

**TEAM ID : PNT2022TMID18332**

**PROJECT NAME : AI-Powered Nutrition Analyzer For Fitness Enthusiasts**

## **Project Report Format**

### **1. INTRODUCTION**

#### **1.1 Project Overview**

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. Nutritional analysis is the process of determining the nutritional content of food. It is a vital part of analytical chemistry that provides information about the chemical composition, processing, quality control and contamination of food.

#### **1.2 Purpose**

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.).

### **2. LITERATURE SURVEY**

#### **2.1 Existing problem**

Neutrino delivers nutrition-based data services and analytics to its users and wants to turn into a leading source of the nutrition-related platform. The platform employs NLP and mathematical models from the optimization theory as well as predictive analysis to enable individualized data compilation.

The application relies on Artificial Intelligence to produce custom data related to smart calorie counter powered by AI. Their artificial intelligence learns an individual's tastes, preferences, and body type. All of this is packaged in a comprehensive nutrition and activity tracker.

#### **2.2 References**

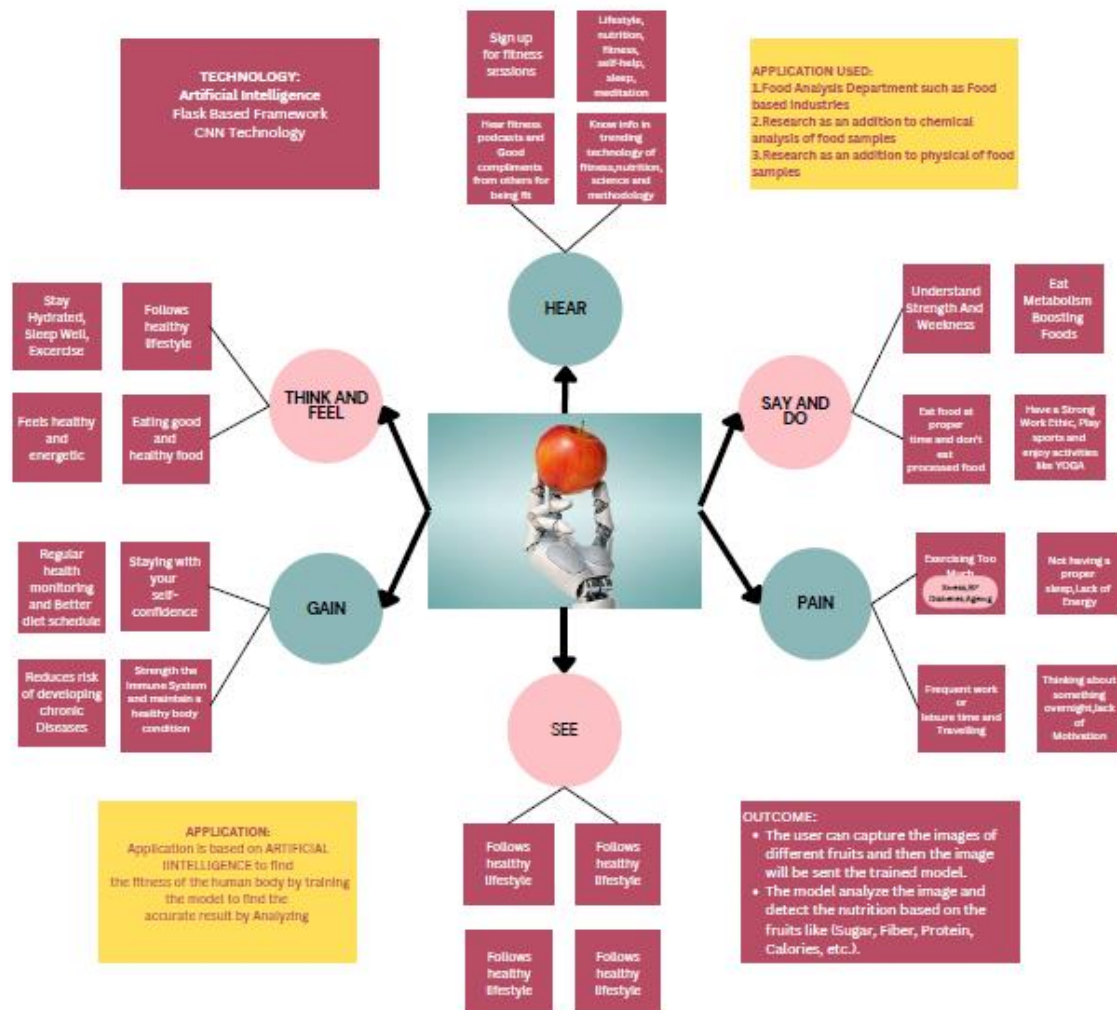
<https://www.nutrinohealth.com/>

## 2.3 Problem Statement Definition

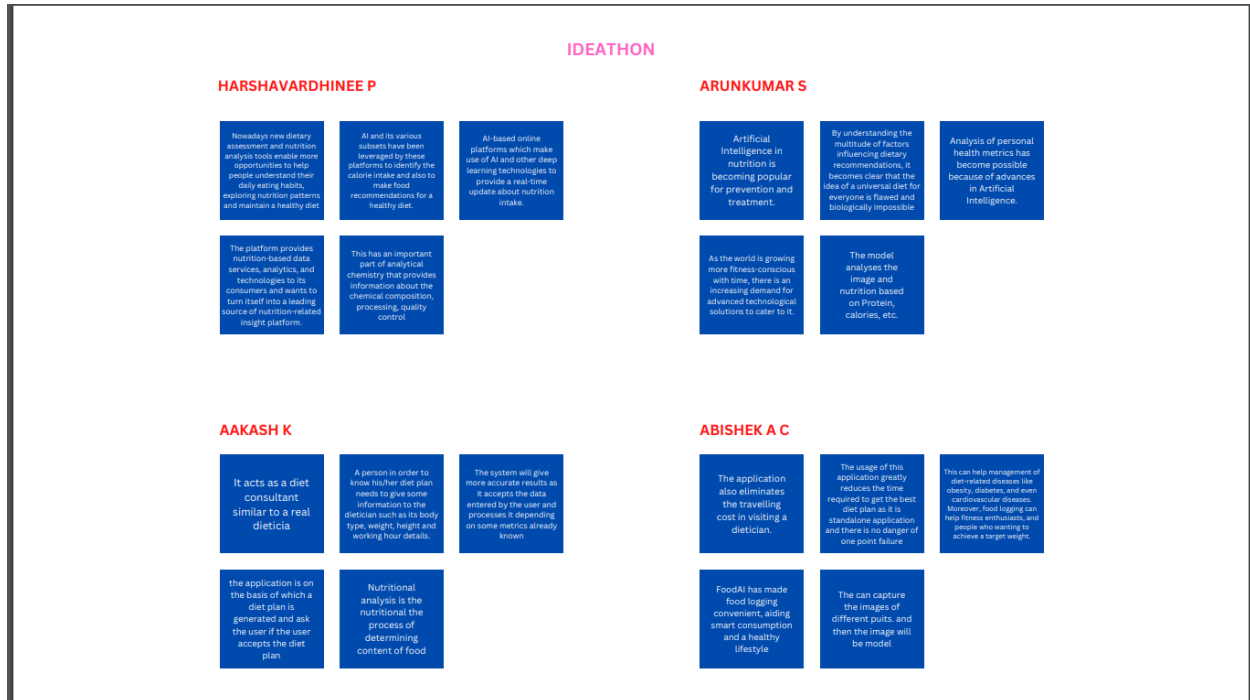
The main aim of the project is to building a model which is used for classifying the fruit depends on the different characteristics like colour, shape, texture etc. Here the user can capture the images of different fruits and then the image will be sent the trained model. The model analyses the image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

