robert sometimes needs to go out to visit clients during his work time and then rush back to the office. At 6:30 pm the day's work ends and Robert needs to spend another hour back to his residence.

Scenario 1



When Junna is doing housework, she has no hands free. So she can not check the phone for time or schedule.



Using the app, Junna makes it easy to check the time and schedule, even when she's busy.



With the help of the app, Junna can do housework very quickly and easily, and enjoy her personal time.

Scenario 2



Junna often forgets cooking time when she is busy since she has too much kitchen stuff to take care of.



Using the app, Junna can easily check the time and set a timer.



Junna no longer has to worry about overcooking her food. She can easily prepare a big meal.

Scenario 3



Every day Junna wakes up with a lot of tedious chores waiting for her. She often feels overwhelmed for her poor time management.



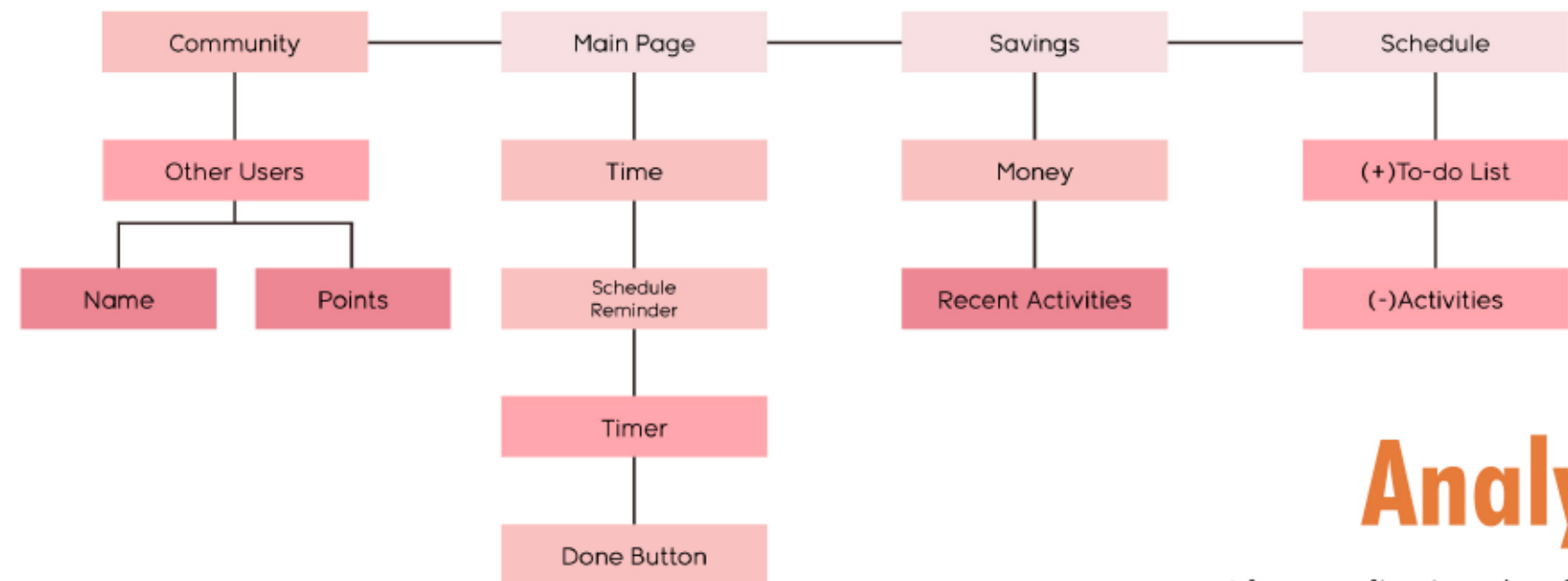
With a swipe of her finger, Junna can know the time and her next schedule very quickly and easily.



Junna becomes more efficient every day, and she feels more confident about her work.

Sub Tasks	Get up early	Manage Daily Schedule of Housework & Time	Do different types of house work	Part-time Home Working	Nap, Read, Hang out with friends (Personal Time)	Manage Family Finances
Scenarios	Junna get tired and bored by getting up early everyday and doing almost same things. She doesn't feel any sense of achievement by her work.	Junna has so many segmented tasks to do everyday. She has a schedule but find it tiring to check it back and forth when she's doing work.	Junna is messed around by the loaded housework. She feels exhausted and also longly by staying at home.	Junna find it very difficult to manage time between her work and housekeeping.	Junna really enjoy the personal time which release her from her intense family time. But her busy and tight schedule barely allow her for her own time.	Junna has a strong capability managing family finances, but she doesn't really find belongingness to the money.
Functionality	<p>1. Plan the schedule Users can easily plan the schedule by adding specific housekeeping events.</p> <p>2. Do the Work that planned Users follow the schedule which automatically calculate the needed time for each task.</p> <p>3. Earn the Virtual Money By completing each task, users can earn different amount of virtual money in the app as a motivation system.</p>	<p>1. Plan the schedule Users can easily plan the schedule by adding specific housekeeping events.</p> <p>2. Check the reminder Users can easily check what is the task now and next by glimpsed on the watch.</p>	<p>1. Plan the schedule Users can easily plan the schedule by adding specific housekeeping events.</p> <p>2. Check the reminder Users can easily check what is the task now and next by glimpsed on the watch.</p> <p>3. Do the Work that planned Users follow the schedule which automatically calculate the needed time for each task.</p> <p>4. Earn the Virtual Money By completing each task, users can earn different amount of virtual money in the app as a motivation system.</p> <p>4. Community Users can easily see other users information and the money(points) they've earned.</p>	<p>1. Plan the schedule Users can easily plan the schedule by adding specific housekeeping events.</p> <p>2. Check the reminder Users can easily check what is the task now and next by glimpsed on the watch.</p>	<p>1. Plan the schedule Users can easily plan the schedule by adding specific housekeeping events.</p> <p>2. Check the reminder Users can easily check what is the task now and next by glimpsed on the watch.</p> <p>3. Do the Work that planned Users follow the schedule which automatically calculate the needed time for each task.</p> <p>4. Earn the Virtual Money By completing each task, users can earn different amount of virtual money in the app as a motivation system.</p> <p>5. Spend the Virtual Money In the activities store, there are different types of activities which cost the virtual money. Users can take it as a self-reward.</p>	<p>1. Do the Work that planned Users follow the schedule which automatically calculate the needed time for each task.</p> <p>2. Earn the Virtual Money By completing each task, users can earn different amount of virtual money in the app as a motivation system.</p> <p>3. Spend the Virtual Money In the activities store, there are different types of activities which cost the virtual money. Users can take it as a self-reward.</p>

- 1 1st priority functions
- 2 2nd priority functions
- 3 3rd priority functions
- 4 4th priority functions

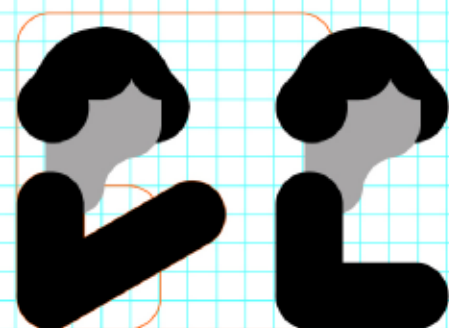
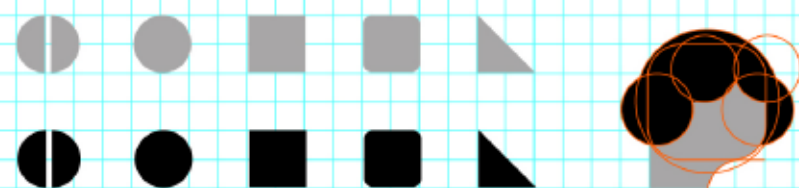


- 1 1st priority functions
- 2 2nd priority functions
- 3 3rd priority functions
- 4 4th priority functions

Analysis

After confirming the direction, I analyzed the housewife's behavior and habits and established the core functions for Housewife Note.

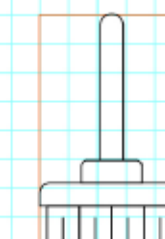
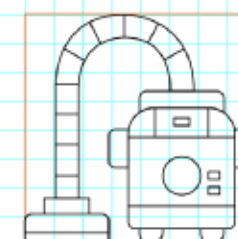
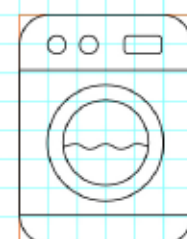
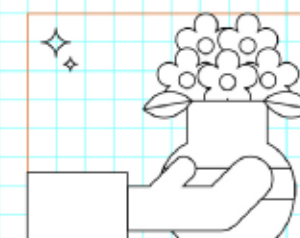
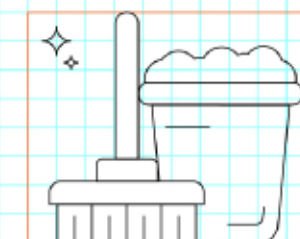
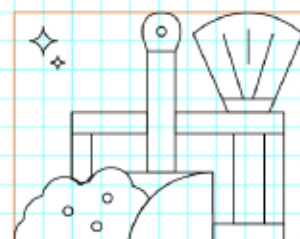
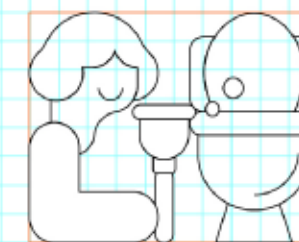
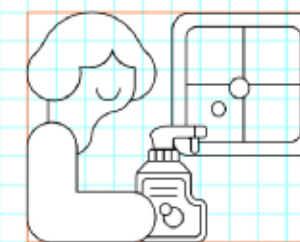
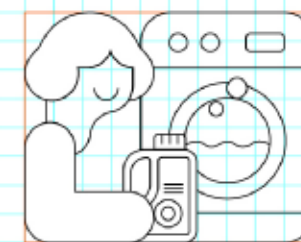
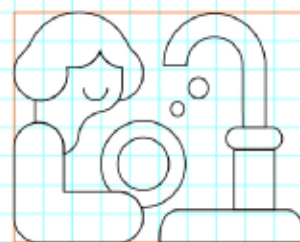
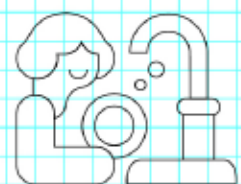
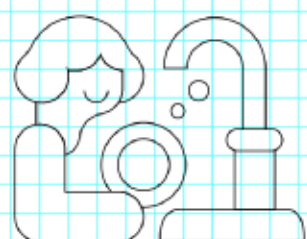
Icon Set Design Process



