



Get Started

Diet Planning System

Personalized Diet Recommendations Based on
Your Health Profile

Submitted To:
DR. / Mohamed HuisSEN

TEAM MEMBERS

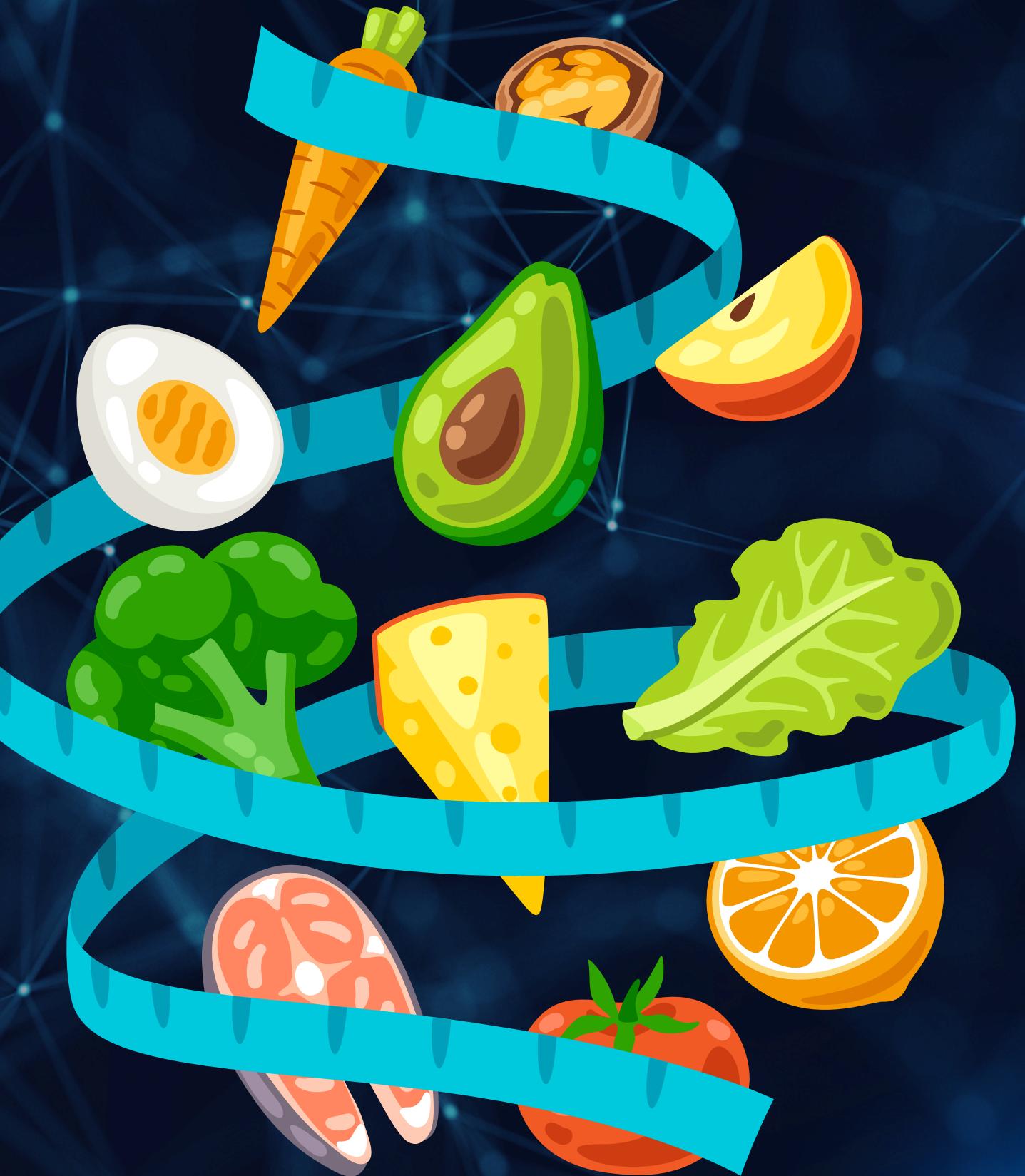
- Ali Mohamed Ali
- Omar Ahmed Abd-Alaziz
- Marios Magid Atef
- Hagar Ali El-Refaai
- Hana Ahmed Nabhan



Introduction

What is the Diet Planning System?

The Diet Planning System is an interactive application that provides personalized diet recommendations based on your age, gender, chronic conditions, allergies, and fitness goals. Whether you want to lose weight, gain fitness, or maintain healthy eating habits, this system has you covered.



