# Project report

# **IBM**

# Nutrition Assistant Application

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**PATHURISUPRIYA** 

**PAVITHRA.S** 

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# 1. Introduction

### 1.1 Overview

As there is improvement in people's standards of living, 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. However, most of food packaging comes with nutrition labels, it's still not very convenient for people to refer.

Most people understand the repercussions of eating fast food but sometimes the repercussions are unexpected and may require the services of a personalinjury lawyer. Most of my favorite foods cause weight gain and if eaten consistently, could lead to diabetes. In the last several years, there have been a handful of displeased fast-food eaters who took legal action against the fast-food chains to either make an easy buck or hold them accountable for their lousy products.

## 1.2 Purpose

The main purpose of this Web application is to help people know the nutrient value of the food they eat. This web app provides a service where the user can feed the food image/ food name/image URL and the app provides the nutrient value of the food. The user can also feed the daily consumption of food with time and date. Then he can access the food details whenever required. The nutrient details are also sent to the user mail.

This application can be used personally to take of ones health,recommended by hospitalsor the doctors to track the user daily food consumption, We will know more about this further.

# 2.LITRATURE SURVEY

# 2.1 Existing problem

In this busy world people can't track the food they consume and it is difficult to find the nutrients of all the food they consume. Over consumption or under nutrition can lead to serious health issues. These may be calcium/ iron/vitamin deficiencies or the over consumption of carbohydrates and sugar that causes obesity and diabetes. Which may

further lead to serious health issues. There is urgent action required to maintain a balanced diet in order to have a good immunity.

# 2.2 Proposed solution

Our web app used the food image given by the user then processes that tothe nutrient values of the food then displays to the user these can reduce the user's effort to enter the food details.he can simply capture the food image and enter into the web app.

The user can enter the food details that he consumes daily on the basis of time and date of consumption. we then add the food details into the user table. the user can then go to the diary page and view the data entered by him betweenany particular dates. He can also view the aggregate nutrient details. We have provided nemail servicewhere users will get the aggregate nutrientdetails.

This application can be used on the recommendation of the doctor or the hospitals where one can track all the data that the patient consumed to track the nutrientdetails of the patient.

# 2.3 Problem Statement

### **Customer Problem Statement Template:**

Create a problem statement to understand your customer's point of view. The Customer Problem Statement template helps you focus on what matters to create experiences people will love.

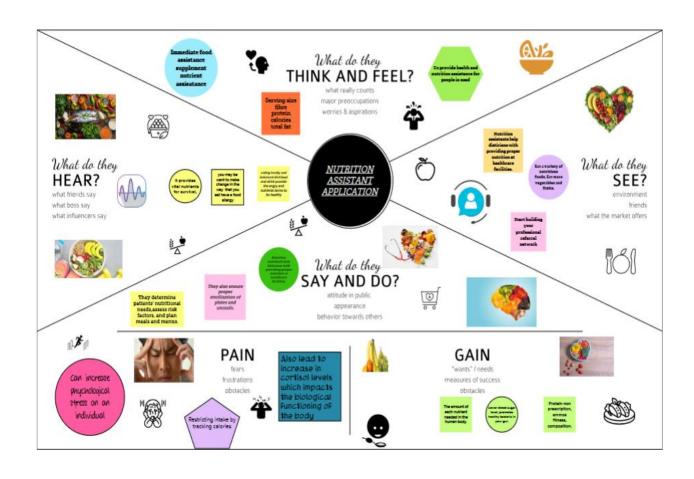
A well-articulated customer problem statement allows you and your team to find the ideal solution for the challenges your customers face. Throughout the process, you'll also be able to empathize with your customers, which helps you better understand how they perceive your product or service.

l am	Describe customer with 3-4 key characteristics who are they?	Describe the customer and their attributes here
I'm trying to	List their outcome or "job" the care about - what are they trying to achieve?	List the thing they are trying to achieve here
but	Describe what problems or barriers stand in the way – what bothers them most?	Describe the problems or barriers that get in the way here
because	Enter the "root cause" of why the problem or barrier exists – what needs to be solved?	Describe the reason the problems or barriers exist
which makes me feel	Describe the emotions from the customer's point of view – how does it impact them emotionally?	Describe the emotions the result from experiencing the problems or barriers

Reference: https://miro.com/templates/customer-problem-statement/

# 3. IDEATION & PROPOSED SOLUTION

# 3.1 Empathy Map Canvas



# 3.2 Ideation And Brain Storming

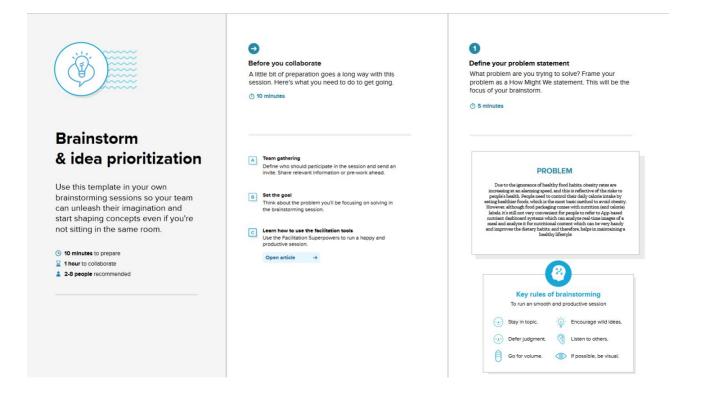
### **Brainstorm & Idea Prioritization Template:**

Brainstorming provides a free and open environment that encourages everyone within a team to participate in the creative thinking process that leads to problem solving. Prioritizing volume over value, out-of-the-box ideas are welcome and built upon, and all participants are encouraged to collaborate, helping each other develop a rich amount of creative solutions.

