LITERATURE SURVEY

1.Platejoy

This app able to give a choice of It uses a questionnaire to collect details about your lifestyle, cooking habits, and dietary preferences and then creates a custom meal plan and shopping list for your household.In addition to choosing your meal plan, you can also select specific ingredients that you'd like to avoid, the amount of variety you prefer, and your desired portion sizes.

Cons: Requires membership to use cost of ingredients isn't included in the price of the app.

2.Lifesum: Healthy Eating

The app collects information about your height, weight, age, and specific goals to provide a personalized plan based on your needs. It also has a weekly health test, which includes insights on your habits and identifies potential areas for improvement.

Cons :limited customization for meal plans
some users note that the directions for some recipes could be better.

3.Ate Food Journal

The app enables you to take photos of your meals and activities to create a visual timeline of your day. It also allows you to participate in experiments, such as eating with your nondominant hand, and add details about each meal, including who you ate with, how it was made, and how it tasted.

4.Effects and challenges of using a nutrition assistance system

Recommender systems, as an integral part of Health technologies, address this task by supporting users with healthy food recommendations.

However, knowledge about the effects of the long-term provision of health-aware recommendations in real-life situations is limited.

This study investigates the impact of a mobile, personalized recommender system named Nutrilize.

5. A survey on nutrition monitoring and dietary management system

A well balanced diet with an estimated nutrient intake is vital for infants and children which reduces the risks of deadly diseases namely cancer, diabetes, obesity and cardiovascular diseases.

Unlike adults, infants require some assistance in their food intake. The survey provides valuable insights about the various advancements of IoT in the healthcare industry and the need for nutrition and dietary monitoring. A varied number of nutrition monitoring systems for the estimation and prediction of calories have been developed using various machine learning techniques and also with advanced deep learning based techniques. A comparative view of the previous works of researchers in the recent times has been provided.

REFERENCES :

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- www.atefoodjourney.com
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- Author Kamaks hi Priyaa Prakash,Dr L Arockiam released a paper on june 2019.