## 3. IDEATION & PROPOSED SOLUTION

### 3.1 Empathy Map Canvas



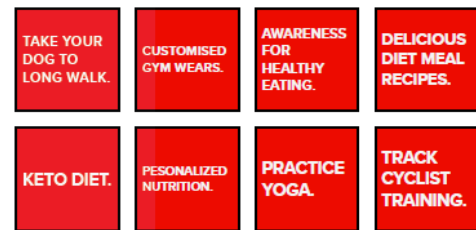
## 3.2 Ideation & Brainstorming



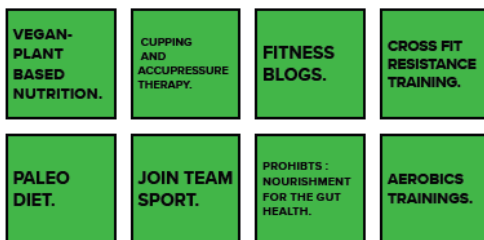
### HARSHAVARDHINEE P



### ARUNKUMAR S



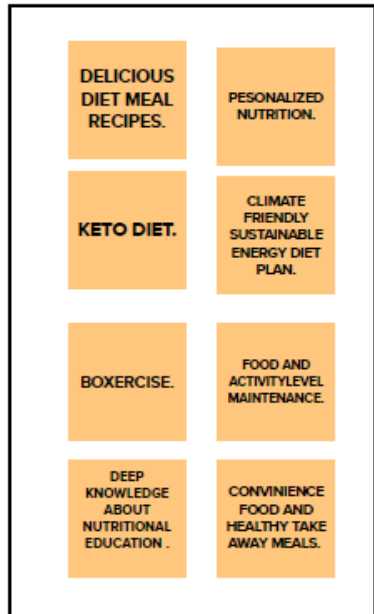
### AAKASH K



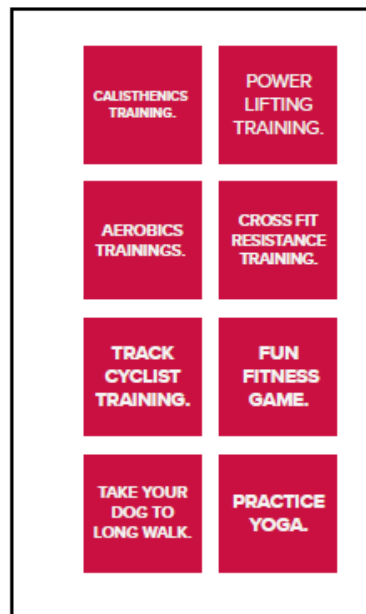
### ABISHEK A C



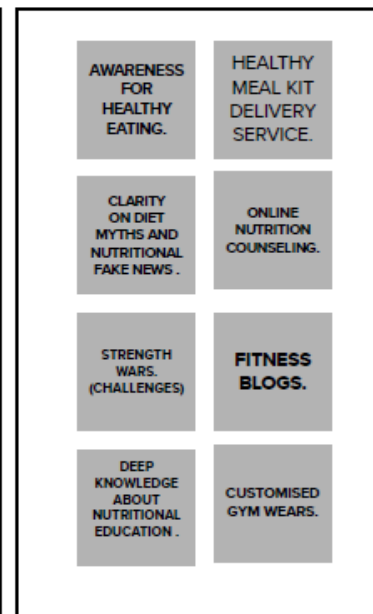
## NUTRITIONAL



## WORKOUT



## PROGRAMS



### 3.3 Proposed Solution

S.NO	PARAMETERS	SOLUTIONS
1.	Problem Statement	<ul style="list-style-type: none"> <li>• Main objective is to detect the nutrition in a fruit from camera captured image.</li> <li>• The identification of nutrition and calories from a image is quite an interesting field.</li> <li>• Since nutrition monitoring plays an important role in leading healthy lifestyle, this product has the potential to become an essential in our day to day life.</li> </ul>
2.	Idea / Solution description	<ul style="list-style-type: none"> <li>• The solution is to develop AI-powered nutrition analyzer application.</li> <li>• By giving the image of the fruit as the input to the application, it will display the nutrition content in it.</li> <li>• By training the model with various inputs, image processing can be improved as well as the accuracy of the result.</li> </ul>
3.	Novelty / Uniqueness	<ul style="list-style-type: none"> <li>• Personalized nutrition for individuals.</li> <li>• Providing science based guidance for healthy living.</li> <li>• Balanced food diet and measured intake.</li> <li>• 24/7 support.</li> <li>• Serving size.</li> </ul>

4.	<b>Social Impact / Customer Satisfaction</b>	<ul style="list-style-type: none"> <li>• Economically stable product.</li> <li>• Change one's view towards health and fitness.</li> <li>• Quality of service.</li> <li>• High fiber food.</li> <li>• Accurate amount of nutrition.</li> </ul>
5.	<b>Business Model (Revenue Model)</b>	<ul style="list-style-type: none"> <li>• User friendly interface which improves the constant use of the product.</li> <li>• Hence, Economical growth improves.</li> <li>• Product will be delivered in pocket size which results in consuming low memory.</li> <li>• Nutrition and fitness related ads to earn profit</li> </ul>
6.	<b>Scalability of the Solution</b>	<ul style="list-style-type: none"> <li>• Offers ingredients substance detail in food</li> <li>• Suggest best health solution and meal plans for different criteria proposed by different individuals.</li> <li>• Virtualization of your long term plan to provide motivation to the customer.</li> </ul>

### 3.4 Problem Solution fit

The Problem-Solution Fit simply means that you have found a problem with your customer and that the solution you have realized for it actually solves the customer's problem. It helps entrepreneurs, marketers and corporate innovators identify behavioral patterns

#### **Purpose:**

- Solve complex problems in a way that fits the state of your customers.
- Succeed faster and increase your solution adoption by tapping into existing mediums and channels of behavior.
- Sharpen your communication and marketing strategy with the right triggers and messaging.
- Increase touch-points with your company by finding the right problem-behavior fit and building trust by solving frequent annoyances, or urgent or costly problems.

Define CS, fit into CC	<b>1. CUSTOMER SEGMENT(S)</b> People who are looking to get in shape and need some motivation, people who are already active and would like to track their progress, and people looking for new workout time and get dissatisfied with existing nutrition and fitness app. <b>CS</b>	<b>6. CUSTOMER CONSTRAINTS</b> It is undeniably simple and easy to use. The user can get accurate diet and food plans. It helps to set a routine to your life, push to eat well in right proportion and stay fit. <b>CC</b>	<b>5. AVAILABLE SOLUTIONS</b> HEALTHIFYME, MY FITNESS PAL, LIFESUM, NOOM, MYNETCALORIE COUNTER FITON BURN.FIT etc., <b>AS</b>	Explore AS, differentiate
	<b>2. JOBS-TO-BE-DONE/PROBLEMS</b> Since the dawn of the digital era, the fitness industry has undergone full digital information. Earlier, staying fit and on trend was more difficult due to the difficulty of finding fitness coaches. Nowadays, allowing users to set their goal and later it transformed into a goal tracker which helps the user to achieve their goals. <b>J&amp;P</b>	<b>9. PROBLEM ROOT CAUSE</b> <ul style="list-style-type: none"> <li>Tight schedulers (balancing work and personal life) and expensive gym memberships.</li> <li>False information about nutrition and fitness requirements.</li> <li>Lack of professional training.</li> </ul> <b>RC</b>	<b>7. BEHAVIOUR</b> The user needs to set a personalized goal, compare their performance based on the saved data, they need to properly follow the diet chart and never get distracted from the plan. <b>BE</b>	Focus on J&P, tap into BE, understand RC
Identify strong TR & EM	<b>3. TRIGGERS</b> Customers often prefer to share their achievements on social media. This makes them motivated and push themselves to work more and thus helps us to increase the users. <b>TR</b>	<b>10. OUR SOLUTION</b> <ul style="list-style-type: none"> <li>Personalized nutrition</li> <li>Deep knowledge about nutritional education</li> <li>Vegan plant-based nutrition</li> <li>Clarity on diet myths and nutritional fake news</li> <li>healthy meal kit delivery service</li> </ul> <b>SL</b>	<b>8. CHANNELS OF BEHAVIOUR</b> <b>Online:</b> Users can make their own/ watch others workouts, exercise sets, diet plans and healthy recipes in customized feature. <b>CH</b>	Extract online & offline CH of BE
	<b>4. EMOTIONS: BEFORE/AFTER</b> <b>Before:</b> They feel anxious, frustrated, embarrassed about their look, feel jealous of others' look. <b>After:</b> Re frame their perspective, build a routine, prioritize self-care, self reflect. <b>EM</b>		<b>Offline:</b> Users can see their activity records, able to get a diet chart, tips regarding their past workouts and they can manage their schedule time.	

