**IDEATION PHASE**

**LITERATURE SURVEY**

**Literature Survey - 1**

**NAME OF THE JOURNAL** : International Journal Of Creative Research Thoughts (IJCRT)

**TITLE OF THE PAPER :** Nutrition Informatics App

**AUTHOR / PUBLISHER** : Dr.A.V. SenthilKumar, Mr.A.Siva

**YEAR OF PUBLICATION** : 2022

**REVIEW** :

The project entitled “**Nutrition Informatics App**” is a mobile application which has been designed by using Android Studio with Java as front end tool and Google Firebase as back end tool. Nutrition informatics is the intersection of information, nutrition and technology. This Food Nutrition Informatics app is mainly used to evaluate the daily foods intake by the user and compare the food intake nutritive value including minerals and vitamins details. These details will get compared with the Recommended Dietary Allowance (RDA). The RDA is the average daily level of intake sufficient to meet the nutrient requirements of nearly all (97%-98%) healthy people. The proposed mobile app has been designed with several modules such as User Registration, User Login, User Daily intake of food, Comparison with RDA and display the higher and lower level of minerals and vitamins. The app calculates the nutritive value of Energy, Carbohydrate, Protein, Fat, Total Fibre, Soluble fibre and Insoluble fibre.

The calculated nutritive value will get compared with the standard RDA according to the age group and gender standard values. The comparative result will be displayed to the user with the interpretation and inference result. The mobile app has been designed with two roles such as user role and administrator role. The administrator will update the RDA details and nutritive details of selected food details on Indian food. These details will be more helpful to the user to control the food habit and turn into a healthy dietary chart for a long healthy and happy life.

**Literature Survey - 2**

**NAME OF THE JOURNAL** : International Journal Of Engineering Applied Sciences and Technology

**TITLE OF THE PAPER :** DIETEXPERT – Android Application For Personal Diet Consultant

**AUTHOR / PUBLISHER** : Garvita Gehlot

**YEAR OF PUBLICATION** : 2021

**REVIEW** :

This application provides the user with a complex algorithm which can provide the user with a diet plan based on his/her characteristics like height, weight, BMI, gender etc. Everyone today dreams of healthy life cycle.

In Today’s busy life healthy body is dream for everyone to have a proper balanced diet. A balanced diet is important because your organs and tissues need proper nutrition to work effectively. Without good nutrition, your body is more prone to disease, infection, fatigue, and poor performance. Children with a poor diet run the risk of growth and developmental problems and poor academic performance, and bad eating habits can persist for the rest of their lives. At the core of a balanced diet are foods that are low in unnecessary fats and sugars and high in vitamins, minerals, and other nutrients. The following food groups are essential parts of a balanced diet. Calories play a vital role in our growth and energy. A good diet can help you manipulate calorie intake based on your requirements. The proposed application will provide the user with a user-friendly User-Interface where they can create an account, manage their account and get the diet by the click of just one button. If the user is allergic to some kind of food, it also has the feature to contact an actual dietitian to consult. And there’s also a page where the user can just read some interesting facts on health and human body. This application will save a lot of user’s time by not actually visiting a dietitian and getting everything done on their phone.

**Literature Survey - 3**

**NAME OF THE JOURNAL** : Frontiers in Nutrition

**TITLE OF THE PAPER :** Development of a Smartphone Application for Dietary Self-Monitoring

**AUTHOR / PUBLISHER**  :Jeong Sun Ahn, Dong Woo Kim, Jiae Kim, Haemin Park, and Jung Eun Lee

**YEAR OF PUBLICATION** : 2019

**REVIEW** :

This article describes the key features of the Well-D, a mobile dietary self-monitoring application developed to assess and track dietary intake. To test the acceptability of the app, 102 adults aged 18 years or older were asked to use Well-D for 3 days or more. After using the app, they recorded their likes/dislikes and recommendations regarding ways to improve Well-D. A mobile application for dietary assessment and monitoring may have the potential to help individuals and groups to engage in healthy behaviors.

**Literature Survey - 4**

**NAME OF THE JOURNAL** : [2021 IEEE 12th Annual Information Technology, Electronics and Mobile Communication Conference (IEMCON)](https://ieeexplore.ieee.org/xpl/conhome/9623060/proceeding)

# **TITLE OF THE PAPER :** Mobile Application Based Teli-nutrition System for Covid-19 Pandemic

**AUTHOR / PUBLISHER** :[Taslima Akter Tamanna](https://ieeexplore.ieee.org/author/37089180793), [Srijani Choudhury](https://ieeexplore.ieee.org/author/37089181704), [Afsana](https://ieeexplore.ieee.org/author/37089183150), [Mohammad Monirujjaman Khan](https://ieeexplore.ieee.org/author/37086229128)

**YEAR OF PUBLICATION** : 2021

**REVIEW** :

In Bangladesh, there is a shortage of legitimate nourishment data frameworks that can give fitting sustenance messages dependent on various rules for pregnant ladies and new born children. Lack of healthy sustenance devastatingly affects people's wellbeing and prosperity and the monetary improvement of nations. Conversely, essential or tertiary health laborers couldn't offer vital assistance to them. With so many people becoming ill from the (COVID-19), poor weight control plans exacerbate pre-existing conditions, putting them at greater risk. Individuals living with chronic illnesses who have been diagnosed with COVID-19 must improve their mental health and count calories to ensure that they remain in good health. Look for direct and psychosocial support from suitably prepared wellbeing care experts, including community-based lay and peer guides. Venturing into nourishment counsel, advancing breastfeeding, and battling deception around COVID-19 transmission will offer assistance to protect the role of nutritious nourishment as a partner against sickness. Any health worker in Bangladesh can easily use this application. Our health laborers regularly neglect to convey legitimate nourishment data to moms. Such an instrument can be helpful in giving a proper method to show particular nourishment messages to mothers dependent on their wellbeing stages and dependent on their baby's age. The design of this application can provide a legitimate office for conveying sustenance messages to mothers and workers. This framework may have to be examined occasionally to meet the progression of client prerequisites and be applied properly.