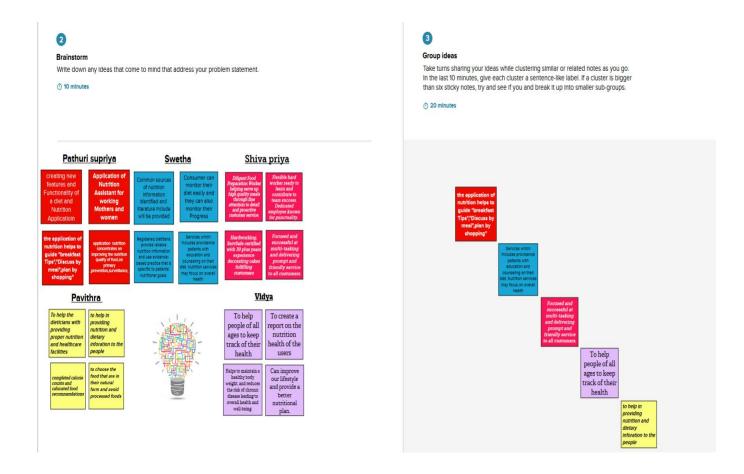
Use this template in your own brainstorming sessions so your team can unleash their imagination and start shaping concepts even if you're not sitting in the same room.

Reference: https://www.mural.co/templates/empathy-map-canvas

Step-1: Team Gathering, Collaboration and Select the Problem Statement



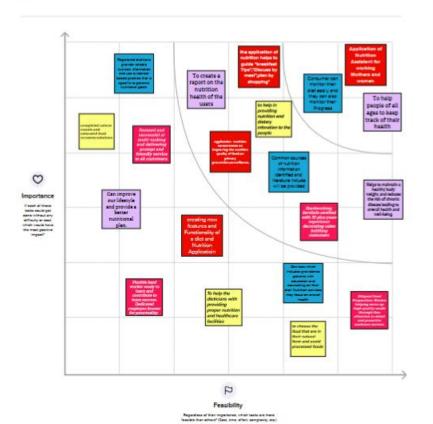
# Step-2: Brainstorm, Idea listing and Grouping





### Prioritize

Your team should all be on the same page about what's important moving farnered. Place your ideas on this grid to determine which ideas are important and which are feasible.





After you collaborate
You can expert the mural as an image or gdf to share with members of your company who might find it helpful.

### Quick add-ons

Share the mural Share a view finite to the mural with statementers to lead them in the long about the substance of the season.

Suport the mural
 Suport a copy of the mural as a PNS or PDF to effect to
 emails, include in slides, or save in your drive.

### Keep moving forward

Strategy blueprint Certra the components of a new idea or intelligy





identify strengths, weaknesses, apportunities, and threats (SNOT) to develop a gian.

Share femplete feedback

# 3.3 Proposed Solution:

S.No.	Parameter	Description
1.	Problem Statement (Problem to be solved)	Due to the ignorance of healthy food habits, obesity rates are increasing at an alarming speed, and this isreflective of the risks to people's health. People needto control their daily calorie intake by eating healthy.
2.	Idea / Solution description	Nutrition assistant application has promoted a healthy diet throughout life it promotes, supports normal growth, development and ageing, helps to maintain a healthy body weight, and reduces the risk of chronic disease.
3.	Novelty / Uniqueness	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.
4.	Social Impact / Customer Satisfaction	People say that this nutrition assistant app provides withgood nutrition levels at any time. An advanced project toimprove the healthcare. Creates new revenue streams for nutrition professionals all over the globe.
5.	Business Model (Revenue Model)	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. Can analyze real-time images of a meal and analyze it for nutritional content.
6.	Scalability of the Solution	People can monitor the calorie intake even before they eat. Assist the users to follow a proper diet. It calculates the accurate nutritional levels at most of the scenario's.

good matched product

offline



# 4. REQUIREMENT ANALYSIS

# 4.1 Functional requirement

Following are the functional requirements of the proposed solution.

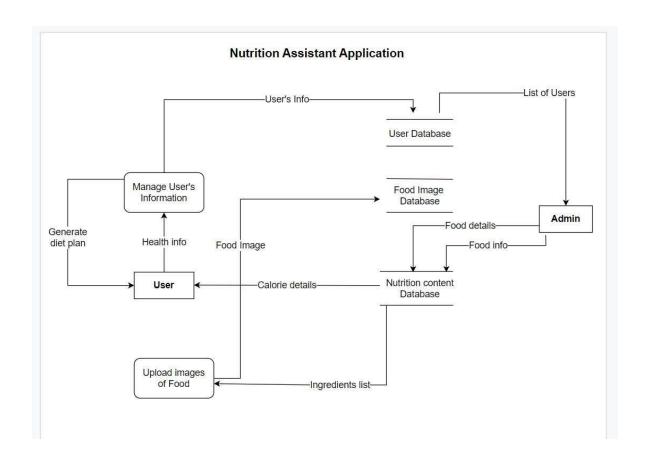
FR No.	Functional Requirement (Epic)	Sub Requirement (Story / Sub-Task)
FR-1	User Registration	Registration through E-mail and Phone number
FR-2	User Confirmation	Confirmation via Email Confirmation via OTP
FR-3	User Profile Completion	Get personal details like height, weight, etc.
FR-4	Gather meal image	Upload photo Take live photo of the meal
FR-5	Display calorie information	Integrate Clarifai API to get name of the food Integrate Nutrition API (rapid API) to collect calorie information

