***“CALORIE ANALYSIS AND DIET TRACKING”***

**A Project Report Submitted to**

**Rajiv Gandhi Proudyogiki Vishwavidyalaya**



**Towards Partial Fulfillment for the Award of**

**Bachelor of Technology**

**(*Computer Science and Engineering)***

***Submitted By: Guided By:***

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***Acropolis Institute of Technology & Research, Indore***

**July - December 2022**

**Examiner Approval**

The Project entitled *“****CALORIE ANALYSIS AND DIET TRACKING****”*

submitted by Anurag Mahajan(0827CS201037), Anushka Bhanpiya(0827CS201040), Aryan Tapkire(0827CS201044), Avani Jain(0827CS201050) has been examined and is hereby approved towards partial fulfillment for the award of *Bachelor of Technology degree in Computer Science and Engineering* discipline, for which it has been submitted. It is understood that by this approval the undersigned do not necessarily endorse or approve any statement made, opinion expressed or conclusion drawn therein, but approve the project only for the purpose for which it has been submitted.

(Internal Examiner) (External Examiner)

Date: Date

**Guide Recommendation**

This is to certify that the work embodied in this project entitled “CALORIE ANALYSIS AND DIET TRACKING”submitted by Anurag Mahajan(0827CS201037), Anushka Bhanpiya(0827CS201040), Aryan Tapkire(0827CS201044), Avani Jain(0827CS201050) is a satisfactory account of the bonafide work done under the supervision of PROF.RONAK JAIN, is recommended towards partial fulfillment for the award of the Bachelor of Engineering (Computer Science and Engineering ) degree by Rajiv Gandhi Proudyogiki Vishwavidhyalaya, Bhopal.

**(Project Guide) (Project Coordinator)**

**Students Undertaking**

This is to certify that a project entitled *“*CALORIE ANALYSIS AND DIET TRACKING*”* has been developed by us under the supervision of PROF. RONAK JAIN. The whole responsibility of work done in this project is ours. The sole intention of this work is only for practical learning and research.

We further declare that to the best of our knowledge, this report does not contain any part of any work which has been submitted for the award of any degree either in this University or in any other University / Deemed University without proper citation and if the same work is found then we are liable for explanation to this.

**Acknowledgement**

We thank the almighty Lord for giving me the strength and courage to sail out through the tough and reach on shore safely.

There are number of people without whom this projects work would not have been feasible. Their high academic standards and personal integrity provided me with continuous guidance and support.

We owe a debt of sincere gratitude, deep sense of reverence and respect to our guide and mentor PROF. RONAK JAIN, Professor, AITR, Indore for his motivation, sagacious guidance, constant encouragement, vigilant supervision and valuable critical appreciation throughout this project work, which helped us to successfully complete the project on time.

We express profound gratitude and heartfelt thanks to PROF. RONAK JAIN, HOD CSE, AITR Indore for his support, suggestion and inspiration for carrying out this project. I am very much thankful to other faculty and staff members of CSE Dept, AITR Indore for providing me all support, help and advice during the project. We would be failing in our duty if we do not acknowledge the support and guidance received from Dr S C Sharma, Director, AITR, Indore whenever needed. We take the opportunity to convey my regards to the management of Acropolis Institute, Indore for extending academic and administrative support and providing me all necessary facilities for the project to achieve our objectives.

**Executive Summary**

CALORIE ANALYSIS AND DIET TRACKING

This project is submitted to Rajiv Gandhi Proudyogiki Vishwavidhyalaya, Bhopal(MP), India for partial fulfillment of Bachelor of Engineering in Information Technology branch under the sagacious guidance and vigilant supervision of *PROF.RONAK JAIN*.

In the project, Flask is used, which is an open-source python framework.Libraries such as SQLAlchemy were also used for ease of database access and creation. It is used for creating and hosting lightweight web applications.It is implemented on Werkzeug and Jinja2.The project uses SQLITE database for data storage of users .

**Key Words** : Flask,SQLITE ,SQLAlchemy

“Where the vision is one year, cultivate flowers;

*Where the vision is ten years, cultivate trees;*

Where the vision is eternity,

*cultivate people.”*

*- Oriental Saying*

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# Chapter 1 .Introduction

The application in subject, provides a means for keeping a check on a person's daily eating habits by providing calorie intake information as well as providing suggestions of foods a person should be eating in order to maintain a nutritional balance. The application tracks a user’s whole day consumption of food and accordingly determines the food suggestions based on his proteins, fats and carbs intake. The application in subject, provides a means for keeping a check on a person's daily eating habits by providing calorie intake information as well as the food suggestions and timely food reminders of what a person can consume as per his current physical needs.

## 1.1 Overview

Calorie analysis and diet tracking is an application in which we provide users nutrition recommendations based on their age, weight, height, BMI and gender. We have created this app to be used as a guide to users for planning their diet. While providing suggestions we also keep in mind about diseases which a user may possess.

## 1.2 Background and Motivation

The main aim of building this project is to provide the public with an application interface that helps them to keep a track of their daily eating and drinking diet components and have a systematically prepared diet with appropriate nutritional information.

The application in subject, provides a means for keeping a check on a person's daily eating habits by providing calorie intake information as well as the food suggestions and timely food reminders of what a person can consume as per his current physical needs. The application also helps to keep a daily/weekly/monthly track record of user’s diet and provides calorie intake information

## 1.3 Problem Statement and Objectives

Web Application to keep track of Quantity/Quality/type of food taken Built food analyzer Application that allows user to keep track of their food and also recommend best dietary chart based on their age, gender ,disease(if any) and BMI. Application should have gamification feature which motivates the user to follow the diet chart (Like badges, points etc...)**"**

## 1.4 Scope of the Project

People are increasingly becoming diet conscious and they require a dietician to help them keep a track of their daily eating habits. This Web application works as a substitute to that. Users can now themselves find out what is missing from their diets and what they should be eating with the help of this app. The app helps the user to enter the food items that are consumed by him today and obtain calorie intake considering those food items in terms of proteins, fats and carbs. Therefore, considering the total intake, the application is able to analyze that the user lacks in which nutrients and thus is able to provide a healthy list of food items that are rich in those lacking nutrients. Thus this application serves as an alternative to the dietician by providing necessary food suggestions as per the user’s whole day calorie intake and as per his current physical parameters like height, weight, age and gender; and by providing timely food reminders at breakfast, lunch, evening snacks and dinner –specific timings regarding what a person can have at these respective meals of the day. A person of any age can use this application.

## 1.5 Team Organization

#### ANURAG MAHAJAN: I investigated and found the right technology and studied in deep about it. For the implementation of the project, I also collected the object data. Front design and Documentation is also a part of the work done by me in this project.

**ANUSHKA BHANPIYA:** Implementation logic for the project objective and coding of internal functionalities is done by me. Also, worked on Back end design for storing results in database for maintaining logs.

#### ARYAN TAPKIRE: I also worked on the implementation of flask framework and analysis of meals of user in the project. Worked on creating a database for storing results in the database SQLITE.

#### AVANI JAIN: Along with doing preliminary investigation and understanding the limitations of the current system, I studied about the topic and its scope and surveyed various research papers related to the meal analysis and the technology that is to be used.

## 1.6 Report Structure

The project *Calorie Analysis and Diet Tracking* is primarily concerned with the meal analysis and the whole project report is categorized into four chapters.

Chapter 1: Introduction- introduces the background of the problem followed by rationale for the project undertaken. The chapter describes the objectives, scope and applications of the project. Further, the chapter gives the details of team members and their contribution in development of the project which is then subsequently ended with report outline**.**

Chapter 2: Proposed System - starts with the project proposal based on requirement identified, followed by benefits of the project. The chapter also illustrate software engineering paradigm used along with different design representation. The chapter also includes block diagram and details of major modules of the project. Chapter also gives insights of different type of feasibility study carried out for the project undertaken. Later it gives details of the different deployment requirements for the developed project.

