

# **NUTRITION-ASSISTANT PROBLEM**

## **STATEMENT**

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### **Description:**

Personal Nutritionist as the name, the system can act as your personal nutritionist while this system can be used also by nutritionist gaining a lot of information and help in many ways. Fat Secret API helps the System to get the information in many ways. The user can get details about a number of nutrients, vitamins etc of a fruit or vegetable. The user can add his recipes or get recipes using the API. The System basically helps the user in what to eat and which is good, what will help him and etc, the system will help him filter things easily. The System also allows the user to make a diet plan and remind him his food timings.

### **Modules:**

#### **1. Quick Answer:**

This module is used to get any answer instantly if they need. (For example: How much protein in an apple).

#### **2. Convert Amount:**

This module is used to convert the given amount in unit into the required amount in unit. (For example: 2.5 flour is equal to 1 cups).

#### **3. Nutrition By Dish:**

This module is used to getting the Nutrition like proteins, calories, carbs and fat by the dish name. (For example: chicken contains protein:6, calories:456, carbs:345, fat:56).

#### **4. Recipe By Calories:**

This module is used to getting the dish by entering the calories. (For example: Calories :2000, then it shows the dish name according to calories).

#### **5. Chillax :**

This module is a funny module and used to print the joke based on food and print the food trivia. (For example: eat 3 apples daily).

**Software Requirements:**

1. Windows, Android Studio, Linux etc.,

**Hardware Components:**

1. Processor:i3
2. Hard disk :5GB
3. Ram :1GB

**Language used to develop :**

1. Java Spring Boot for Backend.
2. Angular JS for Frontend.

**Advantages :**

1. The user is allowed to make a diet plan with the help of RECIPE-FOOD-NUTRITION API the user can gain a lot of information about a food or eatable.
2. The application does not contain login so everyone can make their plan easily.

**Disadvantages :**

1. The system needs active Internet Connection.
2. The data may be inaccurate if there is problem with internet.

**Applications :**

This system is used to help the user to take care of his health by accessing a lot of health by RECIPE-FOOD-NUTRIRION API and diet plans.

**Thank You**