

NutriSage: Smart Nutrition Assistant for Food Analysis and Personalized Meal Guidance

by

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Under the guidance of

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SEPTEMBER – 2025



CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE | DELHI NCR | PUNE

Department of Statistics and Data Science

PROJECT DIARY - Sep 2025

Class: MSc Data Science

Trimester: V

Course : MDS581 - PROJECT - II

Student Reg. No: 2448001

Name: Aaditya kumar Dhaka

Guide Name: Dr Sathya P.

Date: From : 15-09-2025 To: 19-09-2025

Task Completed:

In the first week, I explored and searched for potential topics focusing on ideas that are novel, useful and manageable. After reviewing different domains like NLP, healthcare and recommendation systems, I finalized the idea of building a nutrition and food health application since it directly helps people in daily life and has scope for unique features.

Task Planned:

For the upcoming week, I planned to define the features that should be included in the project such as a chatbot, food comparison, and a personalized diet planner. I also planned to begin exploring suitable datasets to support these features.

Guide Signature



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PROJECT DIARY - Sep 2025

Class: MSc Data Science

Trimester: V

Course : MDS581 - PROJECT - II

Student Reg. No: 2149001

Name: Aaditya Kumar Dhaka

Guide Name: Dr. Sathya P

Date: From : 22-09-2025

To: 27-09-2025

Task Completed:

In week 2, I worked on defining the project scope and the key features of our project Nutrisage. I finalized core ideas like the interpretability layer, multi-modal input (table+image), chatbot with RAG and other supporting tools (meal planner, tracker, food comparisons). I also explored and shortlisted datasets (INDB, MM-Food 100K, IFCT) to cover nutrition values, user friendly food items and image recognition.

Task Planned:

In next week I will focus on combining the final selected datasets into one structured suitable format for our project. Once datasets are aligned, I will begin EDA to study the distribution of nutrients, missing values and category balance which will guide preprocessing and model readiness.


Guide Signature

Meeting with our alumni (Sneha S)

[illegible]