# **4.2**Non-Functional requirement

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

FR No.	Non-Functional Requirement	Description
NFR-1	Usability	Provide user friendly UI Simple and intuitive design
NFR-2	Security	Comprehensive authorization and authentication scheme for each system actor
NFR-3	Reliability	The system must perform without failure in 95 percent of use cases
NFR-4	Performance	The landing page supporting several users must provide 5 seconds or less response time
NFR-5	Availability	Uninterrupted services must be available all time except the time of server updation.
NFR-6	Scalability	Provide horizontal or vertical scaling for higher workloads

# 5 PROJECT DESIGN5.1 Data Flow Diagrams



# 5.2 Solution & Technical Architecture

Table-1: Components & Technologies:

S.No	Component	Description	Technology	
1,	User Interface	How user interacts with application e.g. Web UI, Mobile App, Chatbot etc.	HTML, CSS, Javascript, Flask, Python	
2.	Application Logic-1 – Creating an account	User registers their personal details such as name, age, current weight etc. These details are stored in the IBM cloud DB2.	Flask App running using Kubernetes Cluster, IBM DB2	
3.	Application Logic-2 - Logging in	Verify credentials and land the user to their home page. Perform OTP authentication if needed.	Flask App running using Kubernetes Cluster, IBM DB2	
4.	Application Logic 3 – Creating a custom meal	User enters details/ingredients and amount required to make a certain meal. The total caloriecount is shown once the user clicks 'finish meal'.	Flask App running using Kubernetes Cluster, IBM DB2	
5.	Application Logic 4 – Purchasing Premium Subscription	User is redirected to payment portal to complete the purchase.	Flask App running using Kubernetes Cluster, IBM DB2	
6.	Application Logic 5 – Image recognition			
7.	Application Logic 6 – Viewing Dashboard	User can track their past records and visualise their calorie consumption and analyse their trends.	Flask App running using Kubernetes Cluster, IBM DB2	
8.	Application Logic 7 – Daily Reminders	Notification is sent to the User on a daily basis to remind them to add their daily consumption of foodand track calories.	Flask App running using Kubernetes Cluster, IBM DB2	
9.	Application Logic 8 – In-App Social Network	Users can add friends and set goals together. User can also post their progress and view othersprogress.	Flask App running using Kubernetes Cluster, IBM DB2	
10.	Application Logic 9 – Blogs and Articles of Nutrition Experts	Articles and blogs by Nutrition experts are added periodically to the app for users to view.	Flask App running using Kubernetes Cluster, IBM DB2	
11.	Application Logic 10- Setting a daily calorie limit	User is alerted if they under or over consume calories.	Flask App running using Kubernetes Cluster, IBM DB2	
12.	Database	Data Type, Configurations etc.	MySQL	
13.	Cloud Database	Database Service on Cloud	IBM DB2.	
14.	File Storage	File storage requirements	IBM Block Storage or Other Storage Service or Local Filesystem	

15.	External API-1- SendGrid	The SendGrid service will be used to alert users of various notifications etc as defined by the user.	SendGrid
16.	External API-2- NutritionAPI	The service will be used for image recognition.	NutritionAPI
17.	Machine Learning Model	Pre trained model available through the API to recognise food items.	Object Recognition Model.
18.	Deployment	Application Deployment on Local System / Cloud Local Server Configuration: The application will runon the local server/client side to allow user to interact with Web UI. Cloud Server Configuration: The application will be hosted on the cloud for the user to user. This is done through containerization of the application using Docker, stored in the container registry, and will be run by Kubemetes.	IBM Cloud Registry, IBM Cloud Object Storage, IBM DB2, Docker, Kubernetes

### Table-2: Application Characteristics:

S.No	Characteristics	Description	Technology
1.	Open-Source Frameworks	Flask	Backend Framework built on python.
2.	Security Implementations	TLS- Transport Layer Security	All external communications is encrypted and user data is protected.
3.	Scalable Architecture	The containerised app can be scaled easily to alarge user base.	IBM DB2, IBM Cloud Object Storage, Kubernetes
4.	Availability	IBM Cloud guarantees availability with very minimal downtime. The app loses minimal functionality if the external APIs are not available	IBM Cloud Object Storage, Kubernetes, Docker Images, IBM DB2, SendGrid
5.	Performance	Performance depends on the availability of compute power in the cloud.	IBM Cloud Object Storage, Kubernetes, Docker Images, IBM DB2, SendGrid

# 5.3 User Stories

### **User 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 confirming my password.	I can access my account / dashboard	High	Sprint-1
	3	USN-2	As a user, I will receive confirmation email once I have registered for the application	I can receive confirmation email & click confirm	High	Sprint-1
	Login	USN-3	As a user, I can log into the application by entering email & password	I can access the Dashboard and the application.	High	Sprint-1
Customer (Web user)	Upload Photo	USN-4	As a <u>user</u> , I can upload the food photo.	I can get the nutrition details.	High	Sprint-1
Administrator	User details	USN-5	As a <u>user</u> , I can fill the Details.	I can get whether the scanned food is suitable or not.	High	Sprint-2
	Push notification	USN-6	As a user, I will search the food items.	I can get the notification, related to my search.	High	Sprint-3
	Shown the nutrition details	USN-7	As a user, I can scan the food.	I can get the nutrition details of the scanned food.	High	Sprint-4
	Receipe shown	USN-8	As a user I want to get the receipe for the scanned food.	I can get the receipe about the food.	Low	Sprint-4

Use the below template to list all the user stories for the product.