#### 4. REQUIREMENT ANALYSIS

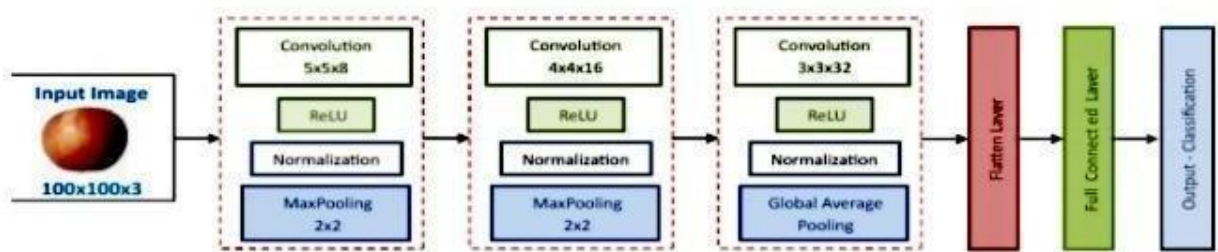
##### 4.1 Functional requirement

- It will generate the diet plan as well as monitor the user's health to classify the category of the disease and to create the diet plan. It will also reduce the cost of consulting the person nutritionist.
- The task of food detection/classification is not easy as it seems. All possible options related to the given image.
- Image classification, object detection, segmentation, face recognition.
- Classification of crystal structure using a convolutional neural network
- Nutrition is vital to the growth of the human body. Nutritional analysis guarantees that the meal meets the appropriate vitamin and mineral requirements, and the examination of nutrition in food aids in understanding the fat proportion, carbohydrate dilution, proteins, fiber, sugar, and so on. Another thing to keep in mind is not to exceed our daily calorie requirements
- Computer-Assisted Nutritional Recognize Food Images – In order to solve this issue, a brand-new Convolutional Neural Network (CNN)- based food picture identification system was

created, as described in this study. We utilized our suggested strategy on two sets of actual food picture data.

- Here the user can capture the images of different fruits and then the image will be sent to the trained model. The model analyzes the image and detects the nutrition based on the fruits like (Sugar, Fiber, Protein, Calories, etc.)
- The Ultimate Workout at Home Solution This fitness AI software is designed with personalized training regimens for each individual. It began as “gym only software,” but has now improved its system to satisfy “at home fitness” expectations.
- You take a picture, dial in data such as whether you are eating breakfast or lunch and add a quick text label, and the app estimates the calorie content.
- This software collaborated with IBM’s natural language capability to provide 24-hour assistance and dietary recommendations.

For Example:



- The comparison of the proposed model with the conventional models shows that the results of this model are exceptionally good and promising to use in real-world applications.
- This sort of higher accuracy and precision will work to boost the machine’s general efficiency in fruit recognition more appropriately.
- A generic model for the dietary protein requirement (as with any nutrient) defines the requirement in terms of the needs of the organism,
- i.e. metabolic demands, and the dietary amount which will satisfy those needs, i.e. efficiency of utilization, thus: dietary requirement = metabolic demand/efficiency of utilization.

FR No.	Functional Requirement (Epic)	Sub Requirement (Story / Sub-Task)
FR-1	User Registration	Users can create an account to use the application. This can be done by creating a persona on the application with a username and password or by making use of an existing email ID.
FR-2	User Confirmation	Once a user registers onto the application, they receive a confirmation to their email id which they provide for registration. OTP authentication is integrated to ensure identity theft does not occur.
FR-3	Calorie Calendar Creation	On creation of a user profile, a calendar is generated in association with the account. This calendar is private to the user and keeps track of the calories consumed in a day and related statistics.
FR-4	Image Capturing and Processing	The application allows users to capture images of the ingredients they consume. These are given to the model for predicting their labels, i.e. identify the fruits. Further, the quantity of the fruits should be



FR-5

Calorie Value Computation

discerned. The application should be able to work with images of low quality and low resolution as well.

Once the labels of the ingredients and their quantity have been found, the net calorie value of the meal is calculated by summing up the calories of each ingredient in their respective amounts. The calorie values are fetched from the internet while that of frequently used items are fetched from a database.

FR-6

Storage of Data

Data about the user and their log in details are stored in a backend database. Apart from these, calorific information of frequently consumed ingredients are also stored to minimize overhead and complexity.

FR-7

Calorie Over-Consumption  
Notification

When a user exceeds their permissible calorie consumption amount for the day, the application issues a notification for the same. The application then suggests low-calorie diets to ensure minimum over-consumption.

FR-8	Diet Plan Specification	Users can select the kind of diet plan they want to follow with a target in mind such as weight loss, muscle building, etc. The application sources diet plans and food items that supplement their goals from the internet to help them achieve their goal.
------	-------------------------	--

#### 4.2 Non-Functional requirements

FR No.	Non-Functional Requirement	Description
NFR-1	Usability	The users should be able to use the application without any difficulties. The interface should be easy to use and understand. The image capture process should be smooth and not tedious.
NFR-2	Security	Details of the users and their personal calories calendar should not be disclosed or shared to other users. Privacy of data should be ensured.
NFR-3	Reliability	The application should correctly identify the fruits from the captured image and fetch its nutritional value. The count and calculation of the

NFR-4

**Performance**

calories

should be done accurately.

The application should be built on a highly efficient prediction model such that the results are accurate. It should keep in mind time and space complexity.

NFR-5

**Availability**

The application should be available to its users at all times and should work efficiently. It should not suffer from issues such as application crashes.

