NALAIYA THIRAN PROJECT REPORT

AI POWERED NUTRITION ANALYZER FOR FITNESS

ENTHUSIASISTS

IBM-Project-14381-1659584990

TEAM ID: PNT2022TMID39014

Submitted by

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In partial fulfilment for the award of the degree

of

BACHELOR OF TECHNOLOGY

in

COMPUTER SCIENCE AND ENGINEERING
ST.ANNE'S COLLEGE OF ENGINEERING & TECHNOLOGY
ANGUCHETTYPALAYAM, PANRUTI, CUDDALORE.

INTRODUCTION

1.INTRODUCTION

1.1 PROJECT OVERVIEW

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.

1.2 PURPOSE

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.).

LITERATURE SURVEY

2. LITERATURE SURVEY

2.1 EXISTING PROBLEM

Neutrino delivers nutrition-based data services and analytics to its users and wants to turn into a leading source of the nutrition-related platform. The platform employs NLP and mathematical models from the optimization theory as well as predictive analysis to enable individualized data compilation. The application relies on Artificial Intelligence to produce custom data related to smart calorie counter powered by AI. Their artificial intelligence learns an individual's tastes, preferences, and body type. All of this is packaged in a comprehensive nutrition and activity tracker.

2.2 **References** https://www.nutrinohealth.com/

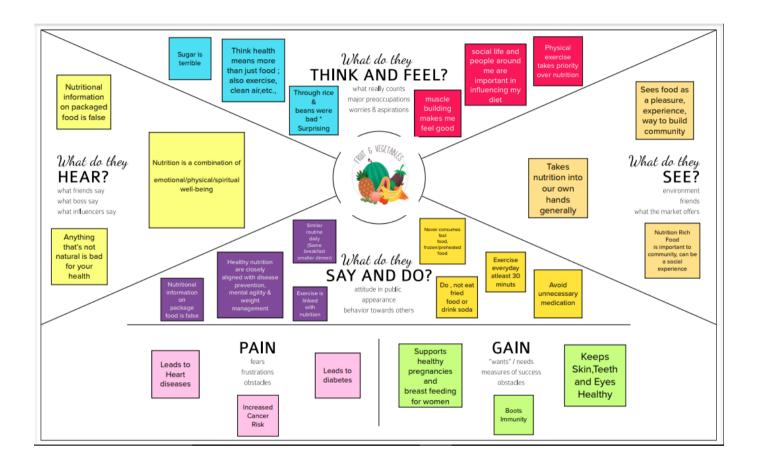
2.3 PROBLEM STATEMENT DEFINITION

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.).

IDEATION & PROPOSED SOLUTION

3. IDEATION & PROPOSED SOLUTION

3.1 EMPATHY MAP CANVAS



3.2 IDEATION & BRAINSTORMING

ANDRO JERRY J

Asks to enter the weight and height to calculate

Calculate the nutrient content in their food by uploading images

Assists nutrientrich foods based on their health conditions Awards the user who takes balanced nutrient-food on daily basis

GILBART N

Tracking Food Consumption Nutrition Facts

Calories estimation

FAQs

SANTHOSH R

Indicates calories content of daily taken food

menus

Remember the diet plans and BMI of the body

Maintain the daily food habits and Check the quantity of food

BATRICSON L

Tracking health care plan of an individual

Suggests food based on their health conditions

Tracking calories in the food by uploading images Suggests regular physical activities for good health

3.3 Proposed Solution

S.NO	PARAMETER	DESCRIPTION
1	Problem Statement (Problem to	Table description (Control of State of
	be solved)	correct guidance and weight level
		should be manage through tracking our
		day to day fitness.
2	Idea / Solution Description	To track fitness level and Analyze the
		nutrition level of foods like fruits,
		vegetables . It helps to identify the
		proportion of vitamins.
3	Novelty/Uniqueness	Giving a individual Food/health
	99 SS-80	Schedule According to their body
		conditions
4	Social impact/Customer	Low expenditure ,easy to follow without
	Satisfaction	affecting their personal time.
5	Business model	Free platform for all users. For specific
	(Revenue Model)	guidance users want to pay
6	Scalability of the solution	Notifying motivational quote's to lead a
	- cod	healthy routine

3.4 PROBLEM SOLUTION FIT

• The Problem-Solution Fit simply means that you have found a problem with your customer and that the solution you have realized for it actually solves the customer's problem. It helps entrepreneurs, marketers and corporate innovators identify behavioral patterns.

Purposes:

- Solve complex problems in a way that fits the state of your customers.
- Succeed faster and increase your solution adoption by tapping into existing mediums and channels of behavior.
- Sharpen your communication and marketing strategy with the right triggers and messaging
- . Increase touch-points with your company by finding the right problem-behavior fit and building trust by solving frequent annoyances, or urgent or costly problems.



