THANTHAI PERIYAR GOVERNMENT INSTITUTE OF TECHNOLOGY

COMPUTER SCIENCE AND ENGINEERING

PROJECT REPORT

Nutrition Assistant Application



Submitted by

TEAM ID : PNT2022TMID29616

TEAML LEADER : SHARMILA RAJ S (513119104033)

TEAM MEMBER 1 : DEVIKA N (513119104005)

TEAM MEMBER 2 : KALKI D (513119104015)

TEAM MEMBER 3 : SUBHASHRI R (513119104037)

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1. INTRODUCTION

1.1 Project Overview

The cloud based system would have the ability to calculate the nutritional requirements and to guide first line nutritional management to the clients automatically. Due to the ignorance of healthy food habits, obesity rates are increasing at an alarming speed, and this is reflective of the risks to people's health. People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity. However, although food packaging comes with nutrition (and calorie) labels, it's still not very convenient for people to refer to App-based nutrient dashboard systems which can analyze real-time images of a meal and analyze it for nutritional content which can be very handy and improves the dietary habits, and therefore, helps in maintaining a healthy lifestyle. The implementation once done would invite more and more queries for personalised nutrition support rather than depending on the set menu plans as in the case of current online approaches.

1.2 Purpose

This project aims at building a web App that automatically estimates food attributes such as ingredients and nutritional value by classifying the input image of food. Our method employs **Clarifai's AI-Driven Food Detection Model** for accurate food identification and Food API's to give the nutritional value of the identified food.

2.LITERATURE SURVEY

2.1 Existing Problem

APPLICATION OF ARTIFICIAL INTELLIGENCE ON NUTRITION ASSESSMENT AND MANAGEMENT

Published year: May 2021

Author: Dr. Kavita Sudersanadas

Journal Name: EUROPEAN JOURNAL OF PHARMACEUTICAL AND MEDICAL RESEARCH

Summary: The application of AI for the provision of food services to hospitalized patients is of immense scope. This review details the various ways through which AI can be applied for the nutrition assessment. Even though commercial AI-based nutritional assessment systems are available, many do not evaluate the nutrient intake, and the data available through them were not validated. Fat Secret is a commercially available AI-based food and nutrient

assessment system that can evaluate the food's calorie content. Also, the major challenge posed by such systems is the availability of locally appropriate data sets. Hence further research and validation are essential in this field. AI-based nutrient intake assessment system is of immense value to obtain and assess food intake data in isolation wards and for the follow-up without contact.

Methodology used: Artificial Intelligence

2.2 References

Paper 1: Virtual Nutritionist using AI

Publication year: June 2019

Author: Siddarthan Chitra Suseendran, Nanda Kishore B, Josephus Andrew, M.S. Rajya Shree

Journal Name: International Journal of Engineering and Advanced Technology (IJEAT).

Summary: In this way, a requirement for a full help for furnishing them with solid nourishment is a fundamental focus to reach. In this paper, we propose a model for a sustenance master framework which point is to give its clients the nourishment skill. It creates solid dinners for people in various ages as indicated by various criteria including their development stage, sexual orientation, and their wellbeing status. An application is created and a few contextual investigations are connected to show how the proposed model can be for deciding one's nourishment connected utilizing Artificial Intelligence (Machine and deep learning). Few key advantages are: Customized diet for any lifestyle and age along with various types of diets to choose from which acknowledges your pre medical conditions with appropriate macronutrient ratio split that ensures micronutrient supplement suggestions based on the foods you consume.

Methodology used: Artificial Intelligence

Paper 2: Personalized dietary assistant — An intelligent space application

Published year:2017

Author: Ballaz's Tusor, Gabriella Simon-Nagy, J.T. Tóth, A. R. Várkonyi-Kóczy

Journal Name: IEEE 21st International Conference on Intelligent Engineering Systems (INES)

Summary: Nowadays, there are numerous types of diets that aim to improve the quality of life, health and longevity of people. However, these diets typically involve a strictly planned regime, which can be hard to get used to or even to follow through at all, due to the sudden nature of the change. In this paper, the framework for an Intelligent Space application is proposed that helps its users to achieve a healthier diet in the long term by introducing small, gradual changes into their consumption habits. The application observes the daily nutrition intake of its users, applies data mining in order to learn their personal tastes, and educates them about the effects of their current diet on their health. Then it analyses the knowledge base to find different food or drink items that align with the perceived preferences, while also add to the balance of the daily nutrition of the users considering their physical properties, activities, and health conditions (e.g., diabetes, celiac disease, food allergies, etc). Finally, the system uses the findings to make suggestions about adding items from the consumption list, or change one item to another.