# 6.PROJECT PLANNING & SCHEDULING 6.1 Sprint Planning & Estimation

Sprint-1	Registration	USN-1	application by entering my email, password, and confirming my password.	2	High	Pavithra S
Sprint-1	Registration	USN-2	As a user, I will receive confirmation email once I have registered for the application	1	High	Vidya A
Sprint-1	Registration	USN-3	As a user, I can register for the application through Gmail	2	Medium	Pathuri supriya
Sprint-1	Registration	USN-4	As a management, I need to upload food image on the site.	5	High	Swetha P
Sprint-1	Login	USN-5	As a management, I need to login into my dashboard with my given login id and password.	1	Medium	Pathuri supriya
Sprint-1	Login	USN-6	As a user, I can log into the application by entering my email & password.	5	High	Vidya A
Sprint-2	Dashboard	USN-7	As a user, I need to give permission to access my Storage.	5	High	Shivapriya D
Sprint-2	Dashboard	USN-8	As a user, I get access to the dashboard which shows a details on the uploaded image.	5	High	Swetha P
Sprint-2	Dashboard	USN-9	As a management, I need to provide the details of uploaded image using google web service.	5	High	Pavithra S
Sprint-3	Services	USN-10	As an admin, I need to provide nutrtional details through a chatbot.	5	Medium	Vidya A
Sprint-3	Services	USN-11	As an admin, I need to provide nutritional recommendations by collaborating with google web services.	5	Low	Swetha P
Sprint-3	Services	USN-12	As an admin, I need to provide informative details for the uploaded image.	5	High	Shivapriya D
Sprint-4	Data collection	USN-13	As an admin, I need to store all the user information on the cloud	3	Medium	Swetha P

User Story / Task

As a user, I can register for the

Story Points **Priority** 

Team

Members

Sprint

**Functional** 

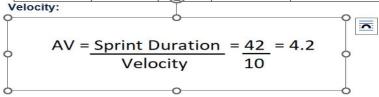
Requirement (Epic) User Story Number

Sprint-4	Registration	USN-14	As a user, I can register for the application through Facebook	2	Low	Pavithra S
Sprint-4	Registration	USN-15	As a user, I can register for the application through Twitter.	2	Low	Pathuri supriya

# **6.2 Sprint Delivery Schedule**

### Project Tracker, Velocity & Burndown Chart:

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	13	29 Oct 2022
Sprint-2	20	6 Days	31 Oct 2022	05 Nov 2022	8	05 Nov 2022
Sprint-3	20	6 Days	07 Nov 2022	12 Nov 2022	12	12 Nov 2022
Sprint-4	20	6 Days	14 Nov 2022	14 Nov 2022	9	19 Nov 2022



### **Burndown Chart:**

It will be updated after the completion of first week work

# 7 CODING & SOLUTIONING

LOGINs

```
1 <html>
2
       <head>
            k rel="stylesheet" href="stylee.css">
3
4
        </head>
5 <body>
6
      <div class="container">
 7
        <div class="card">
      <div class="inner-box" id="card">
8
      <div class="card-front">
9
            <h2>LOGIN</h2>
10
      <form>
11
12
            <input type="email" class="input-box" placeholder="your Email Id " required>
13
            <input type="password" class="input-box" placeholder="password" required>
            <button type="submit" class="submit-btn">submit</button>
14
15
            <input type="checkbox"><span>Remember Me</span>
16
        </form>
        <button type="button" class="btn" onclick="openSignup()">I'm New Here</button>
        <a href="">Forget Password</a>
18
19
            </div>
20
            <div class="card-back">
21
                <h2>SIGNUP</h2>
22
      <form>
            <input type="text" class="input-box" placeholder="Your Name" required>
            <input type="email" class="input-box" placeholder="your Email Id " required>
24
25
            <input type="password" class="input-box" placeholder="password" required>
            <button type="submit" class="submit-btn">submit</button>
26
27
            <input type="checkbox"><span>Remember Me</span>
28
        </form>
29
        <button type="button" class="btn" onclick="openLogin()">I've an account</button>
        <a href="">Forget Password</a>
30
31
            </div>
32
33
            </div>
      </div>
34
35
        </div>
36
        <script>
37
           var card = document.getElementById("card");
38
39
           function openSignup(){
                card.style.transform = "rotateY(-180deg)";
40
41
42
                function openLogin(){
43
                card.style.transform = "rotateY(0deg)";
44
            }
45
        </script>
46
        </body>
47 </html>
48
40
```