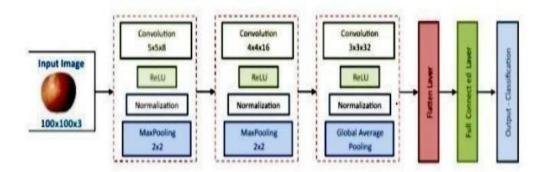
REQUIREMENT ANALYSIS

4.REQUIREMENT ANALYSIS

4.1FUNCTIONAL REQUIREMENT

- It will generate the diet plan as well as monitor the user's health to classify the category of the disease and to create the diet plan. It will also reduce the cost of consulting the person nutritionist.
- The task of food detection/classification is not easy as it seems. All possible options related to the given Image.
- Image classification, object detection, segmentation, face recognition. Classification of crystal structure using a convolutional neural network
- Nutrition is vital to the growth of the human body. Nutritional analysis guarantees that the meal meets the appropriate vitamin and mineral requirements, and the examination of nutrition in food aids in understanding the fat proportion, carbohydrate dilution, proteins, fiber, sugar, and so on. Another thing to keep in mind is not to exceed our daily calorie requirements.
- Computer-Assisted Nutritional Recognize Food Images In order to solve this issue, a brand new Convolutional Neural Network (CNN)- based food picture identification system was created, as described in this study. We utilized our suggested strategy on two sets of actual food picture data.
- Here the user can capture the images of different fruits and then the image will be sent to the trained model. The model analyzes the image and detects the nutrition based on the fruits like (Sugar, Fiber, Protein, Calories, etc.)
- The Ultimate Workout at Home Solution This fitness AI software is designed with personalized training regimens for each individual. It began as "gym only software," but has now improved its system to satisfy "at home fitness" expectations.
- You take a picture, dial in data such as whether you are eating breakfast or lunch and add a quick text label, and the app estimates the calorie content.
- This software collaborated with IBM's natural language capability to provide 24-hour assistance and dietary recommendations.

For Example:



- The comparison of the proposed model with the conventional models shows that the results of this model are exceptionally good and promising to use in real-world applications.
- This sort of higher accuracy and precision will work to boost the machine's general efficiency in fruit recognition more appropriately.
- A generic model for the dietary protein requirement (as with any nutrient) defines the requirement in terms of the needs of the organism,
- i.e. metabolic demands, and the dietary amount which will satisfy those needs, i.e. efficiency of utilization, thus: dietary requirement = metabolic demand/efficiency of utilization

FR No.	Functional Requirement (Epic)	Sub Requirement (Story / Sub-Task)
FR-1	User Registration	Users can create an account to use the application. This can be done by creating a persona on the application with a username and password or by making use of an existing email ID.
FR-2	User Confirmation	Once a user registers onto the application, they receive a confirmation to their email id which they provide for registration. OTP authentication is integrated to ensure identity theft does not occur.

FR-3	Calorie Calendar Creation	On creation of a user profile, a calendar is generated in association with the account. This calendar is private to the user and keeps track of the calories consumed in a day and related statistics.
FR-4	Image Capturing and Processing	The application allows users to capture images of the ingredients they consume. These are given to the model for predicting their labels, i.e. identify the fruits. Further, the quantity of the fruits should be discerned. The application should be able to work with images of low quality and low resolution as well.
FR-5	Calorie Value Computation	Once the labels of the ingredients and their quantity have been found, the net calorie value of the meal is calculated by summing up the calories of each ingredient in their respective amounts. The calorie values are fetched from the internet while that of frequently used items are fetched from a database.
FR-6	Storage of Data	Data about the user and their log in details are stored in a backend database. Apart from these, calorific information of frequently consumed ingredients are also stored to minimize overhead and complexity.
FR-7	Calorie Over- Consumption Notification	When a user exceeds their permissible calorie consumption amount for the day, the application issues a notification for the same. The application then suggests lowcalorie diets to ensure minimum over-consumption.
FR-8	Diet Plan Specification.	Users can select the kind of diet plan they want to follow with a target in mind such as weight loss, muscle building, etc. The application sources diet plans and food items that supplement their goals from the internet to help them achieve their goal.

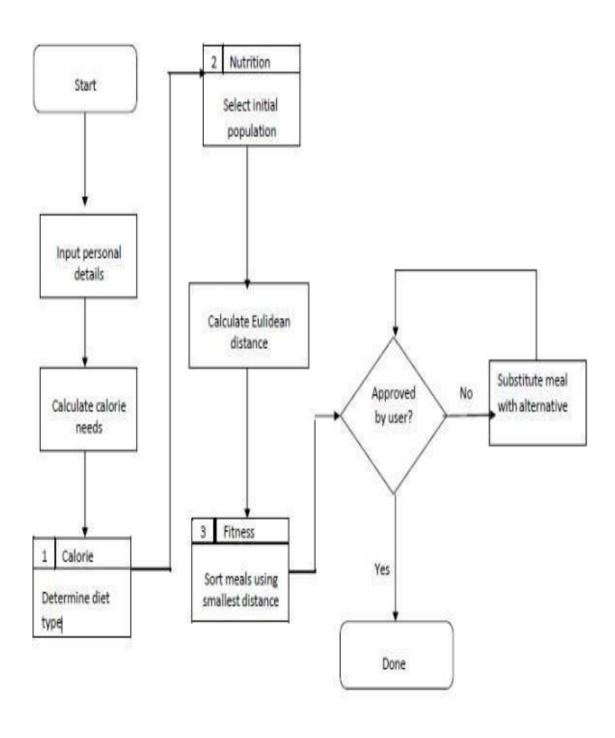
4.2 NON-FUNCTIONAL REQUIREMENTS

FR No.	Non-Functional Requirement (Epic)	Description
NFR-1	Usability	The users should be able to use the application without any difficulties. The interface should be easy to use and understand. The image capture process should be smooth and not tedious.
NFR-2	Security	Details of the users and their personal calories calendar should not be disclosed or shared to other users. Privacy of data should be ensured.
NFR-3	Reliability	The application should correctly identify the fruits from the captured image and fetch its nutritional value. The count and calculation of the calories should be done accurately.
NFR-4	Performance	The application should be built on a highly efficient prediction model such that the results are accurate. It should keep in mind time and space complexity.
NFR-5	Availability	The application should be available to its users at all times and should work efficiently. It should not suffer from issues such as application crashes.
NFR-6	Scalability	The application should be able to support updates in terms of features and functionality. The system should be built such that it can upgrade using the existing underlying architecture.