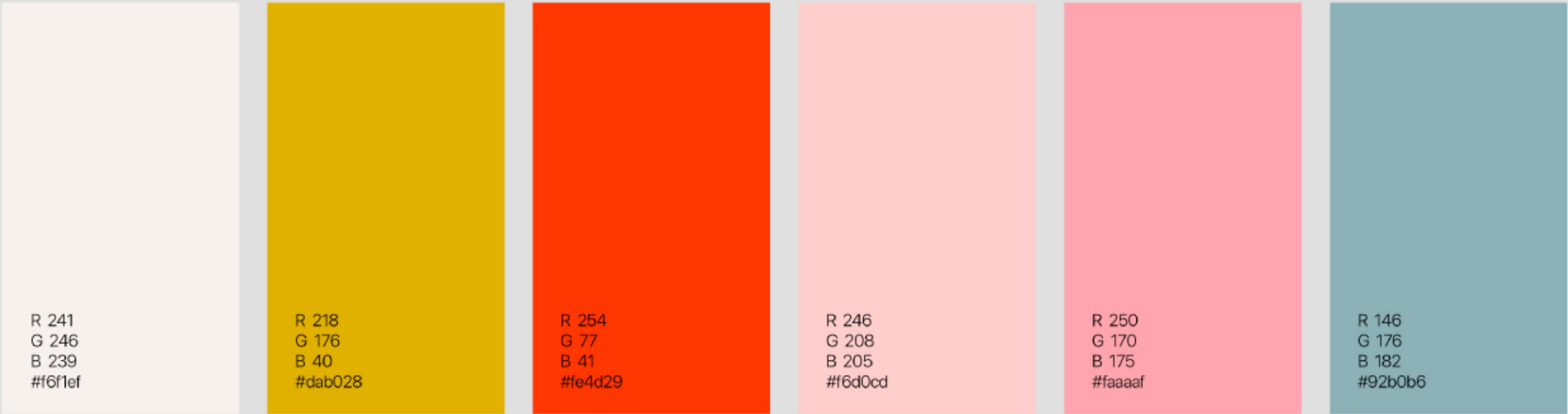
line weight 1pt

line weight 3pt

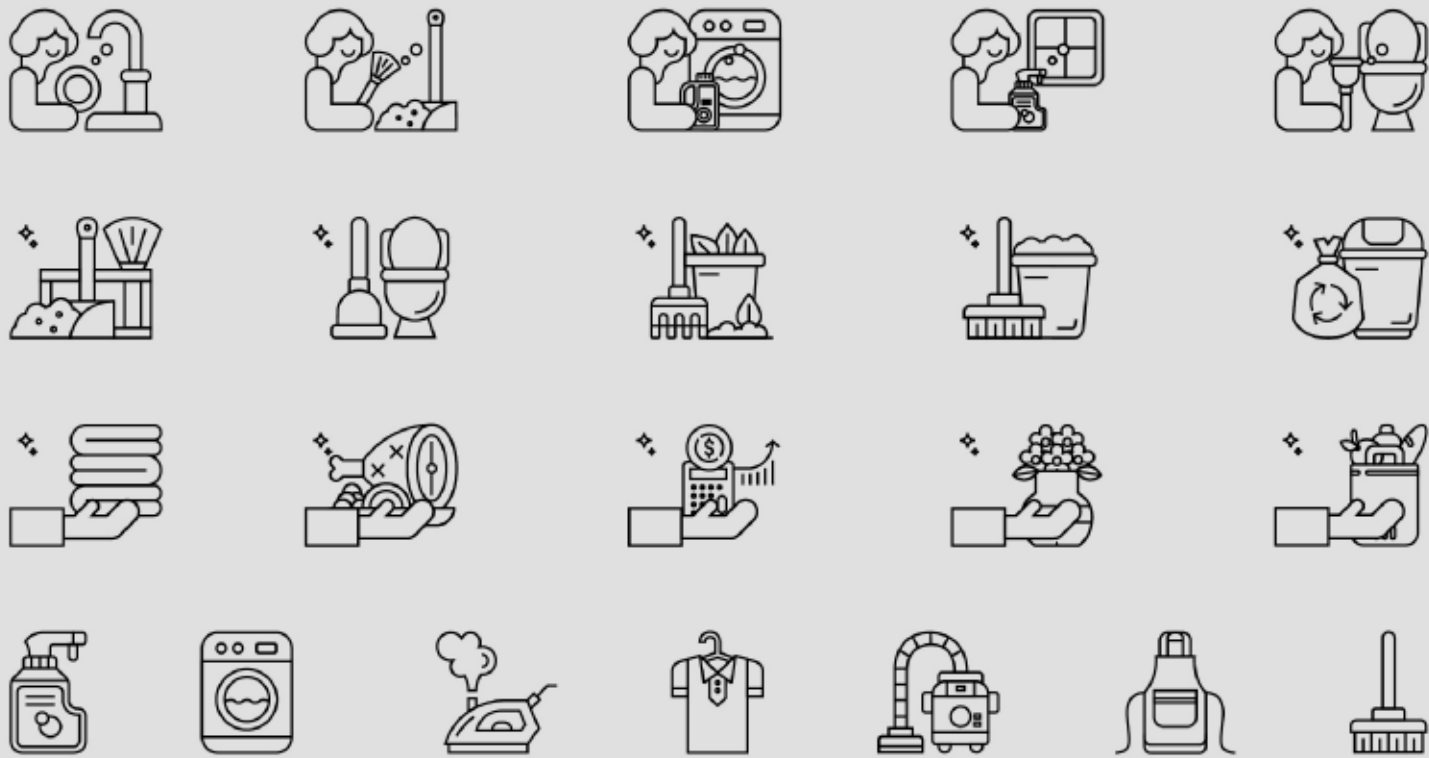
solid



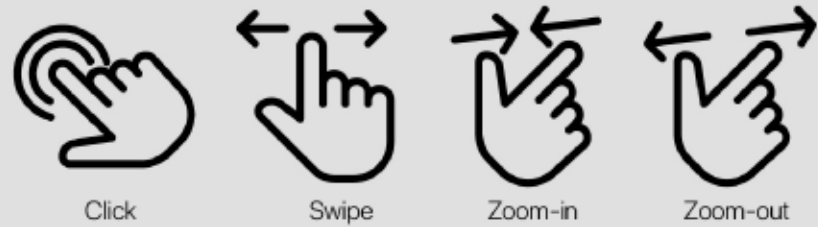
Colors



Icons



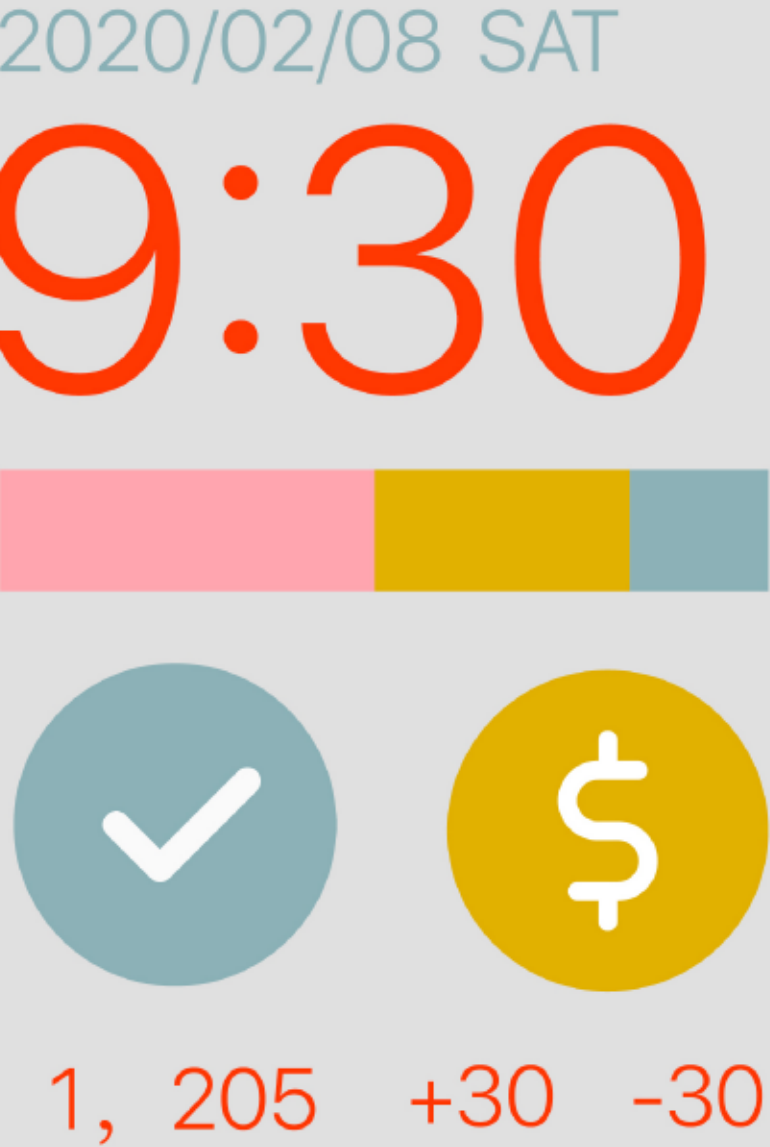
Gestures



Typeface

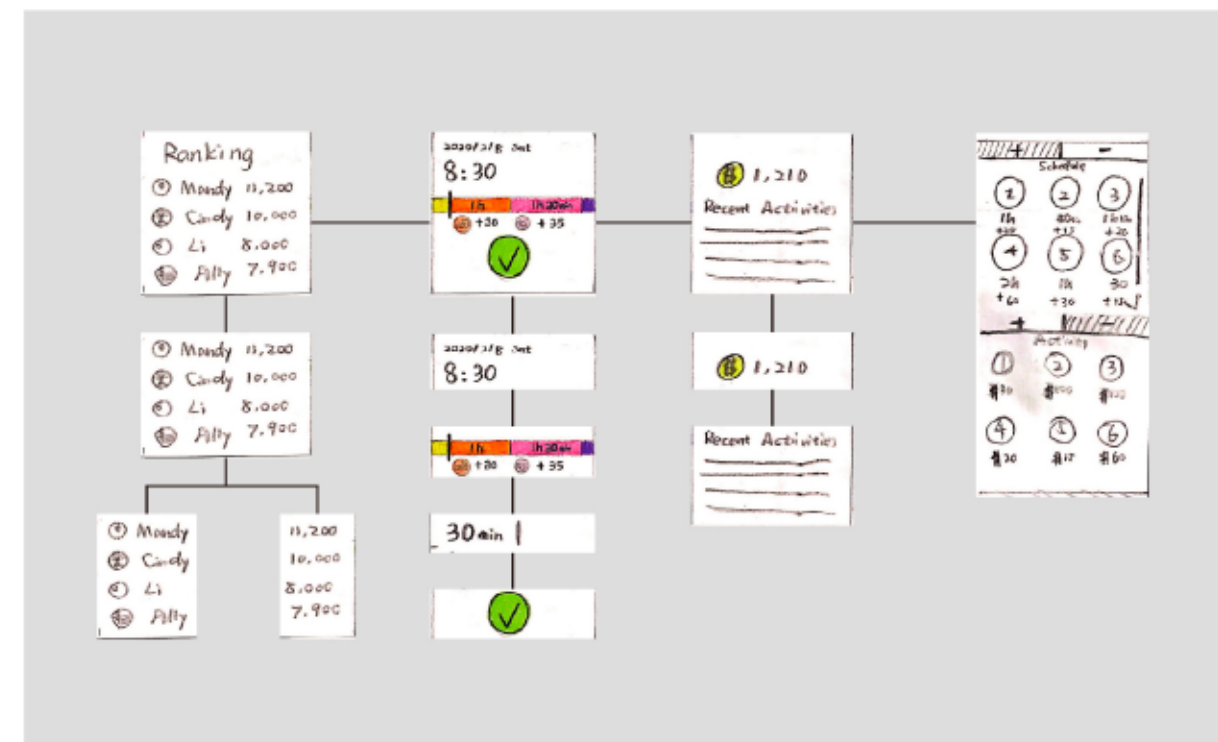
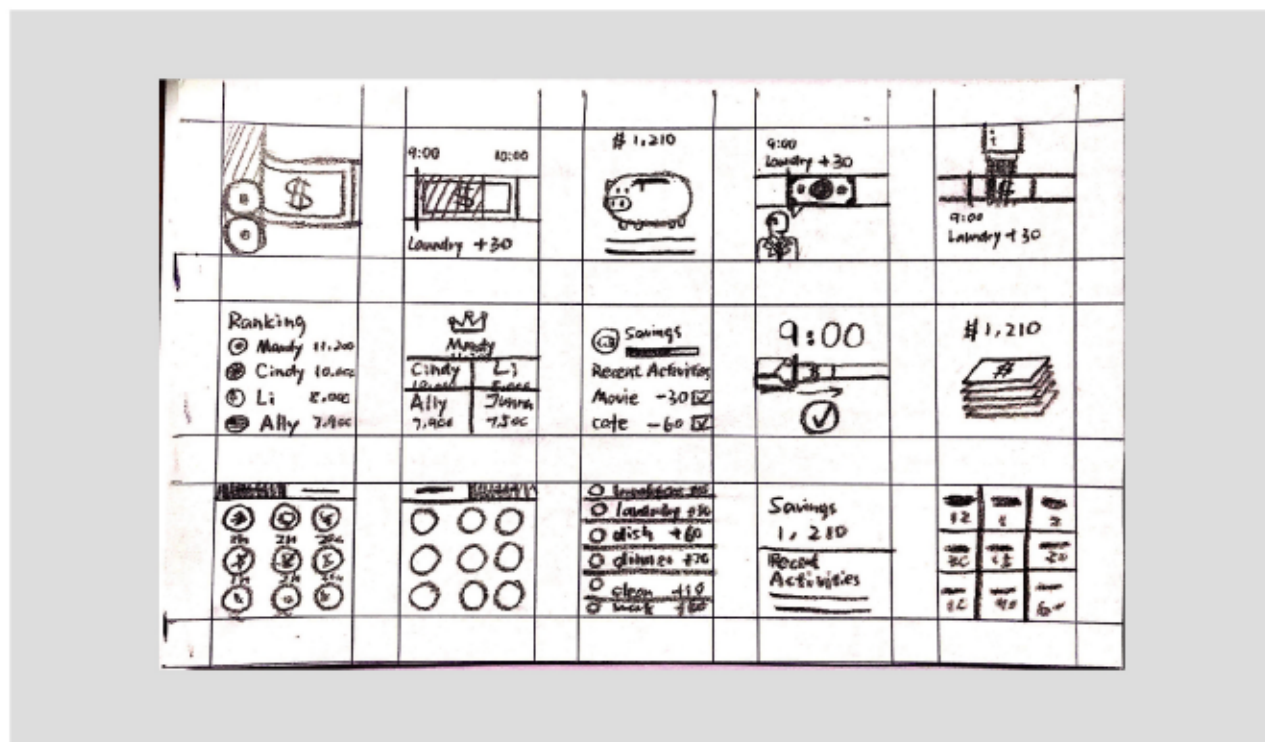
ABCDEFGHIJKLMNOPQRSTUVWXYZ
abcdefghijklmnopqrstuvwxyz

Interface



San Francisco

This sans-serif typeface is the system font for watchOS, and includes a rounded variant. It suits a wide range of content and is easily legible in a variety of contexts.



By analyzing the daily activities of housewives, I designed the main functions of the app: plan, timer, reward mechanism, weekly chart.

Firstly, users can select daily tasks to be completed from the list and set the a time for each task. Once a task is completed, users can get virtual currency in the app as a reward. The virtual currency will be stored in the app. Users can choose to consume virtual currency to add reward tasks for themselves at any time, which includes rest, watching movies, shopping, etc. Thereby this app will form a positive feedback mechanism for users. The app will summarize the tasks completed in the week and displays them in the chart, so users can easily see how they have spent their time in last 7 days.

Sketch & Design Experiments

Variations Experiments

I tried different variations of the backgrounds of the app trying to provide users more design options. However, considering that the screen size of the watch is so small, the pattern on the background would actually affects on the readability of the information. So for the final decision I chose to keep the background clean.



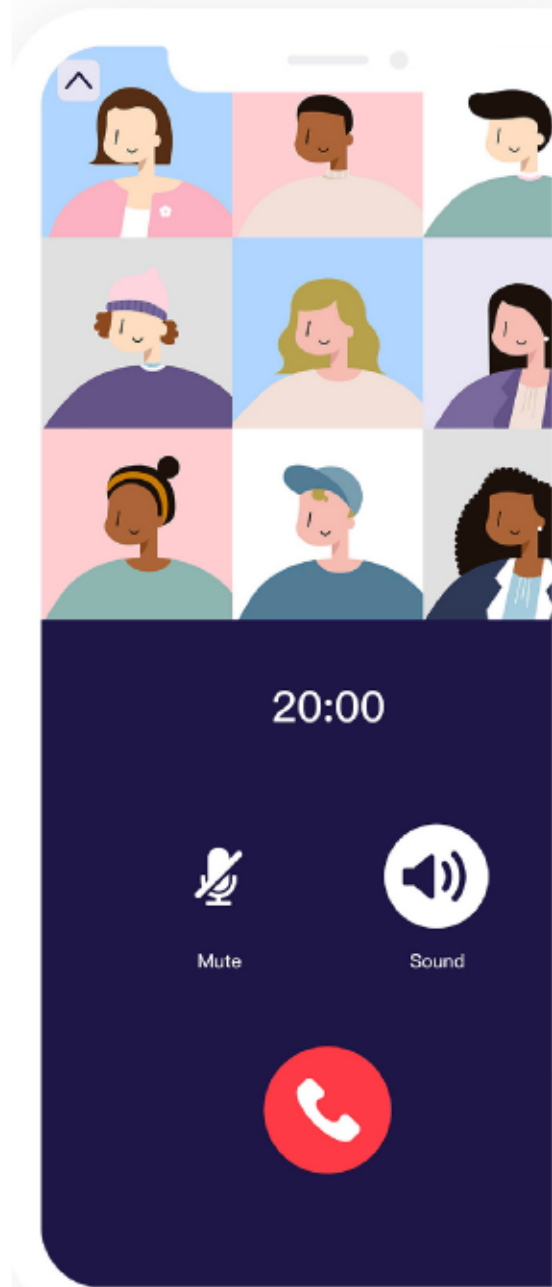
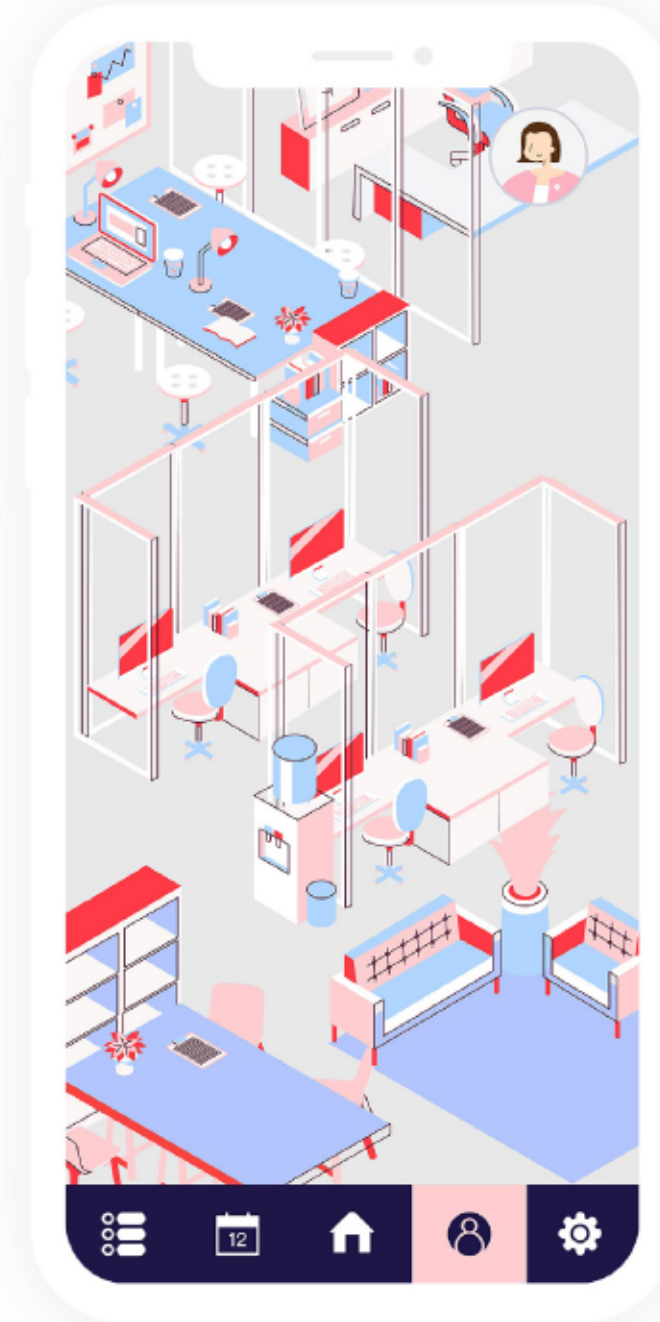
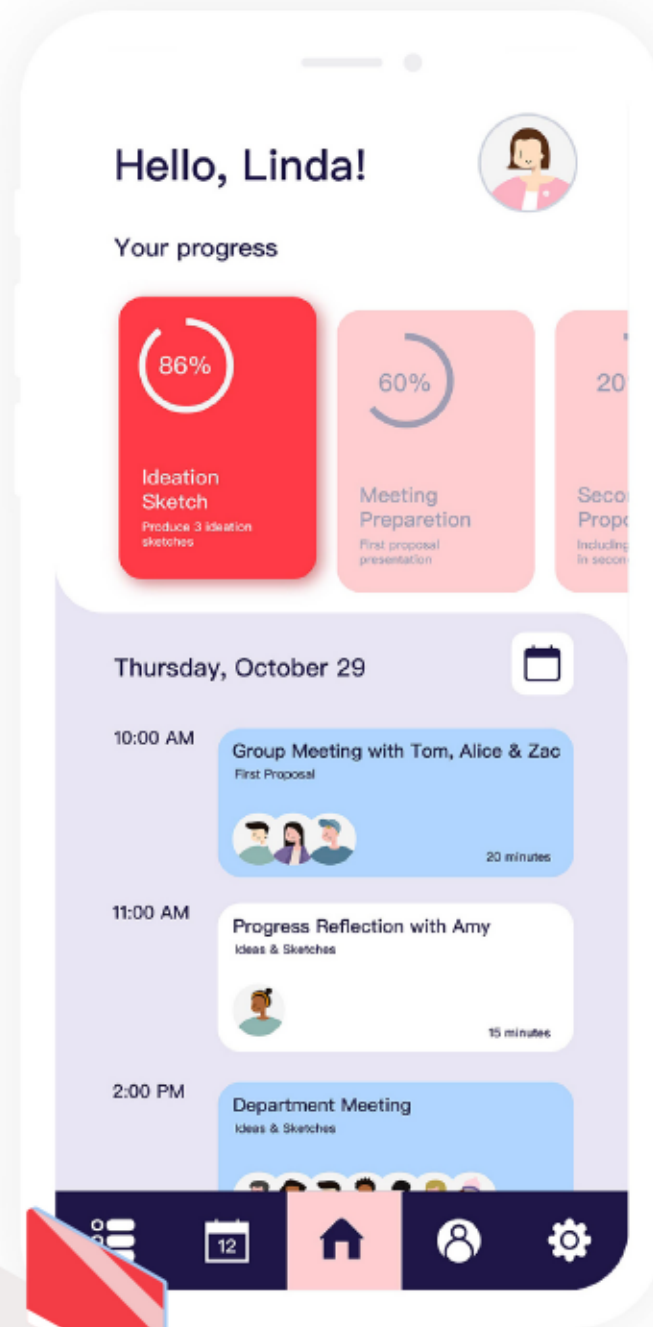