### STYLE.CSS

```
1 *{
2
        margin: 0;
3
        padding: 0;
4
5 }
6 .container{
7
        width: 100%;
8
        height: 100vh;
     font-family: sans-serif;
9
10
    background: rgba(187,187,245);
      color: #fff;
11
12
       display: flex;
      align-items: center;
13
        justify-content: center;
15 }
16 .card{
17
        width: 350px;
18
        height: 500px;
19
      box-shadow: 0 0 40px 20px rgba(0,0,0,0.26);
        perspective: 1000px;
20:
21 }
22 .inner-box{
23 position: relative;
       width: 100%;
24
      height: 100%;
25
     transform-style: preserve-3d;
26
27
        transition: transform 1s;
28
29 }
30 .card-front,.card-back{
31
      position: absolute;
      width: 100%;
32
33
       height: 100%;
     background-position: center;
34
    background-size: cover;
35
     background-image: linear-gradient(rgba(0,0,100,0.8),rgba(0,0,100,0.8)),url(background.png);
36
      padding: 55px;
37
        box-sizing: border-box;
38
        backface-visibility: hidden;
39
40 }
41
    .card-back{
        transform: rotateY(180deg);
42
43 }
44
   .card h2{
45
        font-weight: normal;
46
        font-size: 24px;
47
       text-align: center;
48
        margin-bottom: 20px;
```

```
49 }
50 .input-box{
51
      width: 100%;
      background: transparent;
52
     border: 1px solid #fff;
53
54
     margin: 6px 0;
55
      height: 32px;
56
      border-radius: 20px;
      padding: 0 10px;
57
      box-sizing: border-box;
58
      outline: none;
      text-align: center;
60
        color: #fff;
61
62 }
63 ::placeholder{
64
      color: #fff;
65
       font-size: 12px;
66 }
67 button{
    width: 100%;
68
     background: transparent;
69
     border: 1px solid #fff;
79
    margin: 35px 0 10px;
71
      height: 32px;
72
73
      font-size: 12px;
74
      border-radius: 20px;
75
      padding: 0 10px;
      box-sizing: border-box;
77
      outline: none;
78
      color: #fff;
79
      cursor: pointer;
80 }
   .submit-btn{
81
      position: relative;
82
83 }
    .submit-btn::after{
84
85
    content: '\27a4';
      color: #333;
86
87
      line-height: 32px;
88
      font-size: 17px;
89
      height: 32px;
90
      width: 32px;
      border-radius: 50%;
91
92
      background: #fff;
      position: absolute;
93
94
       right: -1px;
95
       top: -1px;
96 }
97 span{
98
      font-size: 13px;
```

```
97
    span(
98
        font-size: 13px;
99
        margin-left: 10px;
99
    3
01
    .card ,btn{
82
        margin-top: 70px;
03 }
    .card a(
84
95
        color: #fff;
86
        text-decoration: none;
87
        display: block;
89
       text-align: center;
        font-size: 13px;
89
10
        margin-top: 8px;
   }
11
12
13
14
```

### HOME.HTML

```
clDCTYPE html>
chtml lang="en">
chtml lang="en"
chtml l
```

```
Sentry.init({
   dsn: 'https://908471f316134004bcec6690f8c80e0e@sentry.io/273538',
       environment: 'production',
       release: '5.24.00',
       ignoreUrls: [/cdn\.mxpnl\.com/, /cdn\.segment\.com/],
       ignoreErrors: [
         /^twttr is not defined$/,
         /^\$ is not defined$/,
         /^JQuery is not defined$/,
         /^Can't find variable: \$$/,
         /^ResizeObserver loop limit exceeded$/,
         /^null is not an object \(evaluating 'document\.body\.childNodes'\)$/,
         // begin: user does early page cancel
         // see https://stackoverflow.com/questions/55738408/javascript-typeerror-cancelled-error-when-calling-fetch-on-ios
         // see Int.ps.//stackoverriow.com/questions/33/38480/javastript-typeerror-ty/
/^typeError: NetworkError when attempting to fetch resource$/, // firefox
/^typeError: Failed to fetch$/, // chrome
         /^TypeError: cancelled$/, // safari
// end: user does early page cancel
       tracesSampleRate: 1.0,
    });
  </script>
<noscript>
  <style>
    .yesscript {
      display: none !important;
  </style>
</noscript>
< link rel="stylesheet" media="all" href="https://static.platejoy.com/assets/v4_landing_pages/application-2e424c82369608364b98218321c17b56dad5257a95c5a5fda0b4c77530036cb8</pre>
<script src="https://www.googleoptimize.com/optimize.js?id=OPT-WPTFGRZ"></script>
</head>
<body class="static pages home pages-home not-mobile-app">
<header class="non-printer-only">
<a aria-label="Skip to Main Content" class="sr-only" href="#main">&nbsp;</a>
<div class="logo-wrap">
<h3 align="left">Nutrition Assistant</h3>
<i aria-label="PlateJoy Health"></i>
</div>
```

```
81 <h3 align="left">Nutrition Assistant</h3>
    <i aria-label="PlateJoy Health"></i>
83 </div>
84
     <nav aria-label="Secondary" class="secondary">
85
    <l
     87 <a class="home" href="/">Home</a>
     89
     91
     </header>
93
     <main id="main">
94 <section class="hero swoosh-hero-image">
 95
     <div class="image"></div>
96
     <div class="swoosh"></div>
     <div class="content">
98 <h1>Healthy Eating <br class="tablet-plus-only">for Busy People</h1>
     <div class="subtext">Food Scanner, <br class="sub-tablet-only">personalized recipes and <br class="sub-tablet-only">grocery <br class="tablet-plus-only">lists to help you save
100 <a class="btn btn-cta start-free-trial-cta" href="/login">log in</a>
102 </section>
103
184 <section class="stens">
105 <div class="content":
     <div class="ul"><div class="li"><div class="image utensils"></div>
186
     <h2 class="h3">Recipes<br class="non-mobile-only"></h2>
188
     189 <h2 class="h3">Scanning the <br class="non-mobile-only">food</h2>
110 div>You can find the nutritional fact by Scanning the food easily.</div></div><div><div><div><div><div><div><div class="li"><div class="image delivery-truck"></div></div></div></div></div>111 ch2 class="h3">Smart grocery cbr class="non-mobile-only">list
112 <div>Our digital pantry takes into account what you have in your kitchen to reduce food waste and save money.</div></div></div>
113 </div>
114
     </section>
115
    <section class="as-seen-in">
117
     <div class="swoosh top"></div>
119
     <div class="content">
120 <h2>Join Thousands of <br/>
<br/>br>People Eating Better</h2>
121 
123
     c/main
```