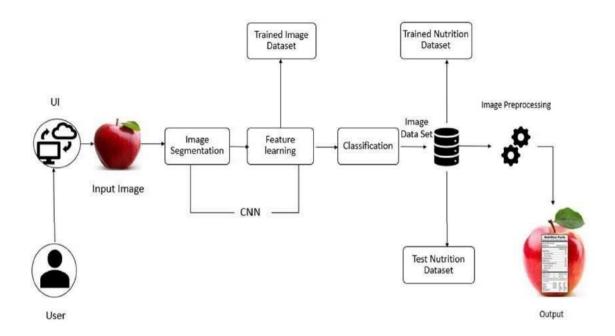
PROJECT DESIGN

5.PROJECT DESIGN

5.1Data Flow Diagrams



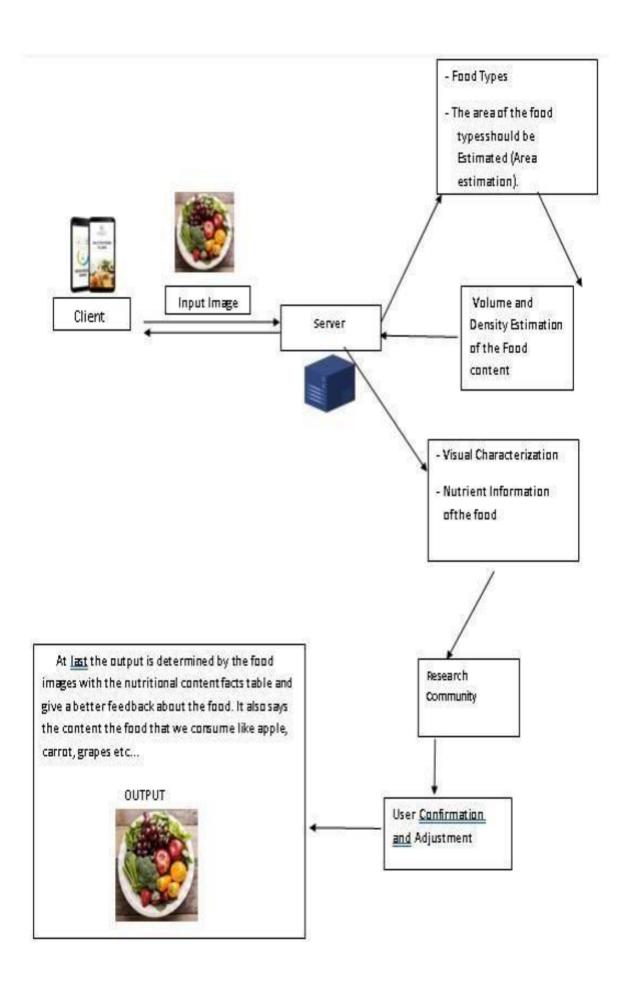
5.2Solution & Technical Architecture



S.No	Component	Description	Technology
1	App	User interacts with application for the prediction of Nutrition	Python, Java, HTML, SQLite, Android studio
2	Database	Data Type, Configuration and data will be stored	MySQL,JS
3	Cloud Database	Database Service on Cloud	IBM DBM, IBM Cloudant etc.
4	File Storage	File storage requirements	Cloud>drive
5	Machine Learning Model	Purpose of Machine Learning Model	ANN,CNN,RNN
6	Notification	Notification will be sent from the server	SendGrid

Application Characteristics:

S.No	Component	Description	Technology
1	Open-Source Frameworks	Open-source frameworks used	SendGrid, Python, JQuery
2	Security	Request authentication using encryption	Encryption, SSL certs
3	Scalable Architecture	The scalability of architecture consists of 3 tiers	Web Server-HTML, CSS, Javascript Application Server- Python Flask Database Server- IBM Cloud
4	Availability	Availability is increased by loads balancers in cloud VPS	IBM Cloud hosting
5	Performance	The application is expected to handle up to 4000 predications per second	IBM Load Balance



5.3User Stories

User Type	Functional Requirement (Epic)	User Story Number	User Story / Task	Acceptance criteria	Priority	Release
Customer (Mobile user)	Registration	USN-1	As a user, I can register for the application by entering my email, password, and confirmingmy password.	I can access my account /dashboard	High	Sprint-1
		USN-2	As a user, I will receive confirmation emailonce I have registered for the application	I can receive confirmationemail & click confirm	High	Sprint-1
		USN-3	As a user, I can register for the applicationthrough Facebook	I can register & access thedashboard with Facebook Login	Low	Sprint-2
		USN-4	As a user, I can register for the applicationthrough Gmail		Medium	Sprint-1
	Login	USN-5	As a user, I can log into the application byentering email & password		High	Sprint-1
	Dashboard	USN-5	As a user, I can Access my Dashboard		Medium	Sprint - 1
Customer (Webuser)	Registration	USN-1	As a user, I can register for the application by entering my email, password, and confirmingmy password.	I can access my account /dashboard	High	Sprint -1
Customer Care Executive	Solution	USN-5	Responding to each email you receive canmake a lasting impression on customers.	Offer a solution for owyour company can improve the oustomer experience	High	Sprint-1
Administrator	Manage	USN-5	Do-it yourself service for delivery Everything	Set of predefined requirements that must bernet to mark a user story complete	High	Sprint-1