Chapter 3: Implementation - includes the details of different the Project. It

also includes different Technology/ Techniques/ Tools/ Programming Languages used in developing the with along project. The chapter ends with evaluation of project on different parameters like accuracy and efficiency.

Chapter4: Conclusion - Concludes with objective wise analysis of results and limitation of present work which is then followed by suggestions and recommendations for further improvement**.**

# Chapter 2. Proposed System

## 2.1 The Proposal

The proposal is to deploy a system at the entry gate which can analyse meal taken by user and store that information in the database. It can also give suggestions for food items for a healthy lifestyle to user.

## 2.2 Benefits of the Proposed System

The current system had a lot of challenges that are overcome by this system:

* **Economic**: The proposed system is economic as there is no cost involved in it.
* **Man Power**: It does not require any person(dietician) or their efforts to suggest food to users.
* **24 x 7 Availability**: As it is web application, it is always available provided you have internet connection.
* **Promote Healthy lifestyle**: As right food suggestion is just at a click.

## 2.3 Feasibility Study

A feasibility study is an analysis of how successfully a system can be implemented, accounting for factors that affect it such as economic, technical and operational factors to determine its potential positive and negative outcomes before investing a considerable amount of time and money into it.

### 2.3.1 Technical

The framework used in this is Flask, which is a framework Flask is a micro web framework written in Python. It is classified as a micro framework because it does not require particular tools or libraries. The system once set up completely, works automatically without needing any person to operate it. The result gets automatically displayed to user. For making the system technically feasible, there is a requirement of  system with high processor for better performance.

### 2.3.2 Economical

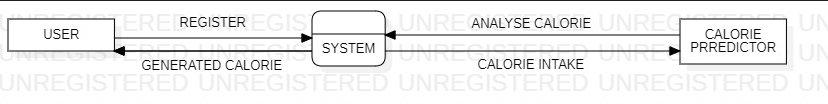
Since the system is completely automated, there is a need of continuous network supply for it to operate 24X7. The Flask framework used in the system works great and is in most demand.

### 2.3.3 Operational

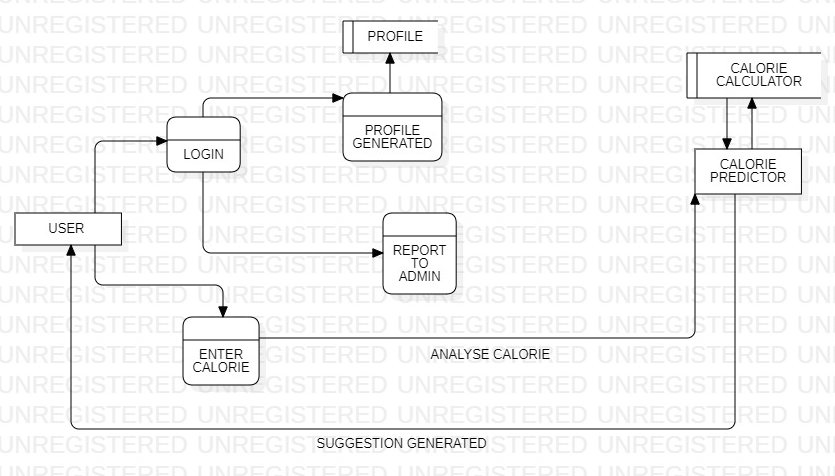
The main motto of our system is to reduce the manual efforts of dietician for diet planning. The system is able to do that accurately and efficiently making the system operationally feasible.

## 2.4 Design Representation

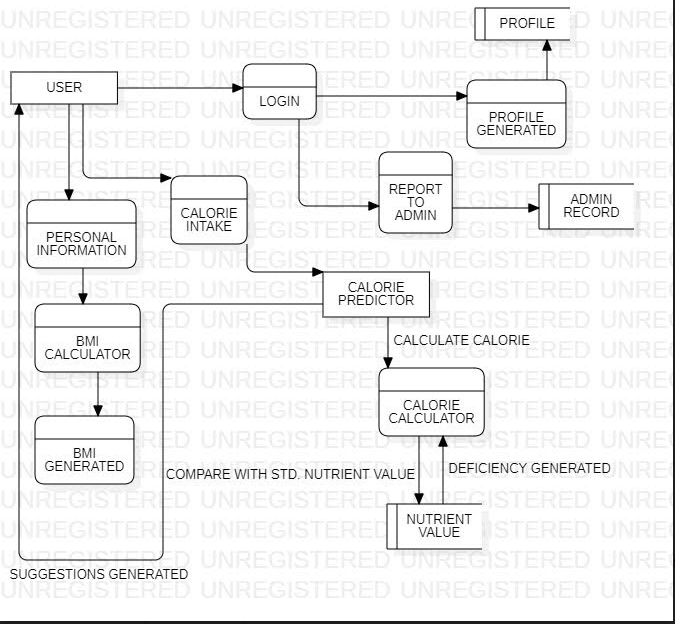
### 2.4.1 Data Flow Diagrams



**Figure 2-1 Data Flow Diagram Level 0**



**Figure 2-2 Data Flow Diagram Level 1**



**Figure 2-3 Data Flow Diagram Level 2**

### 2.4.2 Database Structure

The name of the database created is “User.db” and there is one table in the database named “user” for storing the records.

The “user” table has the following structure:

|  |  |  |
| --- | --- | --- |
| **NAME** | **DATATYPE** | **DESCRIPTION** |
| **ID** | Integer | Unique identification for every user. |
| **USERNAME** | Varchar2 | Unique name selected by user. |
| **EMAIL** | Varchar2 | Email address of user |
| **PASSWORD** | Varchar2 | Password required for authentication of user. |
| **GENDER** | Varchar2 | Gender of user |
| **DISEASE** | Varchar2 | Specific disease of user if any |
| **AGE** | Integer | Age of user |
| **WEIGHT** | Integer | Weight of user |
| **HEIGHT** | Integer | Height of user |

**Table 1: Database Structure**

## 2.5 Deployment Requirements

There are various requirements (hardware, software and services) to successfully deploy the system. These are mentioned below:

### 2.5.1 Hardware

* 32-bit, x86 Processing system
* Windows 7 or later operating system
* High processing computer system

### Software

* Python and its supported libraries
* Flask

**If Installing Flask in VSCODE** :

1. In VS Code, create a new file in your project folder named app.py using either File > New from the menu, pressing Ctrl+N, or using the new file icon in the Explorer View.
2. In app.py, add code to import Flask and create an instance of the Flask object.

# Chapter 3 .Implementation

## 3.1 Technique and Tools Used

### 3.1.1 Flask

Flask is a micro [web framework](https://en.wikipedia.org/wiki/Web_framework) written in [Python](https://en.wikipedia.org/wiki/Python_(programming_language)). It is classified as a [micro framework](https://en.wikipedia.org/wiki/Microframework) because it does not require particular tools or libraries.It has no [database](https://en.wikipedia.org/wiki/Database) abstraction layer, form validation, or any other components where pre-existing third-party libraries provide common functions. However, Flask supports extensions that can add application features as if they were implemented in Flask itself. Extensions exist for object-relational mappers, form validation, upload handling, various open authentication technologies and several common framework related tools. Applications that use the Flask framework include [Pinterest](https://en.wikipedia.org/wiki/Pinterest) and [LinkedIn](https://en.wikipedia.org/wiki/LinkedIn).