Methodology used: Data Analytics

Paper 3: Development of Cloud Based Solution For Effective Nutrition Intervention in the management of lifestyle diseases

Published date: February 2018

Author: Manju P. George*, Kalpana C.A

Journal Name: Trans Asian Research Journal

Summary: A web-based tool is being planned for therapeutic nutrition prescriptions in clinical settings. The cloud-based system would have the ability to calculate the nutritional requirements and to guide first line nutritional management to patients and clients automatically. Also, it serves as an electronic medical and dietetic record, and personalised nutrition consultation approach can be planned even in the client's busy schedule. One to One approach is much more simplified and the client can converse to his/ her personal dietitian at their own convenient setting. The implementation once done would invite more and more queries for personalised nutrition support rather than depending on the set menu plans as in the case of current online approaches. Authenticity of the consultant dietitian would also be ensured by the responsible team providing nutrition support.

Methodology used: Cloud Computing

Paper 4: A DIET CONTROL AND FITNESS ASSISTANT APPLICATION USING DEEP LEARNING-BASED IMAGE CLASSIFICATION

Published date:2019

Author: Tianren Dong1, Yu Sun and Fangyan Zhang

Journal Name: CSCP

Summary: With more and more attentions paid on health, people begin to care about healthy diet options created by experts on nutrition. However, it will take a long time to observe the effects by taking healthy diet. This causes great difficulty for users to follow the healthy diet strictly. Most existing applications are not user-friendly in inputting information to the application. Then it becomes difficulty to track for exact health status. This paper proposes an android application which can be trained to recognize different kinds of food and facilitate the information input through phone camera using machine learning algorithms. Thus, nutritional information can be fed in application accurately.

Methodology Used: Machine learning, Image recognition

Paper 5: Smartphone Applications for Promoting Healthy Diet and

Nutrition: A Literature Review

Published date: January 2016

Author: Steven S. Coughlin, Mary Whitehead, Joyce Q. Sheats, Jeff Mastromonico, Dale Hardy, Selina A. Smith

Journal Name: Jacobs J Food Nutra

Summary: Rapid developments in technology have encouraged the use of smartphones in health promotion research and practice. Although many applications (apps) relating to diet and nutrition are available from major smartphone platforms, relatively few have been tested in research studies in order to determine their effectiveness in promoting health. In this article, we summarize data on the use of smartphone applications for promoting healthy diet and nutrition based upon bibliographic searches in PubMed and CINAHL with relevant

search terms pertaining to diet, nutrition, and weight loss through August 2015.

Methodology Used: Bibliographic searches in PubMed and CINAHL with relevant search terms pertaining to diet, nutrition, and weight loss through August 2015.

Paper 6: An Intelligent Application for healthcare Recommendation using Fuzzy Logic

Published date:2019

Author: Nikahat Mulla, Swapnali Kurhade, Meghana Naik, Nida Bakereywala

Journal Name: IEEE

Summary: In the beginning of the application, the user has to sign-up with the application, where he/she has to put data regarding his height, weight, eating preferences, physical activity etc. After signing up, the application finds the membership value of the information such as age, BMI (which it calculates from the weight and height which the user inputs), physical activity and maps it to the output calorie function. The user must log in to the system where the user gets the information such as required total daily calorie intake, and the calories intake according to nutrients such as fats, proteins etc. The user also can keep the count of his/her daily steps so that on an everyday basis if his/her physical activity changes, the calorie intake should also change. For doing so the application uses the sensors in android studio which helps in detecting the user movements. This makes the application dynamic. The user can also update his profile as it changes.

Methodology Used: Fuzzy Logic:Min-Max algorithm

Paper 7: Smart-Log: A Deep-Learning based Automated Nutrition Monitoring System in the IoT

Published date: 29 August 2018

Author: Prabha Sundaravadivel, Kavya Kesavan, Lokesh war Kesavan, Saraju P. Mohanty, and Elias Kougianos

Journal Name: IEEE Transactions on Consumer Electronics

Summary: A correct balance of nutrient intake is very important, particularly in infants. When the body is deprived of essential nutrients, it can lead to serious disease and organ deterioration which can cause serious health issues in adulthood. Automated monitoring of the nutritional content of food provided to infants, not only at home but also in daycare facilities, is essential for their healthy development. To address this challenge, this paper presents a new Internet of Things (IoT)-based fully automated nutrition monitoring system, called Smart-Log, to advance the state-of-art in smart healthcare. For the realization of Smart-Log, a novel 5-layer perceptron neural network and a Bayesian network-based accurate meal prediction algorithm are presented in this paper. Smart-Log is prototyped as a consumer electronics product which consists of WiFi enabled sensors for food nutrition quantification, and a smart phone application that collects nutritional facts of the food ingredients. The Smart-Log prototype uses an open IoT platform for data analytics and storage. Experimental results consisting of 8172 food items for 1000 meals show that the prediction accuracy of Smart-Log is 98.6%.