03

Virtual Office App Design

Virtual Office is an app designed for office people. During research, I find out nearly 80% of people have once experienced burnout issue during work. And working environment is one of the deciding factor that constantly influencing officers' mental states.

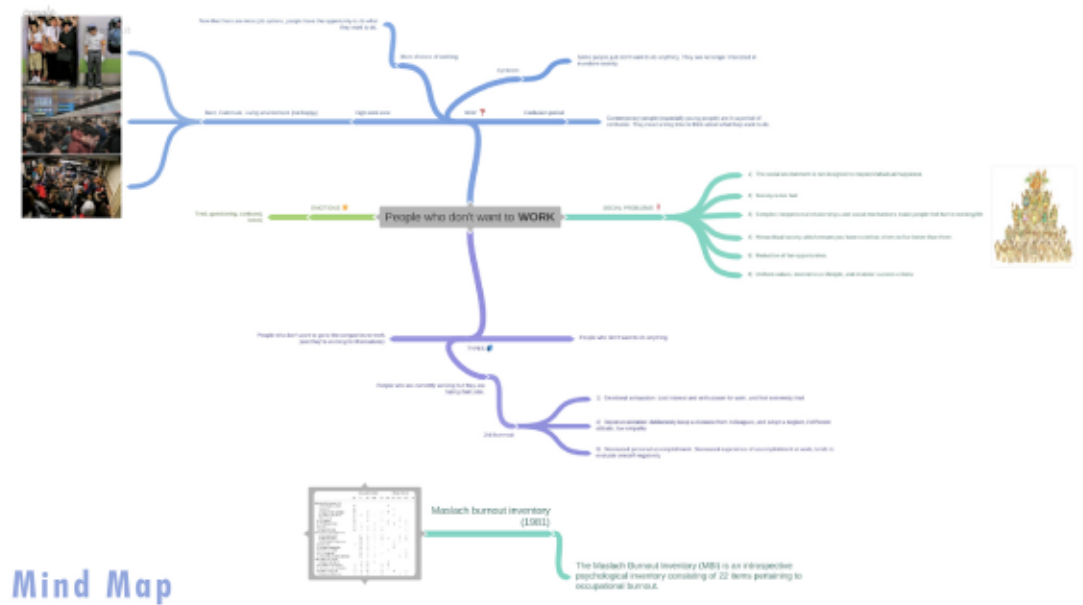
Also, because of the pandemic, more and more people are now working from home and meet colleagues through video calls. However, while people are enduring loneliness, exposing faces in front of the cameras for long time can also be exhausting. So this is a thesis project researches on work pressure and burnout issue, and try to give these social problems a designer's response.



Research Question

Work Pressure & Burnout Issue

Job burnout is a huge and complex social problem. It's not a phenomenon only related to individuals, companies, or psychologists. With the rapid development of society and the faster pace of life, the widespread appearance of high-intensity work pressure has caused job burnout. Under the phenomenon of job burnout is the interweaving of complex social issues and social systems. Its complexity requires the joint attention and efforts of all parts of society, including governments, psychologists, sociologists, designers, companies, institutions, etc. Therefore, as a personal designer, the purpose of my project is not to completely solve job burnout, but to arouse the attention of the society on this issue through communication design, and thus generate more discussions.



Mind Map



What

Job burnout & work stress

Why

Because work pressure is increasingly affecting people's lives, but people are often helpless

How

I try to respond to the problem designerly, which may not aim at solving the problem but bring awareness of the problem

Survey & Interviews

Data and graphs

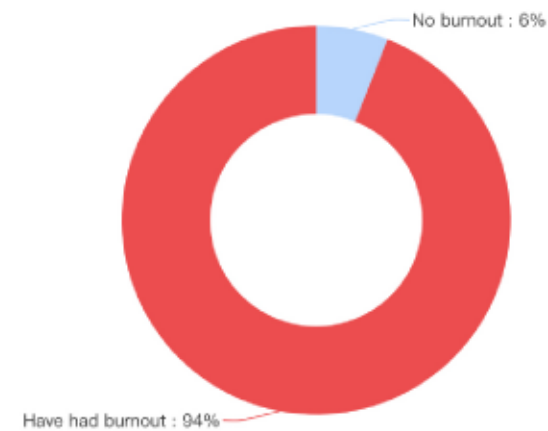
According to China's "job burnout index" survey report, in 2019,

83%

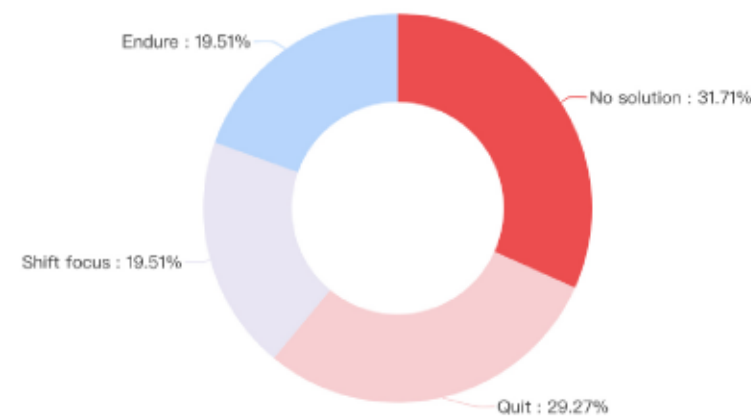
of those questioned said they had burnout experience.

My research date:

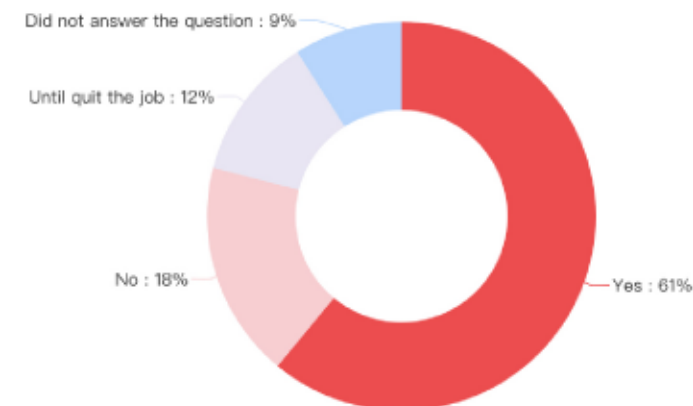
Q: Have you ever experienced job burnout?



Q: What you do if you don't want to go to work every day?



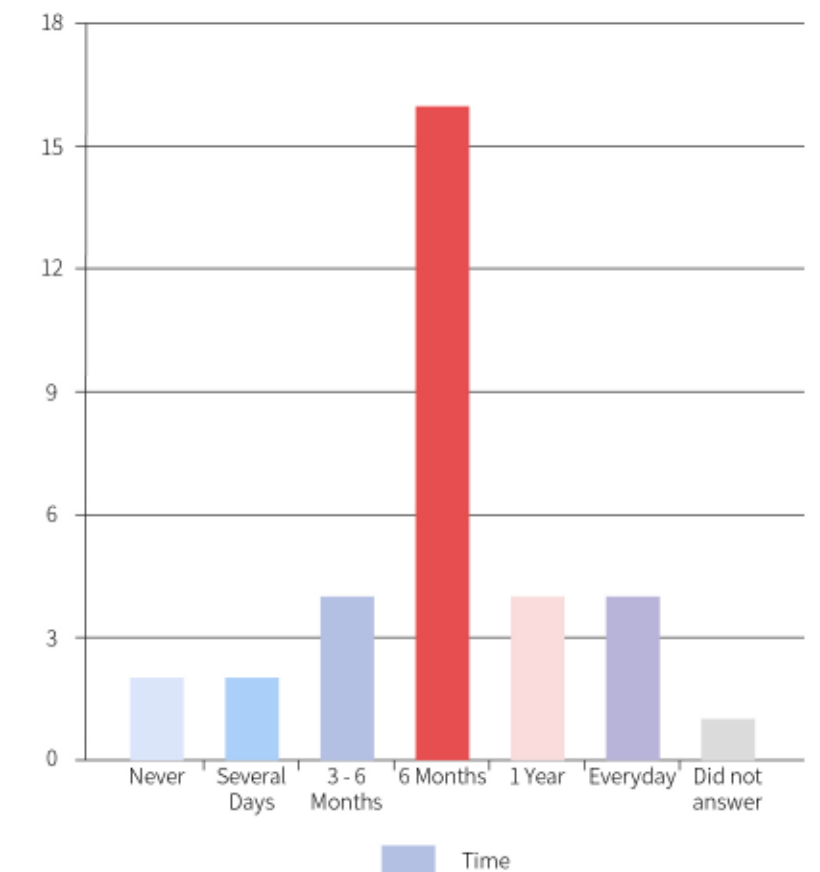
Q: Can you recover from burnout on your own or do you need extra help?



Reasons for people to have burnout

- Feel wronged at work
- No sense of accomplishment
- Don't like this job and feel consumed
- Salary falls short of expectations
- Feel bored or lost
- Have been worked for years
- Workload too heavy

Q: How long did your burnout period last?



Analysis & Conclusion

Research and date

Three typical office types:



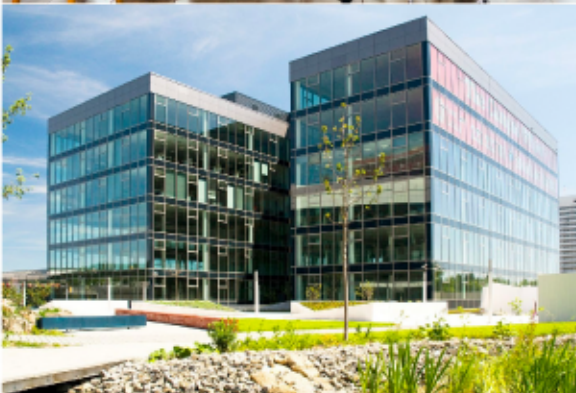
Cubicle Office

- + private
- depressive



Fun Culture Office

- + relaxing
- distracting

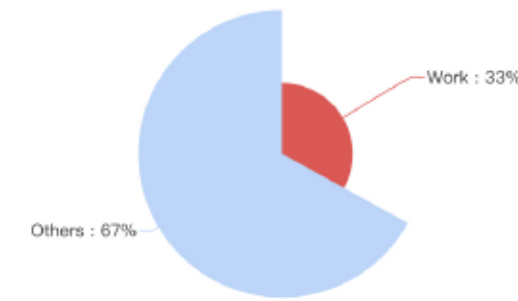


Campus Office

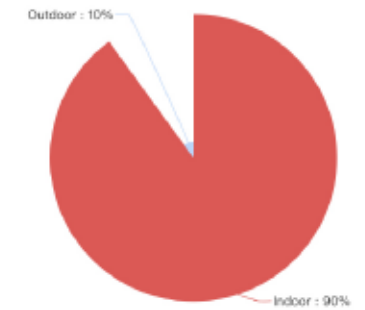
- + convenient
- boring

*Academic reference, Veitch, J. A., "Workplace design contributions to mental health and well-being"

Date visualization of the time we spent in our work place and how the pandemic affects it:



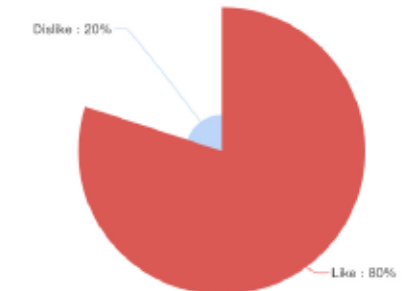
- 33% of time are spent in workplace



- 90% of time are spent indoor



- During the pandemic, there are 62% of people work from home (this number was 25% before)



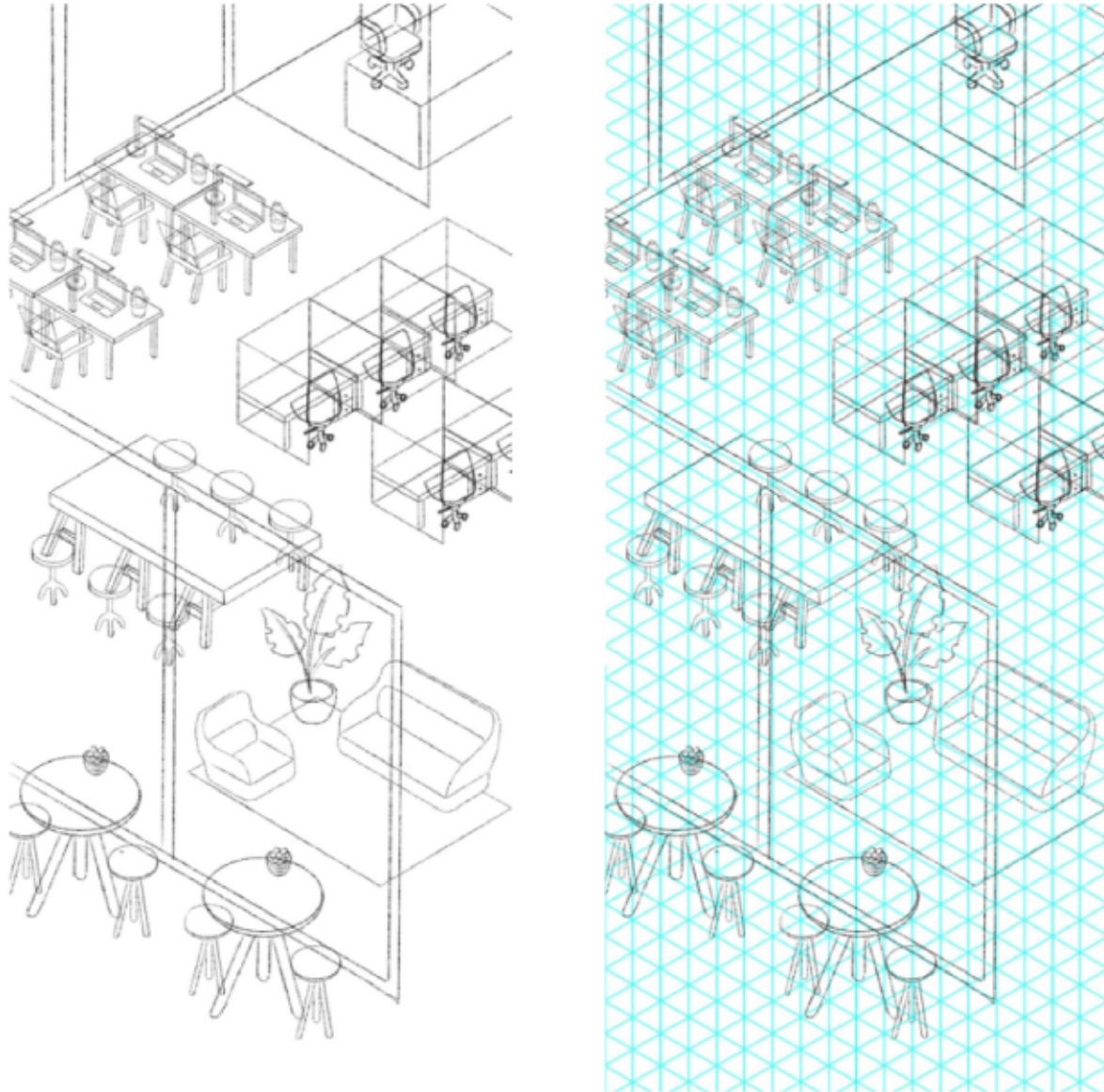
- 80% of people say they like working from home

Conclusion

- We spend more time indoor and at our workplace than we thought, and how we work can really influence our mental states.
- In future, the using need of a physical office will be reduced.
- A good office design should provide employees different workplaces to satisfy their different working needs and conditions.