### 3.1.2 SQLITE

SQLite  is a [database engine](https://en.wikipedia.org/wiki/Database_engine) written in the [C programming language](https://en.wikipedia.org/wiki/C_Language). It is not a standalone app; rather, it is a [library](https://en.wikipedia.org/wiki/Library_(computing)) that [software developers](https://en.wikipedia.org/wiki/Programmer) embed in their [apps](https://en.wikipedia.org/wiki/Application_software). As such, it belongs to the family of [embedded databases](https://en.wikipedia.org/wiki/Embedded_database). It is the most widely deployed database engine, as it is used by several of the top [web browsers](https://en.wikipedia.org/wiki/Web_browser), [operating systems](https://en.wikipedia.org/wiki/Operating_system), [mobile phones](https://en.wikipedia.org/wiki/Mobile_phone), and other [embedded systems](https://en.wikipedia.org/wiki/Embedded_system). Many [programming languages](https://en.wikipedia.org/wiki/Programming_language) have [bindings](https://en.wikipedia.org/wiki/Language_binding) to the SQLite library. It generally follows [PostgreSQL](https://en.wikipedia.org/wiki/PostgreSQL) syntax, but does not enforce [type checking](https://en.wikipedia.org/wiki/Type_checking) by default. This means that one can, for example, insert a string into a [column](https://en.wikipedia.org/wiki/Column_(database)) defined as an integer.

## 3.2 Language Used

Python language is used in the system due to the following characterstics:

**Simple :**

Python is a simple and minimalistic language. Reading a good Python program feels almost like reading English (but very strict English!). This pseudo-code nature of Python is one of its greatest strengths. It allows you to concentrate on the solution to the problem rather than the syntax i.e. the language itself.

**Free and Open Source :**

Python is an example of a FLOSS (Free/Libre and Open Source Software). In simple terms, you can freely distribute copies of this software, read the software's source code, make changes to it, use pieces of it in new free programs, and that you know you can do these things. FLOSS is based on the concept of a community which shares knowledge. This is one of the reasons why Python is so good - it has been created and improved by a community who just want to see a better Python.

**Object Oriented:**

Python supports procedure-oriented programming as well as object-oriented programming. In procedure-oriented languages, the program is built around procedures or functions which are nothing but reusable pieces of programs. In object-oriented languages, the program is built around objects which combine data and functionality. Python has a very powerful but simple way of doing object-oriented programming, especially, when compared to languages like C++ or Java.

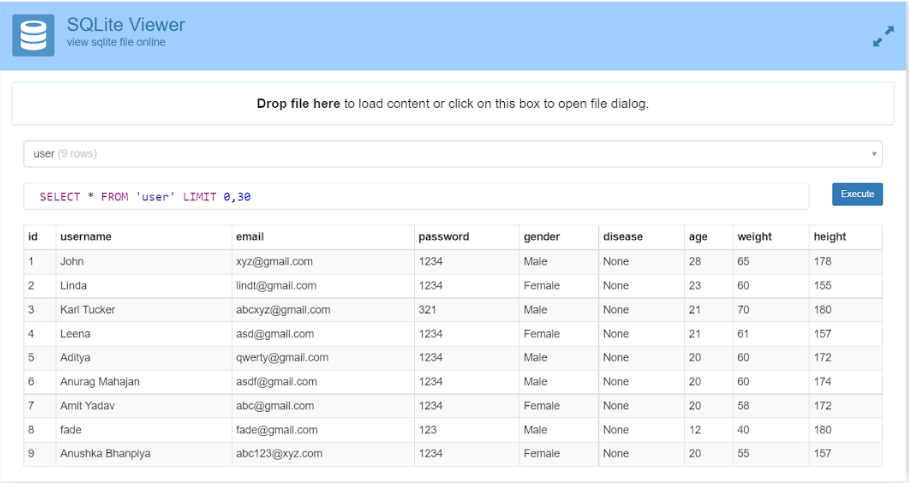
**Extensive Libraries:**

The Python Standard Library is huge indeed. It can help you do various things involving regular expressions, documentation generation, unit testing, threading, databases, web browsers, CGI, ftp, email, XML

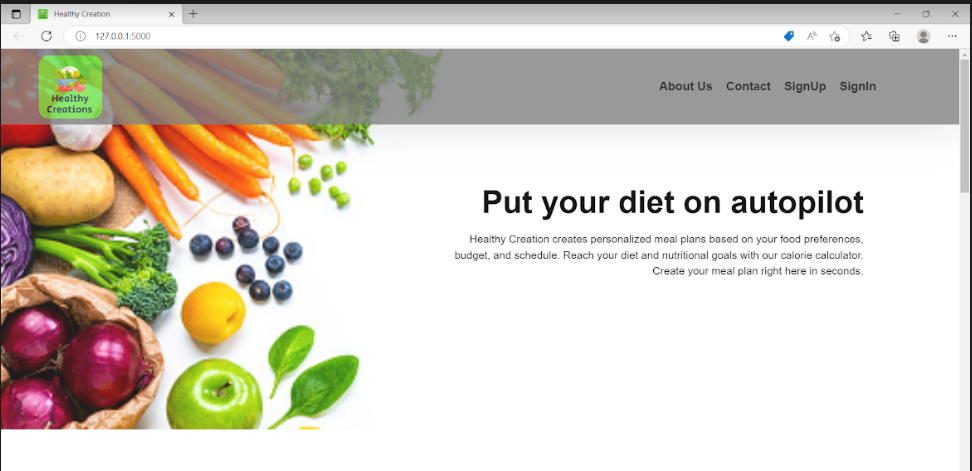
## 3.3 Screenshots

The Following are the screenshots of the result of the project:

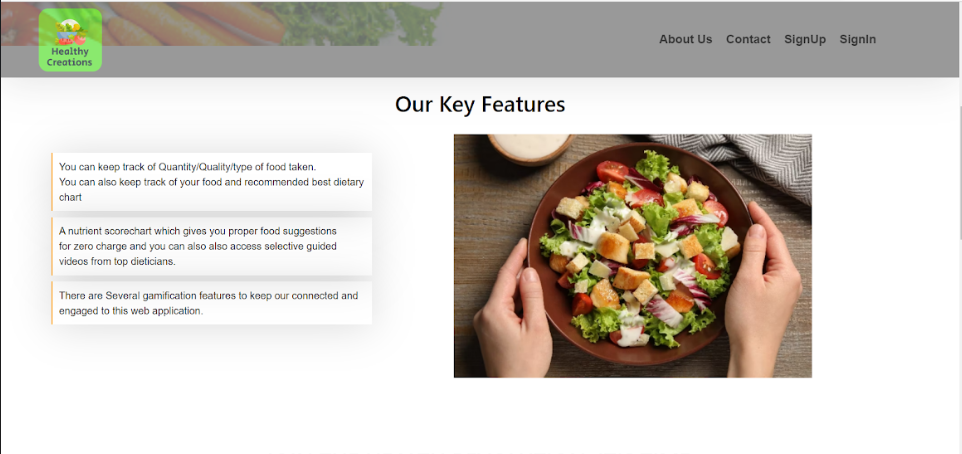
Database server



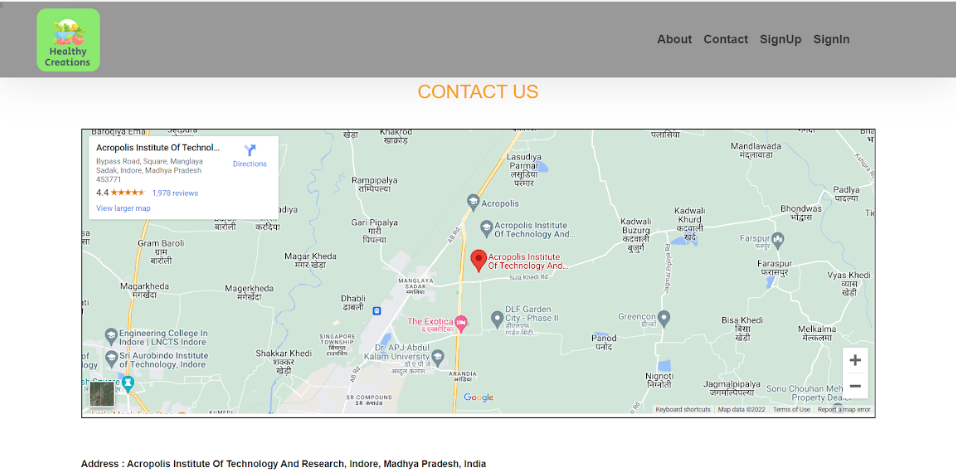
**Figure 3-1: Screenshot 1**



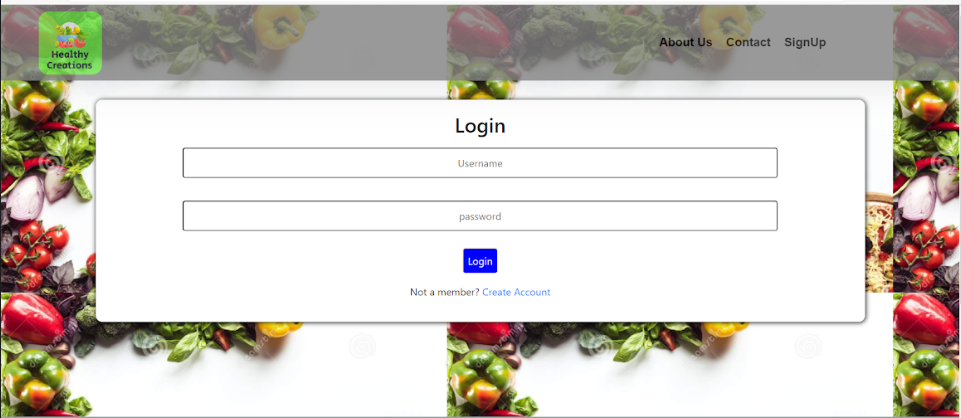
**Figure 3-2: Screenshot 2**



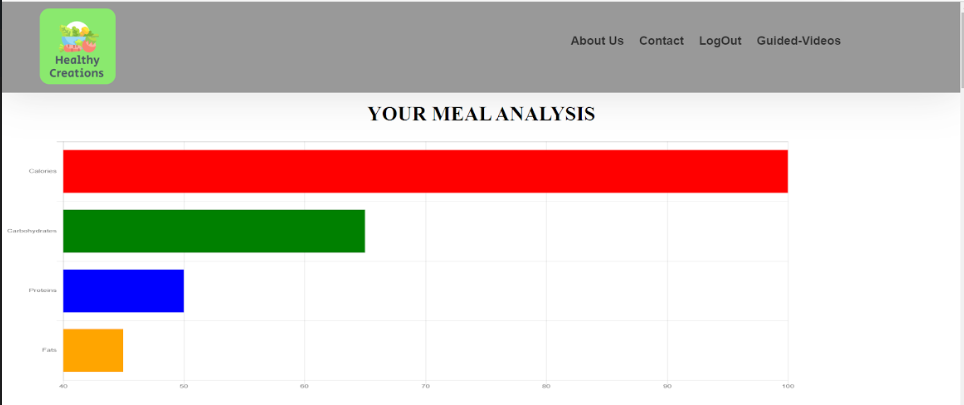
**Figure 3-3: Screenshot 3**



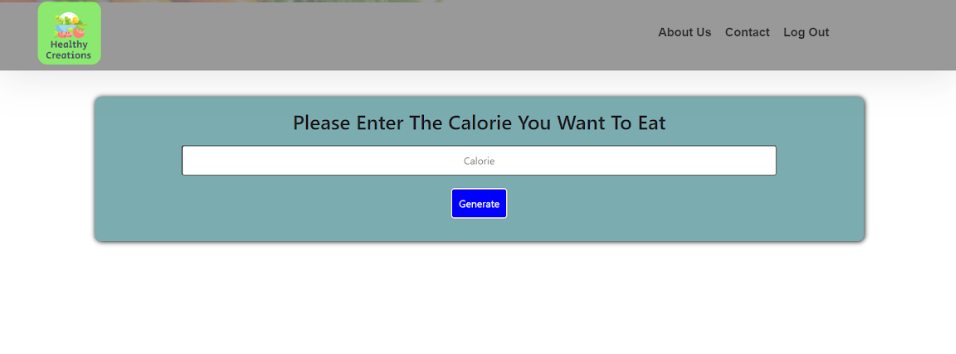
**Figure 3-4: Screenshot 4**



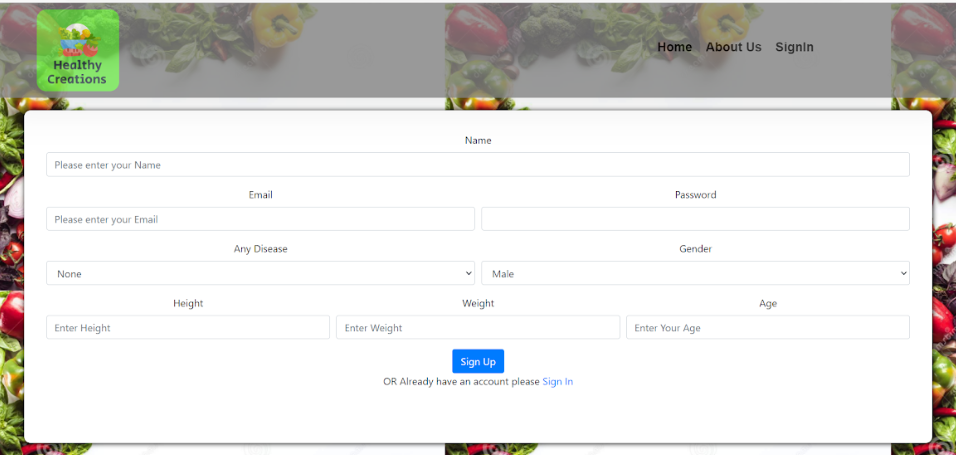
**Figure 3-5: Screenshot 5**

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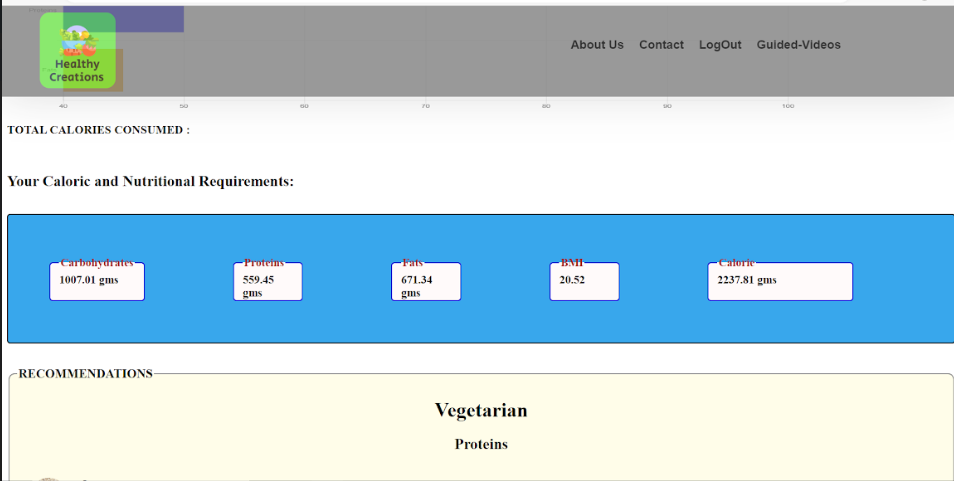
**Figure 3-6: Screenshot 6**