Motivation behind the project

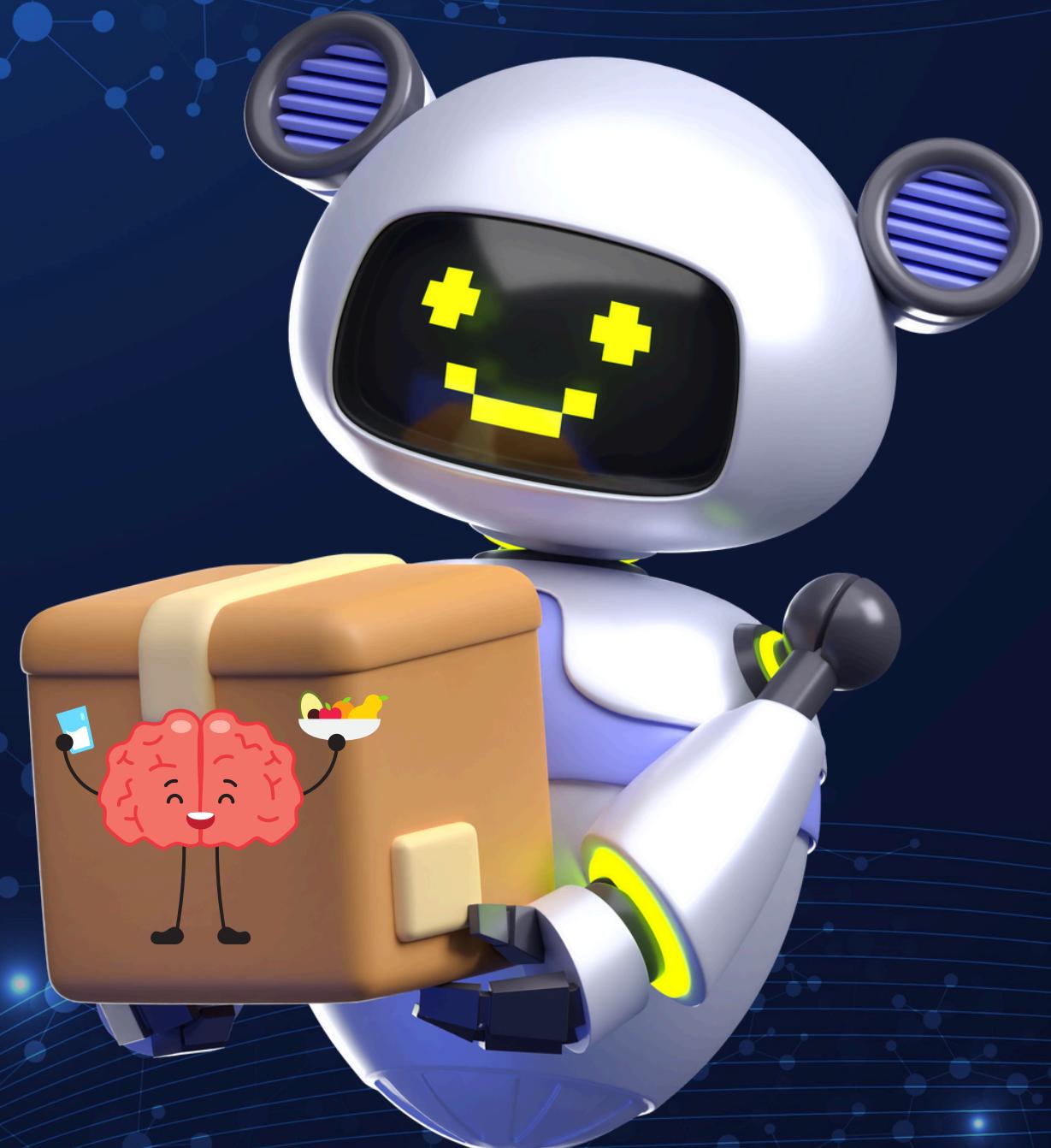


People struggle to find suitable diets.

Health issues need personalized nutrition

Our solution

an interactive expert system.



Objectives

Provide personalized diet recommendations.

Consider age, gender, chronic diseases, allergies, and goals.

Deliver clear meal plans for the day.



User Inputs

Age Groups:

- 01 Less than 18, 19-30, 31-50, More than 50

Gender:

- 02 Male, Female

Chronic Diseases:

- 03 Diabetes, Heart Disease, Cholesterol, None



User Inputs

Allergies:

04 Gluten, Nut, Lactose, None

Fitness Goals:

05 To be Fit, Lose Weight, Healthy Habits



System Workflow

- User selects preferences via GUI.
- System maps age to category.
- Filters diet facts based on inputs.
- Displays recommended diet plan (Breakfast, Lunch, Dinner, Drinks).



Interactive Interface

- Easy-to-use graphical user interface (GUI) built with Prolog and XPCE, featuring drop-down menus and an interactive recommendation button.



GUI Interface

Diet Planning System

Please select the below fields:

Age: Gender: Disease: Allegries: Primary goal:

Get Diet Plan

Sample Output

Diet Planning System

Please select the below fields:

Age: Gender: Disease: Allegries: Primary goal:

Recommended Diet Plan:

Breakfast:
berry_oatmeal, veggie_quiche, avocado_sandwich, banana_toast, spinach_omelet
green_omelet, healthy_bites, granola_parfait, nutty_oats

Lunch:
lentil_soup, greek_salad, chickpea_salad, tomato_soup, kimchi_rice
garden_pasta

Dinner:
miso_stew, chickpea_curry, ginger_soup

Drinks:
mint_tea, turmeric_latte, pear_juice, cucumber_water, fruit_juice
green_juice, detox_water, apple_sparkle

Conclusion

- Effective tool for personalized diet planning.
- Combines AI logic with user interaction.
- Real-world use for people with dietary needs.





Thank You!

