

# AI –POWERED NUTRITION ANALYZER FOR FITNESS ENTHUSIASTS

TEAM ID -PNT2022TMID00461

## 1 INTRODUCTION

Food is essential for human life and has been the concern of many healthcare conventions. Nowadays new dietary assessment and nutrition analysis tools enable more opportunities to help people understand their daily eating habits, exploring nutrition patterns and maintain a healthy diet. Nutritional analysis is the process of determining the nutritional content of food. It is a vital part of analytical chemistry that provides information about the chemical composition, processing, quality control and contamination of food.

### 1.1 PROJECT OVERVIEW:

The project is to building a model which is used for classifying the fruit depends on the different characteristics like colour, shape, texture etc. Here the user can capture the images of different fruits and then the image will be sent the trained model. The model analyses the image and detect the nutrition based on the fruits like (Sugar, Fibre, Protein, Calories, etc.).

### 1.2 PURPOSE:

Nutritional Analysis detects the exact nutritional value of any given food item.It determines the percentage of macro and micronutrients present in that food item as well as the presence of inhibitors, toxic chemicals, or any other new component.It is also important in nutrition mapping where a variety of food items are regularly being tested and included in the standardized book of Nutritive Value of Indian Foods by the Indian Council of Medical Research.Presences of inhibitors, toxic chemicals in various foods are tested in food nutrition analysis. Inhibitors like phytate, oxalate decrease the bioavailability of nutrients, and toxic chemicals like saponin, trypsin inhibitors, pathogens, etc. cause mild to severe ailments in the human body.

## **2 LITERATURE SURVEY:**

### **2.1 Deep Food : Food Image Analysis and Dietary Assessment via Deep Model.**

This system will analyze the nutritional ingredients based on the recognition results and generate a dietary assessment report by calculating the amount of calories, fat, carbohydrate and protein.

#### **ALGORITHMS USED:**

- Region-based Convolutional Neural Network
- Convolutional Neural Network
- Non-maximum suppression
- Bounding Box Regression

#### **CHALLENGES:**

Three main challenges in real food image recognition and analysis are addressed as follows:

1. Region of Interest
2. The Delay of Food Recognition
3. Insufficient Information of Nutrition Content for dietary assessment

### **2.2 A New Deep Learning-based Food Recognition System for Dietary Assessment on An Edge Computing Service Infrastructure**

A design of food recognition system employing edge computing-based service computing paradigm to overcome some inherent problems of traditional mobile cloud computing paradigm, such as unacceptable system latency and low battery life of mobile devices.

### **ALGORITHMS USED:**

- K-means clustering algorithms
- Convolutional Neural Network
- Bounding Box Regression
- Deep learning

### **CHALLENGES:**

Using this simple cropping-based approach will not work well if the food is scattered on different parts of the image.

## **2.3 Precision Nutrient Management Using Artificial Intelligence Based on Digital Data Collection Framework**

Nutritional intake is fundamental to human growth and health, and the intake of different types of nutrients and micronutrients can affect health. The content of the diet affects the occurrence of disease, with the incidence of many diseases increasing each year while the age group at which they occur is gradually decreasing.

### **ALGORITHM USED:**

- Okapi BM25
- TF-IDF
- Levenshtein
- Jaccard
- Synonyms

- **CHALLENGES:**

This model has very little error and can significantly improve the efficiency of the analysis.

## **2.4 Calculating Nutrition Facts with Computer Vision**

People are becoming more health-conscious than before. However, there is a lack of knowledge about different fitness and wellness aspects of food. Thus, I come up with Foodify.ai — a deep learning-based application that detects food from the image and provides information of food such as protein, vitamins, calories, minerals, carbs, etc.

### **ALGORITHM USED:**

Deep learning

Machine learning

Image processing

### **CHALLENGES:**

1. This is to collect images to create a huge dataset. This is related to training the deep learning model. It is an extremely computationally expensive and time-consuming task to train the model again and again. This can be solved by using cloud-based services.



### 3 IDEATION AND PROPOSED SOLUTION

#### 3.1 EMPATHY MAP CANVAS

#### AI-Powered Nutrition Analyzer For Fitness Enthusiasts

Nutritional analysis is the process of determining the nutritional content of food. It is a vital part of analytical chemistry that provides information about the chemical composition, processing, quality control and contamination of food. The main aim of the project is to building a model which is used for classifying the fruit depends on the different characteristics like colour, shape, texture etc. Here the user can capture the images of different fruits and then the image will be sent the trained model. The model analyses the image and detect the nutrition based on the fruits like (Sugar, Fibre, Protein, Calories, etc.).

This is a textbox...



Share your feedback

## 3.2 IDEATION AND BRAINSTORMING



### Brainstorm & idea prioritization

Use this template in your own brainstorming sessions so your team can unleash their imagination and start shaping concepts even if you're not sitting in the same room.

- 1. 15 minutes to prepare
- 2. 1 hour to collaborate
- 3. 20 minutes to summarize

9

Brainstorm & idea prioritization



Brainstorm & idea prioritization

1. Before you collaborate  
A little bit of preparation goes a long way with this session. Here's what you need to do to get going.  
[Go to slide 10](#)

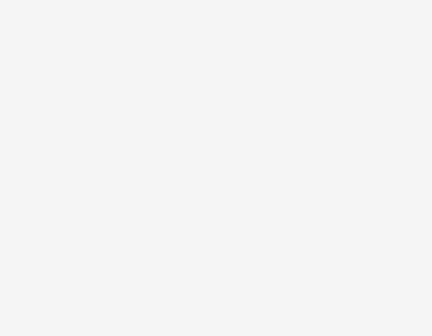
- 1. Invite all team members who should participate in the session and send an invite. Share ideas on sticky notes, and share.
- 2. Invite all team members who should participate in the session and send an invite. Share ideas on sticky notes, and share.
- 3. Invite all team members who should participate in the session and send an invite. Share ideas on sticky notes, and share.

1. Define your problem statement  
What problem are you trying to solve? Frame your problem as a short, specific statement. This will be the focus of your brainstorm.  
[Go to slide 11](#)