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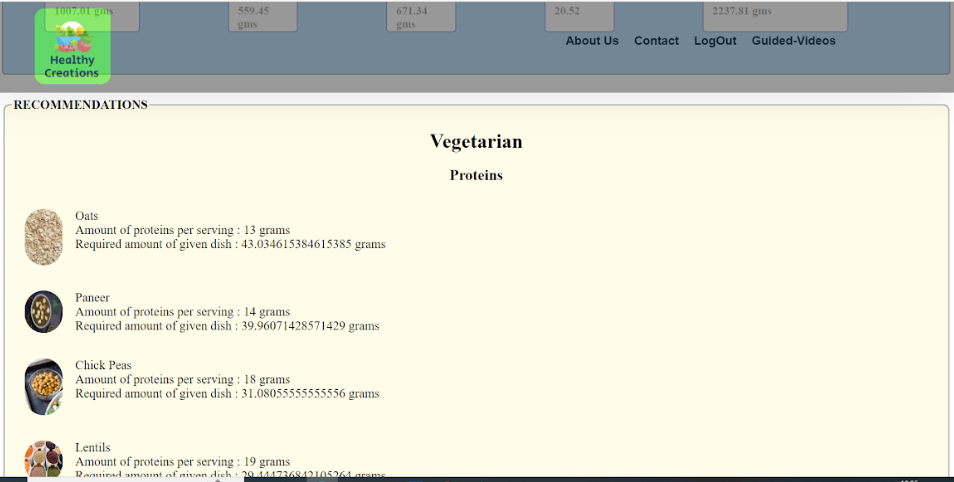
**Figure 3-7: Screenshot 7**

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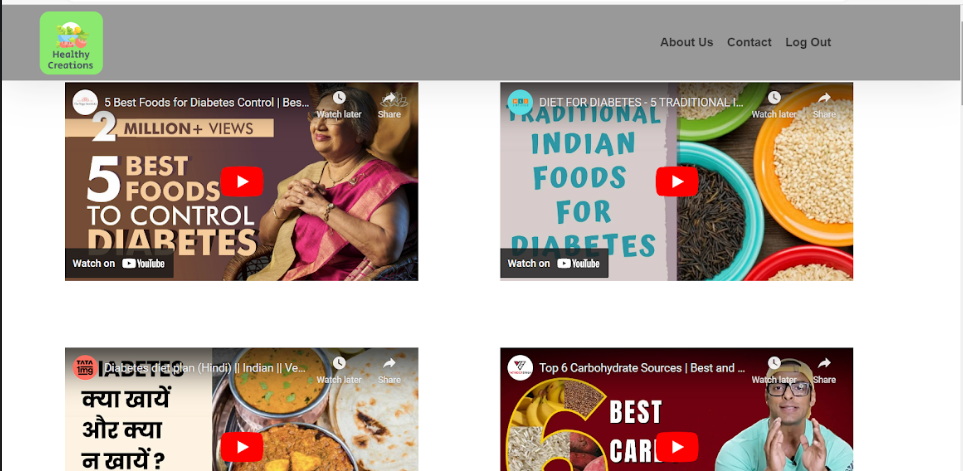
**Figure 3-8: Screenshot 8**

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**Figure 3-9: Screenshot 9**



**Figure 3-10: Screenshot 10**

****

**Figure 3-11: Screenshot 11**

# Chapter 4 . Conclusion

## 4.1 Conclusion

Thus this application will help to provide users a detailed understanding of their daily diet and the changes that are required to maintain a healthy diet. It will be easier for users to get a hold of alternatives for their food habits while also maintaining the level of nutrition. There is a need for maintaining track of a person’s daily food habits and accordingly formulate a desirable diet to maintain a healthy lifestyle. However, these functionalities are barely available under one roof. This application fulfills that requirement of a user. This application will help a lot of users to maintain a healthy lifestyle as the app will take care of how much the user eats and what he/she should be eating for a balanced food intake. This application will stand as a good commercial app in today’s world including a good combination of desirable features and workflow that will provide the best way of maintaining user’s health. Also further, the application will be flexible enough to include more add-on features. As this is an academic level project, we are using a limited data and a .net server as an extensive database will not be financially feasible. However, if the project has to be enhanced commercially, we can create a cloud to maintain the extensive data.

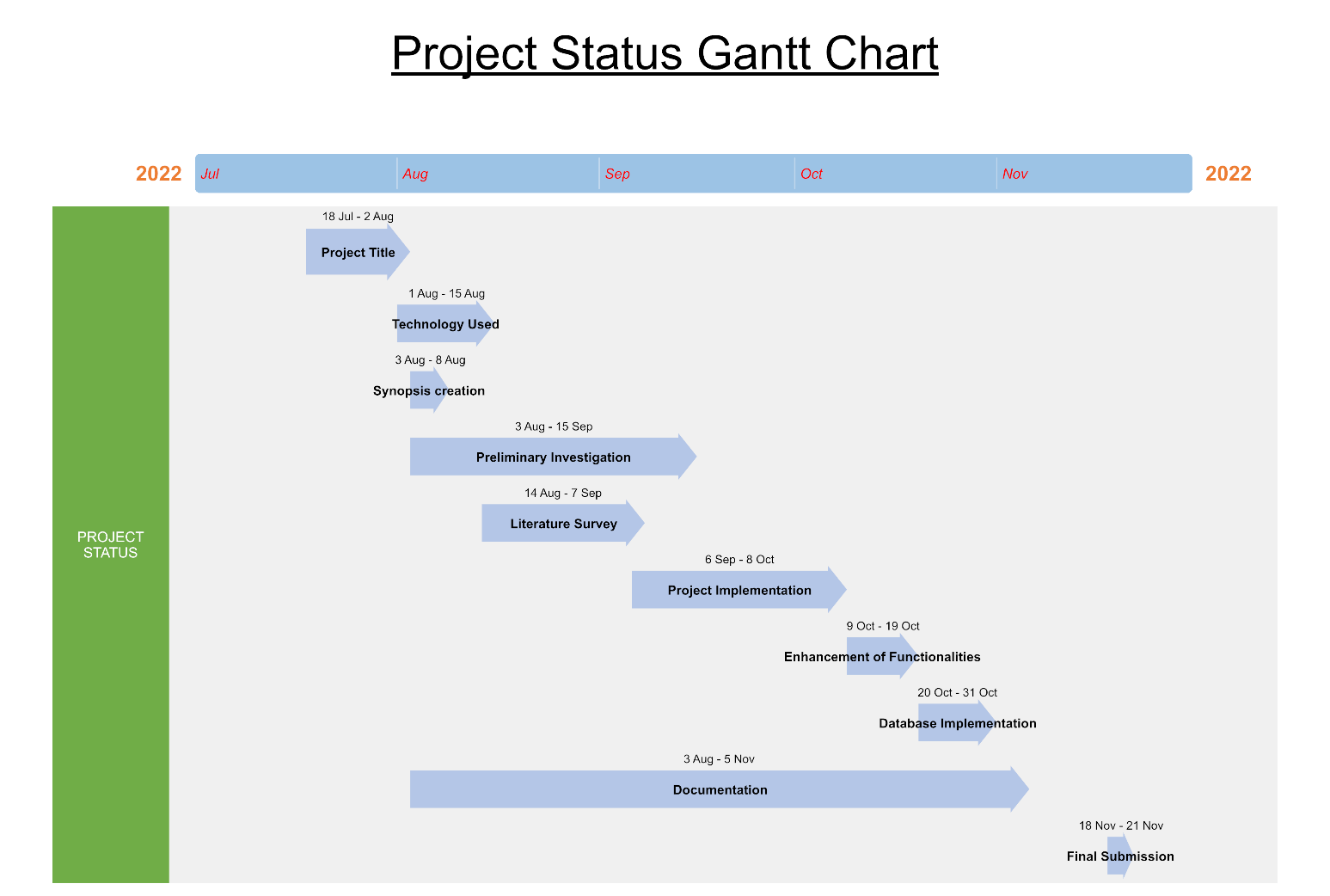
## 4.2Limitations of the Work

1. It depends on how accurately the user enters calories.
2. It takes into consideration only basic factors and diseases leaving behind more complicated diseases.
3. Quantity of food to be taken is not suggested to the user.

