

Ideation Phase
Literature Survey On The Selected Project & Information Gathering

Date	07 November 2022
Team ID	PNT2022TMID13327
Project Name	AI-Powered Nutrition Analyzer For Fitness Enthusiasts
Maximum Marks	4 Marks

ABSTRACT:

Food is essential for human life and has been the concern of many healthcare conventions. Nowadays new dietary assessment and nutrition analysis tools enable more opportunities to help people understand their daily eating habits, exploring nutrition patterns and maintain a healthy diet. However, most of the existing dietary assessment methods rely on memory. With the help of pervasive mobile devices and rich cloud services, it is now possible to develop new computer-aided food recognition systems for accurate dietary assessment. However, enabling this future Internet of Things-based dietary assessment imposes several fundamental challenges on algorithm development and system design.

INTRODUCTION:

The main aim of the project is to building a model which is used for classifying the fruit depends on the different characteristics like colour, shape, texture etc. Here the user can capture the images of different fruits and then the image will be sent the trained model. The model analyses the image and detect the nutrition based on the fruits like (Sugar, Fibre, Protein, Calories, etc.).

LITERATURE SURVEY:

YEAR	TITLE	AUTHOR	ADVANTAGES	DISADVANTAGES
2021	Feeling good the future of the wellness market	Shaun Callaghn	Since views of wellness are constantly evolving, companies must understand the market from a consumer perspective.	Meanwhile, other mindfulness and fitness apps have expanded into “sleep casts” or moved into personalized health coaching and disease management to promote better health outcomes.
2021	Best Foods to Eat When You're Exercising More, According to Dietitians	Karla Walsh	Boost muscle growth and limit the muscle protein breakdown.	Otherwise, listen to your hunger and fullness cues.
2019	Health Fitness Exercise Eating Healthy	Karla Walsh Dana Sullivan Kilroy	Learn about the importance of healthy diet meal plans.	This will help prevent any stomach discomfort during exercise.
2019	Everything You Need to Know About Fitness	Aleisha Feters	But physical fitness should not solely be measured with any one of these or other tests or evaluations, he adds	These plant compounds are associated with reductions in inflammation, which may have health benefits.

Research Publication:

1. <https://analyticsindiamag.com/5-ai-powered-nutrition-apps-that-help-fitness-enthusiasts-with-their-calorie-intake/>
2. <https://aihints.com/artificial-intelligence-in-nutrition-ai-hints/>
3. <https://thinkml.ai/ai-in-nutrition-top-10-fitness-apps-and-startups/>