



AI-BASED PERSONALIZED DIET CHART PLANNER

This presentation discusses the development of an AI-driven system that creates personalized diet plans tailored to individual needs. It highlights the importance of proper nutrition and how technology can enhance dietary management for better health outcomes.



ABSTRACT

This project focuses on creating an AI-driven diet planning system that tailors diet charts to individual user needs. By considering various personal factors such as age, weight, height, gender, dietary preferences, and specific fitness goals, the system provides customized nutritional recommendations based on accurate calorie and macronutrient calculations.



OBJECTIVES



AI-driven diet personalization



Health data collection



Weekly meal plan suggestions



Nutritional breakdown display



User-friendly interface design

LITERATURE SURVEY





MANUAL CONSULTATIONS REQUIRED

Patients often need to meet with nutritionists in person, which can be inconvenient and time-consuming. This reliance on manual consultations can lead to inconsistent dietary guidance.



STATIC DIET CHARTS

Currently, once a diet chart is provided, there is no systematic approach to update it based on the patient's progress or changing needs, leading to stale and ineffective plans.



LOW ACCURACY FOR CASUAL USERS

Casual users often find the information provided to be generalized and not suited to their unique dietary requirements, which can hinder their health progress.



NO PERSONALIZATION OR ADAPTATION

The current systems fail to adapt to users' evolving dietary needs or preferences, resulting in a lack of personalization that is essential for effective diet planning.



SCOPE



Assists in meal planning



Supports diverse dietary needs



User-friendly interface design



Targets various demographics



Flexible meal planning options

ADVANTAGES



Saves time



Personalized suggestions



Improved nutrition awareness



Adaptive to user goals

CONCLUSION

The AI-Based Personalized Diet Chart Planner project demonstrates the potential to transform diet planning. By automating the process and personalizing recommendations, it addresses common challenges faced by individuals seeking to improve their nutrition.