Sketch & Ideation

Office interface and app functions



One of the very unique function of the "Virtual Office" app is that it has a virtual office community which allow people to gather online together even they are in different physical locations. This function gamified people's working process and promise their interactions with others.



Audio Conferences



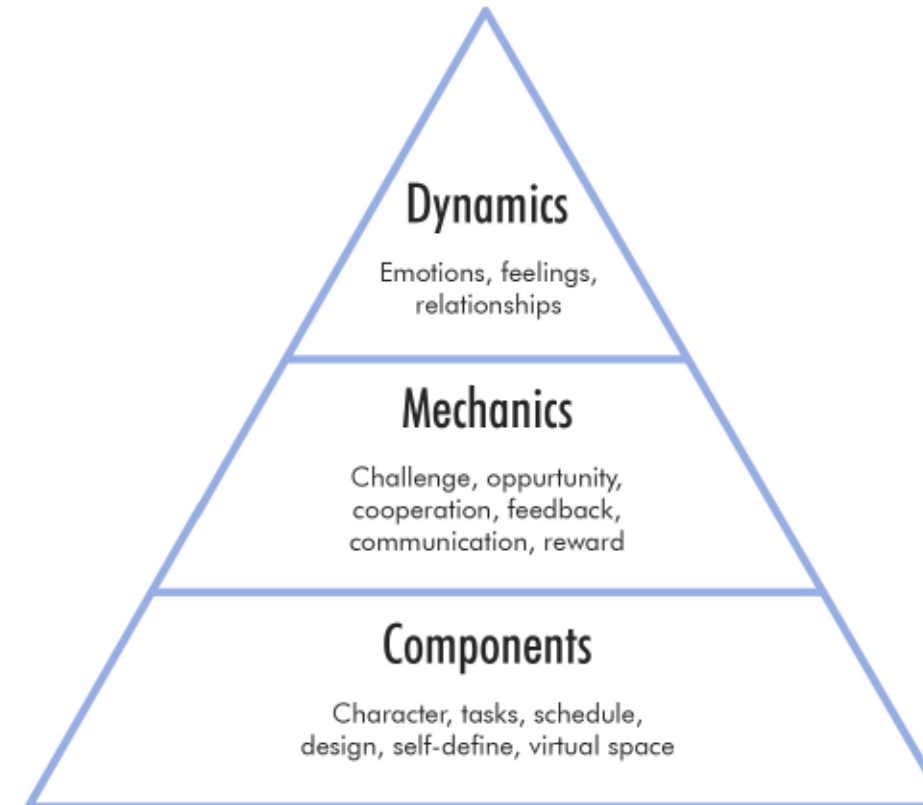
Connection



Mobile



Gamification



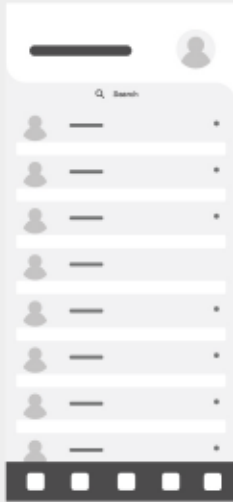
Office App Design

Productivity & Simplicity



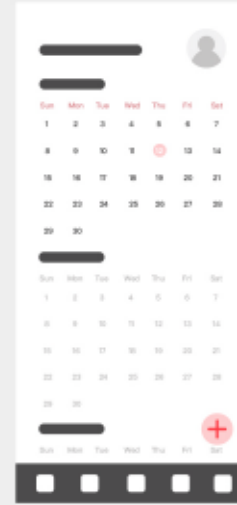
Gamlike user-centered designs
which focus on users' feelings,
emotions and their working

Contacts



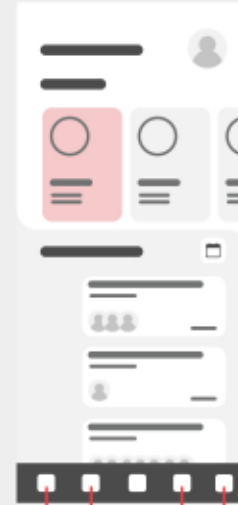
Contacts shows all the colleagues. Users can click on the person's name to navigate his/her position in the virtual office.

Calendar



Calendar shows a briefing of the tasks of each month.

Home



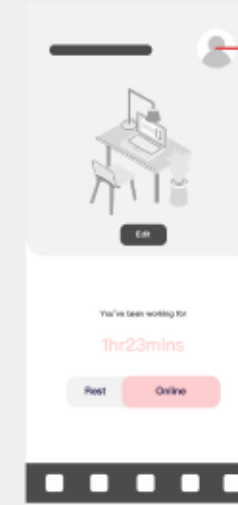
Home page to see the current progress of different work tasks and upcoming events.

Office



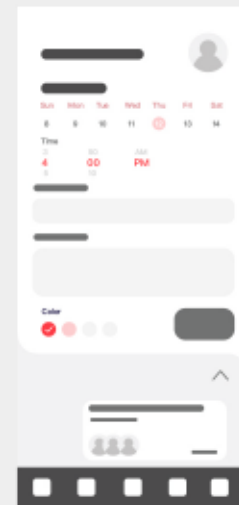
Virtual office is an area that users can see other colleagues' activities here and interact with them.

Setting



On the setting page users can see their working hours. Also users can self-define their characters and work place here.

Schedule

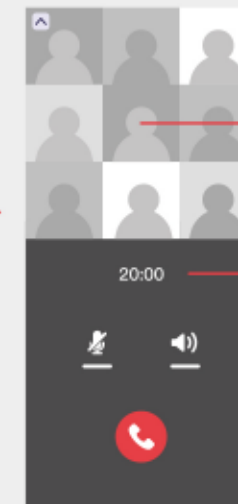


Reminder



A meeting reminder will pop up before the meeting starts.

Meeting

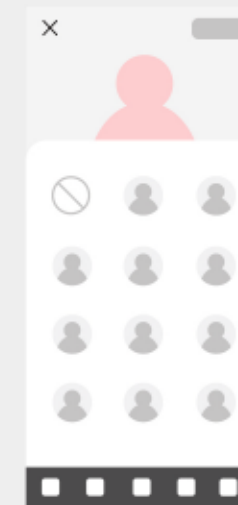


By clicking on the meeting areas, users can start a audio conference with other.

The meeting will use users' self-defined character to represents each participant.




Each meeting will have a time setting to avoid long exhausting meeting.

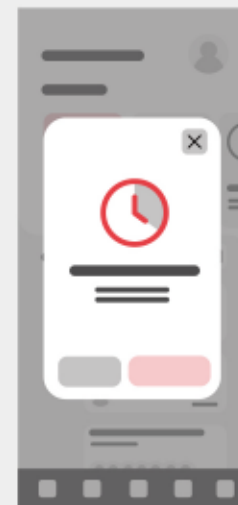
Character



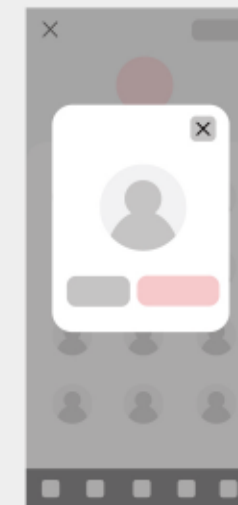
Clicking on the profile picture users can see these self-define character system pages.

Three Key Functions

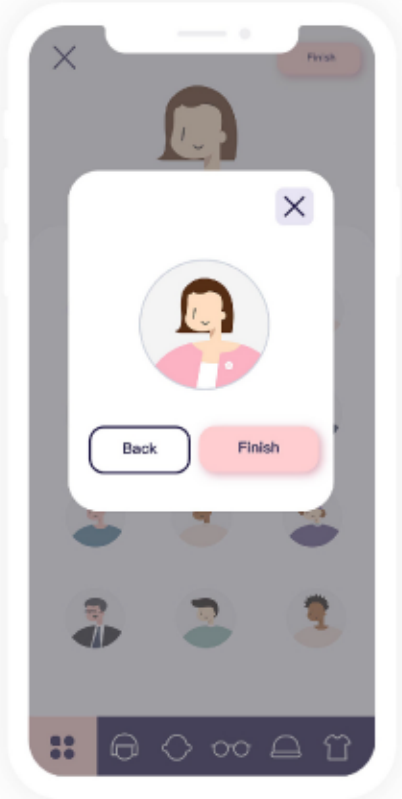
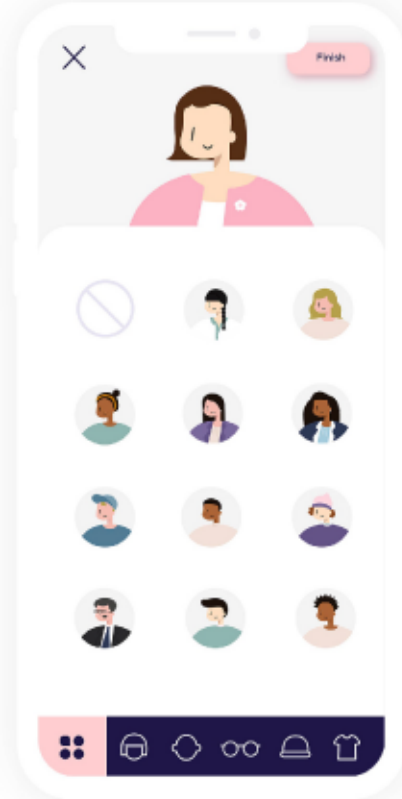
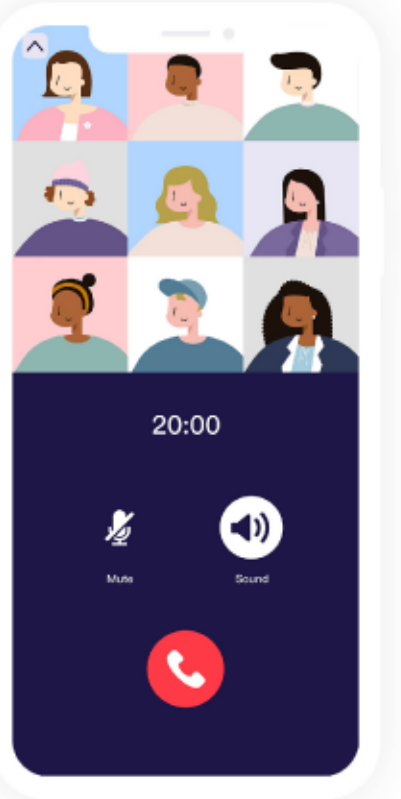
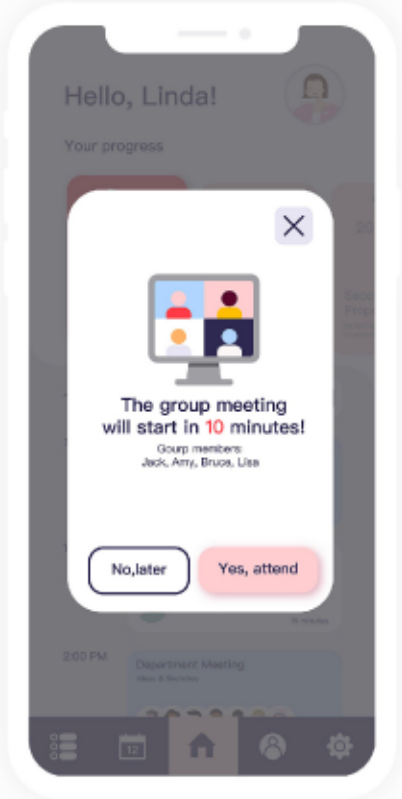
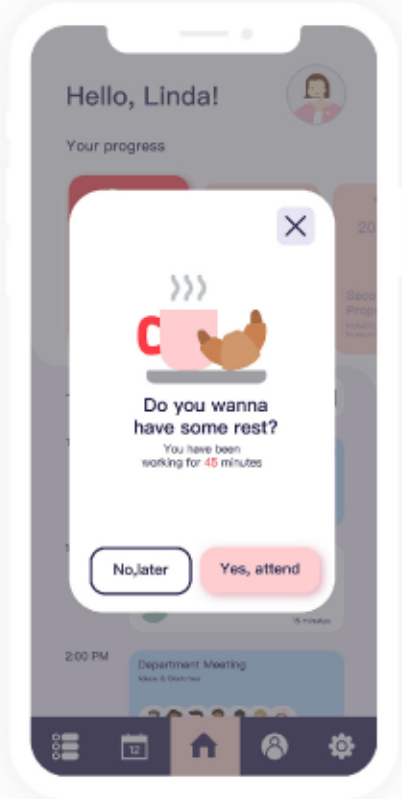
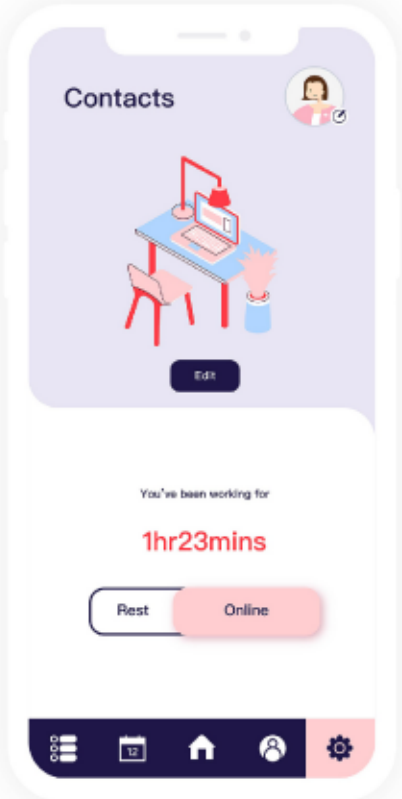
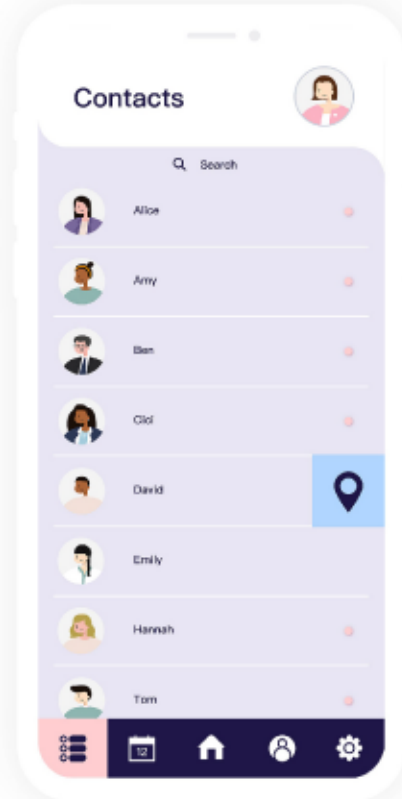
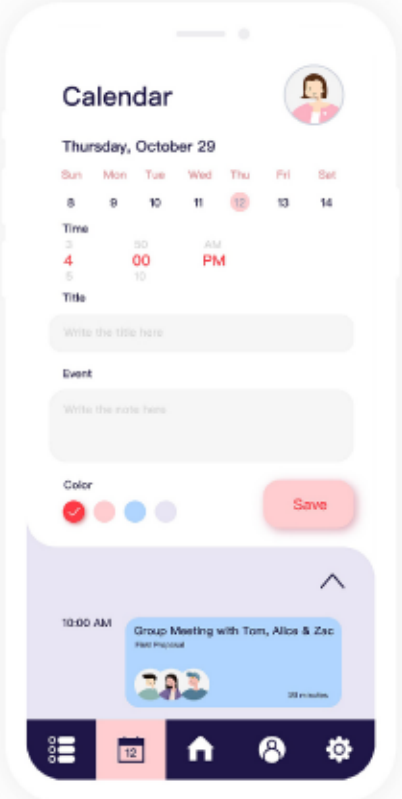
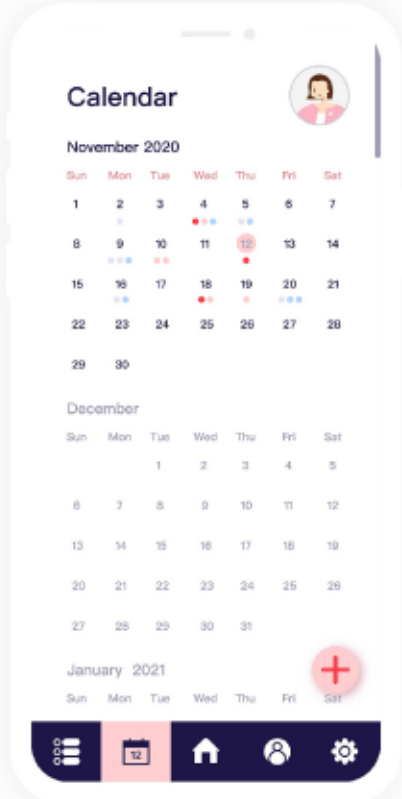
-  Schedule
-  Virtual Office
-  Voice Call



