

INTEGRATE NUTRITION API

Date	05 November 2022
Team ID	PNT2022TMID04430
Project Name	Nutrition Assistant Application

INTEGRATE NUTRITION API:

IN IBM Project workspace there is a website link is there to create an account in the Nutrition API using those resource we have created an account in Nutrition API.

SHORT NOTE ABOUT NUTRITION API (FROM RESOURCE) :

The prevention of unintended weight gain from excess body fat must be the most crucial element of a successful weight-management program. Undoubtedly, complex interactions between genetic, behavioral, and environmental factors lead to overweight and obesity. The rate of people who successfully maintain their weight loss has been calculated to be as low as 5 kilogrammes per month. At least 2.8 million people per year pass away from complications brought on by excess weight. An easy way to ensure that each meal contains 50% fruit and vegetables is to make a meal plan. 25% protein and 25% whole grains. 25–30 grammes of fibre should be consumed overall. Self-monitoring is essential for achieving weight loss success. People can record every food item they eat each day using our mobile app or special website. They can track their development by monthly tracking their weight.

The screenshot shows the RapidAPI marketplace interface for the 'Recipe - Food - Nutrition' API. The header includes the RapidAPI logo, a search bar, and navigation links like 'My Orgs', 'API Hub', 'My Apps', 'My APIs', 'Docs', and a user profile icon. The API listing features a green logo, the name 'Recipe - Food - Nutrition', a 'Verified' badge, and metadata: 'By David | Updated 16 days ago | Food | Featured in Food & Restaurant'. Key metrics are displayed: Popularity (9.9 / 10), Latency (690ms), and Service Level (100%). Below this are tabs for 'Endpoints', 'About', 'Tutorials', 'Discussions', and 'Pricing'. The main content area is titled 'Recipe - Food - Nutrition Overview' and contains a video player with the title 'How to Connect to the Recipe - Food ...'. To the right of the video player is a pricing table with columns for 'Plan', 'Price', and 'Features'. The table lists four plans: 'Basic', 'Pro', 'Enterprise', and 'Custom'. The 'Basic' plan is highlighted. Below the pricing table is a 'Watch on YouTube' button. To the right of the video player, there is a 'Followers: 5,902' section with a 'Follow API' button, a 'Resources' section with links to 'Product Website' and 'Terms of use', an 'API Creator' section with the name 'David spoonacular' and a 'Contact' button, and a 'Rate API' section with a star rating. At the bottom of the page, there are three 'Spotlights' sections: 'How to Create a Food Website', 'Top 8 Best Recipe Websites (to)', and 'Top 50 Most Popular APIs'.

Plan	Price	Features
Basic	\$10.00	1,000 requests per month
Pro	\$19.00	2,000 requests per month
Enterprise	\$99.00	10,000 requests per month
Custom	\$999.00	100,000 requests per month