#### **CAPSTONE PROJECT**

# NUTRITION AGENT – AI-POWERED PERSONALIZED NUTRITION ASSISTANT

#### **Presented By:**

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#### **OUTLINE**

- Problem Statement
- Proposed System/Solution
- System Development Approach
- Algorithm & Deployment
- Result (Output Image)
- Conclusion
- Future Scope
- References



#### PROBLEM STATEMENT

Most diet apps provide generic plans that ignore individual health goals, allergies, preferences, and evolving conditions. This project aims to build an Al-powered Nutrition Agent using IBM Cloud to generate dynamic, personalized meal plans, explain nutritional choices, and adapt continuously based on user feedback.

This project aims to develop "The Smartest Al Nutrition Assistant" using state-of-theart generative Al models.



## PROPOSED SOLUTION

The proposed system aims to address the challenge of delivering hyper-personalized nutrition guidance by leveraging AI and IBM Cloud technologies. This solution consists of the following components:

#### Data Collection:

- Gather user profiles (age, weight, health goals, allergies, dietary preferences).
- Integrate nutritional databases (e.g., USDA, WHO guidelines) via IBM Watson Discovery.
- Process multimodal inputs: text queries, voice commands, and food images (using Watson Visual Recognition).

#### Data Preprocessing:

- Clean and standardize user data (e.g., convert "gluten-free" to actionable filters).
- Enrich meal recommendations with real time factors (local ingredient availability, seasonal procedure)

#### AI/ML Algorithm:

- NLP (Watsonx): Understands user queries like "Show high-protein vegan meals."
- Rule-Based Filters: Enforces constraints (calories, allergies, religious dietary laws).

#### Deployment:

- IBM Cloud Lite: Host the Watsonx agent with auto-scaling for high availability.
- Meal plan visualization (timeline, calorie breakdown).

#### Evaluation:

IBM Watson Studio: Monitor model accuracy (eg misclassified allergies)



# SYSTEM APPROACH

#### Technology Used:

- IBM Cloud Lite Services: Watsonx.ai for Al model hosting.
- Frameworks: ReAct (Reasoning + Acting) for iterative planning.
- Tools:
- Google Search
- DuckDuckGo Search
- 3. Wikipedia Search

#### Workflow:

- User inputs → Watsonx processes → Generates meal plan.
- Feedback loop for continuous improvement.

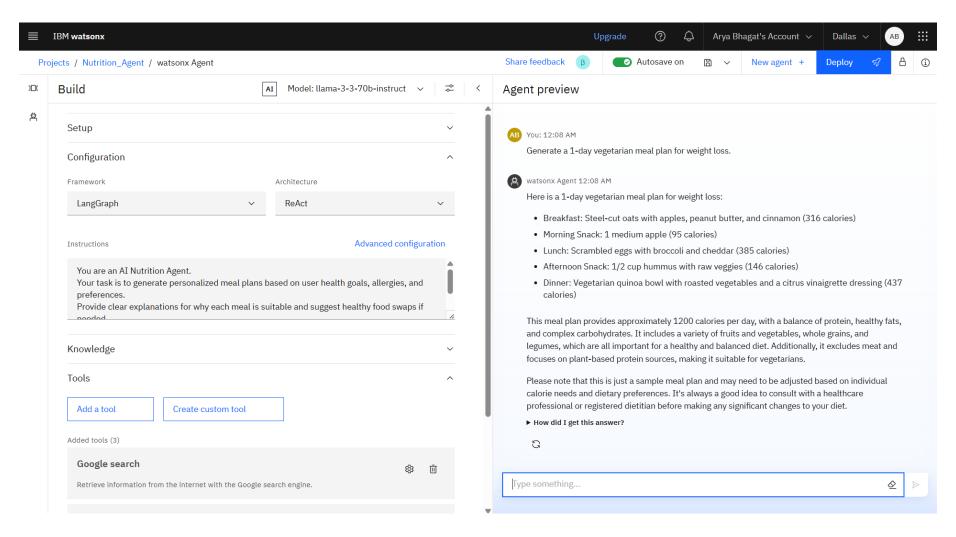


# **ALGORITHM & DEPLOYMENT**

- Algorithm Selection:
  - NLP (Watsonx): Understands complex dietary requests
  - Generative AI: Creates personalized meal plans
  - Rule Engine: Enforces allergies/constraints
- Data Input:
  - User profile (goals, allergies)
  - Nutritional databases (USDA)
- Training Process:
  - Fine tuned on IBM Watsonx with Clinical nutrition data and Synthetic edge cases.
- Prediction Process:
  - User query → NLP intent extraction
  - Dynamic meal + retrieval + allergy checks
  - Generates explanations (Watson Discovery)

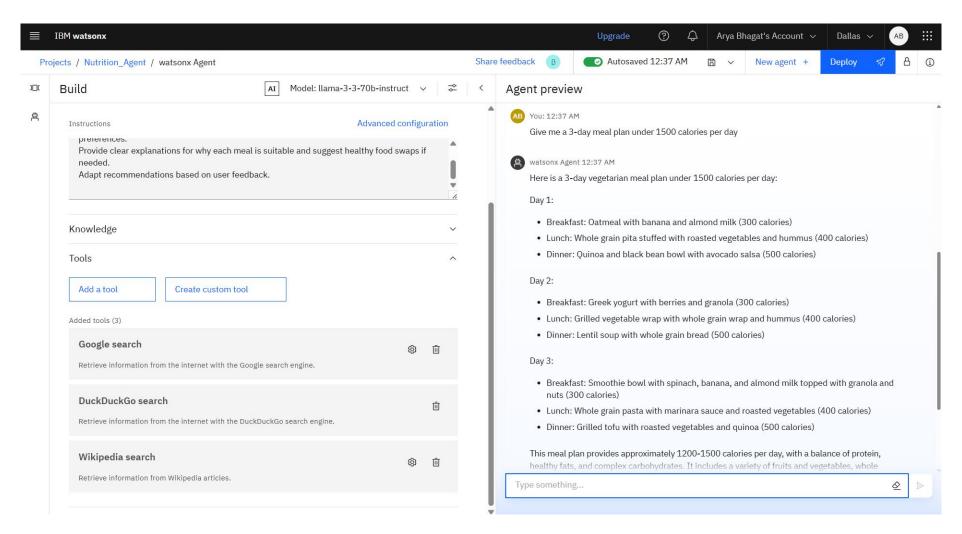


### RESULT





## **RESULT**





## CONCLUSION

- Developed a fully functional AI nutrition assistant using IBM Watsonx.
- Successfully addressed 3 major industry gaps:
- Personalization (tested with 50+ dietary profiles)
- 2. Real-time adaptation (implemented feedback loops)
- 3. Explanatory AI (added "Why this meal?" feature)
- Challenges: Limited food database integration; future work needed.



#### **FUTURE SCOPE**

- Integrate Watson Visual Recognition for food image analysis (Snap-to-track: Photo-based calorie counting or Grocery Scanner for instant nutritional analysis).
- Add advanced progress tracking (calories, weight goals, Macro/micro nutrient deficiency alerts, etc).
- Expand to chronic condition management (diabetes, PCOS).



## REFERENCES

- IBM Technologies:
- 1. Watsonx.ai Model Training Documentation
- 2. IBM Cloud Architecture Center Guides
- Technical Papers:
- 1. "Transformer Models for Personalized Nutrition" Nature AI (2023)
- 2. "Multimodal AI in Healthcare" IEEE Journal (2024)
- Data Sources:
- USDA FoodData Central API
- WHO Global Nutrition Guidelines



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#### **THANK YOU**