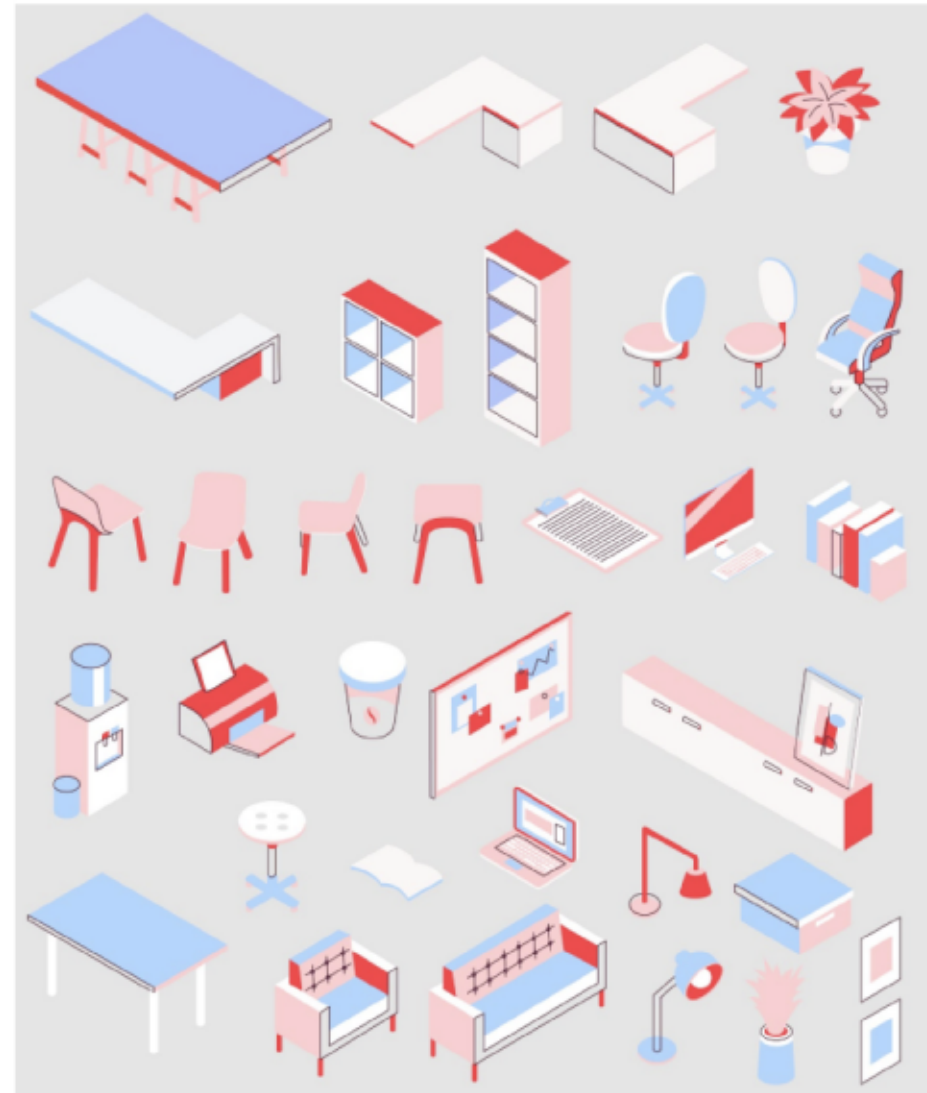
Every 45mins a reminder will pop up suggesting the users to take a break.



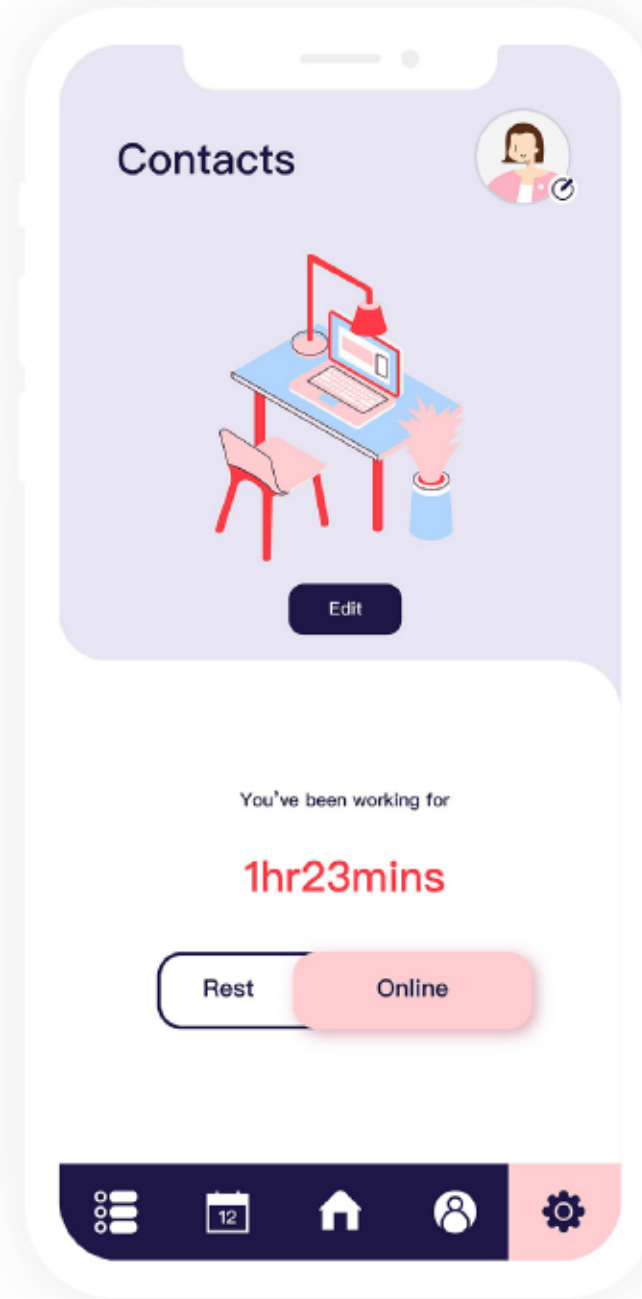
Interface Design



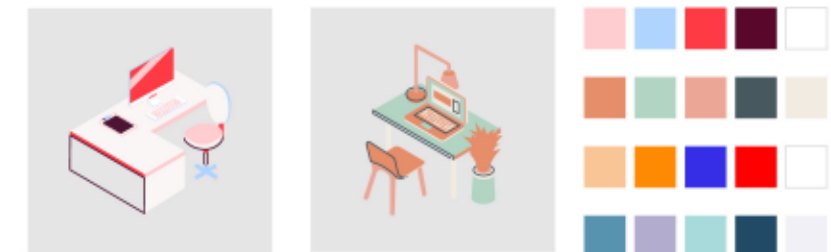
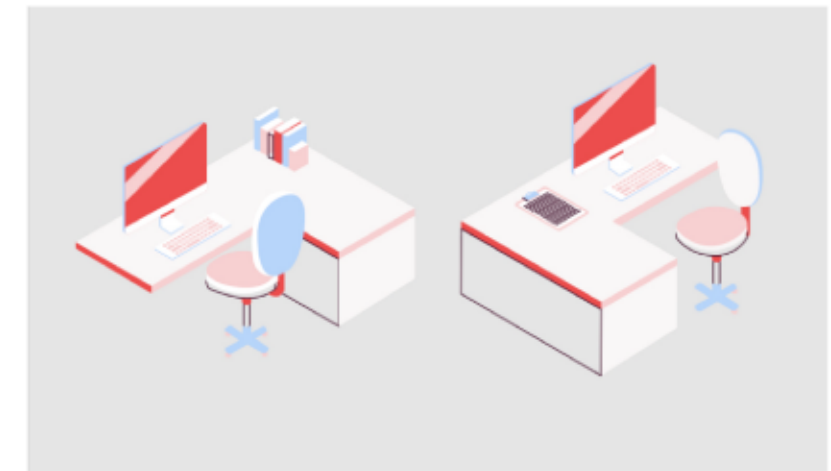
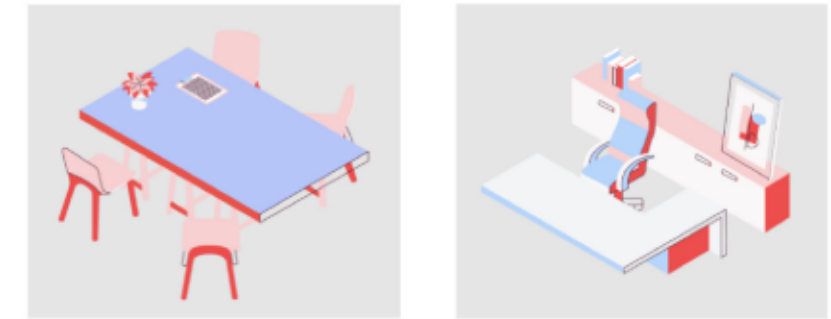
Design Your Own Workplace



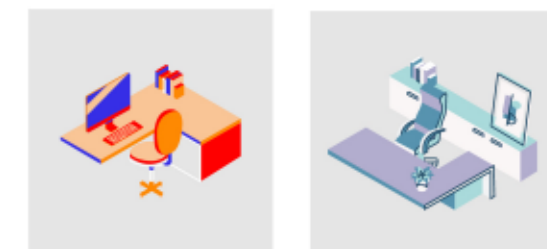
Furniture Set



Design



Different Color Palette



Virtual Office

See your colleagues online

Choose the working mode you like freely

Design your own work-place

Virtual Office is an office app that I designed not aiming at productivity but try to gamify people's work. It has a functional schedule part and also an virtual office community that mimic the physical office space. Moreover, this virtual office provides opportunity for people to personalize their workspace and working mode. In the app, people can self-define a virtual character and this character will represent them in this virtual office community.



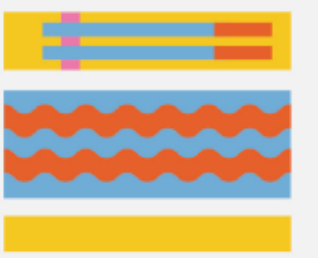
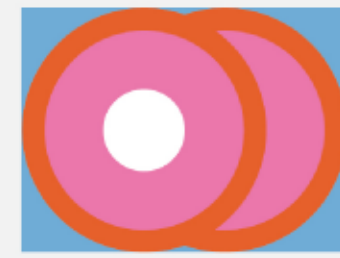
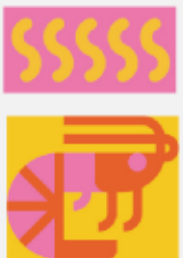
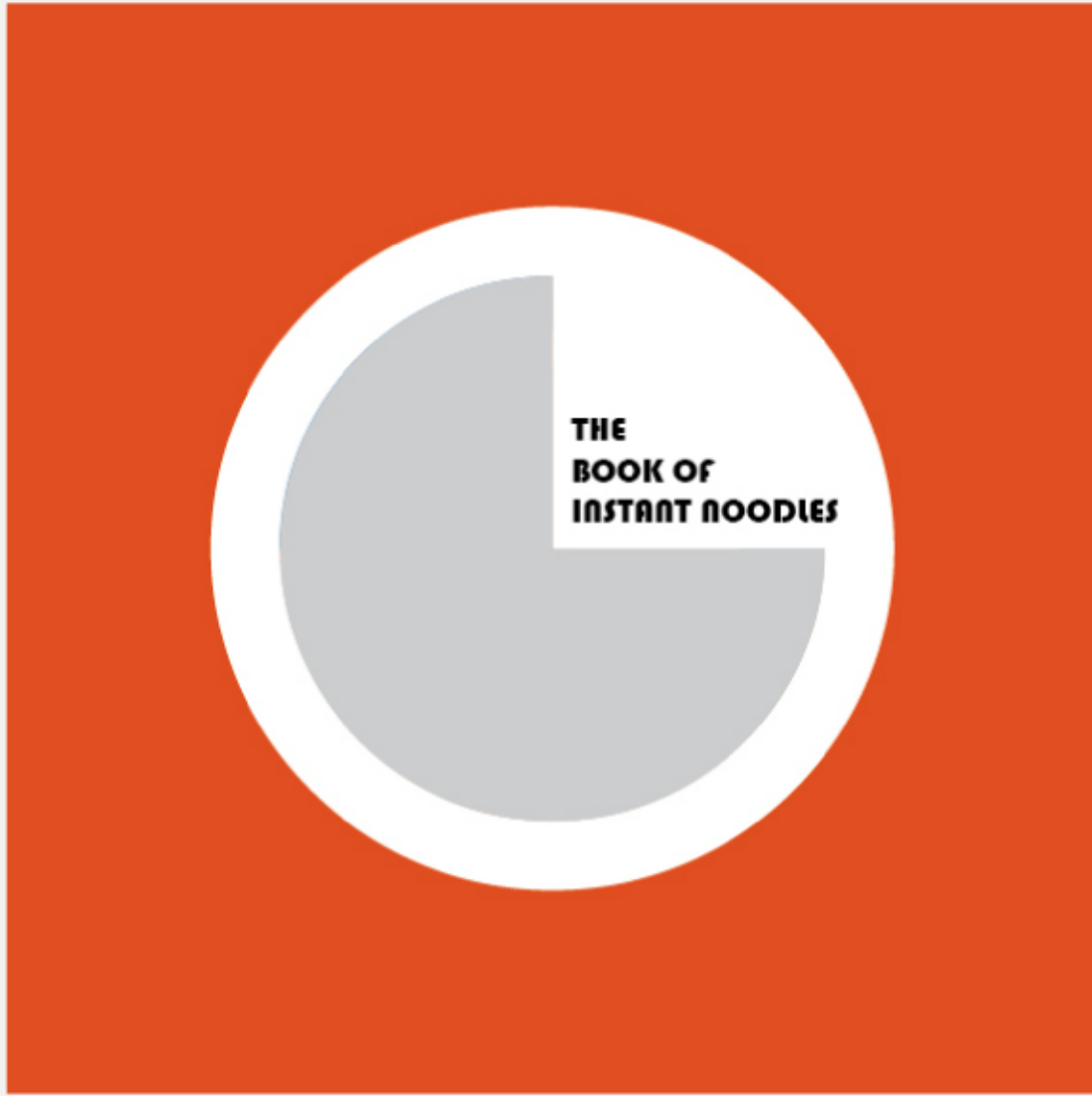
04

