**DIETARY MANAGEMENT SYSTEM**

ABSTRACT

The establishment of a database of nutritional ingredients which provides an indivisual with conducted cooking; as long as the food category is selected, the nutritional content of the dish will be known. The meal intake of nutrients and measurement of food nutrients per meal can reach a daily diet control purpose. If there will be some junk food in your diet you will be directed to doctor’s prescription as an individual dietary recommendation through dietary database. The dietary database, in addition to providing essential food nutrients, can be used to query using keywords and classification methods so as to quickly find the sum ingredients for cooking and ingredients. An indivisual instantly know the meals nutrition during ingredients classification. End users only need to type the food name and they will get the recommendation whether that food is healthy or not. Other than this they will get a full week plan what they can eat if they choose following categories to maintain the healthy diet. They can easily know the total own meal intake nutrition.