Methodology Used: Internet of Things (IoT), Deep-Learning

Paper 8: Intelligent SVM Based Food Intake Measurement System

Published date: 15-17 July 2013

Author: Parisa Pouladzadeh ,Shervin Shi Mohammadi ,Tarik Arici

Journal Name: 2013 IEEE International Conference on Computational Intelligence and Virtual Environments for Measurement Systems and Applications (CIVEMSA)

Summary: As people across the globe are becoming more interested in watching their weight, eating more healthily, and avoiding obesity, a system that can measure calories and nutrition in everyday meals can be very useful. Recently, due to ubiquity of mobile devices such as smart phones, Net books and tablets, the health monitoring applications are accessible by the patients practically all the time. A semi-automated food intake measurement application, running on a mobile device, could assist the patient to estimate his/her consumption calories. In this paper, to improve the accuracy of the current state of the art technologies, we have engaged color k-mean clustering along with color mean shift and texture segmentation schemes to get more accurate results in segmentation phase. Furthermore, the proposed system is built on food image processing techniques and uses nutritional fact tables. Via a special calibration technique, our system uses the built-in camera of such mobile devices and records a photo of the food before and after eating it in order to measure the consumption of calorie and nutrient components. The proposed algorithm extracts important features such as shape, color, size and texture. Using various combinations of these features and adopting computational intelligence techniques, such as support vector machine, as a classifier, accurate results are achieved which are very close to the real calorie of the food.

Methodology Used: SVM Based, AI

2.3 Problem Statement Definition

NISHA is a busy entrepreneur who wants to integrate healthy eating habits, because she think to have a regular healthy diet. Wellness and healthy lifestyles have become mainstream. Interest in fitness applications and revenue from them grow as fast as the number of people striving to be fit. The spoonacular Nutrition, Recipe, and Food API allow you to access over 365,000 recipes and 86,000 food products. Our food ontology and semantic recipe search engine make it possible to search for recipes using natural language queries, such as "gluten-free brownies without sugar" or "low-fat vegan cupcakes." You can automatically calculate the nutritional information for any recipe, analyze recipe costs, visualize ingredient lists, find recipes for what's in your fridge, find recipes based on special diets, nutritional requirements, or favorite ingredients, classify recipes into types and cuisines, convert ingredient amounts, or even compute an entire meal plan. With our powerful API, you can create many kinds of food and especially nutrition apps.

3.1 Empathy Map Canvas

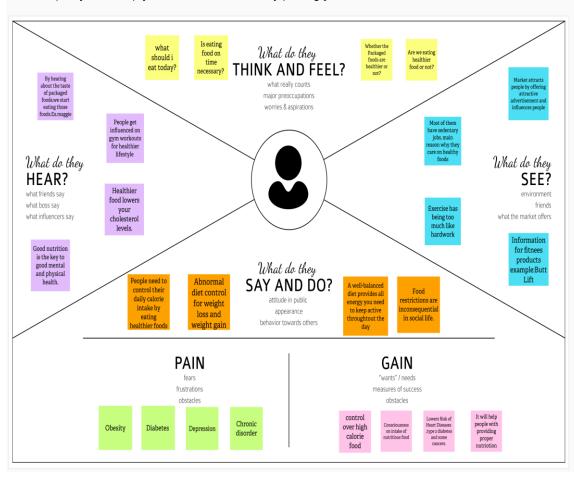
Edit this template
Right-click to unlock