Instant Noodles Book Book Design

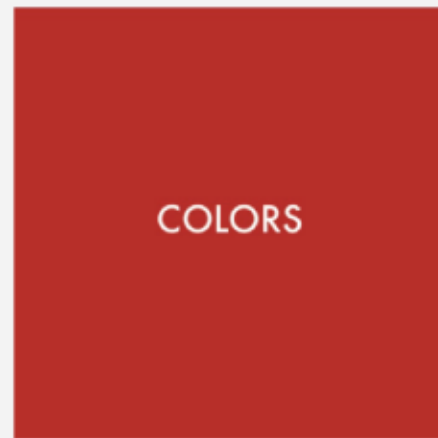
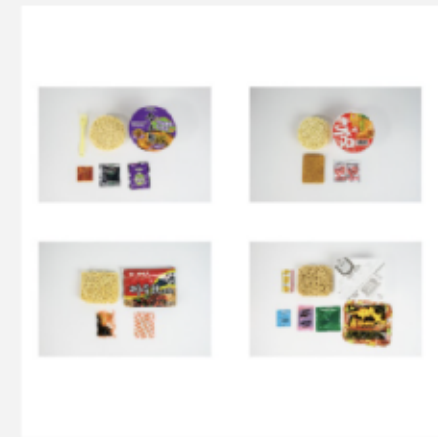
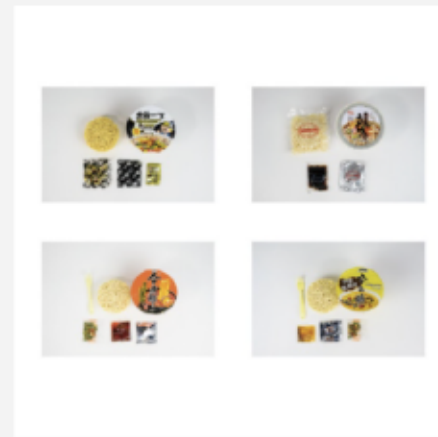
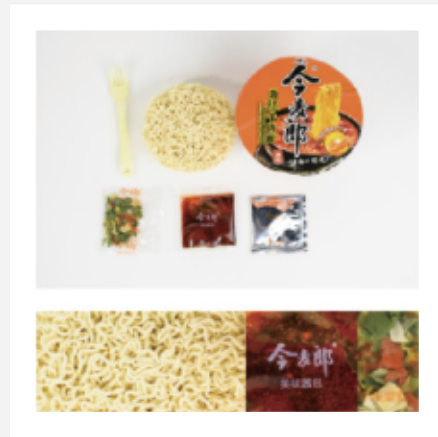
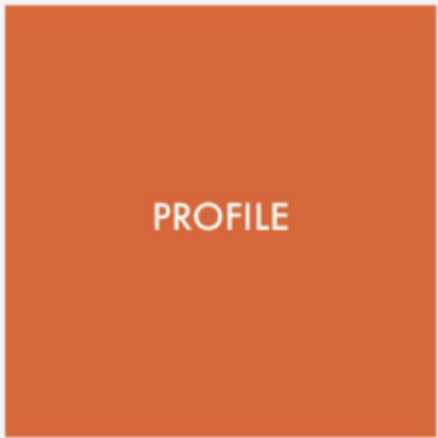
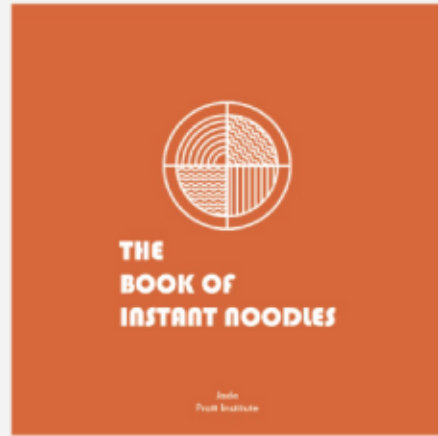
Instant Noodles Book is a book set that re-examine instant noodles from its packaging design and personal stories related to it. This book set includes four parts, which are photo journal, personal stories collection, history pop-up nook, and a interactive book.

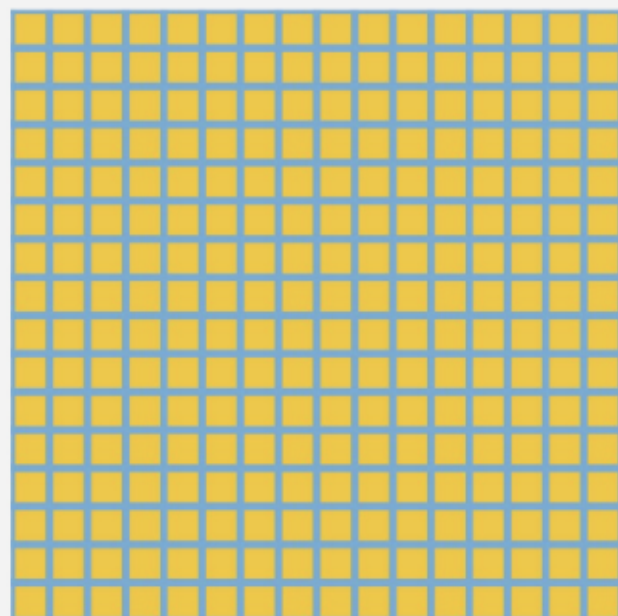
Among them, the first part, the photo journal contains photos about instant noodle packaging design. The second part is a collection of four personal stories about instant noodles and is designed into the form of recipes. The third part of history introduces the origin and the history of instant noodles. The fourth part which is the interactive book allows readers to design their own instant noodles packaging.











5 Favourite Ingredients to Upgrade Instant Noodles



Increase vitamin intake and reduce the guilt of eating fast food. After all, green looks comfortable. The selection of vegetable categories is based on the individual.



Fish meat is the main raw material. With a touch of fish flavour and elasticity. Add seafood flavor to instant noodles.



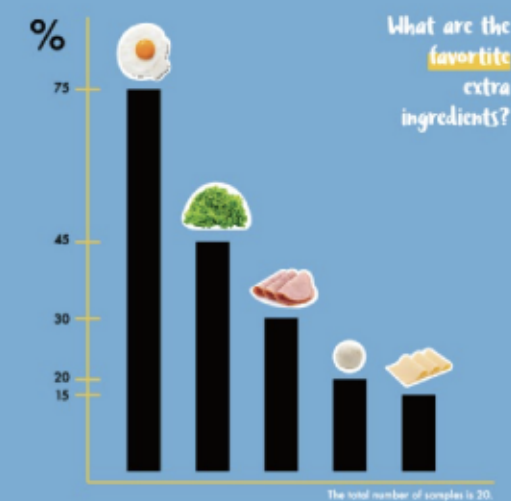
Pork that has been salted, smoked, fermented and dried. Because the production process uses a lot of salt, it is very unhealthy. But delicious, after all, it is meat. It has high nutritional

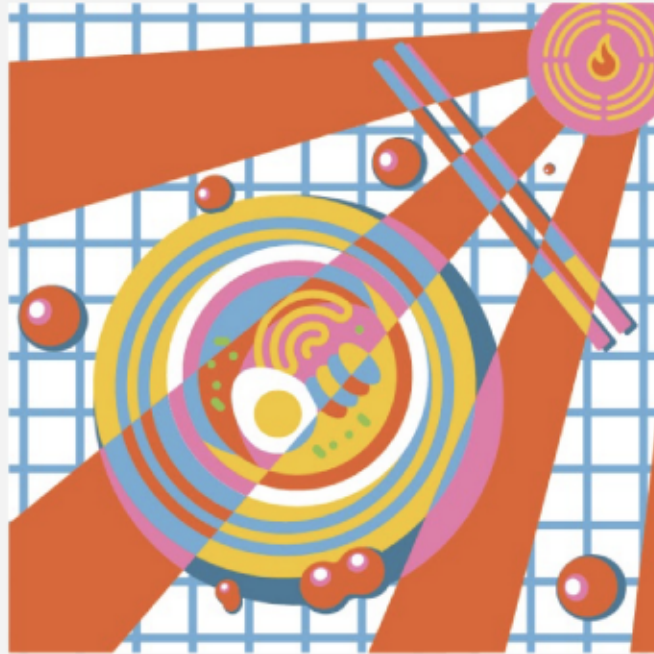


value and is a good source of high quality protein and B vitamins. At the same time, it is very easy to get as a standing ingredient.



Very rich in flavor and its taste. It is also very easy to get. A great companion for spicy instant noodles since it can downgrade the spicy level.





Explosive Noodles

INGREDIENTS



1 Instant Noodles



1 Iced Egg



1 Fire Alarm

STEPS

1. Pour boiling water into instant noodles.
2. Take the ice egg out of the fridge.
3. Throw ice eggs into instant noodles soaked in boiling water.
4. Instant noodles begin to explode and cause fire alarm.

INSPIRATION

My high school is in the countryside of California, that is my first time leaving my hometown. My cooking was very bad before I left home because my mother cooked the most.

The school is far away from the city center and hardly has any Asian food here. Instant noodles is the fastest way to bring my taste buds back.

That day I tried to make the instant noodles more delicious. I took an iced egg out of the fridge and threw it into the noodles. But I forgot that I just poured boiling water into the noodles. My instant noodles exploded and caused a fire alarm. I was terrified, and all the teachers ran over to see what was happening.

I will never cook anymore, I swear.



Childhood Breakfast

INGREDIENTS



1 Instant Noodles



1 Bowl of Rice



1/2 Cabbage



1 Egg

STEPS

1. Live with your grandparents.
2. Your grandparents will cook instant noodles for you.
3. Your grandparents will steam the rice for you.
4. Your grandparents will fry the egg for you.

INSPIRATION

When I was young, I lived with my grandparents. Grandparents will go for a walk every morning, and Grandpa will come back to make breakfast for me before I get up.

Sometimes he cooks instant noodles, plus a bowl of rice, and a poached egg. Once I wake up and get up from my bed, I could have such a perfect breakfast. This lovely breakfast had left a warm mark in my memory.

Until now, whenever I am sick or have a bad appetite, I always want to eat a bowl of instant noodles with rice and poached eggs. This perfect breakfast has become my comfort food ever since I'm not living with my grandparents anymore.

Last month, my grandpa passed away quietly in his sleep. Until today, I have never made this perfect breakfast anymore.



Mom's Healthy Noodles

INGREDIENTS



1 Instant Noodles



1 Leftover



2 Tbs Beef Sauce



1 Egg

STEPS

1. Tell mom that you are hungry late at night.
2. Mom will cook the instant noodles.
3. Replace the oil package with 2 tbs of beef sauce.
4. Add a egg and put the lid on and serve with a leftover.

INSPIRATION

In my impression, the best instant noodles experience was once when I was at home spending my winter break.

I really want to eat something when I watch a TV show at night. I cooked a bag of instant noodles. My mom came and said that the oil package that came with the instant noodles was unhealthy. Instead, she put two spoons of beef sauce to replace. She knows that I love poached egg so she put one egg into the noodles too.

While waiting for the egg to be cooked she microwaved the leftover for me and asked me to eat the noodles with the vegetables. The noodles was so delicious even made me want to cry.

I think all the people who are far away from their hometown may have the same feelings that the taste of the noodles cooked at home is different.

Now is two o'clock in the midnight and I miss my mom's noodles.



Luxurious Noodles

INGREDIENTS



1 Instant Noodles



2 Shrimps/Any Seafood

STEPS

1. Live by the sea.
2. Make some friends.
3. Go to the beach after the sea has ebbed.
4. Cook the seafood with instant noodles.

INSPIRATION

I work close to the sea.

Sometimes after the sea ebbs, my friends and I will go to the beach to see if any seafood is left on the beach.

We have found crabs, snails, oysters, and occasionally sea cucumbers.

Even though I have lived by the sea for a long time, I still often wonder how seafood is so delicious.

So, because of the convenience provided by the sea, we often cook all kinds of strange seafood with instant noodles.

I have a particularly strange friend who once put a live octopus into instant noodles.

The world, I like to watch him dancing in the noodles.

