

IMPLEMENTING WEB APPLICATION

INTEGRATE NUTRITION API

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TEAM ID	PNT2022TMID12404
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:

The most important component of an effective weight- management program must be the prevention of unwanted weight gain from excess body fat overweight and obesity are clearly the result of a complex set of interactions among genetic, behavioral, and environmental factors. The percentage of individuals who lose weight and successfully maintain the loss has been estimated to be as small as 5 kilogram per month. Every year, at least 2.8 million people die due to complications related to excess due to obesity. A simple way to create a meal plan to make sure that each meal consists of 50% fruit and vegetables. 25% whole grains and 25% protein. Total fiber intake should be 25-30 gram. Self-monitoring is a critical factor in successfully losing weight. People can use our mobile or dedicated website to record every item of food that they each day. They can also measure their progress by recording there weight on a monthly basis.

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The spoonacular Recipe - Food - Nutrition API gives you access to thousands of recipes, storebought packaged foods, and chain restaurant menu items. Our food ontology and semantic recipe search engine makes it possible to search for recipes using natural language queries, such as "gluten free brownies without sugar" or "low fat vegan bread".

Special diets/dietary requirements currently available include: vegan, vegetarian, pescetarian, gluten free, grain free, dairy free, high protein, low sodium, low carb, Paleo, Primal, ketogenic, and more.

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