Empathy Map Canvas

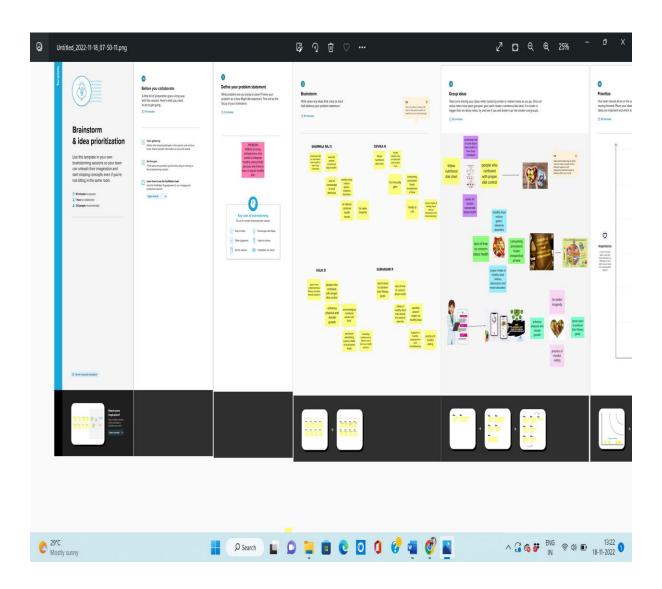
Gain insight and understanding on solving customer problems.



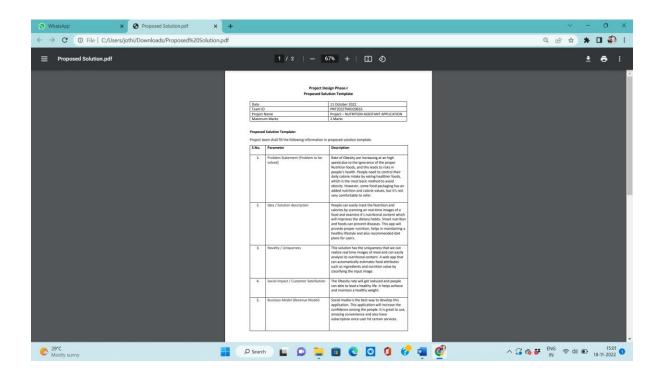
Build empathy and keep your focus on the user by putting yourself in their shoes.