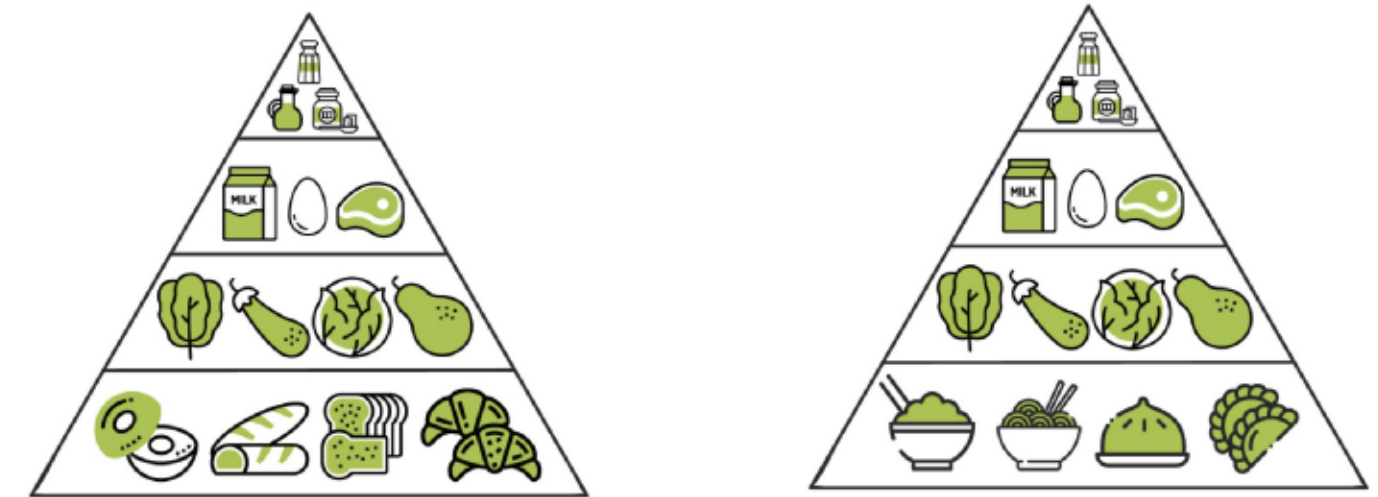
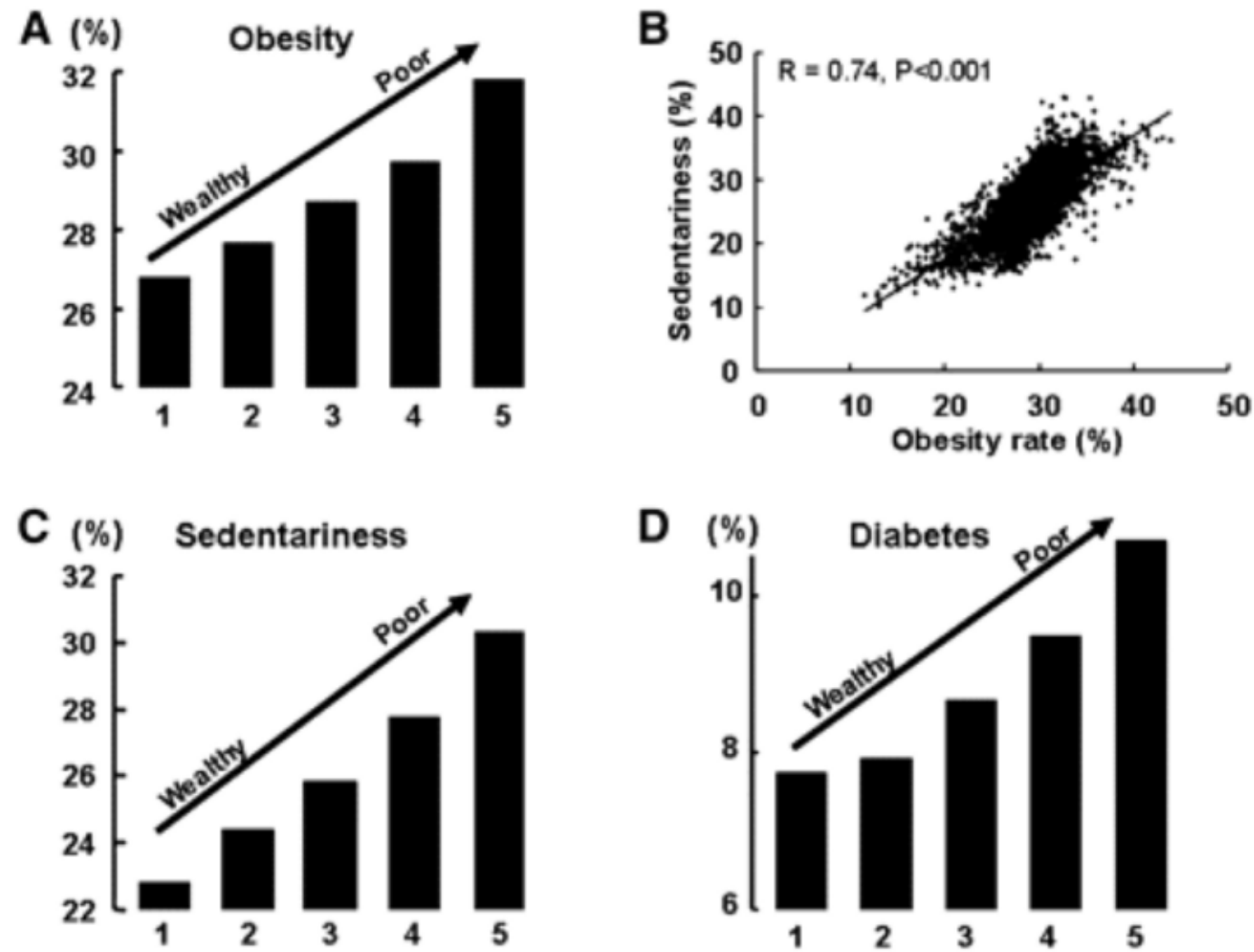
05 Healthy McDonald's Manual Design

McDonald's Healthy Manual redesigns the brand identity of McDonald's, and focus on the theme of "McDonald's Healthy Eating". Through the re-selection of McDonald's products, the manual provides people a healthy way to eat McDonald's. The manual introduces daily nutrition knowledge and McDonald's health products. The manual is available in both English and Chinese. The two versions have some different designs based on the different culture background and eating habits in America and China. Also, the products suggestion differ a little bit as McDonald's provides different menus in these two countries.



Research Background

The connection between poverty and obesity



The original intention of the project is based on a study on the connection between poverty and obesity. Studies have shown that poverty and obesity rates are positively correlated. In other words, people with financial shortages are more likely to suffer from obesity, which is also related to their daily diet. And healthy foods are often very pricey. Therefore, Healthy McDonald's is a re-examination of the McDonald's brand and hopes to provide people with healthy foods that are easily available and affordable.



Nutrition Pyramid

According to the 2015-2020 Dietary Guidelines for Americans, women are likely to need between 1,600 and 2,400 calories¹ trusted Source a day, and men from 2,000 to 3,000. However, this depends on their age, size, height, lifestyle, overall health, and activity level.

Macronutrients

Macronutrients refer to carbs, fats and protein² the three basic components of every diet. Your macronutrient ratio doesn't directly influence weight loss. The acceptable macronutrient distribution ranges (AMDR) are 45-65% of your daily calories from carbs, 20-35% from fats and 10-35% from protein.

The Healthiest McDonald's Menu Items Gallery

Egg White Delight McMuffin

550 calories
10g fat
5g fiber
18g protein

Delicious, grab-and-go egg whites, a slice of Canadian bacon, sharp white Cheddar, and butter on a toasted English muffin. Get the recipe above that healthy, actually good breakfast sandwiches do exist. Pair with a hot coffee or iced coffee, or an Americano for a solid start to any day.

Fruit 'N' Yogurt Parfait

150 calories
5g fat
1g fiber
4g protein

Not every menu item at McDonald's is stacked with beef or deep-fried, and this snack is proof. Low-fat yogurt, strawberries, blueberries, and a sprinkle of granola are layered together to make a portable treat that comes with a serving of fruit.

Strawberry Banana Smoothie

140 calories
5g fat
5g fiber
5g protein

Stick to your New Year's resolutions and fulfill your cravings all at once with refreshing blended strawberry and banana puree, low-fat yogurt, and ice. You get some fruit, but also something sweet at the same time and that is a win-win.

Hamburger

550 calories
26g fat
1g fiber
13g protein

A good, simple burger that's not a decadent cheese melt is actually pretty easy to find at McDonald's. At 550 calories, the chain's original burger is a solid, red-filling choice. The lightly seasoned patty comes topped with pickles, diced onions, and a side of ketchup and mustard for a classic burger experience.

Artisan Grilled Chicken Sandwich

580 calories
26g fat
1g fiber
16g protein

Swapping out fried chicken for grilled is an easy way to make any meal a little healthier. It might be lighter on fat than the fried version, but it's not lighter in flavor thanks to the vinaigrette dressing and a fluffy artisan roll.

Side Salad

15 calories
0g fat
1g fiber
1g protein

Add something green and leafy to whatever your meal is with a classic side salad. McDonald's version comes with chopped romaine, baby kale, red lettuce, carrots, grape tomatoes, and a Newman's Own dressing of your choice.

Calorie Drink

Diet Coke®
Iced Tea
Americano

McDonald's made many changes to their menu with nutrition in mind for being one of the healthiest places you can eat. McDonald's lists all of the food information online; we consulted their American menu for all nutritional data, so this might vary if you're looking to eat at McDonald's around the world. You can look for yourself here or consult our list of the healthiest items on the menu.

i'm lovin' it



营养金字塔

健康专家认为，女性每天从食物和饮料中获取的卡路里总量应为1600~2400;如果是男性的话则为2000~3000。对儿童来说，要视年龄区别对待。比如，一个4岁的儿童，每天摄入的热量不要超过1300。但17.18岁的男性青年由于身体生长，需要可能需要3000卡路左右。

每日营养素

每日营养素是指碳水化合物、脂肪和蛋白质。每种饮食的三个基本成分。您的热量营养比率不会直接影响体重减轻。可接受的常量营养素分布范围(AMDR)为每日热量中碳水化合物的45-65%，脂肪中的20-35%和蛋白质中的10-35%。

麦当劳健康餐饮目录

吉士蛋麦满分

266 卡路里
11g 脂肪
2g 膳食纤维
16g 蛋白质

在最好的法式程序上煎制完美的鸡蛋，一片美国芝士，搭配新鲜蔬菜。记录表明，蛋类可在健康的早餐中占据地位。加块咖啡，冰咖啡或美式咖啡搭配，开始美好的一天。

苹果片

37 卡路里
0g 脂肪
1g 膳食纤维
0g 蛋白质

苹果营养丰富，含有蛋白质、脂肪、碳水化合物、维生素C、维生素A1、维生素A2、胡萝卜素以及钙、铁、柠檬酸、鞣酸等有机酸及果胶、纤维等，可以补充人体所需的多种营养。

玉米杯

56 卡路里
12g 脂肪
1g 膳食纤维
2g 蛋白质

玉米含有脂肪、纤维素、碳水化合物、维生素E、胡萝卜素、核黄素以及多种维生素和矿物质。并且其所含的热量中50%以上是蛋白质。玉米中的维生素含量丰富，是小麦、小麦的2-10倍，在所有主食中，玉米的营养价值和保健作用是最高的。

汉堡包

250 卡路里
8g 脂肪
2g 膳食纤维
13g 蛋白质

实际上，在麦当劳您会找到一个很好的、简单的汉堡。原始的汉堡也只有250卡的热量，是一个您可以放心的选择。新鲜调味的鸡肉配上生菜，洋葱丁，番茄酱和芥末酱，可为您带来经典的汉堡体验。再加上一片融化的美国奶酪，它只给您300卡路里的热量。

原味铁板鸡腿堡

380 卡路里
6g 脂肪
2g 膳食纤维
26g 蛋白质

将传统铁板鸡腿堡在的烹饪变得更方便的简单方法。原块去骨鸡胸肉多汁，加洋葱及青椒调味，与新鲜调味的生菜和番茄酱搭配，口感丰富，搭配过辣0糖添加，绝对让人食欲大开。

沙拉

15 卡路里
0g 脂肪
1g 膳食纤维
1g 蛋白质

搭配经典的沙拉，在您的餐点中添加颜色和更多的食物吧! 麦当劳的草本蔬菜切碎的长莴苣、甜菜根、生菜、胡萝卜、葡萄柚和新鲜选择的鸡蛋白蛋白。

低卡健康饮品

低糖茉莉绿茶

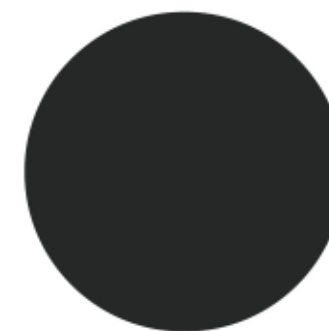
鲜煮咖啡

麦当劳考虑到营养是您可以吃的最健康的地方之一，因此对菜单进行了许多更改。麦当劳在菜单上列出了所有食品信息;我们查阅了其中国菜单上的所有营养数据，因此，如果您想在麦当劳世界各地用餐，可能会有所不同。您可以在这里自己寻找，或者查阅菜单上我们最健康的物品清单。

我就喜欢



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Headline
Bauhaus

Body text
Print Clearly

标题
文悦新青年体

内容
逐浪细阁体

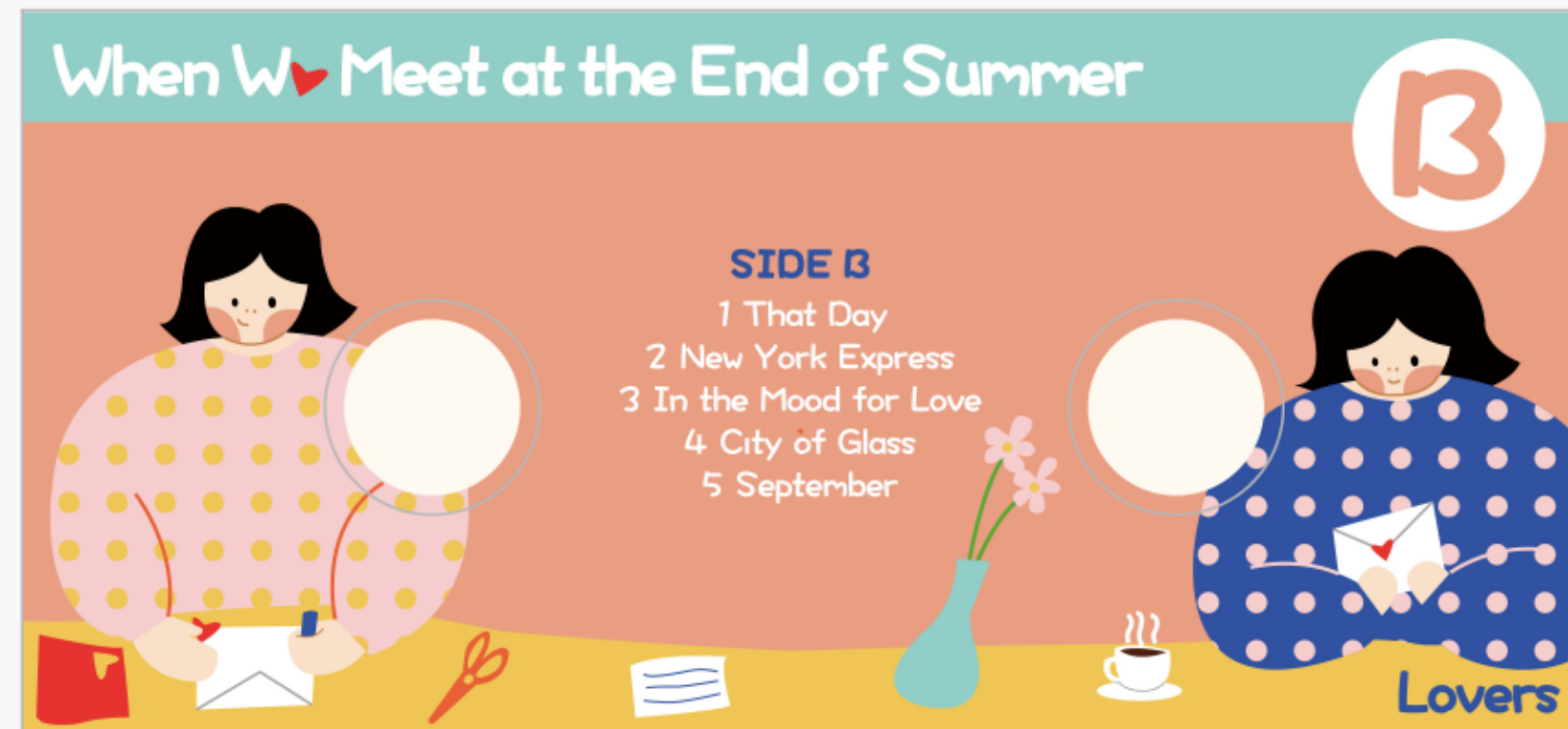
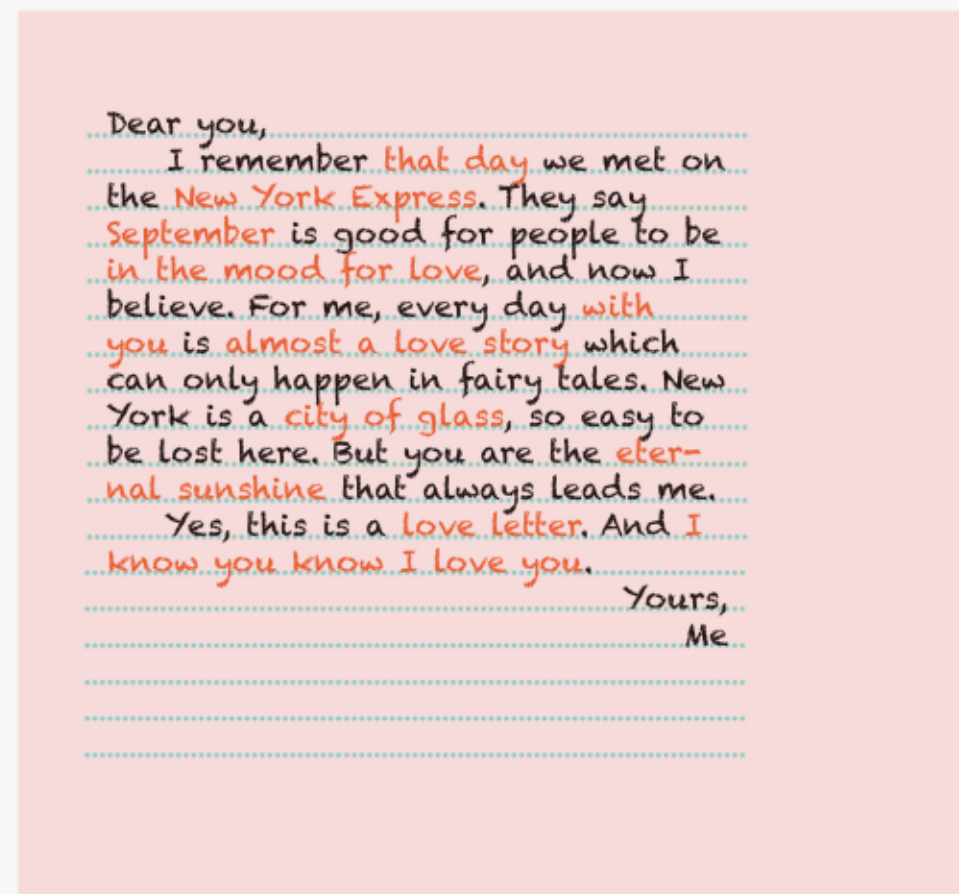
06

Love Letter

Cassette Packaging Design

Love Letter is a packaging design for a fictitious cassette tape . The four illustrated characters presents the process of a girl writing a love letter to someone. In order to fit the theme of the love letter, the packaging of the cassette is also designed into the form of a love letter.