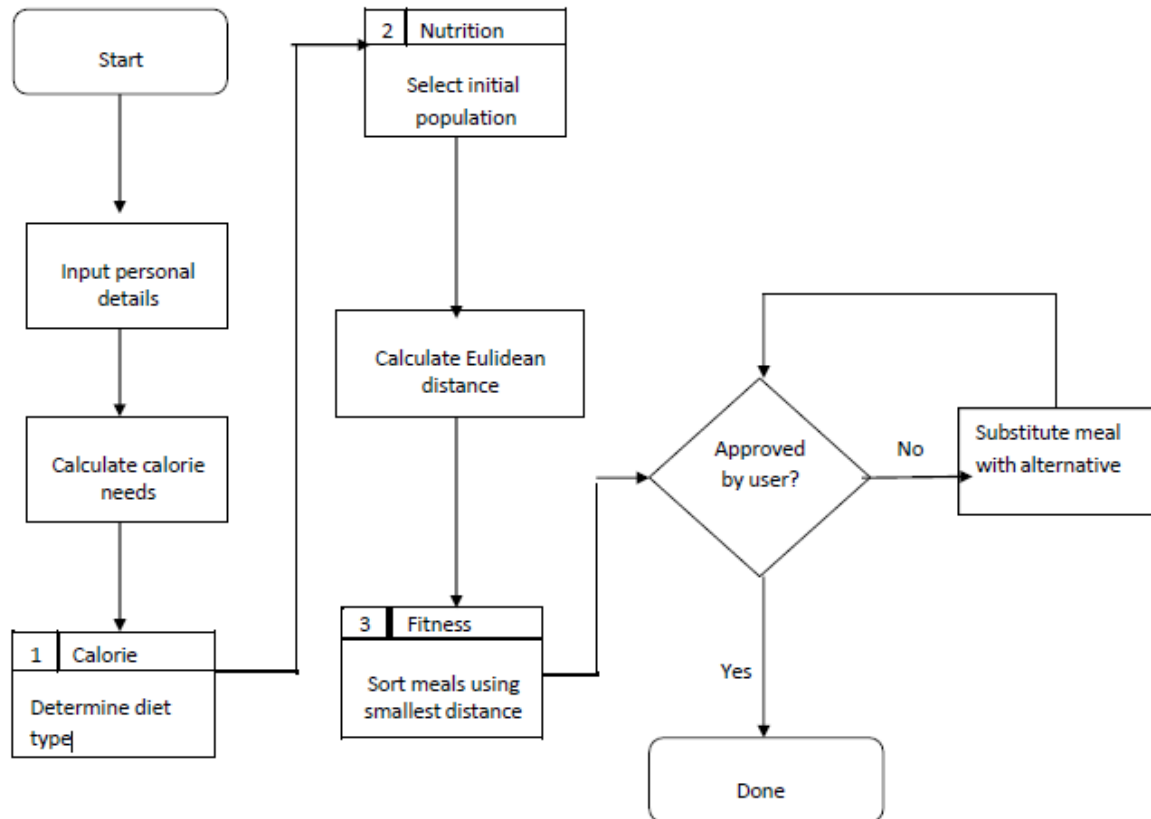
NFR-6

**Scalability**

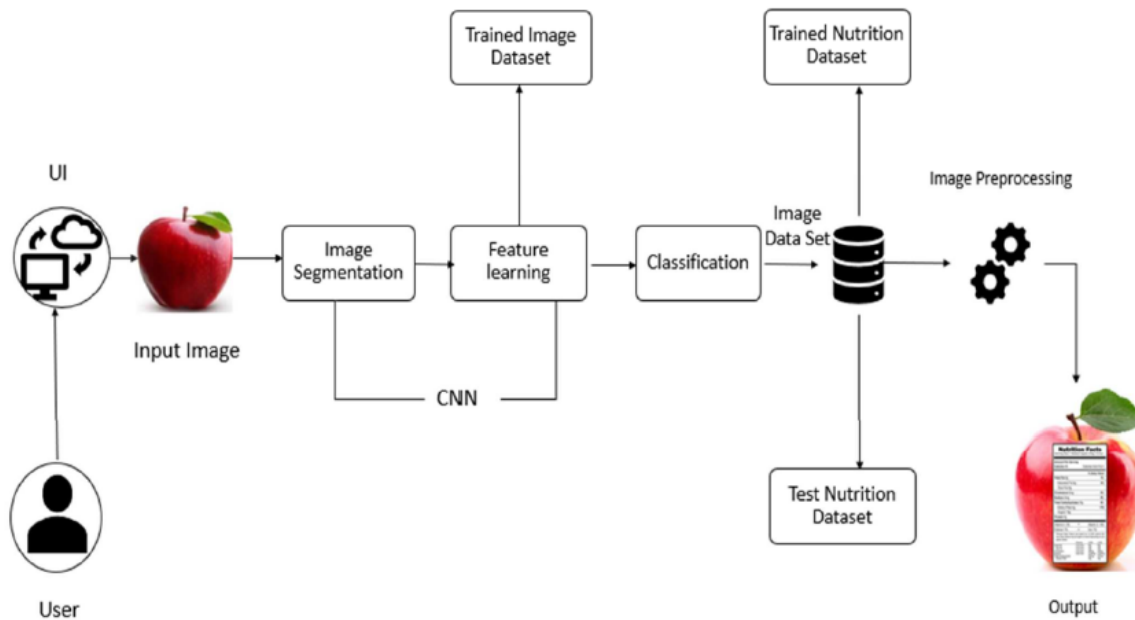
The application should be able to support updates in terms of features and functionality. The system should be built such that it can upgrade using the existing underlying architecture.

## 5. PROJECT DESIGN

### 5.1 Data Flow Diagrams



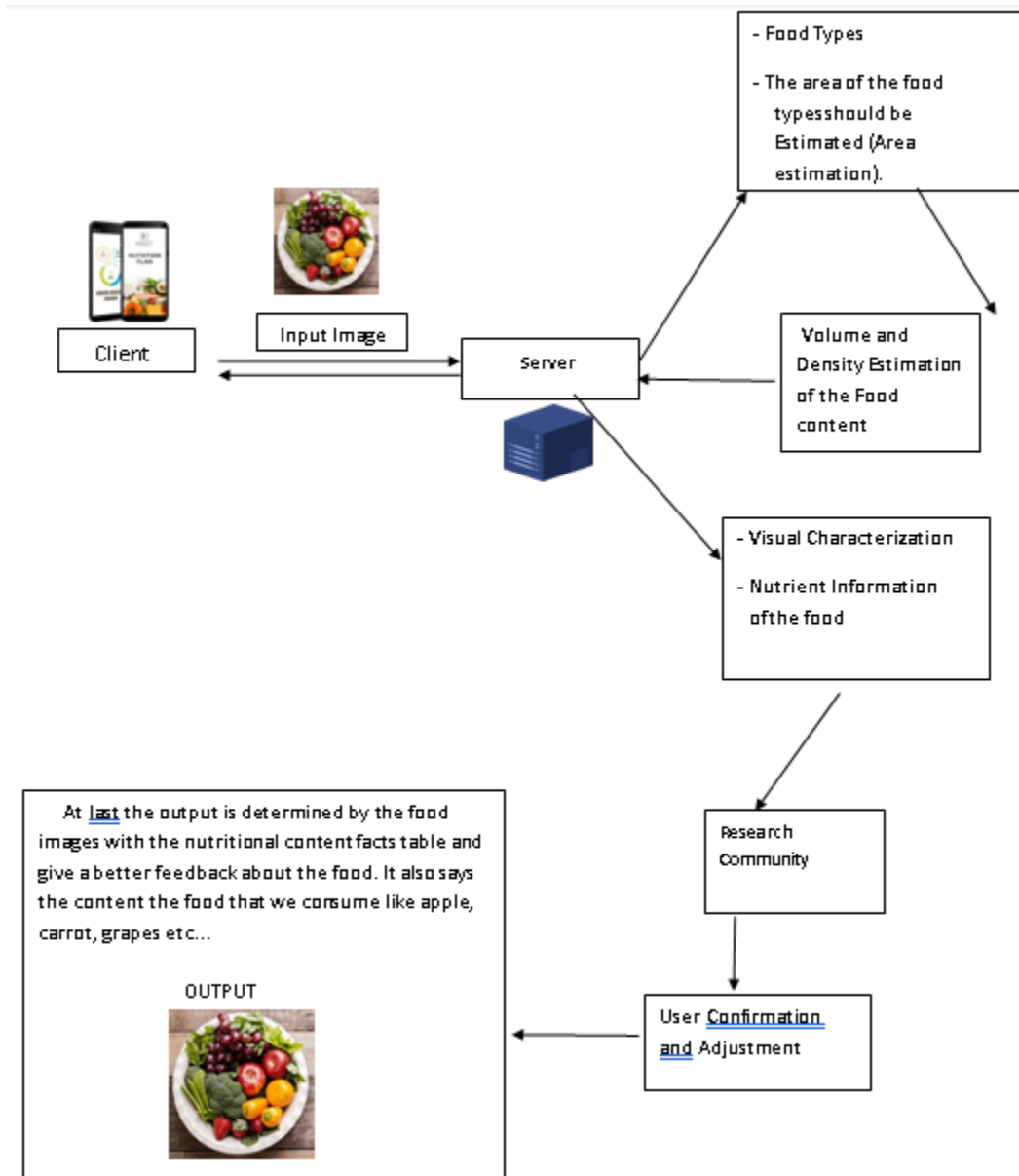
## 5.2 Solution & Technical Architecture



S.No	Component	Description	Technology
1.	App	User interacts with application for the prediction of Nutrition	Python, Java, HTML, SQLite, Android studio
2.	Database	Data Type, Configurations and data will be stored	MySQL, JS
3.	Cloud Database	Database Service on Cloud	IBM DB2, IBM Cloudant etc.
4.	File Storage	File storage requirements	Cloud --> drive
5.	Machine Learning Model	Purpose of Machine Learning Model	ANN, CNN, RNN
6.	Notification	Notification will be sent from the server	SendGrid