### **UPLOAD PAGE:**

```
Raw Blame / * [
     cinoctype html>
     <!-- Created By CodingNepal -->
     <html lang="en" dir="ltr">
       <head>
          <title>Preview Image Before Upload | CodingNepal</title>
k rel="stylesheet" href="style.css">
           clink rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/5.15.3/css/all.min.css"/>
        c/head>
        <body>
11
            <div class="wrapper-name">
               <div class="input-data">
12
13
                   <input type="text">
14
                   <label>ENTER THE INGREDIENTS</label>
               </div>
15
16
           </div>
          <div class="container">
17
              <div class="wrapper">
19
                <div class="image">
20
                   <img src="" alt="">
21
                 </div>
                <div class="content">
22
23
                 <div class="icon">
24
                      <i class="fas fa-cloud-upload-alt"></i></i>
                   </div>
25
                   <div class="text">
27
                     No file chosen, yet!
28
                   </div>
                </div>
<div id="cancel-btn">
29
30
                   <i class="fas fa-times"></i></i></or>
31
32
                </div>
<div class="file-name">
33
                    File name here
                </div>
35
37
              <button onclick="defaultBtnActive()" id="custom-btn">Choose a file</button>
              <input id="default-btn" type="file" hidden>
38
39
              <button id="custom-btn" align="center">SUBMIT</button>
10
           </div>
41
```

```
42
        <script>
          const wrapper = document.querySelector(".wrapper");
43
           const fileName = document.guerySelector(".file-name");
45
            const defaultBtn = document.querySelector("#default-btn");
            const customBtn = document.querySelector("#custom-btn");
46
47
            const cancelBtn = document.querySelector("#cancel-btn i");
48
            const img = document.querySelector("img");
49
            let regExp = /[0-9a-zA-Z\^\&\'\@\{\}\[\]\,\$\=\!\-\#\(\)\.\%\+\~\_ ]+$/;
            function defaultBtnActive(){
50
51
              defaultBtn.click();
52
           }
            defaultBtn.addEventListener("change", function(){
53
             const file = this.files[0];
             if(file){
55
              const reader = new FileReader();
56
57
               reader.onload = function(){
                 const result = reader.result;
59
                 img.src = result;
60
                 wrapper.classList.add("active");
61
               cancelBtn.addEventListener("click", function(){
62
63
                img.src = "";
                 wrapper.classList.remove("active");
65
               })
                reader.readAsDataURL(file);
66
67
68
              if(this.value){
                let valueStore = this.value.match(regExp);
69
                fileName.textContent = valueStore;
70
71
72
            });
73
          </script>
       </body>
74
75 </html>
```

### **REGISTRATION:**

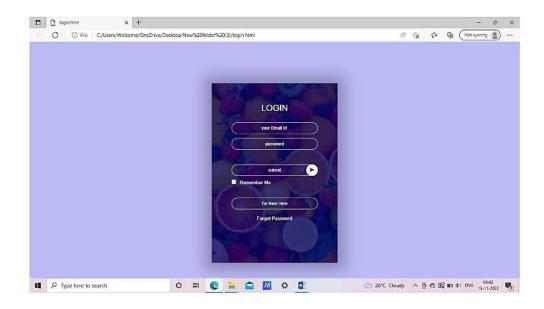
```
<html>
3 <head>
4 <title>User Details</title>
 5 f clink rel="stylesheet" href="profilestyle.css">
      <div class="container" style="color:black">
9 <div class="card">
        <h1><center>PROFILE</center></h1>
11 <label for="Username"><b>Username:</b></label>
        <input type="text" class="input-box" placeholder="Please enter your name" name="username" id="username" required>
13 <br>
14
       <label for="height"><b>Height:</b></label>
        <input type="number" class="input-box" placeholder="Please enter your Height in cm" name="height" id="height" required>
15
18
        <label for="weight"><b>Weight:</b></label>
        <input type="number" class="input-box" placeholder="Please enter your Weight in kg" name="weight" id="weight" required>
19
      <label for="Age"><b>Age:</b></label>
22
       <input type="number" class="input-box" placeholder="Please enter your Age" name="weight" id="weight" required>
23
     <label for="illness"><b>Illness:</b></label>
24
        <input type="text" class="input-box" placeholder="Please enter your body illness" name="illness" id="illness" required>
25
27
       <label for="gender"><b>Gender:</b></label><br>
28 <input type="radio" class="choice-box" id="male" name="gender" value="Male">
29 <label for="male">Male</label><br>
30 <input type="radio" class="choice-box" id="female" name="gender" value="Female">
31 <label for="female">Female</label><br>
32 <input type="radio" class="choice-box" id="others" name="gender" value="Others">
33 <label for="others">Others</label>
34 <br>
36 <label for="allergy"><b>Allergies(in case):</b></label>
       <input type="text" class="input-box" placeholder="Please enter your allergy " name="allergy" id="allergy" required>
38 cbrs
39
        <center><button type="submit" class="submitbtn">Submit</button></center>
42
      </div>
43 </body>
44 </html>
```