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# Project Plan



# Guide Interaction Sheet

|  |  |  |
| --- | --- | --- |
| **Date** | **Discussion** | **Action Plan** |
| 01/08/2022 | Discussed about the title of the project. | Meal plan analysis was decided as the title. |
| 08/08/2022 | Discussion on the technology to be used. | Flask(Python was finalized) |
| 10/08/2022 | Discussion of the creation of synopsis of the project. | Gathering of information for synopsis creation |
| 17/08/2022 | Suggestions on how to do a literature survey and preliminary investigation on the topic. | Many research papers were read , understood and their abstract were to be written. |
| 22/08/2022 | Discussion on the implementation of the project. | Started using Flask framework |
| 29/08/2022 | Discussion on the objective of the project. | Decided to Include the logic of meal analysis. |
| 03/10/2022 | For storing the result, database was advised to be added. | SQLite was used for the same purpose. |
| 26/10/2022 | Discussion on project documentation | Decided to write the content and integrate it in the proper format of the report. |

# Source Code

**1. app.py**

from flask import Flask ,render\_template,redirect,request,url\_for,flash

from flask\_sqlalchemy import SQLAlchemy

from flask\_login import LoginManager,login\_user,UserMixin

app = Flask(\_\_name\_\_)

app.config["SQLALCHEMY\_DATABASE\_URI"] = "sqlite:///user.db"

app.config["SQLALCHEMY\_TRACK\_MODIFICATIONS"] = False

app.config['SECRET\_KEY'] = 'thisissecret'

db = SQLAlchemy(app)

login\_manager = LoginManager()

login\_manager.init\_app(app)

class User(UserMixin,db.Model):

id = db.Column(db.Integer, primary\_key=True)

username = db.Column(db.String(25), unique=True, nullable=False)

email = db.Column(db.String(25), unique=True,nullable=False)

password = db.Column(db.String(25), nullable=False)

gender = db.Column(db.String(25), nullable=False)

disease = db.Column(db.String(25), nullable=False)

age = db.Column(db.Integer, nullable=False)

weight = db.Column(db.Integer, nullable=False)

height = db.Column(db.Integer, nullable=False)

def \_\_repr\_\_(self):

return '<User %r>' % self.username

@login\_manager.user\_loader

def load\_user(user\_id):

    return User.query.get(int(user\_id))

@app.route("/")

def home():

return render\_template("home.html")

@app.route("/about\_us")

def about():

return render\_template("about.html")

@app.route("/contact\_us")

def contact\_us():

return render\_template("contact\_us.html")

@app.route("/Sign\_up", methods=['GET','POST'])

def signup():

    if request.method=='POST':

        username = request.form['uname']

        email = request.form['email']

        password = request.form['password']

        gender = request.form['gender']

        disease = request.form['disease']

        age = request.form['age']

        weight = request.form['weight']

        height = request.form['height']

user = User(username=username,email=email,password=password,gender=

gender,disease=disease,age=age,weight=weight,height=height)

        db.session.add(user)

        db.session.commit()

        flash('Successfully registered','success')

        return redirect('/Sign\_in')

    return render\_template("Sign\_up.html")

@app.route("/Sign\_in", methods=['GET','POST'])

def signin():

    if request.method=='POST':

        username = request.form['uname']

        password = request.form['password']

        user = User.query.filter\_by(username=username).first()

        if user and password==user.password:

            login\_user(user)

            flash('Successfully logged in','success')

            return redirect(f'/main/{[user.id](http://user.id/)}')

    else:

            flash('Invalid username or password','warning')

            return redirect('/Sign\_in')

    return render\_template("Sign\_in.html")

@app.route("/main/<int:id>", methods=['GET','POST'])

def main1(id):

    obj = User.query.filter\_by(id=id).first()

    # return redirect('/result')

    return render\_template("main.html",obj=obj)

@app.route("/result/<int:id>", methods=['GET','POST'])

def result(id):

    obj = User.query.filter\_by(id=id).first()

    ht = obj.height

    wt = obj.weight

    age = obj.age

    gender = obj.gender

    if(gender == "Male"):

        cal = round((10\*wt + 6.25\*ht - 5\*age + 5)\*1.375,2)

    else:

        cal = round((10\*wt + 6.25\*ht - 5\*age - 161)\*1.375,2)

    carb = round(0.45\*cal,2)

    fat = round(0.30\*cal,2)

    protein = round(0.25\*cal,2)

    bmi = round(((wt/(ht\*ht))\*10000),2)

    return render\_template("result.html",cal=cal,carb=carb,fat=fat,protein=protein,bmi=bmi)

@app.route("/videos")

def video():

    return render\_template("video.html")

if \_\_name\_\_ == "\_\_main\_\_":

    app.run(debug = True)

**2. Home.html**

password = request.form[&#39;password&#39;]

gender = request.form[&#39;gender&#39;]

disease = request.form[&#39;disease&#39;]

age = request.form[&#39;age&#39;]

weight = request.form[&#39;weight&#39;]

height = request.form[&#39;height&#39;]

user=User(username=username,email=email,password=

password,gender=gender,disease=disease,age=age,

weight=weight,height=height)

db.session.add(user)

db.session.commit()

flash(&#39;Successfully registered&#39;,&#39;success&#39;)

return redirect(&#39;/Sign\_in&#39;)

return render\_template(&quot;Sign\_up.html&quot;)

@app.route(&quot;/Sign\_in&quot;, methods=[&#39;GET&#39;,&#39;POST&#39;])

def signin():

    if request.method==&#39;POST&#39;:

        username = request.form[&#39;uname&#39;]

        password = request.form[&#39;password&#39;]

        user = User.query.filter\_by(username=username).first()

        if user and password==user.password:

            login\_user(user)

            flash(&#39;Successfully logged in&#39;,&#39;success&#39;)

            return redirect(f&#39;/main/{user.id}&#39;)

  else:

      flash(&#39;Invalid username or password&#39;,&#39;warning&#39;)

            return redirect(&#39;/Sign\_in&#39;)

    return render\_template(&quot;Sign\_in.html&quot;)

@app.route(&quot;/main/&lt;int:id&gt;&quot;, methods=[&#39;GET&#39;,&#39;POST&#39;])

def main1(id):

    obj = User.query.filter\_by(id=id).first()

    # return redirect(&#39;/result&#39;)

    return render\_template(&quot;main.html&quot;,obj=obj)

@app.route(&quot;/result/&lt;int:id&gt;&quot;, methods=[&#39;GET&#39;,&#39;POST&#39;])

def result(id):

    obj = User.query.filter\_by(id=id).first()

    ht = obj.height

    wt = obj.weight

    age = obj.age

    gender = obj.gender

    if(gender == &quot;Male&quot;):

        cal = round((10\*wt + 6.25\*ht - 5\*age + 5)\*1.375,2)

    else:

        cal = round((10\*wt + 6.25\*ht - 5\*age - 161)\*1.375,2)

fat = round(0.30\*cal,2)

    protein = round(0.25\*cal,2)

    bmi = round(((wt/(ht\*ht))\*10000),2)

    return

render\_template(&quot;result.html&quot;,cal=cal,carb=carb,fat=fat,protein=protein,bmi=bm

i)