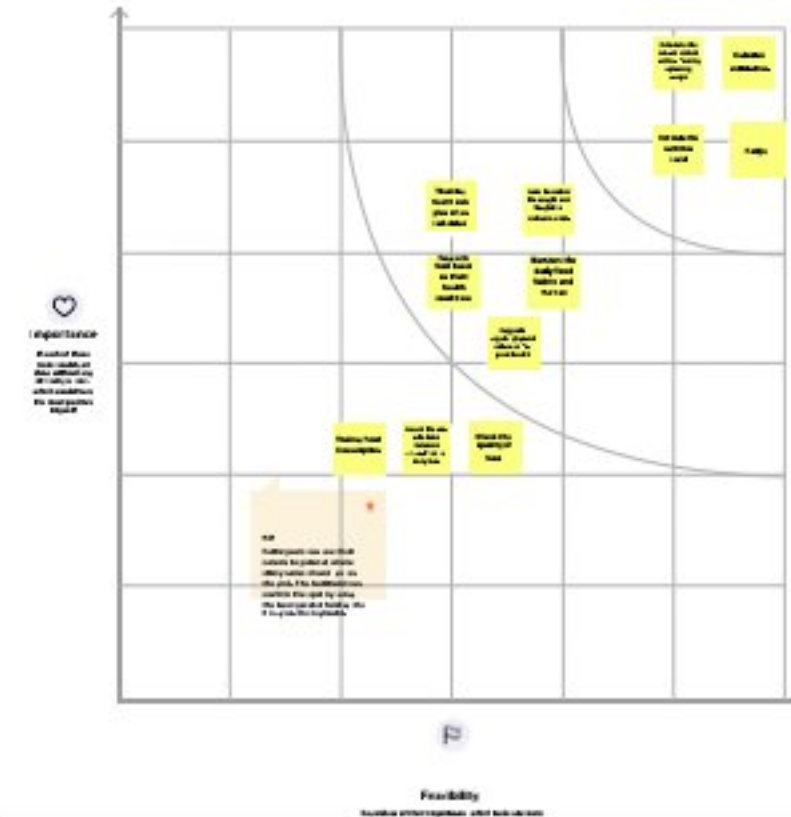
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What problem are you trying to solve? Frame your problem as a short, specific statement. This will be the focus of your brainstorm.



1. Group ideas  
Take turns sharing your ideas while clustering similar or related ones as you go. In the last 10 minutes, if you reach cluster a sentence is included. If a cluster is big or there are sticky notes, try and see if you can break it up into smaller sub-groups.  
[Go to slide 12](#)



1. Prioritize  
Your team should all be on the same page about what's important moving forward. Place your ideas on this grid to determine which ideas are important and which are less so.  
[Go to slide 13](#)



1. After you collaborate  
You can expect the most to see if you're off to share with members of your company who might find it helpful.  
[Go to slide 14](#)

- 1. Share the results  
Share a copy of the results with the team and stakeholders to keep them in the loop about the outcome of the session.
- 2. Export the results  
Export a copy of the results as a PDF or as a spreadsheet to include in other reports or presentations.

Brainstorm & idea prioritization



### 3.3 PROPOSED SOLUTION:

S.No.	Parameter	Description
1.	Problem Statement (Problem to be solved)	Food is essential for human life and has been the concern of many healthcare conventions. Nowadays new dietary assessment and nutrition analysis tools enable more opportunities to help people understand their daily eating habits, exploring nutrition patterns and maintain a healthy diet. Nutritional analysis is the process of determining the nutritional content of food. It is a vital part of analytical chemistry that provides information about the chemical composition, processing, quality control and contamination of food.
2.	Idea / Solution description	The idea of the project is to building a model which is used for classifying the fruit depends on the different characteristics like color, shape, texture etc.
3.	Novelty / Uniqueness	Here the user can capture the images of different fruits and then the image will be sent to the trained model. The model analyses the image and detects the



		nutrition based on the fruits like (Sugar, Fibre, Protein, Calories, etc.).
4.	Social Impact / Customer Satisfaction	This project is very helpful to People. Everyone Maintaining their own diet, to manage the time.
5.	Business Model (Revenue Model)	By using this system, the users can predict and analyze the picture of the fruits and foods. In which it results to the visualizing the description of the foods taken as input.
6.	Scalability of the Solution	By implementing this system, the people can efficiently and effectively to gain knowledge about the fitness.They want and they wish to use at anytime. This system can also be integrated with the future technologies.



### 3.4 Solution Fit Template

Define CS, fit into CC	<b>1. CUSTOMER SEGMENT(S)</b> <b>CS</b> <ul style="list-style-type: none"> <li>Healthy Eaters</li> <li>Sports Persons</li> </ul>	<b>6. CUSTOMER CONSTRAINTS</b> <b>CC</b> <ul style="list-style-type: none"> <li>Internet Facility</li> <li>Spending Time</li> </ul>	<b>5. AVAILABLE SOLUTIONS</b> <b>AS</b> <p>To detect the nutrition based on fruits like Sugar, Fibre, Protein, Calories, etc. to make the users conscious about their foods.</p>	Explore AS, differentiate
	<b>2. JOBS-TO-BE-DONE / PROBLEMS</b> <b>J&amp;P</b> <ul style="list-style-type: none"> <li>Incorrect Details</li> <li>Low quality image leads to wrong prediction of nutrients</li> </ul>	<b>9. PROBLEM ROOT CAUSE</b> <b>RC</b> <ul style="list-style-type: none"> <li>Busy Schedule</li> <li>Laziness</li> </ul>	<b>7. BEHAVIOUR</b> <b>BE</b> <ul style="list-style-type: none"> <li>Consulting Doctors</li> <li>Maintaining their own diet</li> </ul>	
Identify TR & strong EM	<b>3. TRIGGERS</b> <b>TR</b> <p>Through advertisements, neighbors or through social media</p>	<b>10. YOUR SOLUTION</b> <p>To track the health care plan of an individual. To track the calories in the food by uploading images. To suggest food based on their health conditions.</p>	<b>8. CHANNELS OF BEHAVIOUR</b> <p><b>ONLINE:</b></p> <ul style="list-style-type: none"> <li>Through Social Media</li> <li>Channel Advertisements</li> </ul> <p><b>OFFLINE:</b></p> <ul style="list-style-type: none"> <li>Suggests neighbors</li> <li>Through pamphlets</li> </ul>	Identify TR & strong EM
	<b>4. EMOTIONS: BEFORE / AFTER</b> <p>Before: Unhealthy, Confused After: Healthy, Confident</p>			

## 4 REQUIREMENT ANALYSIS

### 4.1 FUNCTIONAL REQUIREMENT:

Following are the functional requirements of the proposed solution.

FR No.	Functional Requirement (Epic)	Sub Requirement (Story / Sub-Task)
FR-1	User Registration	Registration through Gmail or using phone number
FR-2	User Confirmation	Confirmation on Gmail or using phone number
FR-3	User Details	Registration through form
FR-4	Server Calculation	Calculating user details Example: Height, Weight, Age
FR-5	Calculate information from Server	Based on the given information they calculate their nutrition level
FR-6	Server notification	Based on the nutrition level server provide notification like intake of food and water

### 4.2 NON-FUNCTIONAL REQUIREMENTS:

Following are the non-functional requirements of the proposed solution.