PROJECT PLANNING & SCHEDULING

6.PROJECT PLANNING & SCHEDULING

6.1 Sprint Planning & Estimation

	Functional Requiremental (Epic)	User Story Number	User Story/Task	Story Points	Priority	Team Members
Sprint-1	Data Collection	USN-1	Download Food Nutrition Dataset	2	Medium	J.ANDRO JERRY L.BATRICSON R.SANTHOSH N.GILBART
Sprint-1	Data Preprocessing	USN-2	Importing The Dataset into Workspace	1	Low	J.ANDRO JERRY L.BATRICSON R.SANTHOSH N.GILBART
Sprint-1		USN-3	Handling Missing Data	3	Medium	J.ANDRO JERRY L.BATRICSON R.SANTHOSH N.GILBART
Sprint-1		USN-4	Feature Scaling	3	Low	J.ANDRO JERRY L.BATRICSON R.SANTHOSH N.GILBART
Sprint-1		USN-5	Data Visualization	3	Medium	J.ANDRO JERRY L.BATRICSON R.SANTHOSH N.GILBART
Sprint-1		USN-6	Splittimg Data into Train and Test	4	High	J.ANDRO JERRY L.BATRICSON R.SANTHOSH N.GILBART

Sprint-1		USN-7	Creating A	4	High	J.ANDRO
			Dataset with			JERRY
			Sliding			L.BATRICSON
			Windows			R.SANTHOSH
						N.GILBART
Sprint-2	Model Building	USN-8	Imprting The	1	Medium	J.ANDRO
			Model			JERRY
			Building			L.BATRICSON
			Libraries			R.SANTHOSH
						N.GILBART

Sprint-2		USN-9	Initializing The Model	1	Medium	J.ANDRO JERRY L.BATRIC SON R.SANTH OSH N.GILBAR T
Sprint-2		USN-10	Adding LSTM Layers	2	High	J.ANDRO JERRY L.BATRIC SON R.SANTH OSH N.GILBAR T
Sprint-2		USN-11	Adding Output Layers	3	Medium	J.ANDRO JERRY L.BATRIC SON R.SANTH OSH N.GILBAR T
Sprint-2		USN-12	Configure The Learning Process	4	High	J.ANDRO JERRY L.BATRIC SON R.SANTH OSH N.GILBAR T
Sprint.	Functional Requirement(Epic)	User Story Number	User Story/Task	Story Points	Priority	Team Members
Sprint-2		USN-13	Train The Model	2	Medium	J.ANDRO JERRY L.BATRIC SON R.SANTH OSH N.GILBAR T
Sprint-2		USN-14	Model Evaluation	1	Medium	J.ANDRO JERRY L.BATRIC SON R.SANTH OSH

						N.GILBAR T
Sprint-2		USN-15	Save The Model	2	Medium	J.ANDRO JERRY L.BATRIC SON R.SANTH OSH N.GILBAR T
Sprint-2		USN-16	Test The Model	3	High	J.ANDRO JERRY L.BATRIC SON R.SANTH OSH N.GILBAR T
Sprint-3	Application Building	USN-17	Create An HTML Fille	4	Medium	J.ANDRO JERRY L.BATRIC SON R.SANTH OSH N.GILBAR T

Sprint-3		USN-18	Build Python Code	4	High	J.ANDRO JERRY L.BATRIC SON R.SANTH OSH N.GILBAR T
Sprint-3		USN-19	Run The App in Lo4cal Browser	4	Medium	J.ANDRO JERRY L.BATRIC SON R.SANTH OSH N.GILBAR T
Sprint-3		USN-20	Showcasing Prediction On UI	4	High	J.ANDRO JERRY L.BATRIC SON R.SANTH OSH N.GILBAR T
Sprint-4	Train The Model On IBM	USN-21	Register For IBM Cloud	4	Medium	J.ANDRO JERRY L.BATRIC SON R.SANTH OSH N.GILBAR T
Sprint-4		USN-22	Train The ML Model On IBM	8	High	J.ANDRO JERRY L.BATRIC SON R.SANTH OSH N.GILBAR T
Sprint-4		USN-23	Integrate Flask with scoring End Point	8	High	J.ANDRO JERRY L.BATRIC SON R.SANTH OSH N.GILBAR T

6.2 Sprint Delivery Schedule

Project Tracker, Velocity & Burndown Chart: (4 Marks)

Sprint	Total Story Points	Duration	Sprint Start Date	Sprint End Date (Planned)	Story Points Completed(as on Planned End Date)	Sprint Release Date (Actual)
Sprint-1	20	6 Days	24 Oct 2022	29 Oct 2022	20	29 Oct 2022
Sprint-2	20	6 Days	31 Oct 2022	05 Nov 2022	20	03 Nov 2022
Sprint-3	20	6 Days	07 Nov 2022	12 Nov 2022	20	10 Nov 2022
Sprint-4	20	6 Days	14 Nov 2022	14 Nov 2022	20	17 Nov 2022