@app.route(&quot;/videos&quot;)

def video():

    return render\_template(&quot;video.html&quot;)

if \_\_name\_\_ == &quot;\_\_main\_\_&quot;:

    app.run(debug = True)

**3. Result.html**

**&**lt;!DOCTYPE html&gt;

&lt;html lang=&quot;en&quot;&gt;

&lt;head&gt;

&lt;meta charset=&quot;UTF-8&quot;&gt;

&lt;meta http-equiv=&quot;X-UA-Compatible&quot; content=&quot;IE=edge&quot;&gt;

&lt;meta name=&quot;viewport&quot; content=&quot;width=device-width, initial-scale=1.0&quot;&gt;

&lt;title&gt;Document&lt;/title&gt;

&lt;link rel=&quot;stylesheet&quot; href=&quot;/static/result.css&quot;&gt;

&lt;/head&gt;

&lt;body&gt;

&lt;nav class=&quot;nav nav\_top&quot;&gt;

&lt;div class=&quot;logo&quot;&gt;

&lt;a href=&quot;{{url\_for(&#39;home&#39;)}}&quot;&gt;&lt;img src=&quot;/static/images/logo.PNG&quot;

width=&quot;120&quot;&gt;&lt;/a&gt;

&lt;/div&gt;

&lt;div class=&quot;nav\_side&quot;&gt;

&lt;a href=&quot;{{url\_for(&#39;about&#39;)}}&quot;&gt;About Us&lt;/a&gt;

&lt;!-- &lt;a href=&quot;service.html&quot;&gt;Services&lt;/a&gt; --&gt;

&lt;a href=&quot;{{url\_for(&#39;contact\_us&#39;)}}&quot;&gt;Contact&lt;/a&gt;

&lt;a href=&quot;{{url\_for(&#39;home&#39;)}}&quot;&gt;LogOut&lt;/a&gt;

&lt;a href=&quot;{{url\_for(&#39;video&#39;)}}&quot;&gt;Guided-Videos&lt;/a&gt;

&lt;/div&gt;

&lt;/nav&gt;&lt;br&gt;&lt;br&gt;&lt;br&gt;&lt;br&gt;&lt;br&gt;&lt;br&gt;&lt;

br&gt;

&lt;div&gt;

&lt;h1 style=&quot;text-align: center;&quot;&gt;YOUR MEAL ANALYSIS&lt;/h1&gt;

&lt;script

src=&quot;https://cdnjs.cloudflare.com/ajax/libs/Chart.js/2.5.0/Chart.min.js&quot;&gt;

&lt;/script&gt;

&lt;canvas id=&quot;myChart&quot; style=&quot;max-width:1250px;max-block-size: 400px;&quot;&gt;

&lt;input type=&quot;text&quot;&gt;

&lt;/canvas&gt;

&lt;/div&gt;

&lt;/script&gt;

&lt;div class=&quot;total\_calorie&quot;&gt;

&lt;h3&gt;TOTAL CALORIES CONSUMED :&lt;/h3&gt;

&lt;div&gt;

&lt;/div&gt;

&lt;/div&gt;

&lt;br&gt;

&lt;h2&gt;Your Caloric and Nutritional Requirements:&lt;/h2&gt;&lt;br&gt;

&lt;div class=&quot;calorie&quot;&gt;

&lt;div class=&quot;cal&quot;&gt;

&lt;fieldset class=&quot;cal1&quot; id=&quot;Carbohydrates&quot; name=&quot;carb&quot;

style=&quot;width: 50px;&quot;&gt;

&lt;legend style=&quot;color:brown

;&quot;&gt;&lt;b&gt;Carbohydrates&lt;/b&gt;&lt;/legend&gt;&lt;b&gt;{{carb}} gms&lt;/b&gt;

&lt;/fieldset&gt;

&lt;fieldset class=&quot;cal2&quot; id=&quot;protein&quot; name=&quot;protein&quot; style=&quot;

width:80px;&quot;&gt;

&lt;legend style=&quot;color:

brown;&quot;&gt;&lt;b&gt;Proteins&lt;/b&gt;&lt;/legend&gt;&lt;b&gt;{{protein}} gms&lt;/b&gt;

&lt;/fieldset&gt;

&lt;fieldset class=&quot;cal3&quot; id=&quot;fats&quot; name=&quot;fats&quot; style=&quot; width:80px;&quot;&gt;

                &lt;legend style=&quot;color: brown;&quot;&gt;&lt;b&gt;Fats&lt;/b&gt;&lt;/legend&gt;&lt;b&gt;{{fat}}

gms&lt;/b&gt;

&lt;/fieldset&gt;

&lt;fieldset class=&quot;cal4&quot; id=&quot;BMI&quot; name=&quot;bmi&quot; style=&quot; width:80px;&quot;&gt;

&lt;legend style=&quot;color:brown;&quot;&gt;&lt;b&gt;

BMI&lt;/b&gt;&lt;/legend&gt;&lt;b&gt;{{bmi}}&lt;/b&gt;

 &lt;/fieldset&gt;&lt;br&gt;&lt;br&gt;&lt;br&gt;&lt;br&gt;&lt;br&gt;

 &lt;/div&gt;

 &lt;div class=&quot;rightbox&quot;&gt;

 &lt;fieldset class=&quot;cal5&quot; id=&quot;Totalcalorie&quot; name=&quot;cal&quot; style=&quot; width:

200px;&quot;&gt;

  &lt;legend style=&quot;color: brown;&quot;&gt;&lt;b&gt;

Calorie&lt;/b&gt;&lt;/legend&gt;&lt;b&gt;{{cal}} gms&lt;/b&gt;

            &lt;/fieldset&gt;

        &lt;/div&gt;

  &lt;/div&gt;

  &lt;script src=&quot;/static/chart.js&quot;&gt;&lt;/script&gt;

  &lt;/div&gt;

  &lt;br&gt;

  &lt;br&gt;

  &lt;fieldset class=&quot;fieldset&quot;&gt;

        &lt;legend style=&quot;font-size: 20px&quot;&gt;&lt;b&gt;RECOMMENDATIONS&lt;/b&gt;&lt;/legend&gt;

        &lt;div class=&quot;vegetarian&quot;&gt;

            &lt;h1&gt;Vegetarian&lt;/h1&gt;

&lt;h2&gt;Proteins&lt;/h2&gt;

            &lt;div class=&quot;food\_item1&quot;&gt;

                &lt;img src=&quot;/static/images/oats.jpg&quot; alt=&quot;&quot;&gt;

                &lt;p&gt;Oats &lt;br&gt;&lt;span&gt;Amount of proteins per serving : 13

grams&lt;br&gt;

                        Required amount of given dish : {{protein/13}}

grams&lt;/span&gt;&lt;/p&gt;

            &lt;/div&gt;

            &lt;div class=&quot;food\_item2&quot;&gt;

  &lt;img src=&quot;/static/images/paneer.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Paneer &lt;br&gt;&lt;span&gt;Amount of proteins per serving :

14grams&lt;br&gt;

 Required amount of given dish : {{protein/14}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

 &lt;/div&gt;

&lt;div class=&quot;food\_item3&quot;&gt;

&lt;img src=&quot;/static/images/chickpeas.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Chick Peas &lt;br&gt;&lt;span&gt;Amount of proteins per serving : 18

grams&lt;br&gt;

   Required amount of given dish : {{protein/18}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

&lt;/div&gt;

&lt;div class=&quot;food\_item4&quot;&gt;