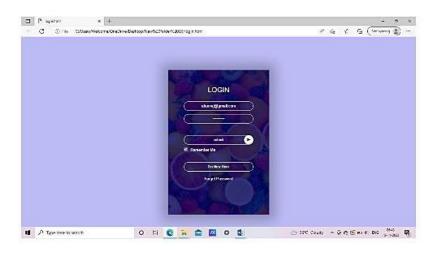
```
ibm_db.bind_param(prep_stmt, 1, username)
ibm_db.bind_param(prep_stmt, 2, email)
ibm_db.bind_param(prep_stmt, 3, password)
                ibm_db.execute(prep_stmt)
                msg = 'You have successfully signedup!'
return render_template('register.html',msg=msg)
     elif request.method == 'POST':
msg = 'Please fill out the form !'
     return render_template('signup.html', msg=msg)
@app.route('/login',methods =['GET', 'POST'])
def login():
     global userid
     msg = '
     if request.method == 'POST' :
          email = request.form['eamil']
          password = request.form['password']
          sql = "SELECT * FROM signup WHERE email =? AND password=?"
stmt = ibm_db.prepare(conn, sql)
          ibm_db.bind_param(stmt,1,email)
          ibm_db.bind_param(stmt,2,password)
          ibm_db.execute(stmt)
          account = ibm_db.fetch_assoc(stmt)
          print (account)
          if not(account):
               session['loggedin'] = True
session['id'] = account['EMAIL']
userid= account['EMAIL']
               session['email'] = account['EMAIL']
msg = 'Logged in successfully !'
return render_template('home.html', msg = msg)
          else:
                    msg = 'Incorrect username / password !'
     return render_template('login.html', msg = msg)
```

```
@app.route('/register', methods =['GET', 'POST'])
def register():
    msg = ''
    if request.method == 'POST':
        username = request.form['username']
        height = request.form['height']
        weight = request.form['weight']
        age = request.form['age']
        illness = request.form['illness']
        gender = request.form['gender']
        allergies = request.form['allergy']
        sql = "SELECT * FROM profile WHERE username =?"
        stmt = ibm db.prepare(conn, sql)
        ibm db.bind param(stmt,1,username)
        ibm db.execute(stmt)
        account = ibm db.fetch assoc(stmt)
        print(account)
        if not(account):
            insert sql = "INSERT INTO profile VALUES (?, ?, ?, ?, ?, ?, ?)"
            prep stmt = ibm db.prepare(conn, insert sql)
            ibm_db.bind_param(prep_stmt, 1, username)
            ibm_db.bind_param(prep_stmt, 2, height)
            ibm db.bind param(prep stmt, 3, weight)
            ibm_db.bind_param(prep_stmt, 4, age)
            ibm_db.bind_param(prep_stmt, 5, illness)
            ibm_db.bind_param(prep_stmt, 6, gender)
            ibm db.bind param(prep stmt, 7, allergies)
            ibm db.execute(prep stmt)
            msg = 'You have successfully registered !'
            return render template('main.html', msg = msg)
    elif request.method == 'POST':
        msg = 'Please fill out the form !'
    return render template('register.html', msg = msg)
```

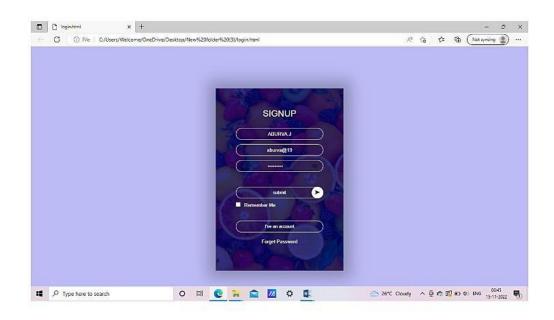
```
@app.route('/upload')
def upload():
    return render_template('upload.html')
@app.route('/card')
def card():
   sql = "SELECT * FROM ingrediant WHERE almonds =?"
    stmt = ibm db.exec_immediate(conn, sql)
   tuple = ibm db.fetch tuple(stmt)
   while tuple != False:
        print (" Measure: ", tuple[0])
       print (" Grams: ", tuple[1])
       print (" Calories: ", tuple[2])
        print (" Protien: ", tuple[3])
       print (" Fat: ", tuple[4])
        print (" Sat.Fat: ", tuple[5])
        print (" Fiber: ", tuple[6])
       print (" Carbs: ", tuple[7])
        print (" Category: ", tuple[8])
        tuple = ibm db.fetch tuple(stmt)
    return render_template('card.html')
if __name__ == '__main__':
  app.run(debug=True)
```

### Login and Sign-up page:











### **Nutrition Assistant**



Recipes

We suggest you the tasty and healthy recipe.