6.3 REPORTS FROM JIRA



CODING & SOLUTIONING

 $\begin{tabular}{ll} \textbf{7.CODING \& SOLUTIONING (Explain the features added in the projectalong with code)} \\ \end{tabular}$

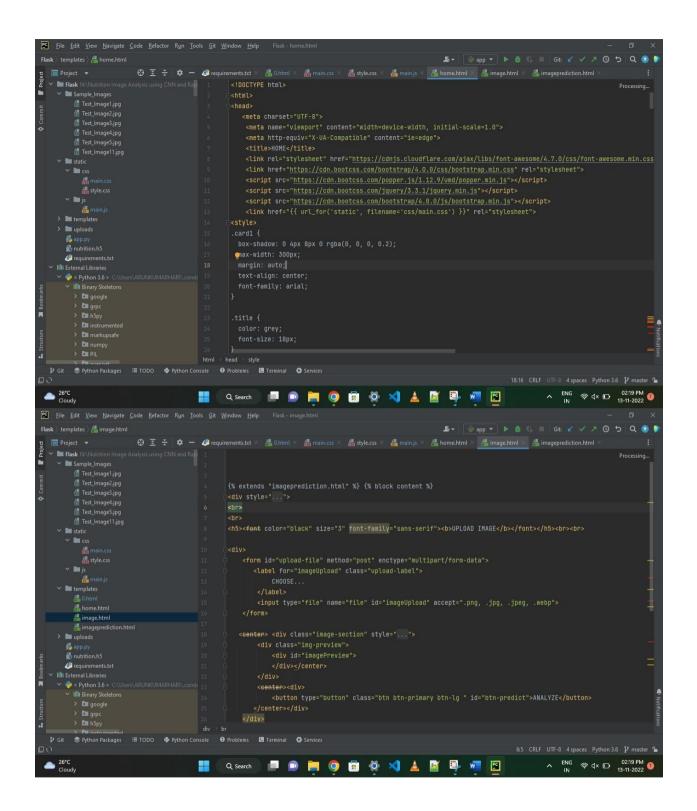
7.1Feature 1

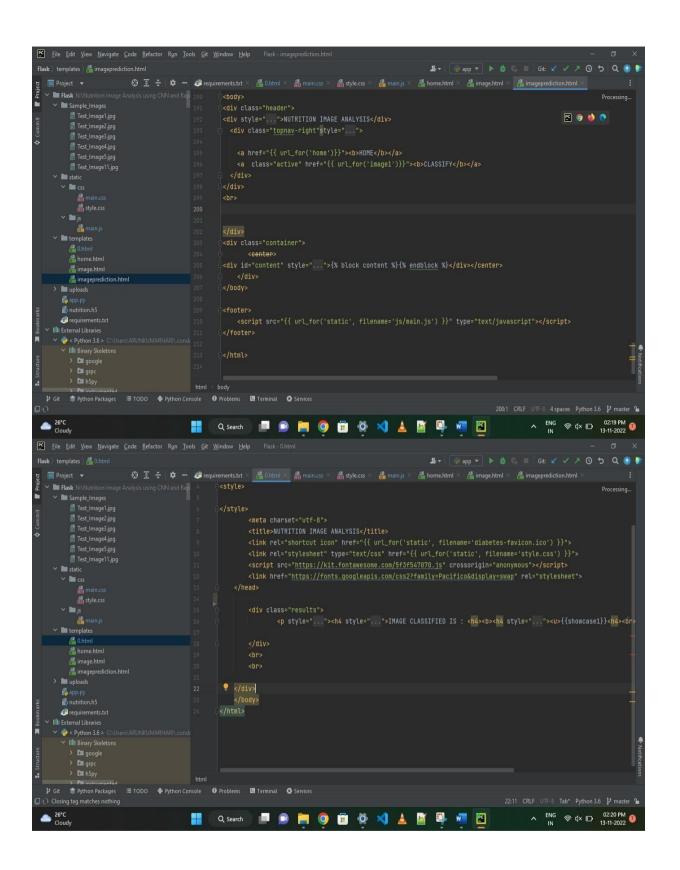
Da	ta Collection
Dow	nload the dataset <u>here</u>
[]	<pre>from google.colab import drive drive.mount('/content/drive')</pre>
	Mounted at /content/drive
[]	cd/content/drive/MyDrive/Colab Notebooks
	/content/drive/MyDrive/Colab Notebooks
[]	# Unzipping the dataset !unzip 'Dataset.zip'

lma	ge Preprocessing
	from keras.preprocessing.image import ImageDataGenerator
lma	ge Data Augmentation
	train_datagen = ImageDataGenerator(rescale=1./255,shear_range=0.2,zoom_range=0.2,horizontal_flip=True) test_datagen=ImageDataGenerator(rescale=1./255)
Арр	olying Image DataGenerator Functionality To Trainset And Testset
0	<pre>x_train = train_datagen.flow_from_directory(r'/content/drive/MyDrive/Colab Notebooks/Dataset/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/Colab Notebooks/Dataset/TEST_SET', target_size=(64, 64),batch_size=5,color_mode='rgb',class_mode='sparse')</pre>