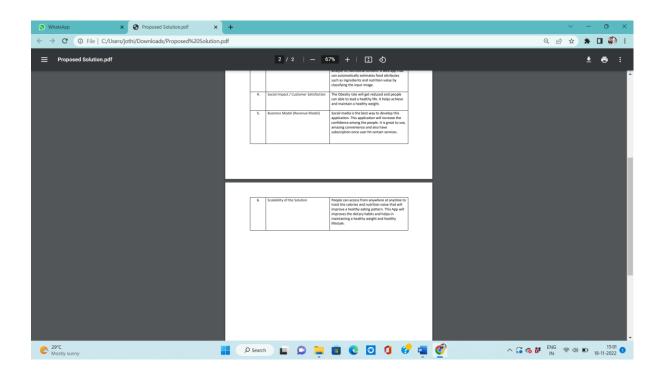


3.2 Ideation & Brainstroming

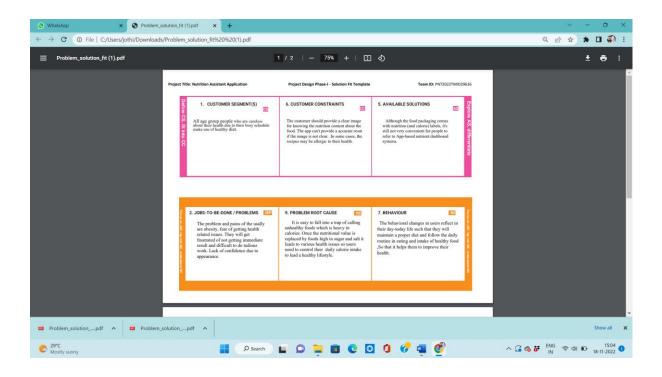


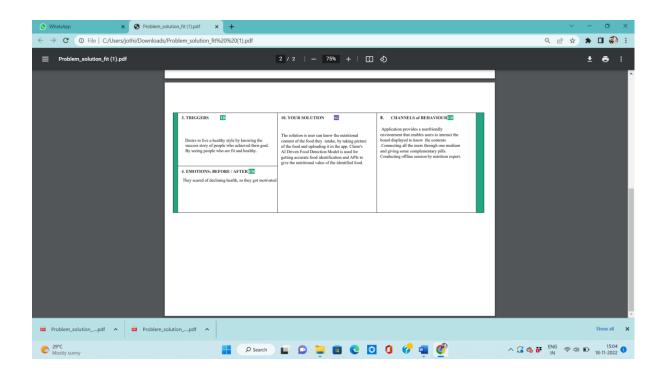
3.3 Proposed Solution





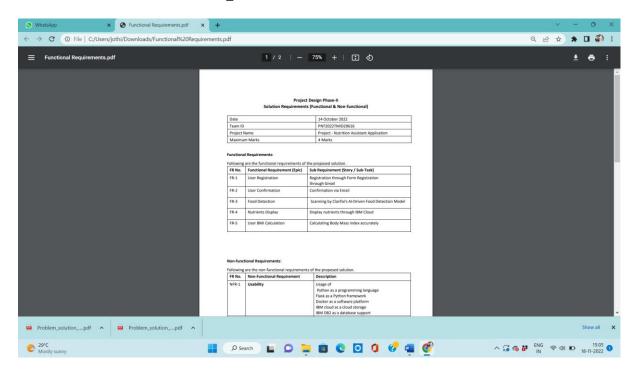
3.4 Problem Solution



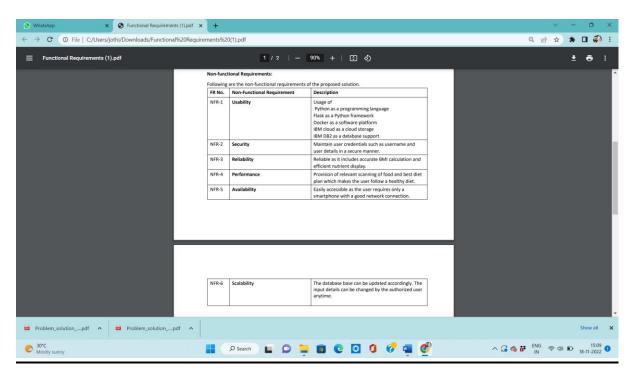


4. REQUIREMENT ANALYSIS

4.1 Functional Requirement

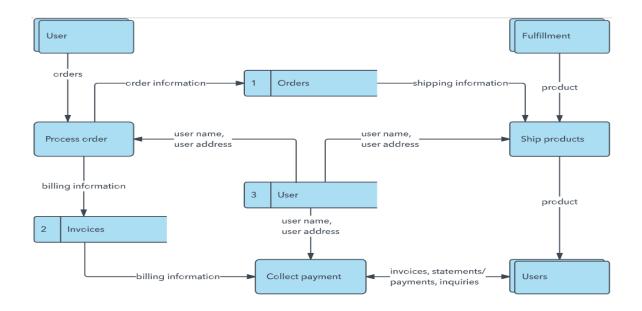


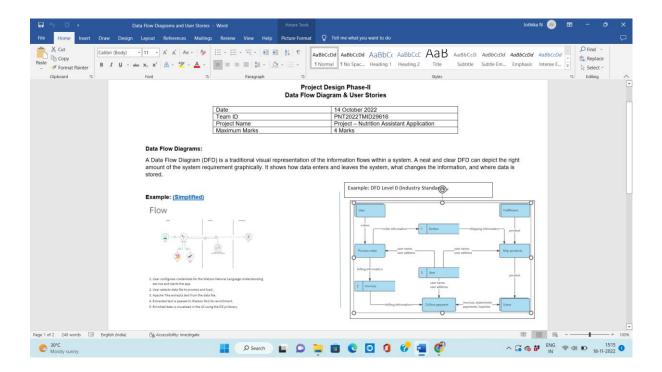
4.2 Non Functional Requirement



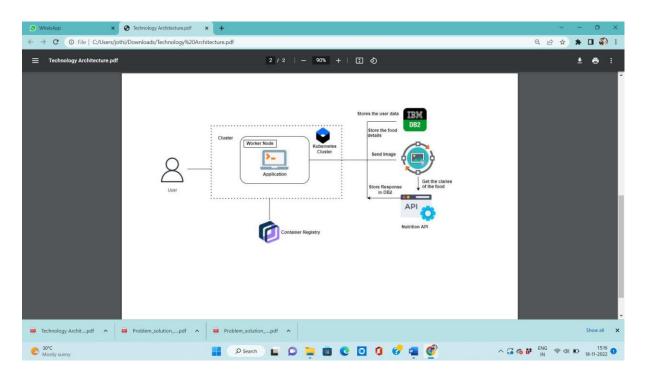
5. PROJECT DESIGN

5.1 Data Flow Diagrams

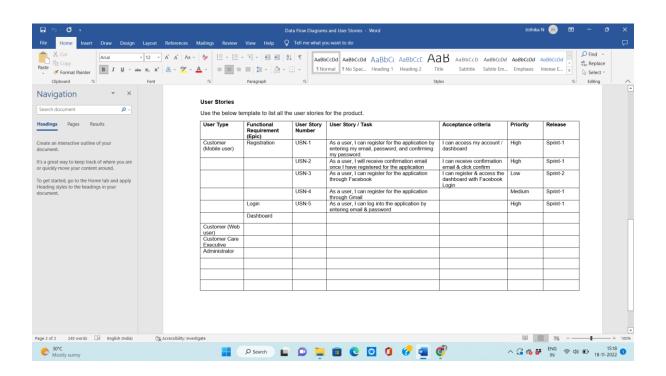




5.2 Solution & Technical Architecture

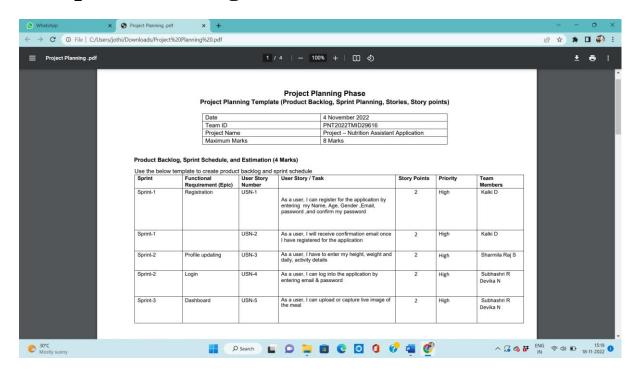


5.3 User Stories

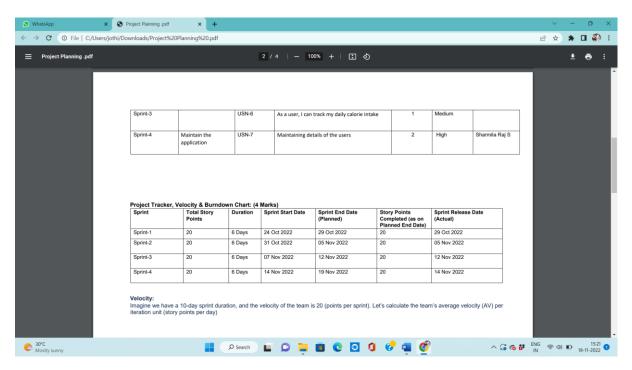


6. PROJECT PLANNING AND SCHEDULING

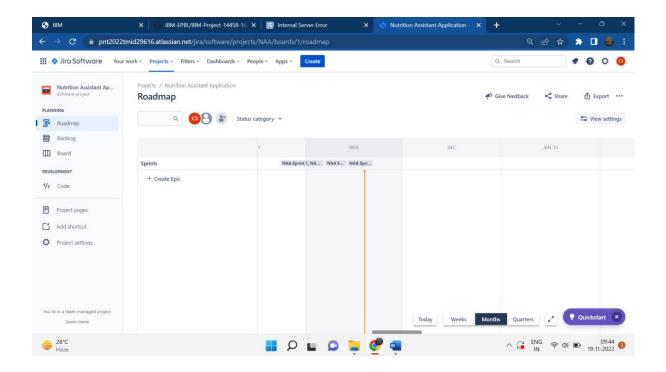
6.1 Sprint Planning & Estimation



6.2 Sprint Delivery Schedule



6.3 Reports from JIRA



7. CODING & SOLUTIONING

7.1 Feature 1

Welcome.html

To the project, we incorporated an email service. This service sends email messages with nutrition-related information directly to customers' inboxes.