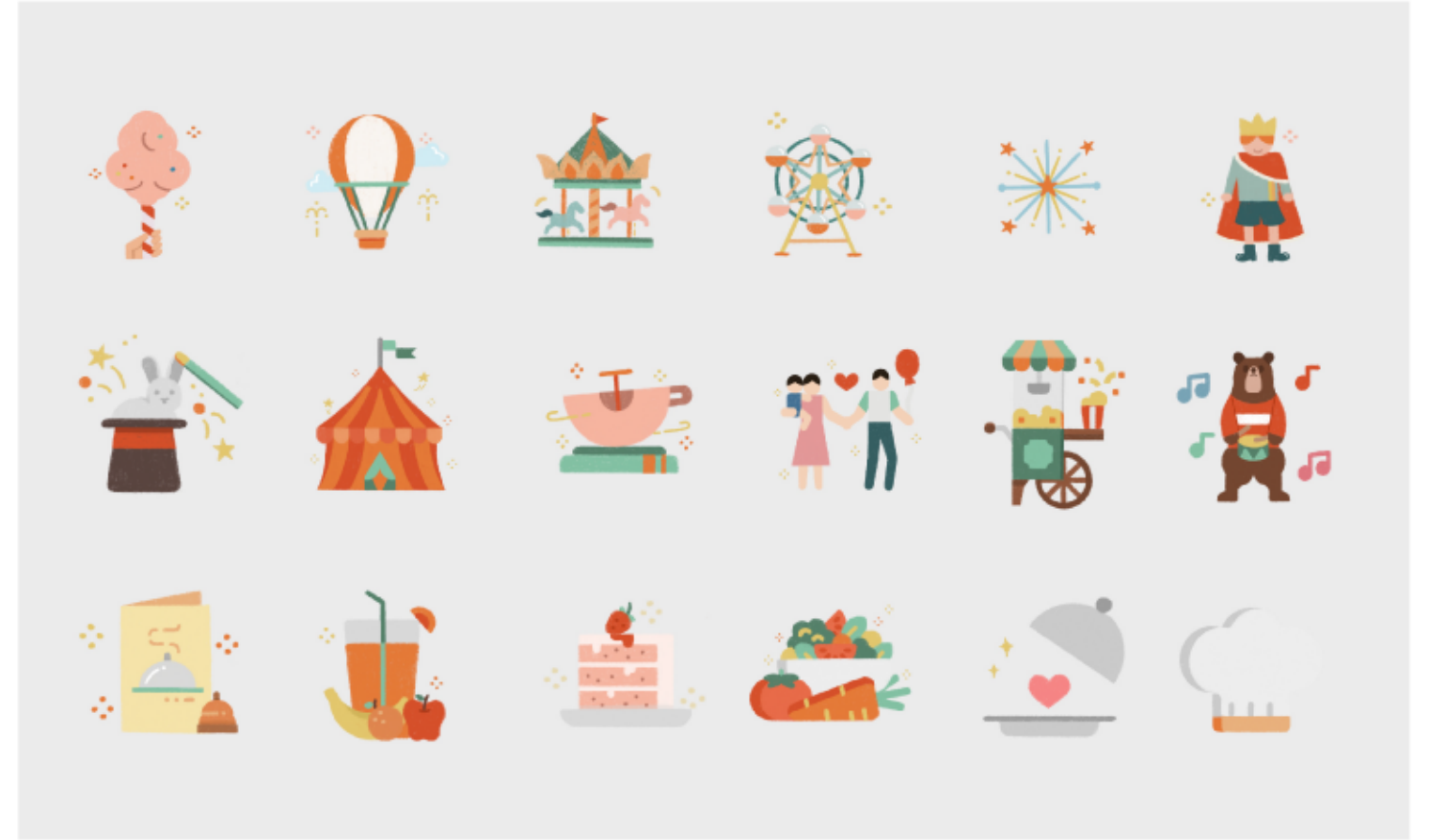


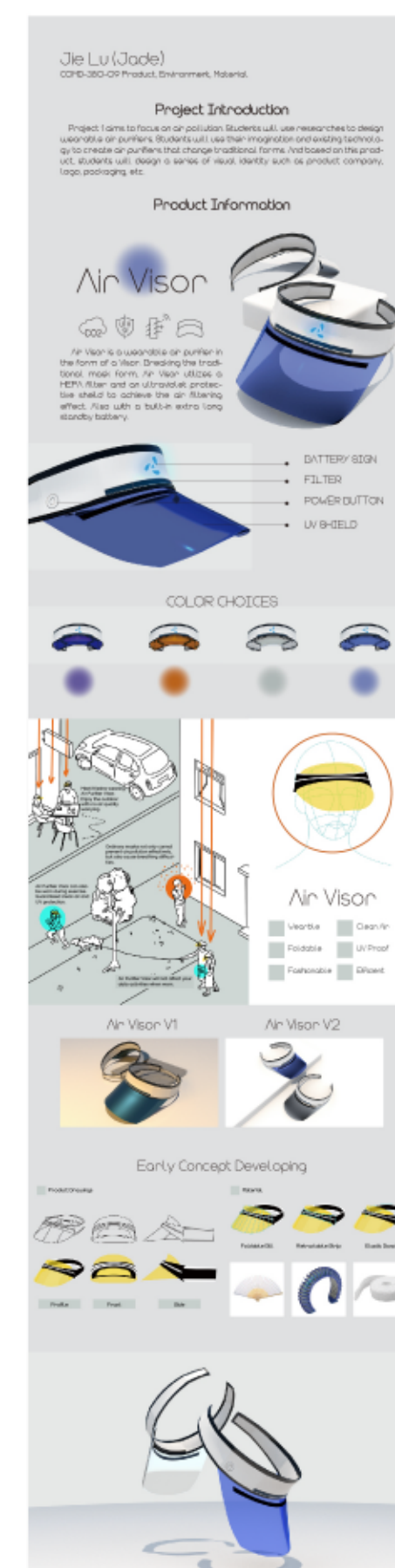


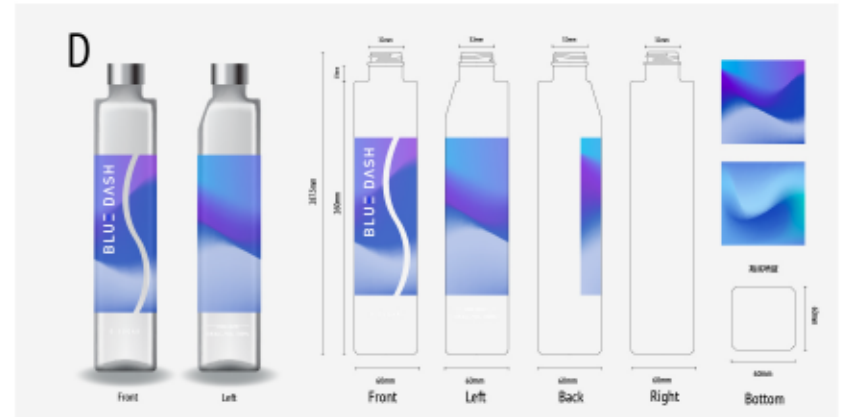
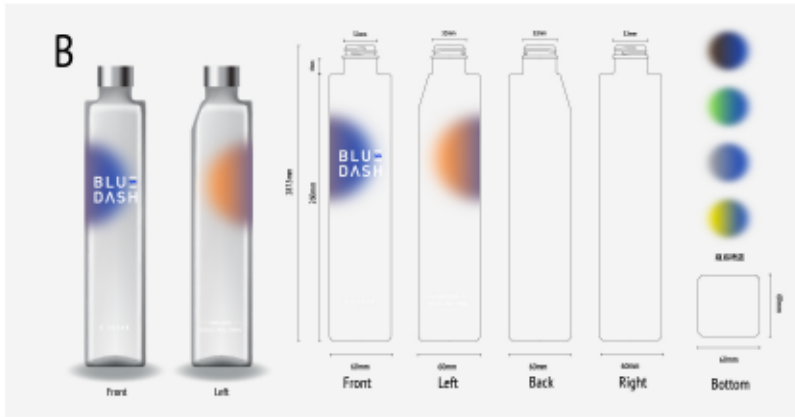
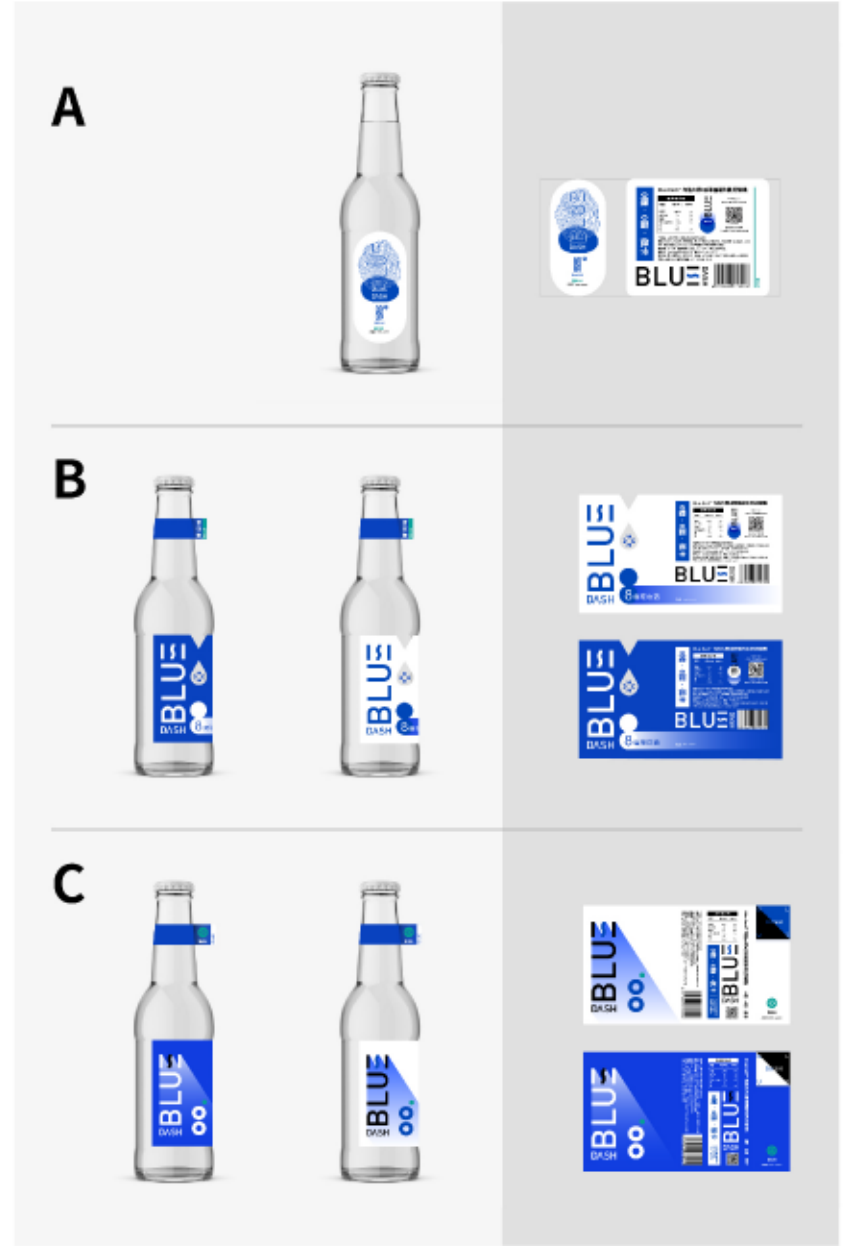
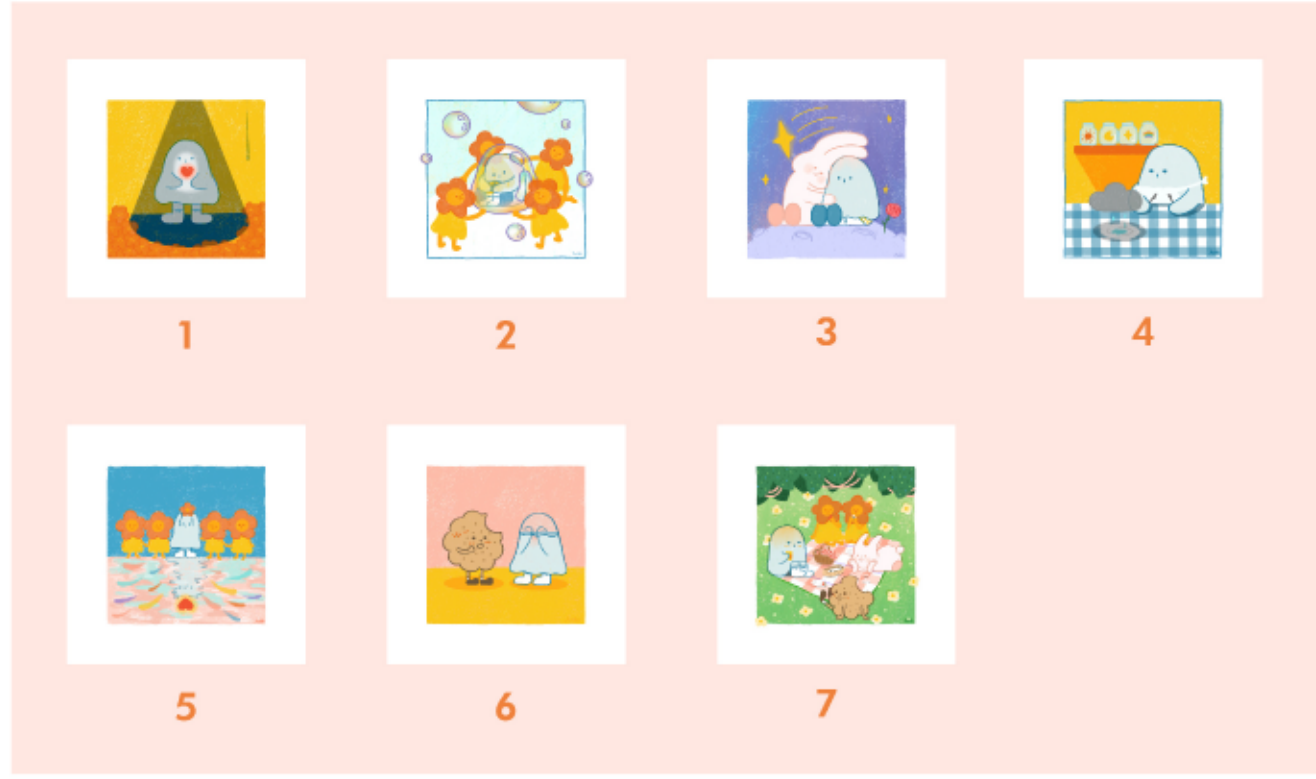


Work Gallery

Other Works







Jie Lu

jlux9@pratt.edu