**Application Characteristics:**

<b>S.No</b>	<b>Characteristics</b>	<b>Description</b>	<b>Technology</b>
1.	Open-Source Frameworks	Open-source frameworks used	SendGrid, Python, JQuery
2.	Security Implementations	Request authentication using encryption	Encryptions, SSL certs
3.	Scalable Architecture	The scalability of architecture consists of 3 tiers	Web Server – HTML, CSS ,Javascript Application Server – Python Flask Database Server – IBM Cloud
4.	Availability	Availability is increased by loads balancers in cloud VPS	IBM Cloud hosting
5.	Performance	The application is expected to handle up to 4000 predications per second	IBM Load Balance



### 5.3 User Stories

User Type	Functional Requirement (Epic)	User Story Number	User Story / Task	Acceptance criteria	Priority	Release
Customer (Mobile user)	Registration	USN-1	As a user, I can register for the application by entering my email, password, and confirming my password.	I can access my account /dashboard	High	Sprint-1
		USN-2	As a user, I will receive confirmation email once I have registered for the application	I can receive confirmation email & click confirm	High	Sprint-1
		USN-3	As a user, I can register for the application through Facebook	I can register & access the dashboard with Facebook Login	Low	Sprint-2
		USN-4	As a user, I can register for the application through Gmail		Medium	Sprint-1
	Login	USN-5	As a user, I can log into the application by entering email & password		High	Sprint-1
	Dashboard	USN-5	As a user, I can Access my Dashboard		Medium	Sprint - 1
Customer (Webuser)	Registration	USN-1	As a user, I can register for the application by entering my email, password, and confirming my password.	I can access my account /dashboard	High	Sprint - 1
Customer Care Executive	Solution	USN-5	Responding to each email you receive can make a lasting impression on customers.	Offer a solution for how your company can improve the customer experience	High	Sprint-1
Administrator	Manage	USN-5	Do-it yourself service for delivery Everything	Set of predefined requirements that must be met to mark a user story complete	High	Sprint-1

## 6. PROJECT PLANNING & SCHEDULING

### 6.1 Sprint Planning & Estimation

Sprint	Functional Requirement (Epic)	User Story Number	User Story / Task	Story Points	Priority	Team Members
Sprint-1	Data Collection	USN-1	Download Food Nutrition Dataset	2	Medium	HARSHAVARDHINEE P
Sprint-1	Data Preprocessing	USN-2	Importing The Dataset into Workspace	1	Low	ARUNKUMAR S
Sprint-1		USN-3	Handling Missing Data	3	Medium	AAKASH K
Sprint-1		USN-4	Feature Scaling	3	Low	ABISHEK A C
Sprint-1		USN-5	Data Visualization	3	Medium	ARUNKUMAR S
Sprint-1		USN-6	Splitting Data into Train and Test	4	High	HARSHAVARDHINEE P
Sprint-1		USN-7	Creating A Dataset with Sliding Windows	4	High	AAKASH K
Sprint-2	Model Building	USN-8	Importing The Model Building Libraries	1	Medium	ARUNKUMAR S
Sprint-2		USN-9	Initializing The Model	1	Medium	HARSHAVARDHINEE P



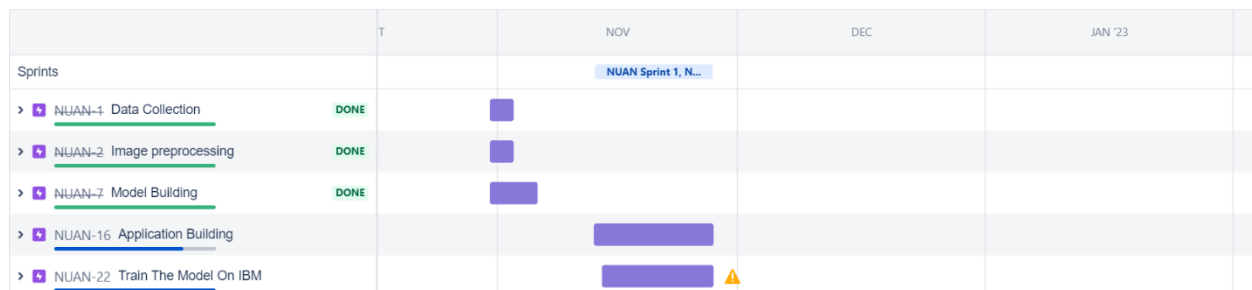
Sprint-2		USN-10	Adding LSTM Layers	2	High	AAKASH K
Sprint-2		USN-11	Adding Output Layers	3	Medium	ARUNKUMAR S
Sprint-2		USN-12	Configure The Learning Process	4	High	ABISHEK A C
<b>Sprint</b>	<b>Functional Requirement (Epic)</b>	<b>User Story Number</b>	<b>User Story / Task</b>	<b>Story Points</b>	<b>Priority</b>	<b>Team Members</b>
Sprint-2		USN-13	Train The Model	2	Medium	AAKASH K
Sprint-2		USN-14	Model Evaluation	1	Medium	ARUNKUMAR S
Sprint-2		USN-15	Save The Model	2	Medium	ABISHEK A C
Sprint-2		USN-16	Test The Model	3	High	HARSHAVARDHINEE P
Sprint-3	Application Building	USN-17	Create An HTML File	4	Medium	ARUNKUMAR S
Sprint-3		USN-18	Build Python Code	4	High	ABISHEK A C
Sprint-3		USN-19	Run The App in Local Browser	4	Medium	ABISHEK A C
Sprint-3		USN-20	Showcasing Prediction On UI	4	High	ARUNKUMAR S
Sprint-4	Train The Model On IBM	USN-21	Register For IBM Cloud	4	Medium	HARSHAVARDHINEE P
Sprint-4		USN-22	Train The ML Model On IBM	8	High	ARUNKUMAR S
Sprint-4		USN-23	Integrate Flask with Scoring End Point	8	High	AAKASH K

## 6.2 Sprint Delivery Schedule

Project Tracker, Velocity & Burndown Chart: (4 Marks)

Sprint	Total Story Points	Duration	Sprint Start Date	Sprint End Date (Planned)	Story Points Completed (as on Planned End Date)	Sprint Release Date (Actual)
Sprint-1	20	6 Days	24 Oct 2022	29 Oct 2022	20	29 Oct 2022
Sprint-2	20	6 Days	31 Oct 2022	05 Nov 2022	20	03 Nov 2022
Sprint-3	20	6 Days	07 Nov 2022	12 Nov 2022	20	10 Nov 2022
Sprint-4	20	6 Days	14 Nov 2022	19 Nov 2022	20	17 Nov 2022

## 6.3 Reports from JIRA



## 7. CODING & SOLUTIONING (Explain the features added in the project along with code)

### 7.1 Feature 1

#### Data Collection

Download the dataset [here](#)

```
[ ] from google.colab import drive
    drive.mount('/content/drive')

Mounted at /content/drive

[ ] cd/content/drive/MyDrive/Colab Notebooks

/content/drive/MyDrive/Colab Notebooks

[ ] # Unzipping the dataset
    !unzip 'Dataset.zip'
```

#### Image Preprocessing

```
[ ] from keras.preprocessing.image import ImageDataGenerator
```

#### Image Data Augmentation

```
[ ] train_datagen = ImageDataGenerator(rescale=1./255, shear_range=0.2, zoom_range=0.2, horizontal_flip=True)
    test_datagen = ImageDataGenerator(rescale=1./255)
```

#### Applying Image DataGenerator Functionality To Trainset And Testset

```
▶ x_train = train_datagen.flow_from_directory(
    r'/content/drive/MyDrive/Colab Notebooks/Dataset/TRAIN_SET',
    target_size=(64, 64), batch_size=5, color_mode='rgb', class_mode='sparse')
x_test = test_datagen.flow_from_directory(
    r'/content/drive/MyDrive/Colab Notebooks/Dataset/TEST_SET',
    target_size=(64, 64), batch_size=5, color_mode='rgb', class_mode='sparse')
```

# Model Building

## 1. Importing The Model Building Libraries

```
[ ] import numpy as np
import tensorflow as tf
from tensorflow.keras.models import Sequential
from tensorflow.keras import layers
from tensorflow.keras.layers import Dense, Flatten
from tensorflow.keras.layers import Conv2D, MaxPooling2D, Dropout
```