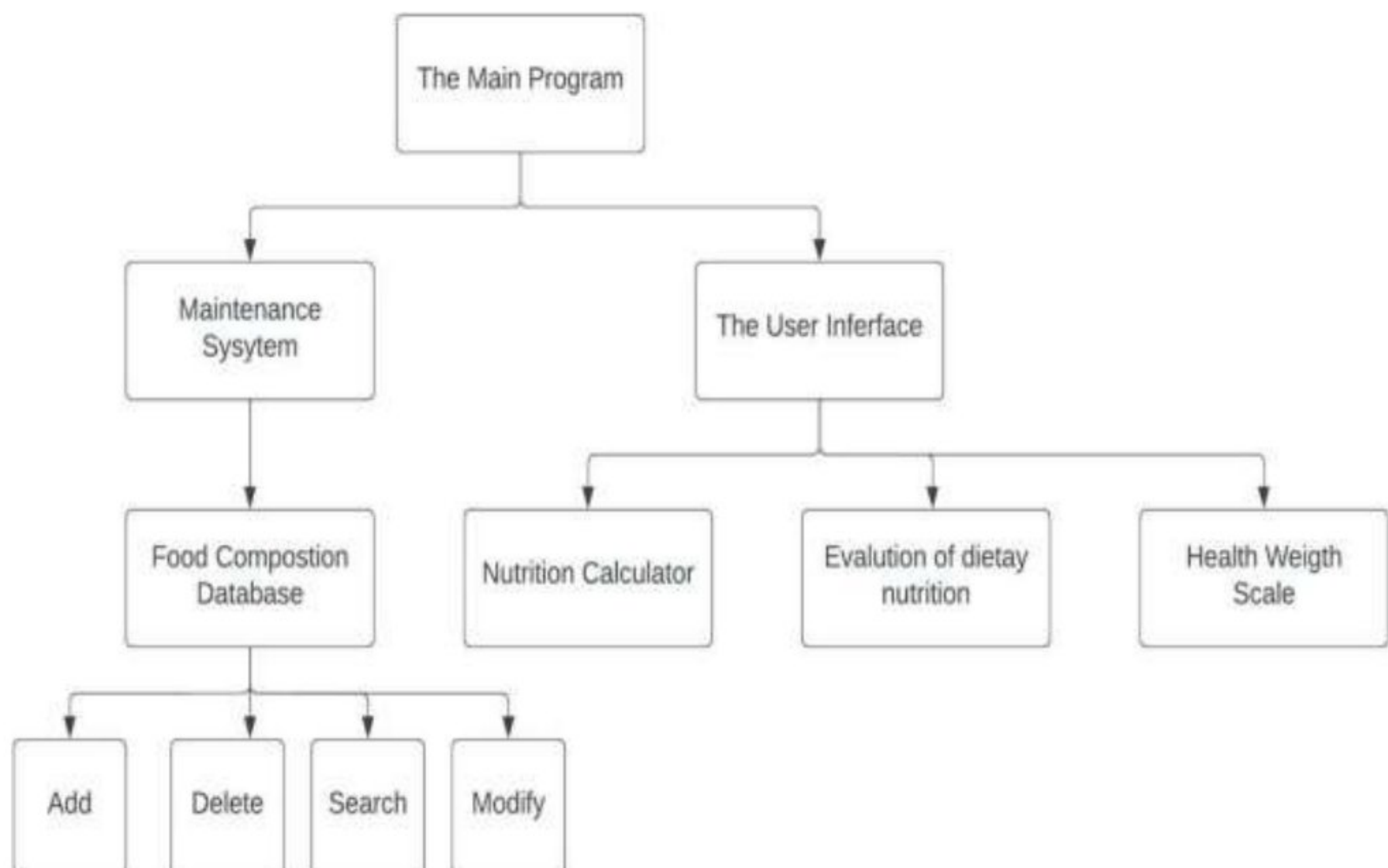
FR No.	Non-Functional Requirement	Description
NFR-1	Usability	To maintain your health
NFR-2	Security	User details will be secure from server side

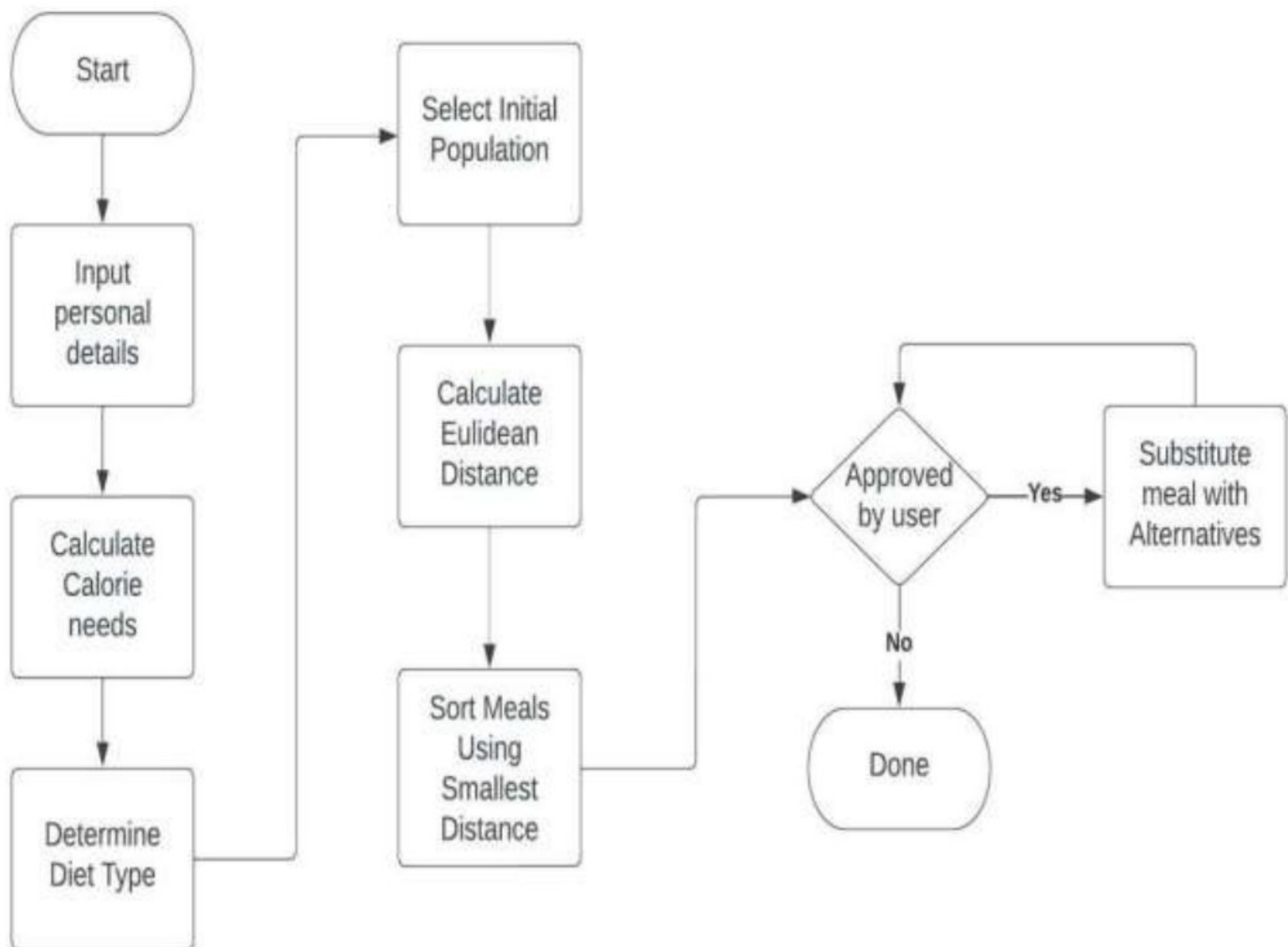


NFR-3	<b>Reliability</b>	Trusted details from server
NFR-4	<b>Performance</b>	Better performance comparing to other apps
NFR-5	<b>Availability</b>	Available on email and chatbot
NFR-6	<b>Scalability</b>	Every Customer must get Healthy Life and Proper Diet Maintenance based on the Healthy Measure and Calorie prediction.