5. Configure The Learning Process
[] classifier.compile(optimizer='adam', loss='sparse_categorical_crossentropy', metrics=['accuracy'])
6. Train The Model
[] classifier.fit_generator(generator=x_train,steps_per_epoch = len(x_train),epochs=20, validation_data=x_test,validation_steps = len(x_test))
/usr/local/lib/python3.7/dist-packages/ipykernel_launcher.py:2: UserWarning: `Model.fit_generator` is deprecated and will be removed in a future version. Pi
Epoch 1/20 494/824 [========>>] - ETA: 6:52 - loss: 0.7194 - accuracy: 0.7174
4
7. Saving The Model
[] classifier.save('nutrition.h5')

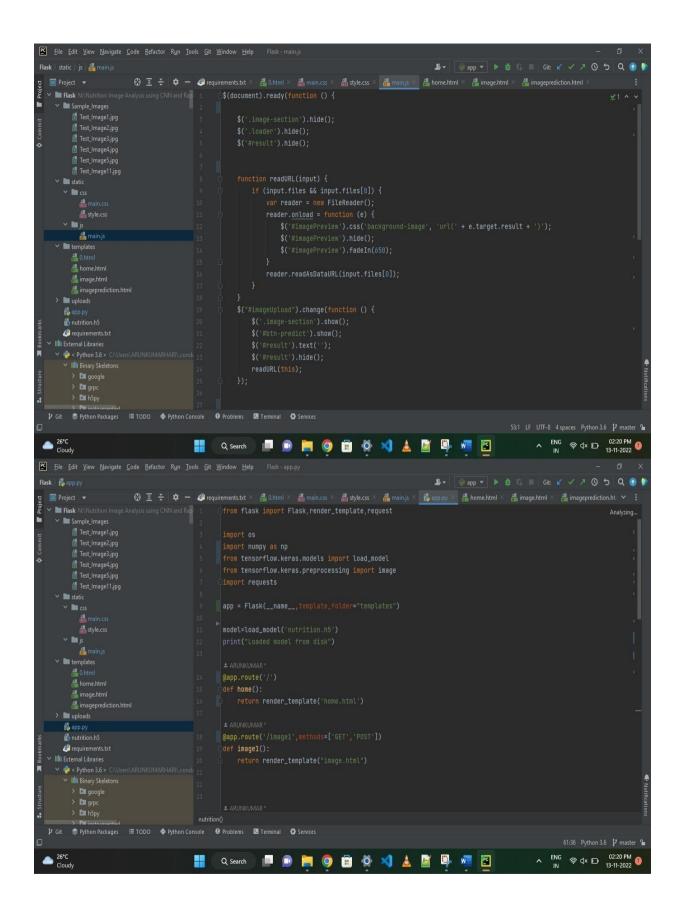
7.2 Feature 2

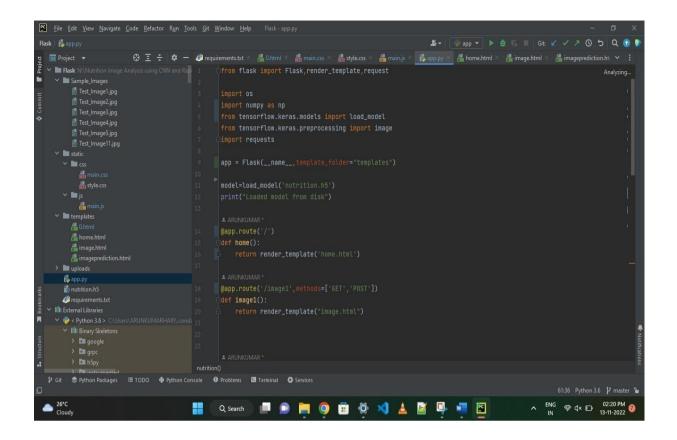




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File Edit View Navigate Code Refactor Run Tools Git Window Help Flask-main.css
                                                                                        😌 🖫 🕏 🗕 🗗 requirements.txt × 🏭 0.html × 📇 main.css × 🖏 style.css × 👼 main.js × 🖆 home.html × 🗂 image.html × 🗂 image.html ×
      Test_Image1.jpg
      Test_lmage2.jpg
                                           border: 5px solid #F8F8F8;
                                           box-shadow: 0px 2px 4px 0px rgba(0, 0, 0, 0.1);
                                          margin-top: 1em;
    static
     ∨ CSS
       main.css
style.css
                                         .img-preview>div {
       main.js
                                           background-position: center;
     app.py
                                          display: none;
     nutrition h5
     requirements.txt
                                         .upload-label{
                                          display: inline-block;
                                           background: #39D2B4;
 P Git S Python Packages ≔ TODO  Python Console
                                      9 Problems 🛛 Terminal 🕒 Services
                                                                                                         17:2 LF UTF-8 4 spaces Python 3.6 P master 🚡
                                                                                                               💾 Q Search 🔲 📵 📜 🧿 🖫 🙋 🛂 🚨
Eile Edit View Navigate Code Refactor Run Tools Git Window Help Flask-style.css
                                                                                        Flask static css style.css

