**AI-POWERED NUTRITION ANALYZER FOR FITNESS ENTHUSIASTS**

**LITERATURE SURVEY:-**

1. **Artificial intelligence in food science and nutrition** Information Technologies Institute(ITI) Kosmas Dimitropou los April 2019 Published by Oxford University Press on behalf of the International Life Sciences Institute.

**Advantage:**

Tells exactly what to eat according to the body type. All of this is packaged in a comprehensive nutrition and activity tracker

**Disadvantage:**

The AI system may not always make the right decisions, but it will eventually learn from the errors and adjust its decision making processes to improve over time.

1. **Artificial Intelligence in Nutrients Science** BALAKRISH NA .Y JUNE 2022

**Advantage:**

Creation of a global network that will be able to both actively support and monitor the personalized supply of nutrients..

**Disadvantage:**

The AI System May Be Buggy At First it can take time to work correctly This is normal

1. **AI-Based Dietician** Professor, Department of Computer Science, Dayananda Sagar Academy of Technology April 2022

**Advantage:**

Helps the user to interact better with the system, Provide information to the system as input and take the recommended diet plan as output

**Disadvantage:**

Doesn't have acknowledgeable dietician Don't value customer time Worst service

1. **Virtual Nutritionist using AI** International Journal of Engineering and Advanced Technology (IJEAT) ISSN: 2249- 8958, Volume-8 Issue-5 June 2019 Blue Eyes Intelligence Engineering and science publication

**Advantage:**

A user can track his/her progress towards his/her goal from the day he’d started using the application. Reminders for every meal. Inbuilt personalized customization of meals depending upon one’s preferred foods

**Disadvantage:**

High Costs. No creativity. AI is that it cannot learn to think outside the box. Unemployment Make Humans Lazy. No Ethics. Emotionless. No Improvement