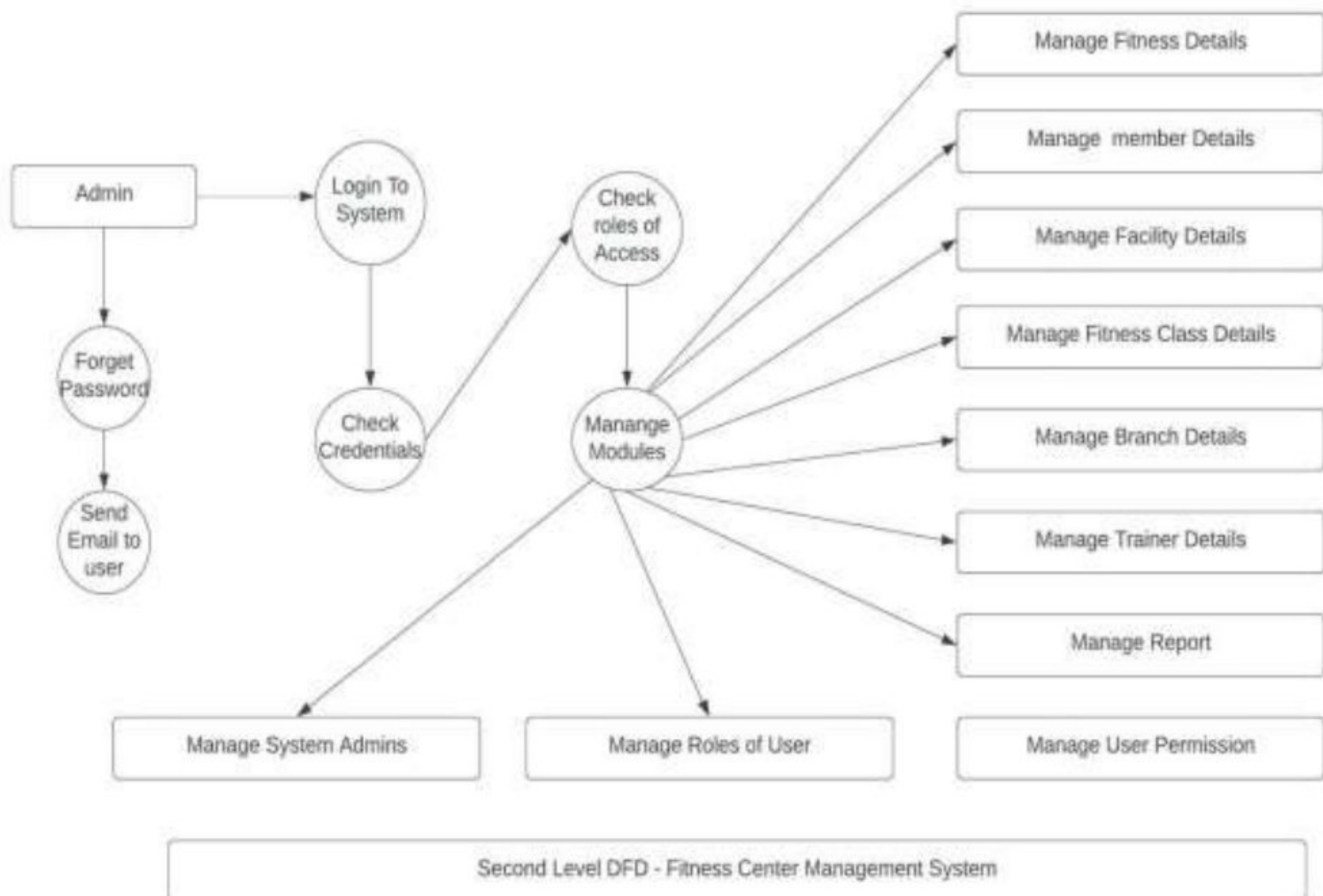
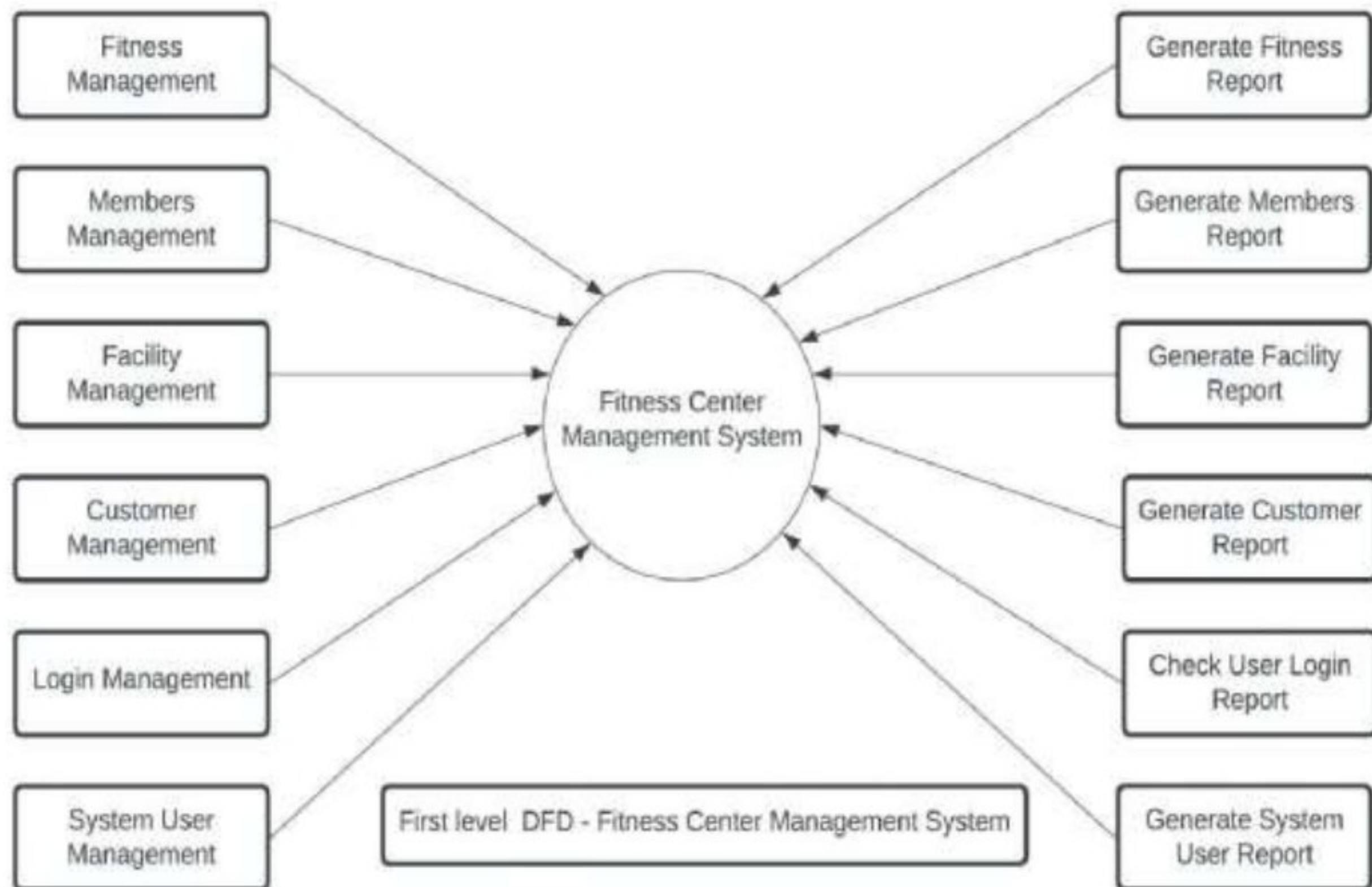
## 5 PROJECT DESIGN:

### 5.1 DATAFLOW DIAGRAM:



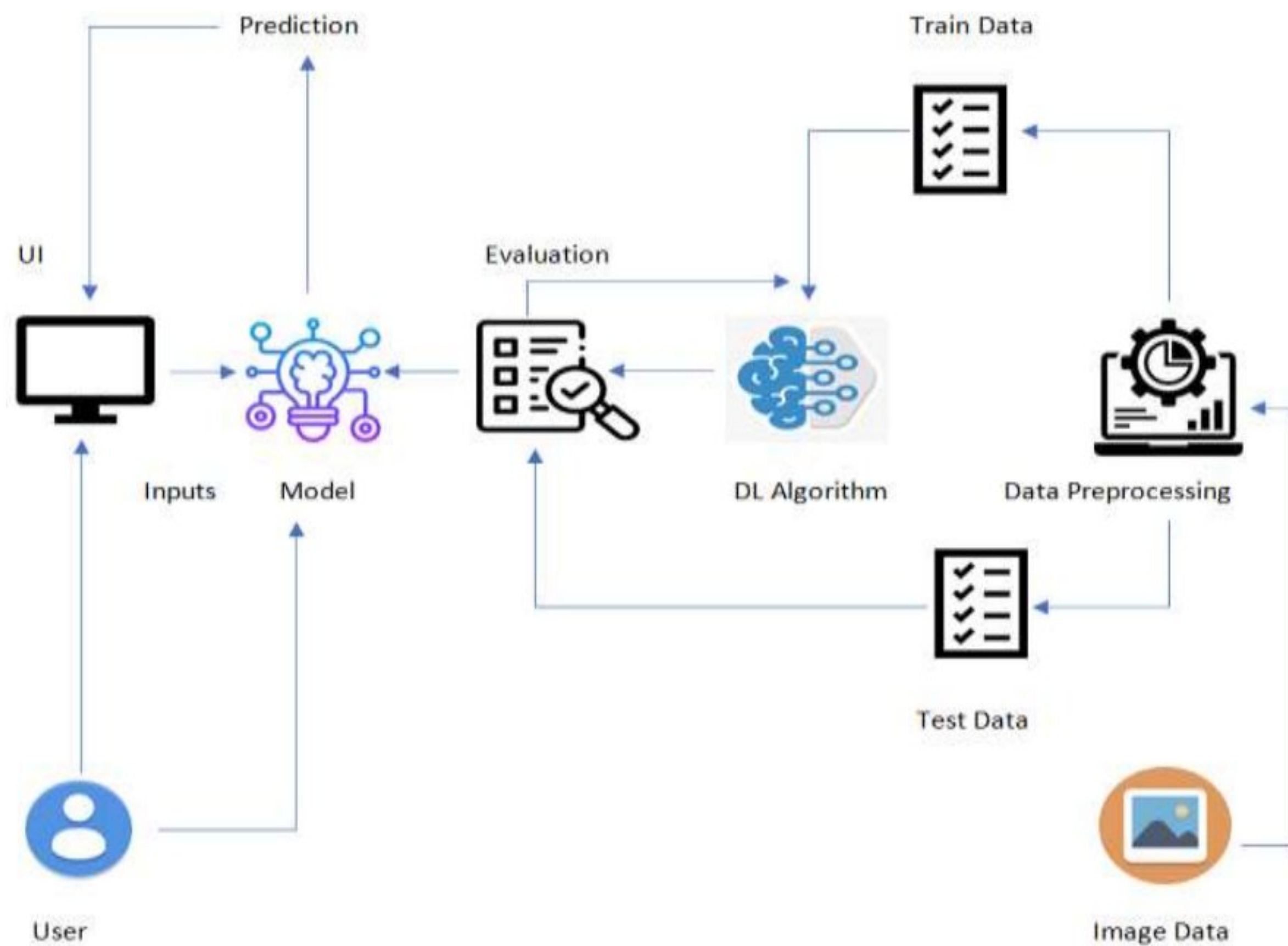




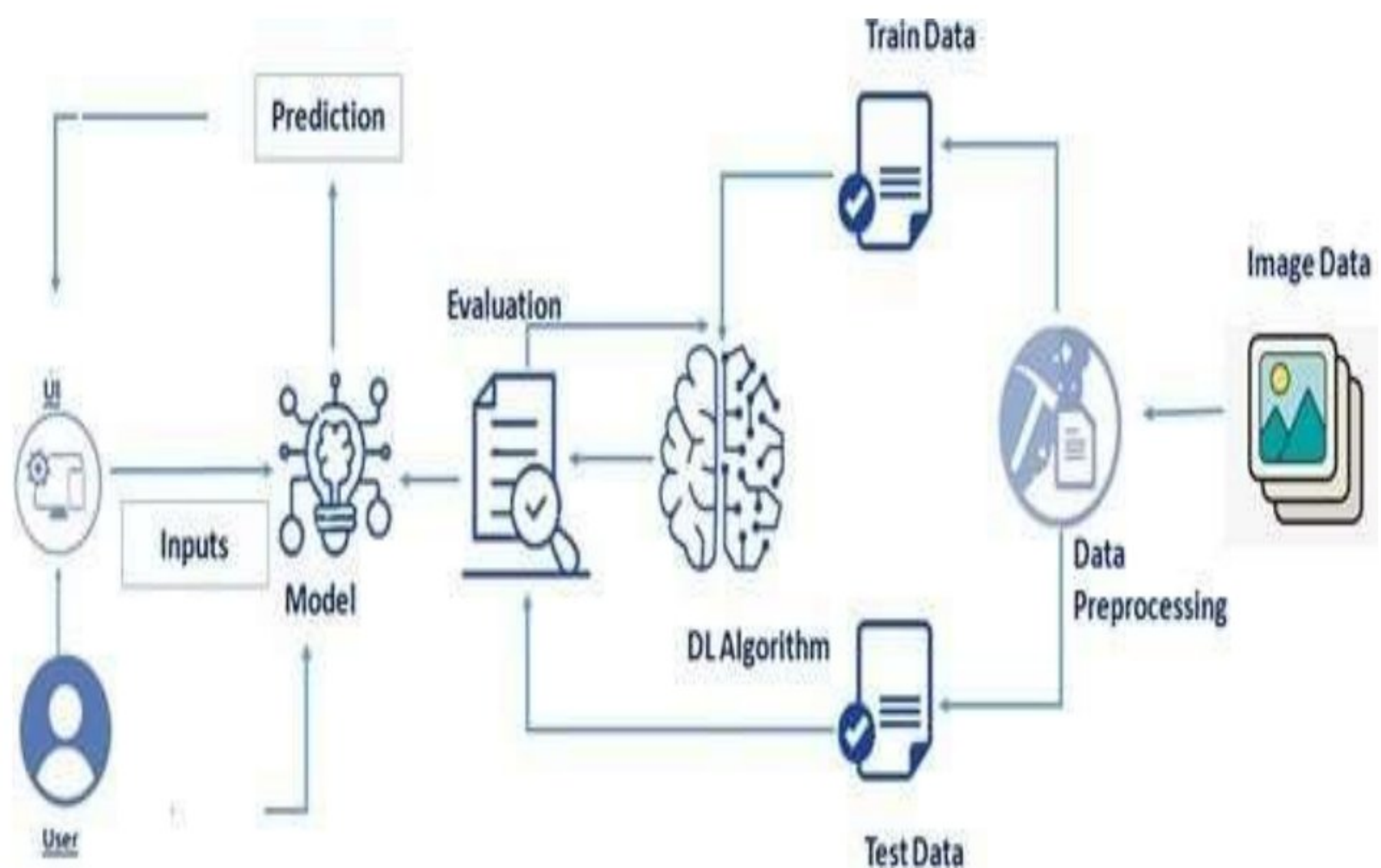


## 5.2 SOLUTION AND TECHNICAL ARCHITECTURE:

### SOLUTION ARCHITECTURE:

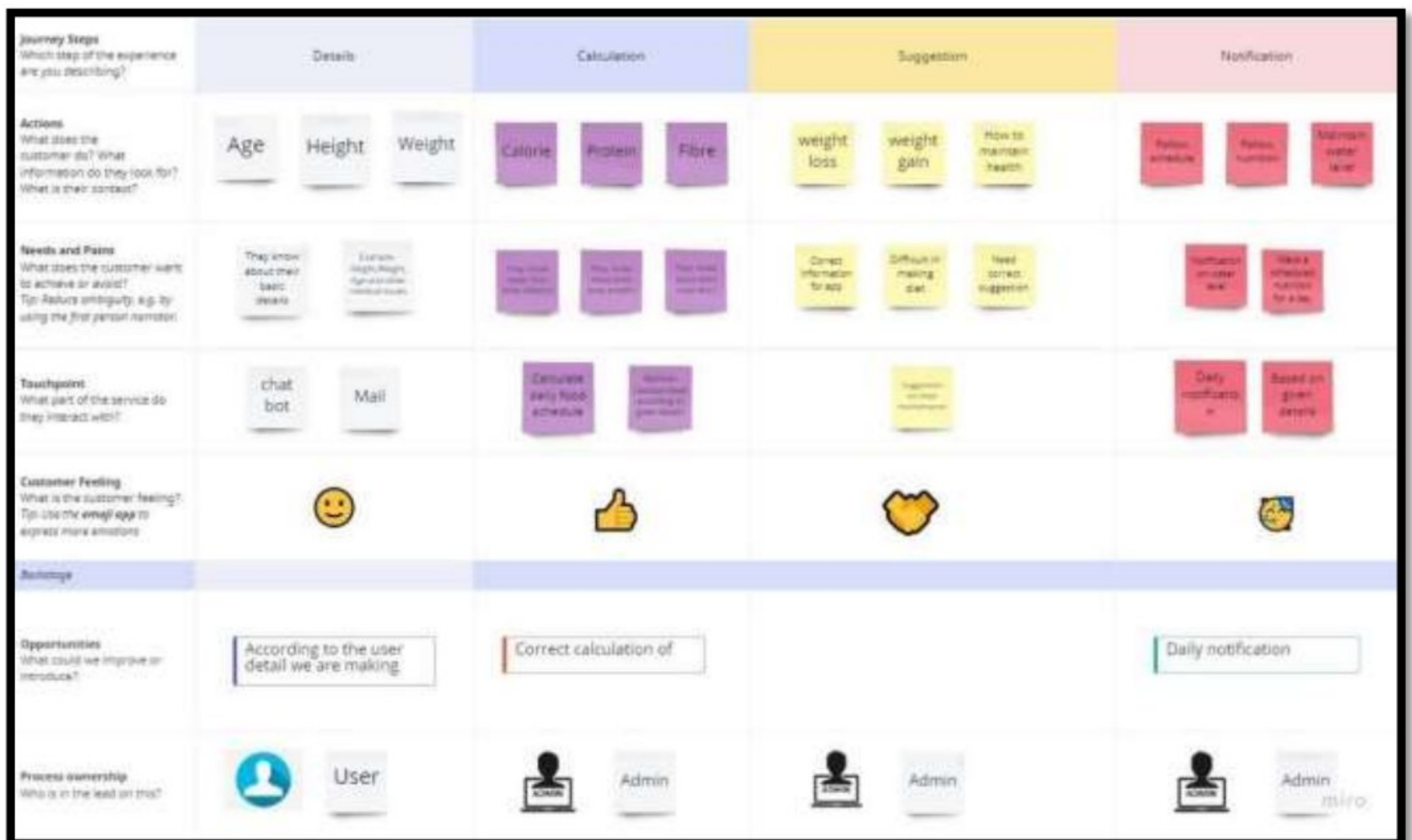


### TECHNICAL ARCHITECTURE:





### 5.3 USER STORIES:



## 6 PROJECT PLANNING :

### 6.1 Spirit Delivery Plan:

Every project manager should consider the delivery strategy of the project deliverables as a strategic component. Every project's objective is to deliver a product that fulfils a certain need. The word "purpose" can be used to refer to a wide range of objectives, including those for a chair, a building, a translation, etc. Delivery planning is one of the activities used in Project Spirit to finish the project and display the projected timeline. This delivery plan aids in comprehending the team members' workflow and project procedure. Each individual module is given to a team member so they can showcase their efforts and contributions to the project's development.





### Milestone:

Thanks to modern technology, artificial intelligence (AI) model performance is improving. The development of a model that is used to categorise fruit is dependent on various traits, including colour, shape, texture, etc. Here, users can take pictures of various fruits, which are subsequently uploaded to a trained algorithm for analysis. The algorithm examines the image and determines the nutritious content of fruits, such as sugar, fibre, protein, calories, etc.).