⊕ ₹ ♦ - Ø requirements.bt × ♣ Ohtml × ♣ main.css × ♣ style.css × ♣ main.js × ♣ home.html × ♣ image.html × ♣ image.html × ♣ image.html
                                           background-image:url(bg.jpg);
                                            background-size: 400% auto;
                                           background-position:center;
                                            font-family:Arial, Helvetica, sans-serif;
    ✓ Istatic
                                           line-height:1.6em;
        # style.css
         main.js
      0.html
   > uploads
     nutrition.h5
     requirements.txt
   background-image: url("doc.jpg");
                                                                                                        19:10 CRLF UTF-8 4 spaces Python 3.6 🎖 master 🔓
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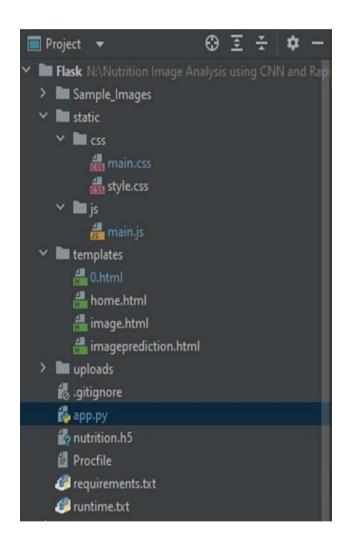


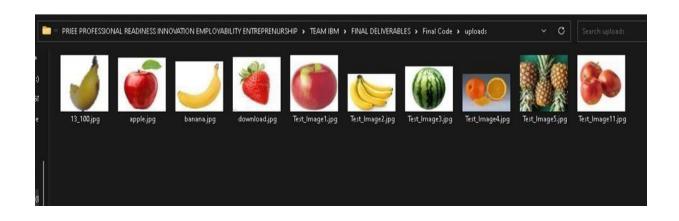


TESTING

8. TESTING

8.1Test Cases



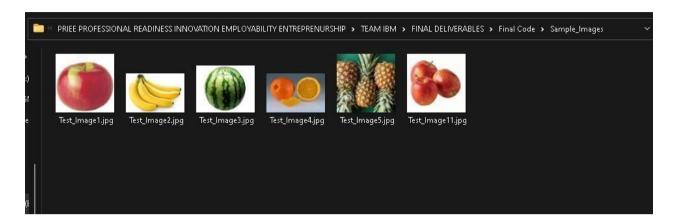


Test case ID	Featu re Type	Compo nent	Test Scen ario	Step s To Exe cute	Test Data	Expec ted Result	Act ual Res ult	Sta tus	Com ments	TC for Autom ation (Y/N)	B U G I D	ExecutedBy
Ho me Pag e	UI	Home Page	Verif y the UI eleme nts	1. Enter the local host url and click go. 2. Verify home page withbelo w elem ent	Localhost/w ebap p/image.html	Applic ation should show below UI eleme nts: 1.Hom e button	Wor king as expe cted	PA SS	Succe ssful	Y		J.ANDRO JERRY
Clas sify Pag e Tc 001	Funct ional	Predic tPage	Verif y user is able to uploa d dama ge	upload the imag e. Click analyze button	Upload image	User should upload the image	Wor king as expe cted	PA SS	Succe ssful	Y		L.BATRICSON

Clas sify Pag e Tc 002	Func tiona l	Predic tPage	Verif y user is able to uploa d imag e	1. upl oad the imag e. 2. Cli ck analy ze butto n	Upload image	User should upload the image	Wor king as expe cted	PA SS	Succe ssful	Y		N.GILBAR T
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Clas sify Pag e Tc 003	Func tiona l	Predic tPage	Verif y user is able to uploa d imag e	1. upl oad the imag e. 2. Cli ck analy ze butto n	Upload image	User should upload the image	Wor king as expe cted	PA SS	Succe ssful	Y	R.SANTHO SH
Clas sify Pag e Tc 004	Func t ional	Predic tPage	Verif y user is able to uploa d imag e	1. upl oad the imag e. 2. Cli ck analy ze butto n	Upload image	User should upload the image	Wor king as expe cted	PA SS	Succe ssful	Y	J.ANDRO JERRY

8.2User Acceptance Testing



Purpose of User Acceptance Testing

The purpose of this document is to briefly explain the test coverage and open issues of the [ProductName]project at the time of the release to User Acceptance Testing (UAT).

Defect Analysis

This report shows the number of resolved or closed bugs at each severity level, and how they were resolved

Resolution	Severity 1	Severity 2	Severity 3	Severity 4	Severity 5	Subtotal
By Design	2	2	1	1	1	7
Duplicate	1	0	1	0	0	2
External	2	0	0	2	0	4

Fixed	3	2	1	1	0	7
Not Reproduced	0	0	1	1	0	2
Skipped	0	0	0	0	0	0
Won't Fix	0	0	0	0	0	0
Totals	8	4	4	5	1	22