## 2. Initializing The Model

```
[ ] classifier = Sequential()
```

## 3. Adding CNN Layers

```
[ ] classifier = Sequential()
classifier.add(Conv2D(32, (3, 3), input_shape=(64, 64, 3), activation='relu'))
classifier.add(MaxPooling2D(pool_size=(2, 2)))
classifier.add(Conv2D(32, (3, 3), activation='relu'))
classifier.add(MaxPooling2D(pool_size=(2, 2)))
classifier.add(Flatten())
```

## 4. Adding Dense Layers

```
[ ] classifier.add(Dense(units=128, activation='relu'))
classifier.add(Dense(units=5, activation='softmax'))
```



```
classifier.summary()
```

Model: "sequential\_1"

Layer (type)	Output Shape	Param #
=====		
conv2d (Conv2D)	(None, 62, 62, 32)	896

#### 5. Configure The Learning Process

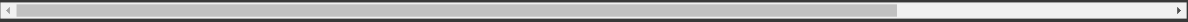
```
[ ] classifier.compile(optimizer='adam', loss='sparse_categorical_crossentropy', metrics=['accuracy'])
```

#### 6. Train The Model

```
[ ] classifier.fit_generator(generator=x_train,steps_per_epoch = len(x_train),epochs=20, validation_data=x_test,validation_steps = len(x_test))
```

/usr/local/lib/python3.7/dist-packages/ipykernel\_launcher.py:2: UserWarning: `Model.fit\_generator` is deprecated and will be removed in a future version. P]

Epoch 1/20  
494/824 [=====>.....] - ETA: 6:52 - loss: 0.7194 - accuracy: 0.7174



#### 7. Saving The Model

```
[ ] classifier.save('nutrition.h5')
```

#### 8. Testing The Model

```
[ ] from tensorflow.keras.models import load_model  
from keras.preprocessing import image  
model = load_model("nutrition.h5")
```

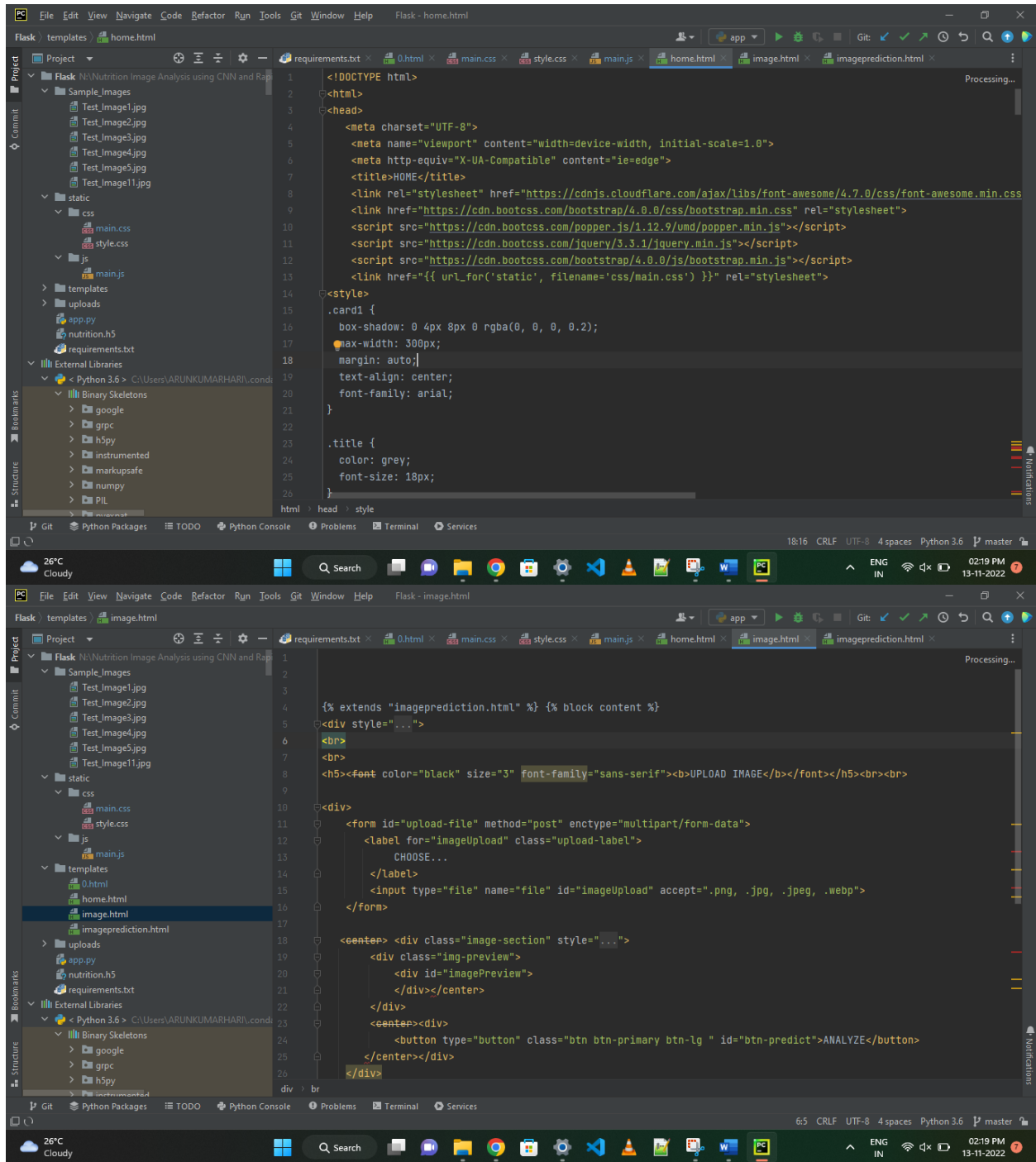
```
from tensorflow.keras.models import load_model  
from tensorflow.keras.preprocessing import image  
model = load_model("nutrition.h5")  
img = image.load_img(r'/content/drive/MyDrive/Colab Notebooks/Sample_Images/Test_Image1.jpg',grayscale=False,target_size= (64,64))  
x = img_to_array(img)  
x = np.expand_dims(x,axis = 0)  
predict_x=model.predict(x)  
classes_x=np.argmax(predict_x,axis=-1)  
classes_x
```