def custom_send_mail(email, data):

sg =
sendgrid.SendGridAPIClient(SENDGRID_API_KEY)

```
from_email =
Email("nutritioninyourlife.foryoy@gmail.com")

to_email = To(email) # Change to your recipient

subject = "Nutrition is a basic human need and a
prerequisite for healthy life"

content = Content("text/plain",

f"'{data}'")

mail = Mail(from_email, to_email, subject, content)

# Get a JSON-ready representation of the Mail object

mail_json = mail.get()

sg.client.mail.send.post(request_body=mail_json)
```

7.2 Feature 2

app.py

We store the nutrition-related information on the database, so users can access the data when they need it. Adding result into database,

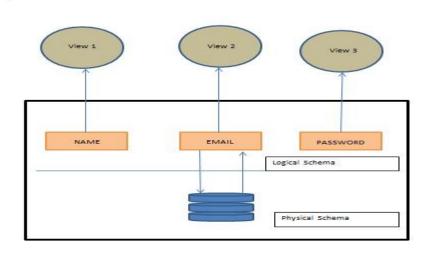
```
insert_sql = "INSERT INTO PERSON VALUES (?,?,?,?)"
prep_stmt = ibm_db.prepare(conn, insert_sql)
ibm_db.bind_param(prep_stmt, 1, session['name'])
ibm_db.bind_param(prep_stmt, 2, session['email'])
ibm_db.bind_param(prep_stmt, 3, complete_value)
ibm_db.bind_param(prep_stmt, 4, current_time)
```

```
ibm_db.execute(prep_stmt)
```