### Activity List:

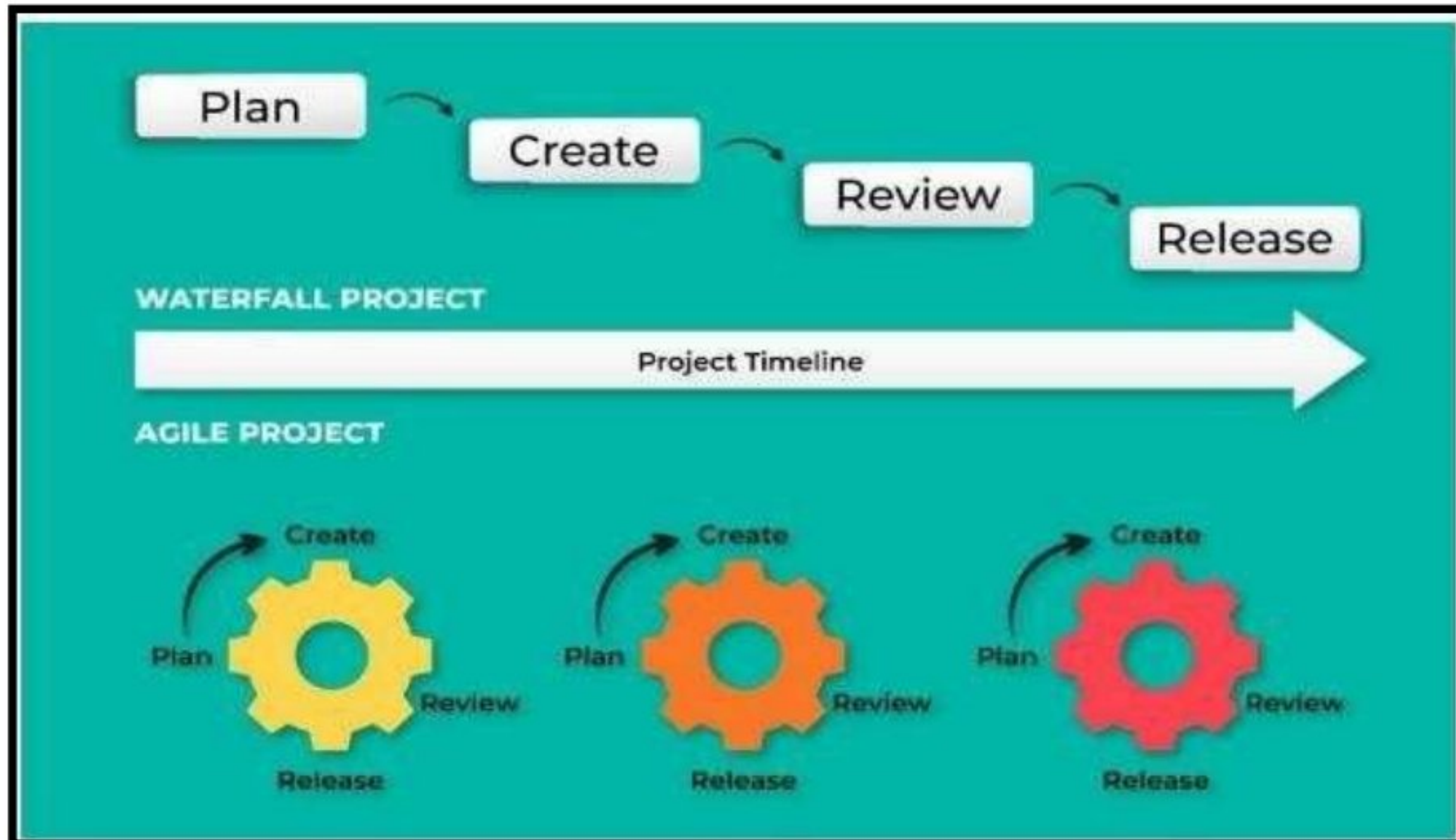
In Project Management Planning is an Important task to scheduling the phrase of the project to the Team Member. In this Activity can shows the various activity are allocated and Done by the Team Members! In Project we can Split into the Four Step of Phrases are

Phrase 1: Information Collection and Requirement

Analysis. Phrase 2: Project Planning and Developing Modules.

Phrase 3: Implementing the High Accuracy Deep Learning Algorithm to Perform. Phrase 4: Deploying the Model on Cloud and Testing the Model and UI Performance





## 7 CODING AN SOLUTIONING:

### 7.1 Import The ImageDataGenerator Library

Image data augmentation is a technique that can be used to artificially expand the size of a training dataset by creating modified versions of images in the dataset.

The Keras deep learning neural network library provides the capability to fit models using image data augmentation via the ImageDataGenerator class. Let us import the ImageDataGenerator class from Keras.

```
from keras.preprocessing.image import ImageDataGenerator
```

### 7.2 Configure ImageDataGenerator Class

ImageDataGenerator class is instantiated and the configuration for the types of data augmentation.

There are five main types of data augmentation techniques for image data; specifically:

Image shifts via the `width_shift_range` and `height_shift_range` arguments.

The image flips via the `horizontal_flip` and `vertical_flip` arguments.

Image rotations via the `rotation_range` argument

Image brightness via the `brightness_range` argument.



Image zoom via the `zoom_range` argument. An instance of the `ImageDataGenerator` class can be constructed for train and test.

```
train_datagen= ImageDataGenerator(rescale=1./255,shear_range=0
.2,zoom_range=0.2,horizontal_flip=True)
test_datagen=ImageDataGenerator(rescale=1./255)
```

### 7.3 Apply Image DataGenerator Functionality To Trainset And Testset

Let us apply `ImageDataGenerator` functionality to `Trainset` and `Testset` by using the following code

For Training set using `flow_from_directory` function.

This function will return batches of images from the subdirectories 'apples', 'banana', 'orange', 'pineapple', 'watermelon' together with labels 0 to 4 {'apples': 0, 'banana': 1, 'orange': 2, 'pineapple': 3, 'watermelon': 4}

```
x_train=train_datagen.flow_from_directory(
    r'/content/drive/MyDrive/TRAIN_SET',target_size=(64,64),ba
tch_size=5,color_mode='rgb',class_mode='sparse'
)

x_test=test_datagen.flow_from_directory(
    r'/content/drive/MyDrive/TRAIN_SET',target_size=(64,64),ba
tch_size=5,color_mode='rgb',class_mode='sparse'
)
```

```
print(x_train.class_indices)
print(x_test.class_indices)
from collections import Counter as c
c(x_train .labels)
```

### 7.4 Initializing The Model

Keras has 2 ways to define a neural network:

- Sequential
- Function API

The `Sequential` class is used to define linear initializations of network layers which then, collectively, constitute a model. In our example below, we will use the `Sequential` constructor to create a model, which will then have layers added to it using the `add()` method.



```
model = models.Sequential()
```

## 7.5 Compiling the model and Fitting the model

```
#Compiling the model
model.compile(optimizer='adam',
              loss=tf.keras.losses.SparseCategoricalCrossentropy
              (from_logits=True),
              metrics=['accuracy'])
#Fitting the model
history = model.fit(train_images, train_labels, epochs=10,
                    validation_data=(test_images, test_labels))
```

## 7.6 Test The Model

Evaluation is a process during the development of the model to check whether the model is the best fit for the given problem and corresponding data.