&lt;img src=&quot;/static/images/lentils.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Lentils &lt;br&gt;&lt;span&gt;Amount of proteins per serving : 19

grams&lt;br&gt;

     Required amount of given dish : {{protein/19}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

&lt;/div&gt;

&lt;br&gt;

&lt;h2&gt;Fats&lt;/h2&gt;

&lt;div class=&quot;food\_item1&quot;&gt;

&lt;img src=&quot;/static/images/nuts.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Nuts(almonds etc.) &lt;br&gt;&lt;span&gt;Amount of fats per serving :

54 grams&lt;br&gt;

       Required amount of given dish : {{fat/54}}

grams&lt;/span&gt;&lt;/p&gt;

&lt;/div&gt;

&lt;div class=&quot;food\_item2&quot;&gt;

&lt;img src=&quot;/static/images/corn.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Stir Fried Corn &lt;br&gt;&lt;span&gt;Amount of fats per serving : 1.2

grams&lt;br&gt;

        Required amount of given dish : {{fat/1.2}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

&lt;/div&gt;

&lt;div class=&quot;food\_item3&quot;&gt;

&lt;img src=&quot;/static/images/coconutMilk.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Coconut Milk &lt;br&gt;&lt;span&gt;Amount of fats per serving : 24

grams&lt;br&gt;

         Required amount of given dish : {{fat/24}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

&lt;/div&gt;

&lt;div class=&quot;food\_item4&quot;&gt;

&lt;img src=&quot;/static/images/tofu.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Tofu &lt;br&gt;&lt;span&gt;Amount of fats per serving : 4.8 grams&lt;br&gt;

           Required amount of given dish :{{fat/4.8}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

&lt;/div&gt;

&lt;br&gt;

&lt;h2&gt;Carbohydrates&lt;/h2&gt;

&lt;div class=&quot;food\_item1&quot;&gt;

&lt;img src=&quot;/static/images/bread.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Bread &lt;br&gt;&lt;span&gt;Amount of carbohydrates per serving :

49grams&lt;br&gt;

          Required amount of given dish : {{carb/49}}

grams&lt;/span&gt;&lt;/p&gt;

&lt;/div&gt;

&lt;div class=&quot;food\_item2&quot;&gt;

&lt;img src=&quot;/static/images/pasta.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Pasta &lt;br&gt;&lt;span&gt;Amount of carbohydrates per serving :

25grams&lt;br&gt;

           Required amount of given dish : {{carb/25}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

&lt;/div&gt;

&lt;div class=&quot;food\_item3&quot;&gt;

&lt;img src=&quot;/static/images/potatoes.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Potatoes &lt;br&gt;&lt;span&gt;Amount of carbohydrates per serving : 17grams&lt;br&gt;

              Required amount of given dish : {{carb/17}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

&lt;/div&gt;

&lt;div class=&quot;food\_item4&quot;&gt;

&lt;img src=&quot;/static/images/rice.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Rice &lt;br&gt;&lt;span&gt;Amount of carbohydrates per serving :

28grams&lt;br&gt;

                Required amount of given dish : {{carb/28}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

&lt;/div&gt;

&lt;/div&gt;

&lt;hr style=&quot;color: black;&quot;&gt;

&lt;div class=&quot;non\_vegetarian&quot;&gt;

&lt;h1&gt;Non Vegetarian&lt;/h1&gt;

&lt;h2&gt;Proteins&lt;/h2&gt;

&lt;div class=&quot;food\_item1&quot;&gt;

&lt;img src=&quot;/static/images/eggs.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Eggs &lt;br&gt;&lt;span&gt;Amount of proteins per serving : 13

grams&lt;br&gt;

                    Required amount of given dish : {{protein/13}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

&lt;/div&gt;

&lt;div class=&quot;food\_item2&quot;&gt;

&lt;img src=&quot;/static/images/fish.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Fish &lt;br&gt;&lt;span&gt;Amount of proteins per serving : 22

grams&lt;br&gt;

                         Required amount of given dish : {{protein/22}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

&lt;/div&gt;

&lt;div class=&quot;food\_item3&quot;&gt;

&lt;img src=&quot;/static/images/chicken.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Chicken &lt;br&gt;&lt;span&gt;Amount of proteins per serving : 27

grams&lt;br&gt;

                        Required amount of given dish : {{protein/27}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

&lt;/div&gt;

&lt;div class=&quot;food\_item4&quot;&gt;

&lt;img src=&quot;/static/images/beef.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Beef &lt;br&gt;&lt;span&gt;Amount of proteins per serving : 26

grams&lt;br&gt;

                        Required amount of given dish : {{protein/26}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

&lt;/div&gt;

&lt;br&gt;

&lt;h2&gt;Fats&lt;/h2&gt;

&lt;div class=&quot;food\_item1&quot;&gt;

&lt;img src=&quot;/static/images/lamb.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Lamb &lt;br&gt;&lt;span&gt;Amount of fats per serving :21grams&lt;br&gt;

                        Required amount of given dish : {{fat/21}}

grams&lt;/span&gt;&lt;/p&gt;

&lt;/div&gt;

&lt;div class=&quot;food\_item2&quot;&gt;

&lt;img src=&quot;/static/images/scallops.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Scallops &lt;br&gt;&lt;span&gt;Amount of fats per serving : 1.8

grams&lt;br&gt;

                        Required amount of given dish : {{fat/1.8}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

&lt;/div&gt;

&lt;div class=&quot;food\_item3&quot;&gt;

&lt;img src=&quot;/static/images/tuna.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Tuna Fish &lt;br&gt;&lt;span&gt;Amount of fats per serving : 1.6

grams&lt;br&gt;

                        Required amount of given dish : {{fat/1.6}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

&lt;/div&gt;

&lt;div class=&quot;food\_item4&quot;&gt;

&lt;img src=&quot;/static/images/mutton.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Mutton &lt;br&gt;&lt;span&gt;Amount of fats per serving : 21 grams&lt;br&gt;

                        Required amount of given dish : {{fat/21}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

&lt;/div&gt;

&lt;br&gt;

&lt;h2&gt;Carbohydrates&lt;/h2&gt;

&lt;div class=&quot;food\_item1&quot;&gt;

&lt;img src=&quot;/static/images/chicken.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Chicken &lt;br&gt;&lt;span&gt;Amount of carbohydrates per serving : 5

grams&lt;br&gt;

                        Required amount of given dish : {{carb/5}}

grams&lt;/span&gt;&lt;/p&gt;

&lt;/div&gt;

&lt;div class=&quot;food\_item2&quot;&gt;

&lt;img src=&quot;/static/images/lamb.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Steak &lt;br&gt;&lt;span&gt;Amount of carbohydrates per serving : 0.1

grams&lt;br&gt;

                        Required amount of given dish : {{carb/0.1}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

&lt;/div&gt;

&lt;div class=&quot;food\_item3&quot;&gt;

&lt;img src=&quot;/static/images/beef.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Beef &lt;br&gt;&lt;span&gt;Amount of carbohydrates per serving : 0.1

grams&lt;br&gt;

                        Required amount of given dish : {{carb/0.1}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

&lt;/div&gt;

&lt;div class=&quot;food\_item4&quot;&gt;

&lt;img src=&quot;/static/images/mutton.jpg&quot; alt=&quot;&quot;&gt;

&lt;p&gt;Mutton &lt;br&gt;&lt;span&gt;Amount of carbohydrates per serving : 5

grams&lt;br&gt;

                        Required amount of given dish : {{carb/5}}

grams&lt;/span&gt;&lt;/p&gt; &lt;br&gt;

&lt;/div&gt;

&lt;/div&gt;

&lt;/fieldset&gt;

&lt;/body&gt;

&lt;script src=&quot;/static/chart.js&quot;&gt;&lt;/script&gt;