Test Case Analysis

shows the number of test cases that have passed, failed, and untested

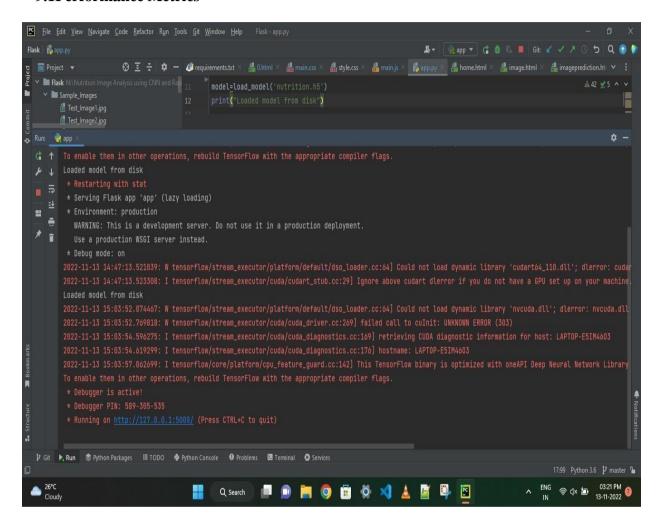
Section	Total cases	Not Tested	Fail	Pass
Home page 6		0	0	6
Image Page 5		0	0	5

Prediction Page	3	0	0	3
Report Page	3	0	0	3

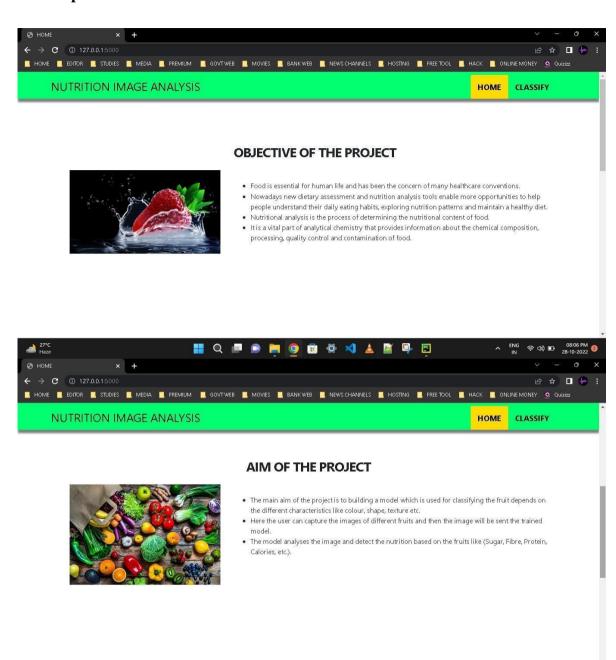
CHAPTER 9 RESULTS

9.RESULTS

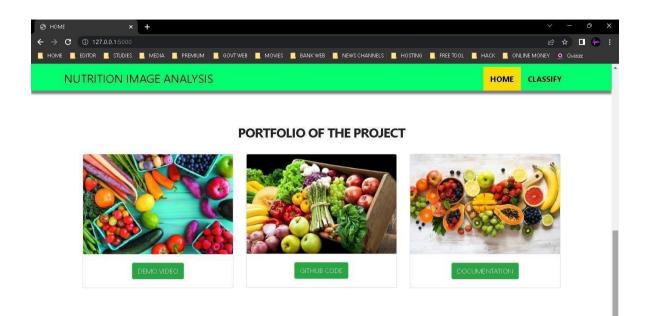
9.1Performance Metrics



9.2Output

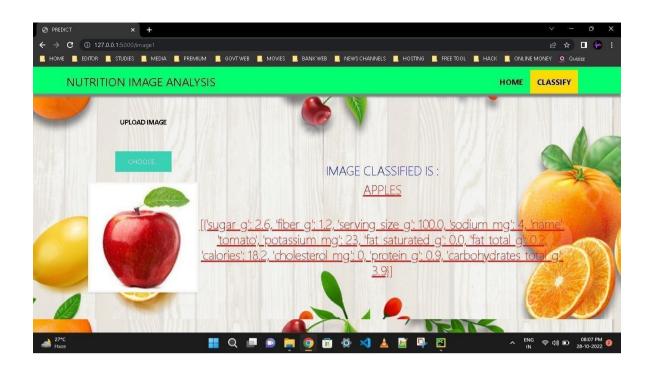


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ADVANTAGES & DISADVANTAGES

10.ADVANTAGES & DISADVANTAGES

ADVANTAGES

- The new dietary assessment and nutrition analysis tools enable more opportunities to helppeople understand their daily eating habits
- It help in exploring the nutrition patterns in their daily routines and this is very useful forpeople to maintain a healthy diet balances.
- The nutritional analysis is used to determine the nutritional content of food.
- This application eliminates the travelling cost in visiting a dietician.
- The usage of this application greatly reduces the time required to get the best diet plan

DISADVANTAGES

- The android mobile user will not be able to insert or view details if the server goes down.
- Thus there is disadvantage of single point failure.

CONSULSION

11.CONCLUSION

By the end of this project we will

- know fundamental concepts and techniques of Convolutional Neural Network.
- gain a broad understanding of image data
- know how to build a web application using the Flask framework.
- know how to pre-process data and
- know how to clean the data using different data preprocessing techniques.

FUTURE SCOPE

12.FUTURE SCOPE

- AI is revolutionizing the health industry.
- It is majorly used in improving marketing and sales decisions, AI is now also being used to reshape individual habits.
- In future we don't want to go to gym and do any diets. By using this nutrition fitness analyzer we can maintain our diet plans without any help from others and we can lead a happy and healthy life with good wealth.
- AI can easily track health behaviors and repetitive exercise patterns and use the data to guide you towards your fitness journey and diet plan

APPENDIX

13.APPENDIX

 $GitHub - \underline{https://github.com/IBM-EPBL/} \ \underline{IBM-Project-14381-1659584990.git}$