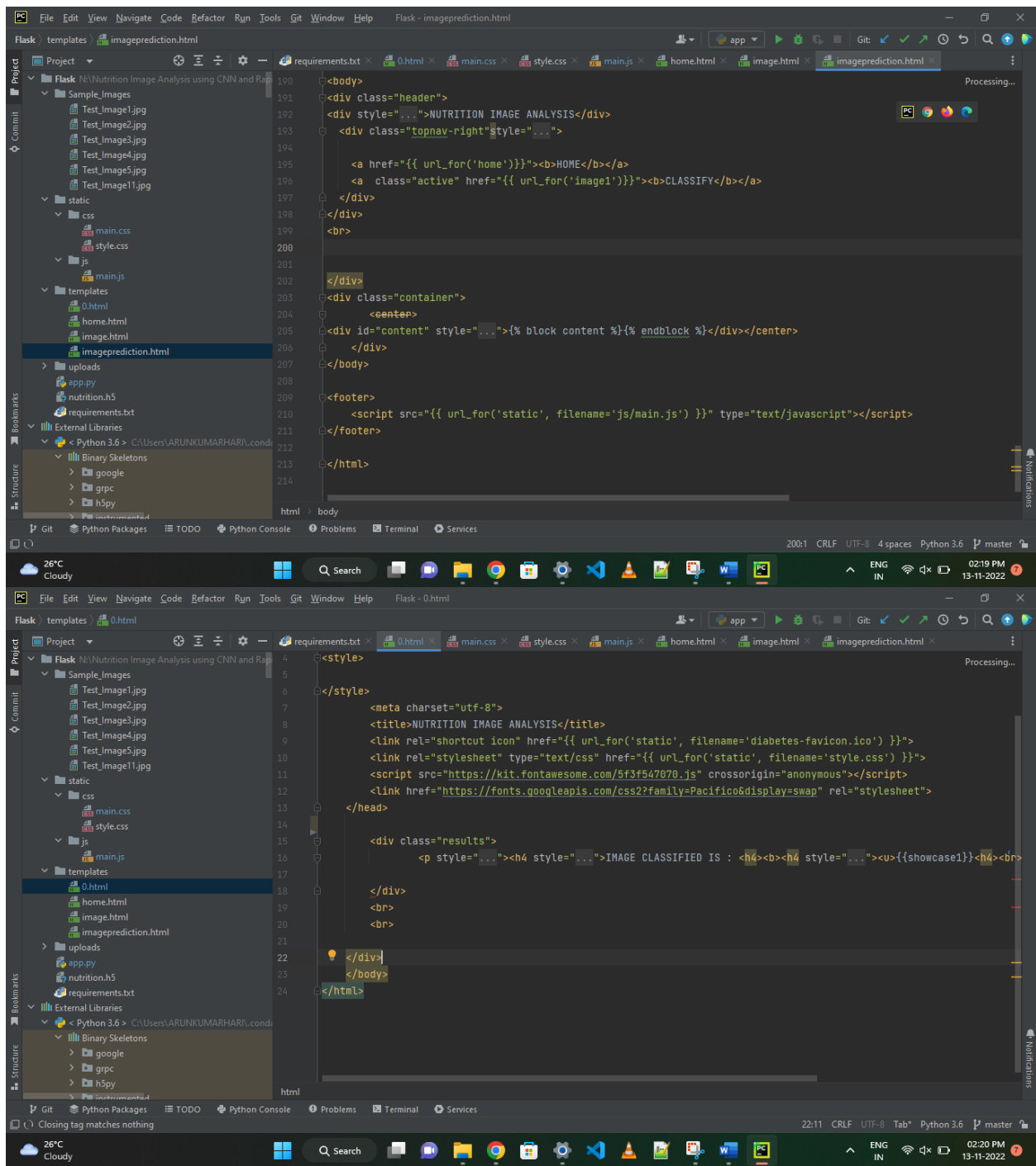
1/1 [=====] - 0s 62ms/step  
array([0])

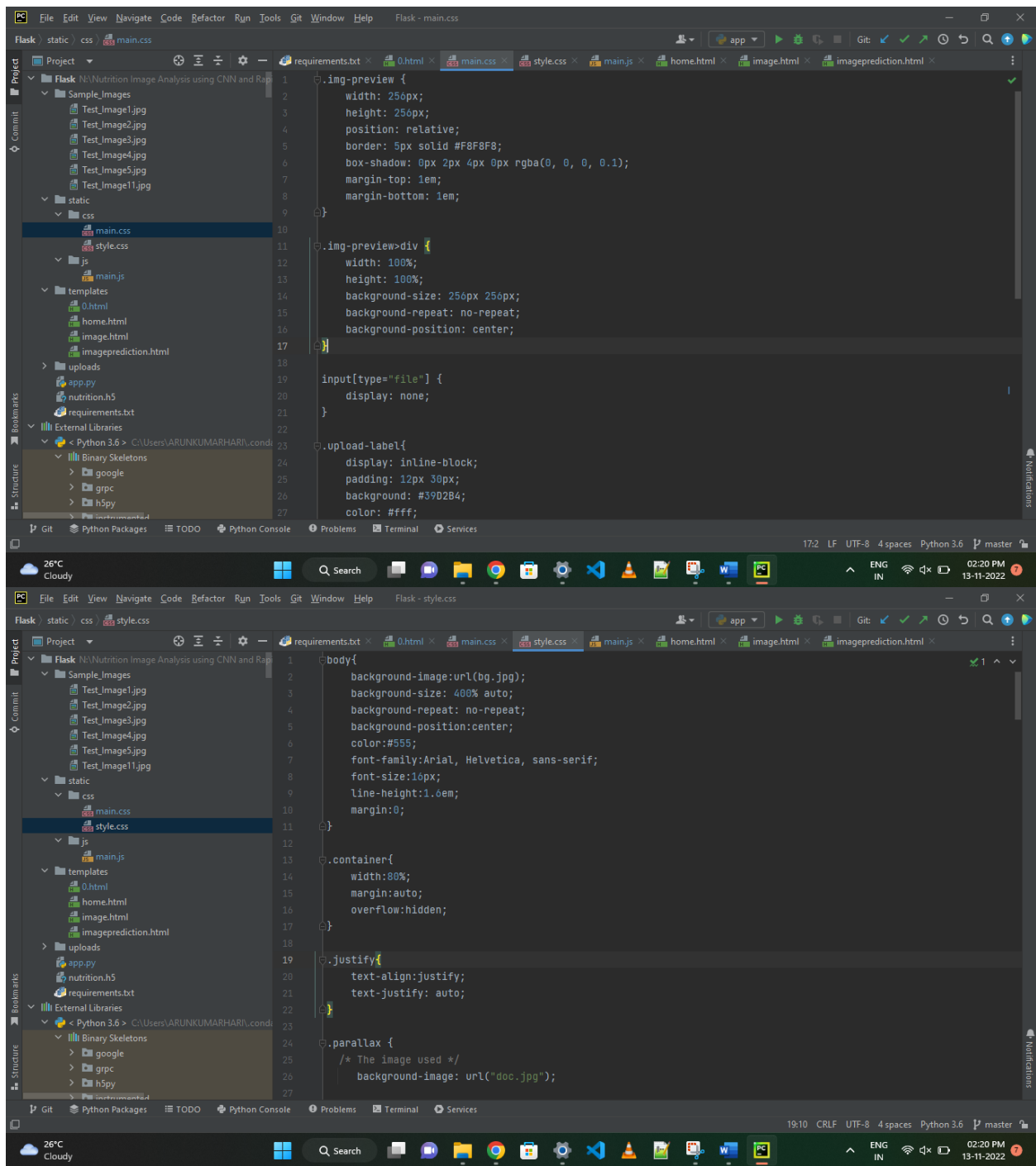
```
[ ] index=['APPLES', 'BANANA', 'ORANGE','PINEAPPLE','WATERMELON']  
result=str(index[classes_x[0]])  
result
```