Load the saved model using load\_model

```
from tensorflow.keras.models import load_model
from tensorflow.keras.preprocessing import image
model=load_model('nutrition.h5')
```

## 8 ADVANTAGES AND DISADVANTAGES:

### ADVANTAGES:

Yet people consume foods, not nutrients, so it is helpful to view food or a meal as more than just a set of nutrients that impact our health. Some weight-loss diets have assigned a negative connotation to certain nutrients, such as low-fat or low-carbohydrate diets. This can create a view that a specific nutrient is bad, regardless of the role it plays when foods containing that nutrient are consumed as part of a healthy, balanced diet. This model helps in analysing a nutrition in the food.

### DISADVANTAGES:

Like anything, there are always drawbacks. In some cases the predicting algorithm may gives the wrong output.



## 9 CONCLUSION

The good nutrition is fundamental for children's current and future health, as well as their development and learning. The benefits of developing healthy dietary and lifestyle patterns from an early age onwards can positively impact on people's nutrition and health throughout their adult lives, and enhance the productivity of individuals and nations. Nutrition education is an important element in an overall strategy aimed at improving food security and preventing all forms of malnutrition.

Most countries in the region implement school health and nutrition programmes, including school feeding, deworming, vitamin and mineral supplementation, etc. Innovative, creative and effective school nutrition education programmes exist in some countries in the region. However, these are often small-scale and implemented as pilot projects, focus on children with special needs and prioritize the transfer of knowledge over the promotion of active learning and the creation of appropriate attitudes, life skills and behaviors.

## 10 APPENDIX

### MODEL BUILDING:

```
from keras.preprocessing.image import ImageDataGenerator
train_datagen= ImageDataGenerator(rescale=1./255,shear_range=0.2,zoom_r
ange=0.2,horizontal_flip=True)
test_datagen=ImageDataGenerator(rescale=1./255)
x_train=train_datagen.flow_from_directory(
    r'/content/drive/MyDrive/TRAIN_SET',target_size=(64,64),batch_size=
5,color_mode='rgb',class_mode='sparse'
)

x_test=test_datagen.flow_from_directory(
    r'/content/drive/MyDrive/TRAIN_SET',target_size=(64,64),batch_size=
5,color_mode='rgb',class_mode='sparse'
)

print(x_train.class_indices)

print(x_test.class_indices)

from collections import Counter as c
```



```

c(x_train .labels)

import numpy as np

import tensorflow
from tensorflow.keras.models import Sequential
from tensorflow.keras import layers
from tensorflow.keras.layers import Dense, Flatten
from tensorflow.keras.layers import Conv2D, MaxPooling2D, Dropout
from keras.preprocessing.image import ImageDataGenerator
import tensorflow as tf

from tensorflow.keras import datasets, layers, models
import matplotlib.pyplot as plt
(train_images, train_labels), (test_images, test_labels) = datasets.cifar10.load_data()

# Normalize pixel values to be between 0 and 1
train_images, test_images = train_images / 255.0, test_images / 255.0
model = models.Sequential()
model.add(layers.Conv2D(32, (3, 3), activation='relu', input_shape=(32, 32, 3)))
model.add(layers.MaxPooling2D((2, 2)))
model.add(layers.Conv2D(64, (3, 3), activation='relu'))
model.add(layers.MaxPooling2D((2, 2)))
model.add(layers.Conv2D(64, (3, 3), activation='relu'))
model.add(layers.Flatten())
model.add(layers.Dense(64, activation='relu'))
model.add(layers.Dense(10))
model.summary()
#Compiling the model
model.compile(optimizer='adam',
              loss=tf.keras.losses.SparseCategoricalCrossentropy(from_logits=True),
              metrics=['accuracy'])
#Fitting the model
history = model.fit(train_images, train_labels, epochs=10,
                    validation_data=(test_images, test_labels))
#Saving our model
model.save('nutrition.h5')
#Prediciting our results
from tensorflow.keras.models import load_model
from tensorflow.keras.preprocessing import image
model=load_model('nutrition.h5')
img=image.load_img('/content/drive/MyDrive/1_100.jpg',target_size=(70,70))

```



```
img
x= image.img_to_array(img)
x = np.expand_dims(x, axis=0)
index=['APPLES', 'BANANA', 'ORANGE', 'PINEAPPLE', 'WATERMELON']
result=str(index[0])
result
```

## Flask Application And Loading Our Model By Using Load\_model Method

app.py

```
from flask import Flask,render_template,request
import os

import numpy as np

import requests
from tensorflow.keras.models import load_model #to load our trained model
from tensorflow.keras.preprocessing import image
import requests

app = Flask(__name__,template_folder='template') #initializing a flask app
# Loading the model
model=load_model('nutrition.h5')
print("Loaded model from disk")

@ app.route('/')# route to display the home page
def home():
    print("Loaded model from disk")
    return render_template('Home.html') #rendering the home page

@ app.route('/image1', methods=['GET', 'POST']) # routes to the index html
def image1():
    return render_template("Image.html")

@ app.route('/predict' ,methods=['GET','POST']) # route to show the
predictions in a Web UI
def lanuch():
    if request.method=='POST':
        f=request.files['file'] # requesting the file
        f
        basepath=os.path.dirname('__file__') #storing the file directory
        print(basepath)
        filepath=os.path.join(basepath,"test",f.filename)
```



```

        #storing the file in uploads folder
        f.save(filepath) #saving the file

        img=image.load_img(filepath,target_size=(32,32)) #load and reshaping
the image
        x=image.img_to_array(img) #converting image to an array
        x=np.expand_dims(x,axis=0) #changing the dimensions of the image

        pred=np.argmax(model.predict(x), axis=1)
        print("prediction",pred) #printing the prediction
        index=['APPLE','BANANA','ORANGE','BANANA','WATERMELON','WATERMELON','W
ATERMELON','APPLE','BANANA','WATERMELON']

        result=str(index[pred[0]])
        print(result)
        x=result
        result=nutrition(result)
        print(result)

        return render_template("0.html",showcase=(result),showcase1=(x))
def nutrition(index):

    import requests

    url = "https://calorieninjas.p.rapidapi.com/v1/nutrition"

    querystring = {"query":index}

    headers = {
        "X-RapidAPI-Key": "85887549f4msh51e7315b280a87ep1f43e0jsn585c940f2ea6",
        "X-RapidAPI-Host": "calorieninjas.p.rapidapi.com"
    }

    response = requests.request("GET", url, headers=headers,
params=querystring)

    print(response.text)
    return response.json()['items']
if __name__ == "__main__":
    # running the app
    app.run(debug=False)

```