AI-POWERED NUTRITION ANALYSER FOR FITNESS ENTHUSIASTS

An important aspect of health monitoring is effective logging of food consumption. This can help management of diet-related diseases like obesity, diabetes, and even cardiovascular diseases. Moreover, food logging can help fitness enthusiasts, and people who wanting to achieve a target weight. However, food-logging is cumbersome, and requires not only taking additional effort to note down the food item consumed regularly, but also sufficient knowledge of the food item consumed (which is difficult due to the availability of a wide variety of cuisines). With increasing reliance on smart devices, we exploit the convenience offered through the use of smart phones and propose a smart-food logging system: Food AI, which offers state-of-the-art deep-learning based image recognition capabilities. Food AI has been developed in Singapore and is particularly focused on food items commonly consumed in Singapore. Food AI models were trained on a corpus of 400,000 food images from 756 different classes.

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 analyse real-time images of a meal and analyse it for handy and improves the dietary habits, and therefore, helps in maintaining a healthy lifestyle. 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 , Al-Driven Food Detection Model for accurate food identification and Food API's to give the nutritional value of the identified food App technologies allows patients to more easily monitor their caloric intake and dietary patterns to aid in weight and disease management. Innovative technology has been introduced to improve the accuracy of data collection and analysis, while reducing the burden on patients to record their own dietary habits Most offer a food diary to let you track what you eat and often encourage you to eat certain foods, such as nutrient-dense, low-calorie options like fruits and vegetables, and discourage others, such as high-calorie, low-nutrient sweets.

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