Getting information from the

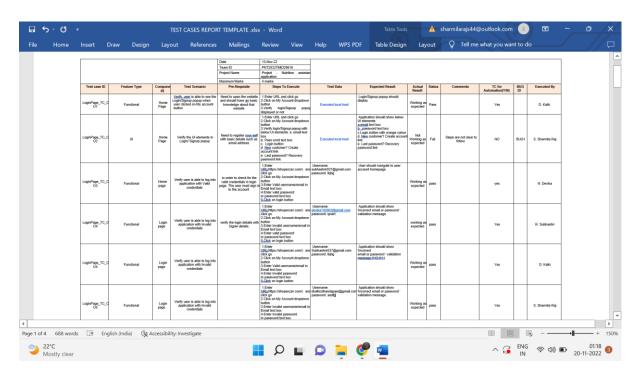
```
database def get_history():
    history = []
    sql = f"SELECT * FROM PERSON WHERE email =
'{session['email']}'''
    stmt =
ibm_db.exec_immediate(conn, sql)
dictionary =
ibm_db.fetch_both(stmt)
while dictionary:
    history.append(dictionary)
    dictionary =
ibm_db.fetch_both(stmt)    return
history
```

7.3 Database Schema

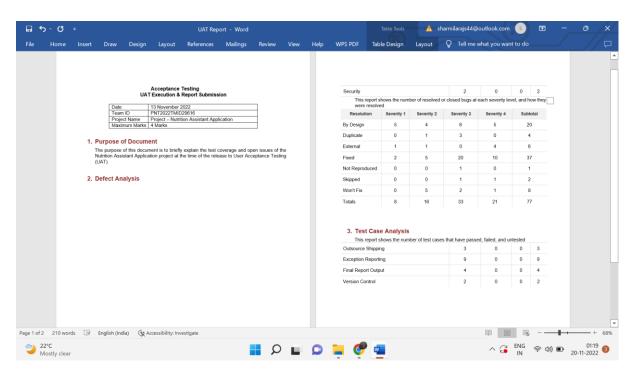


8.TESTING

8.1 TEST CASES



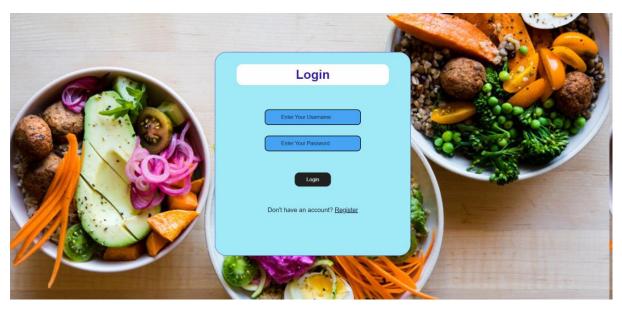
8.2 USER ACCEPTANCE TESTING



9.RESULTS

9.1 PERFORMANCE METRICS

a few steps to make u lead a healthy life	nier		
Enter Your Name			
Enter Your Password			1.0
Enter Your Email ID		1R	
Enter Your Gender	100 MT 100 MT 14		
Enter Your Age	26	CALAD	
Enter Your Height		SNAP	
t ?			
Enter Your BMI			
Register			
	Enter Your Password Enter Your Password Enter Your Email ID Enter Your Gender Enter Your Age ? Enter Your Height ?? Enter Your weight Enter Your BMI	Enter Your Password Enter Your Email ID Enter Your Gender Enter Your Age ? Enter Your Height Enter Your BMI	Enter Your Password Enter Your Email ID Enter Your Gender Enter Your Age 2 Enter Your Height Enter Your Height Enter Your BMI





Why Nutrition matters?

People with healthy eating patterns live longer and are at lower risk for serious health problems such as heart disease, type 2 diabetes, and obesity. For people with chronic diseases, healthy eating can help manage these conditions and prevent complications.





Choose The Right Path

While fast food may be convenient, healthy food is better for maintaining your weight, getting the right amount of essential nutrients amount of essential nutrients in your diet and keeping yourself healthy. You can even eat healthy for less than it costs to eat fast food with proper planning and some time spent preparing and cooking your food.



You Are What You Eat

Eating a healthy diet is difficult without access to nutritious food. Each year, chronic diseases account for 70% of all deaths in the United States. Poor diets lead to chronic illnesses such as heart disease, type 2 diabetes, and obesity.



