Project Design Phase-II
Technology Stack (Architecture & Stack)

Date	15 October 2022
Team ID	PNT2022TMID21435
Project Name	Nutrition Assistant Application
Maximum Marks	4 Marks

Technical Architecture:

The Deliverable shall include the architectural diagram as below and the information as per the table1 & table 2

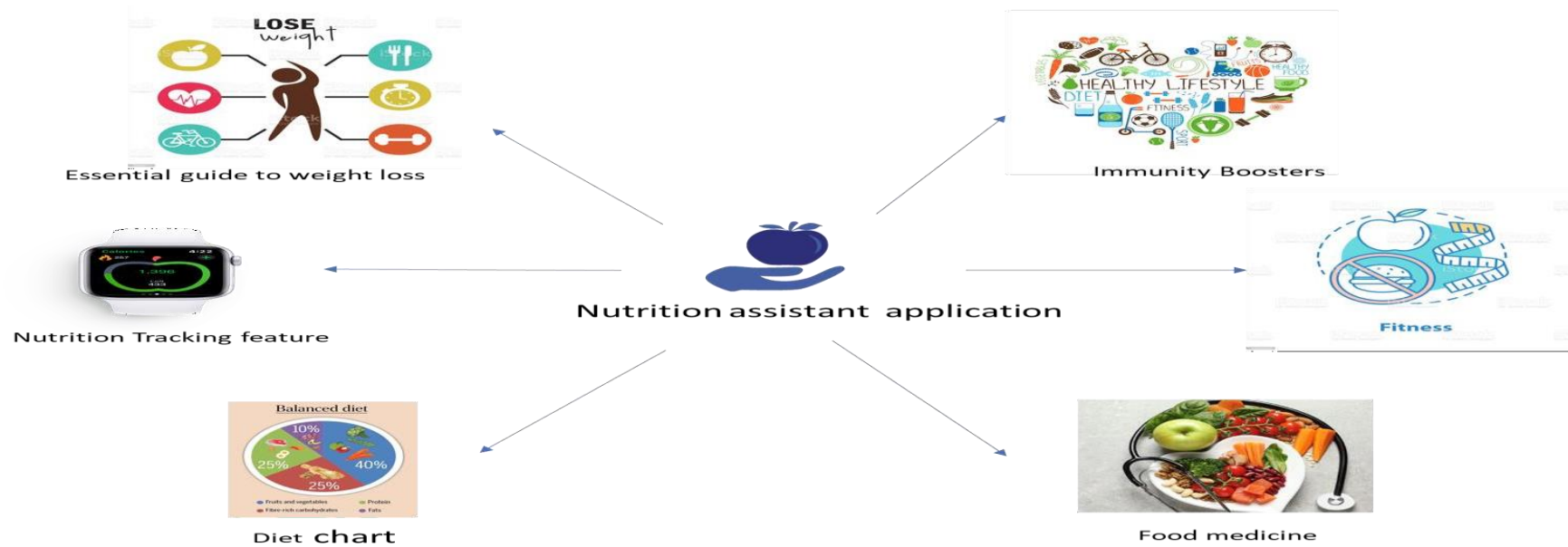**Example: Order processing during pandemics for offline mode**

Table-1 : Components & Technologies:

S.No	Component	Description	Technology
1.	Essential guide to weight loss	Do not skip breakfast. Skipping breakfast will not help you lose weight. ... Eat regular meals. ... Eat plenty of fruit and veg. ... Get more active. ... Drink plenty of water.	steady aerobic exercise such as brisk walking for at least 30 minutes most days of the week. Some people may require more physical activity than this to lose weight and maintain that weight loss. Any extra movement helps burn calories.
2.	Immunity Booster	Vitamin C is one of the biggest immune system boosters of all. In fact, a lack of vitamin C can even make you more prone to getting sick. Foods rich in vitamin C include oranges, grapefruits, tangerines, strawberries, bell peppers, spinach, kale and broccoli	Innate (non-specific) immune response Acquired (specific) immune response
3.	Fitness	Writing down what you eat, how much you ate and when you ate it in a food diary Figuring out how many calories you need to eat to maintain, gain or lose weight . Weighing and measuring your food to adjust portion sizes and ensure you're not eating too much at meal times. Switching from refined foods to unrefined foods. Drinking more water instead of sugary juices, sodas (even diet sodas) and alcoholic drinks.	technology can improve the way the world grows, produces, distributes and supplies food by using technology such as AI and automation.
4.	Nutrition tracking feature	With nutrition tracking, you can get an idea of the calories you are consuming and how they compare to the amount needed for weight loss.	Profile registration. Calorie counter.

			Integration with 3rd party apps. Create custom exercise routines. Reminders to remind people to drink water and take other food items. Push notifications. Feedback system. Create diet plans.
		You can also learn how various foods or nutrients may affect weight and health, which can put you in a better position to incorporate foods to help you maintain healthy habits.	
5.	Food Medicine	patients to food is medicine interventions can change their ability to follow dietary recommendations, tackling several barriers to healthy eating, including the inability to afford or access recommended foods. For food is medicine interventions to be most effective, the participant should be engaged and their experience evaluated. Qualitative research will better integrate individual perspectives into the design of food is medicine programmes and reveal how, why, and in what context they work best for participants	Personalised diets. Vegetable proteins and synthetic meat. Snacking and upcycling. Food traceability. Automation in supermarkets and restaurants
6.	Diet chart	Fat-free and low-fat dairy products, such as low-fat yoghurt, cheese, and milk. Protein foods, such as lean meat, fish, poultry without skin, beans, and peas. Whole-grain foods, such as whole-wheat bread, oatmeal, and brown rice. ... Fresh fruits, canned, frozen, or dried.	adequacy, balance, calorie (energy) control, nutrient density, moderation, and variety are important concepts in choosing a healthful diet.

Table-2: Application Characteristics:

S.No	Characteristics	Description	Technology
1.	Open-Source Frameworks	Many common health problems can be prevented or alleviated with a healthy diet and good nutrition. For help, consider using some of the growing number of high quality, free open source and/or Diet & Nutrition	software for which the original source code is made freely available and may be redistributed and modified according to the requirement of the user.
2.	Security Implementations	Security is achieved when it is ensured that all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life".	The term food security revolves around the terms of access to food, availability of food, and climate-smart farming. With SaaS technology and solutions related to them, all these factors can be resolved.
3.	Scalable Architecture	Good health is the result of a healthy lifestyle, where caring about physical activity and nutrition are key concerns. However, in today's society, nutritional disorders are becoming increasingly frequent, affecting children, adults, and elderly people.	Scalability is the property of a system to handle a growing amount of work by adding resources to the system. In other words, a scalable architecture supports higher workloads without any fundamental changes to it
4.	Availability	Nutrition apps can help make life easier for individuals who need to track their food intake for health reasons. These apps can also help people find restaurants that are suitable for their dietary needs.	Available technology means technologies and methods for emplacing a permanent radon barrier on uranium mill tailings piles or impoundments.
5.	Performance	to improve performance, with maximizing glycogen stores a key strategy for many. Carbohydrate intake during exercise maintains high levels of carbohydrate oxidation,	Technology helps contribute to patient care by fostering communication between providers and patients via online portals, message, and email. It also increases access to information. which can improve self-monitoring and patient convenience