Scanning the food

You can find the nutritional fact by Scanning the food easily.

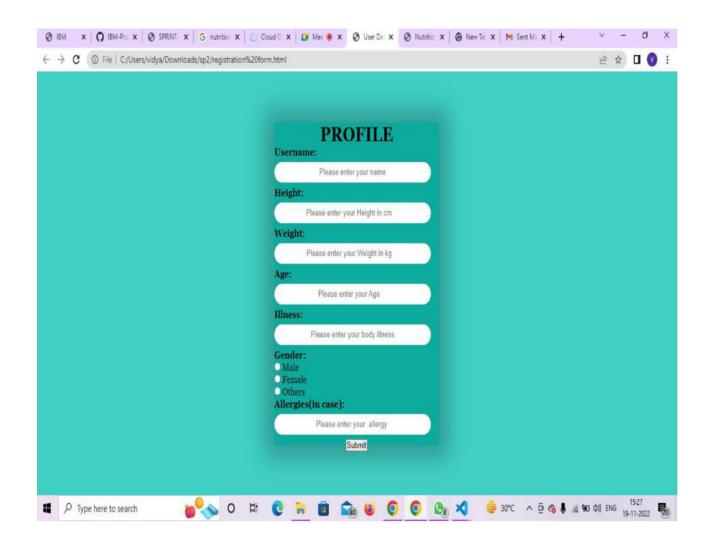


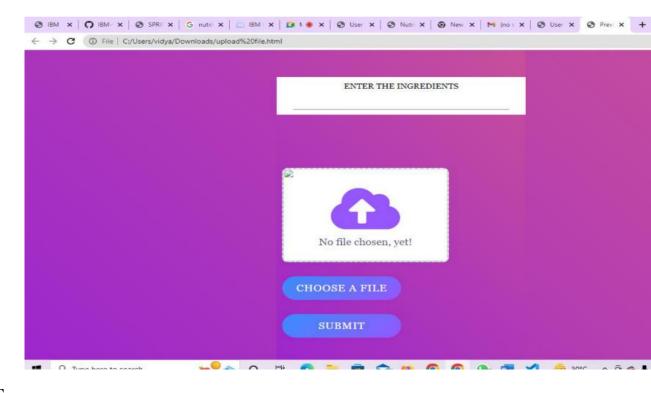
HOME

Smart grocery list

Our digital pantry takes into account what you have in your kitchen to reduce food waste and save money.

Join Thousands of People Eating Better





### **RESULT**

This web app provides the food details if the food image/URL/ Name is entered. It provides the nutrients involved in it and also the nutrient value.

fig: web page to select the service image URL/food image /food name.

fig: Showing the output of the food entered

Our another service provides the input of aggregate values of the nutrient consumed, as per the user requirements

# 10 ADVANTAGES AND DISADVANTAGES 10.1 Advantage

Our web app uses the food image given by the user then processes that to the nutrient values of the food then displays to the user. The user can enter the food details that he consumes daily based on time and date of consumption. The user can then go to the diary page and view the data entered by him between any particular dates. He can also view the aggregate nutrient details.

This application can be used on the recommendation of the doctor or the hospitals where one can track all the data that the patient consumed to track the nutrientdetails of the patient.

# 10.2 Disadvantages

As the food around the world is very diverse, it is difficult to recognize some of the local foods. Both the APIs are having a very wide range of food images. But its difficult of find all the food images.

In order to overcome the above disadvantages I have given the field where one can directly enter the food name. We then process the name to the nutrient values.

## 11 CONCLUSION

As there is improvement in people's standards of living, there is neglecting the proper balanced diet and this is reflective of the risks to people's health. People need to control their daily calorie intake by eating healthier foods.

My web app keeps the record of what the user eat and displays the nutrients he consumed which makes the user to find what nutrients he consumed in what amounts.

## 12 FUTURE SCOPE

As people are in this fast and busy world, it becomes important to track the food details. I have planed to add a feature where the user can set the goal oftakingthe nutrients per day / week. then our app tells whetherhe has reached

the goal.

I will also include the service where the user can update his weight and height based on which our app gives the Nutrients data that one needs to consume.

I have also planned to link the daily trackers in the mobiles like Google fit, from where we can get the calories lost and our web app give the data of nutrientsto be consumed.

### **APPLICATIONS**

This application has the following applications.

- **1.** The uploaded food image is processed and then its the nutrient value is displayed.
- 2. The URL/The food name can also be given as food input.
- 3. The user can track the daily intake of food
- 4. User can track the nutrientvalues of the food that He consume.
- 5. User can store the data in his table in the database.
- 6. He can access the data whenever he wishes.
- 7. Users can watch their aggregate nutrientsconsumed and also received the mail of the aggregate report.
- 8. This application can be recommended by the doctor/hospitals whowishesto track the food/nutrient consumption of the patient.

# 13.APPENDIX

9. I have used IBM Watson Visual recognition v3 API for Food Model for food recognition. Whereit take the food image/URL as input and give the food name as output.

USDA API uses the food name given and then processes it to thenutrientlis