Health is not about the weight you lose, But about the wait you gain!



Nutrition is the biochemical and physiological process by which an organism uses food to support its life

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Welcome to nutro!! hi hello help How may I help you? Give ideas to loose weight Give ideas to gain weight Give ideas to gain weight These foods can help you increase your weight in a healthy way. Homemade protein smoothies • Milk • Rice

Built with IBM Watson* (1)

Nutro Assistant

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Our Story

Welcome to NUTRO!!!

Nutrition assistants help dieticians with providing proper nutrition at healthcare facilities. They determine patient's nutritional needs, assess risk factors, and plan meals and menus. They also ensure proper sterilization of plates and utensils.

By showcasing warmth, graciousness, efficiency, skill, professionalism, and integrity in our work, we will continually serve our consumers with exceptional service. To have every customer who comes through our doors leave impressed by their experience at Welcome to NUTRO!!! and excited to come back again.

Our Goals

Healthy foods are those that provide you with the nutrients you need to sustain your body's wellbeing and retain energy. Water, carbohydrates, fat, protein, vitamins, and minerals are the key nutrients that make up a healthy, balanced diet. Nutritional support, when used appropriately, has a number of clinical benefits, including improved intake and nutritional status, functional recovery, fewer complications and reduced mortality.









Nutrition is the biochemical and physiological process by which an organism uses food to support its life

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What are you eating?

Snap a photo of your food & upload for a nutritional breakdown.

Choose File pancakes.jpeg

Open image



CLICK HERE TO PREDICT THE NUTRITIONAL CONTENTS



Nutrition is the biochemical and physiological process by which an organism uses food to support its life

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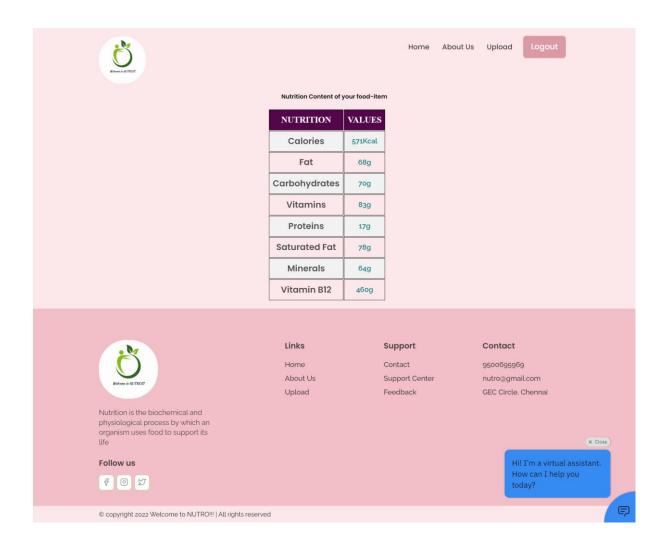
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Hi! I'm a virtual assistant. How can I help you today?

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10.ADVANTAGES AND DISADVANTAGES

10.1 ADVANTAGES

- > It helps us to be healthy.
- > It assists us to take nutritious food.
- ➤ It assists us to know the nutrients content in the food we take.
- > It makes us to avoid to go to gym.
- User Friendly Web-Application.

10.2 DISADVANTAGES

It does not assists illiterates to take nutritious food.

11. CONCLUSION

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 is an important element in an overall strategy aimed at improving food security and preventing all forms of malnutrition. Schools (from pre-school to secondary) are ideal settings for promoting lifelong healthy eating habits and lifestyles.

12. FUTURE SCOPE

Associations and effects of foods and nutrients on health. Dietary patterns and health. Molecular nutrition. Health claims on foods. The scope of a study explains the extent to which the research area will be explored in the work and specifies the parameters within the study will be operating. Basically, this means that you will have to define what the study is going to cover and what it is focusing on. Project scope is a way to set boundaries on your project and define exactly what goals, deadlines, and project deliverables you'll be working towards. By

clarifying your project scope, you can ensure you hit your project goals and objectives without delay or overwork. Defining your project scope isn't a one-person job. Future Scope is for the Undergraduates, Graduates and the Working Professionals. They may want to review or reconsider their future options and goals in terms of its suitability now; may be with a different perspective of their options in terms of time, resources, inclination etc.

13.APPENDIX

13.1 SOURCE CODE

Source Code:

https://github.com/IBM-EPBL/IBM-Project-14458-1664181923

13.2 DEMO LINK

Demo Video: https://youtu.be/TUfiOzAxs2c