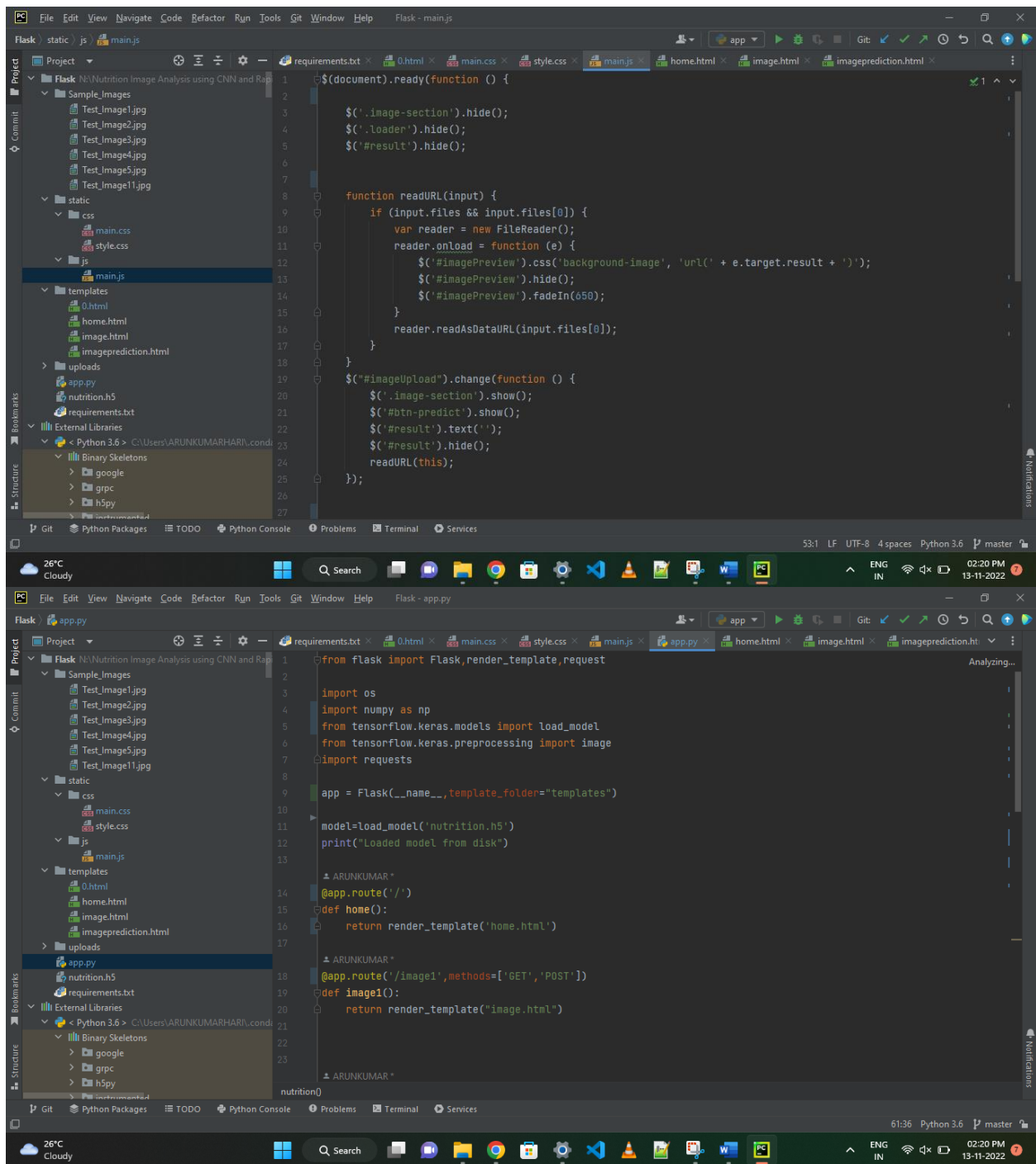
SOURCE CODE [https://drive.google.com/file/d/1KX\\_q8wKS0FteMhSTGKWdoXQg2DvHA7Pd/view?usp=share\\_link](https://drive.google.com/file/d/1KX_q8wKS0FteMhSTGKWdoXQg2DvHA7Pd/view?usp=share_link)

## 7.2 Feature 2

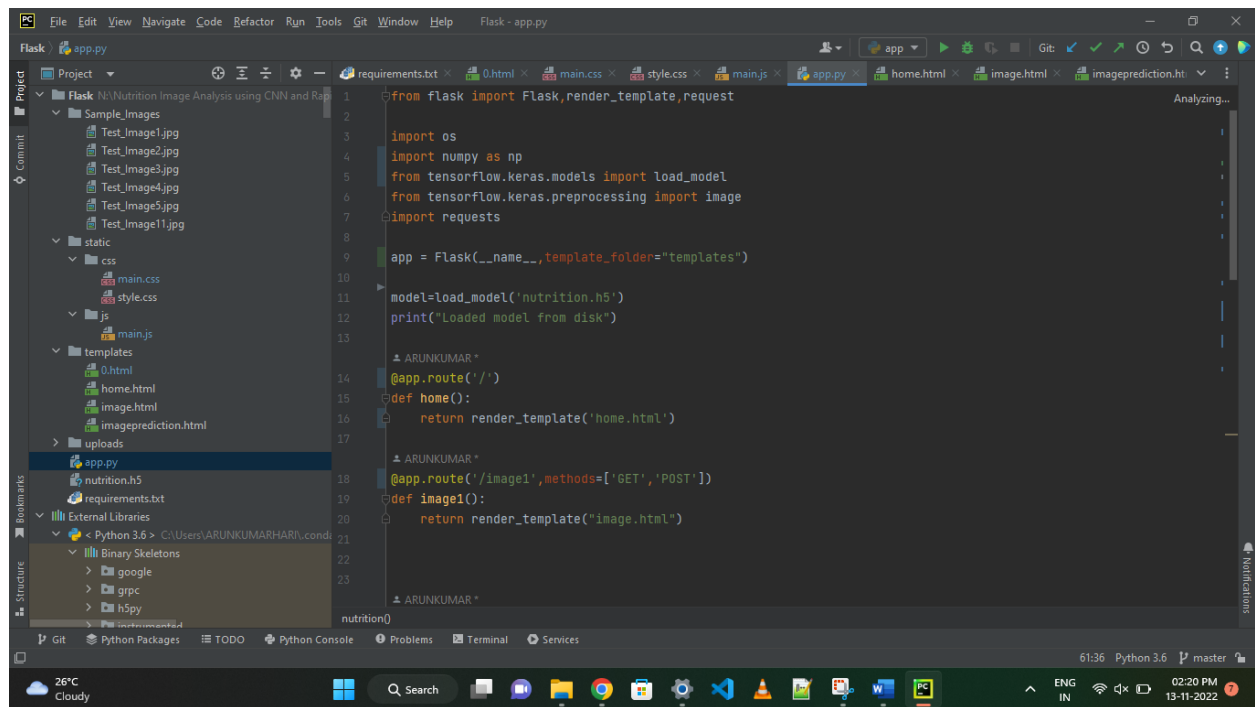






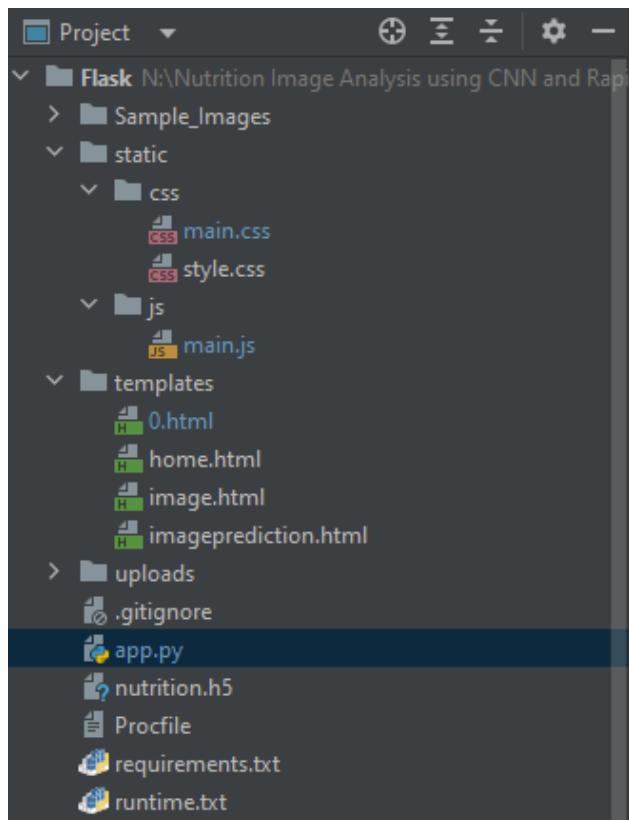


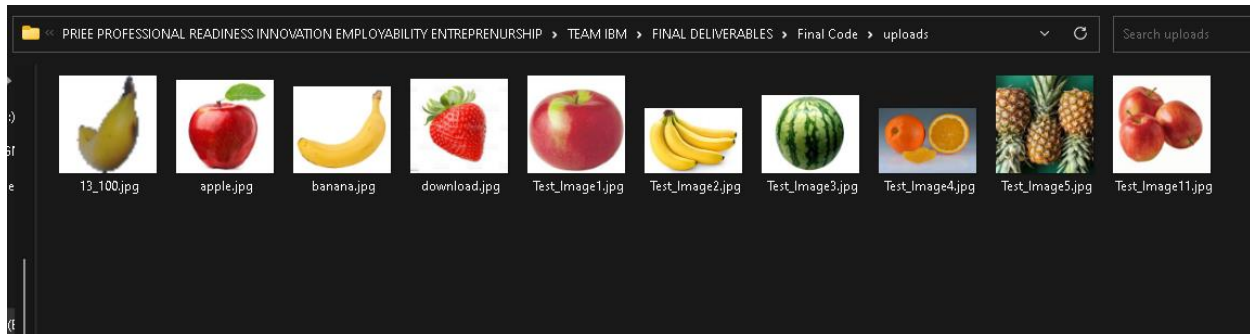




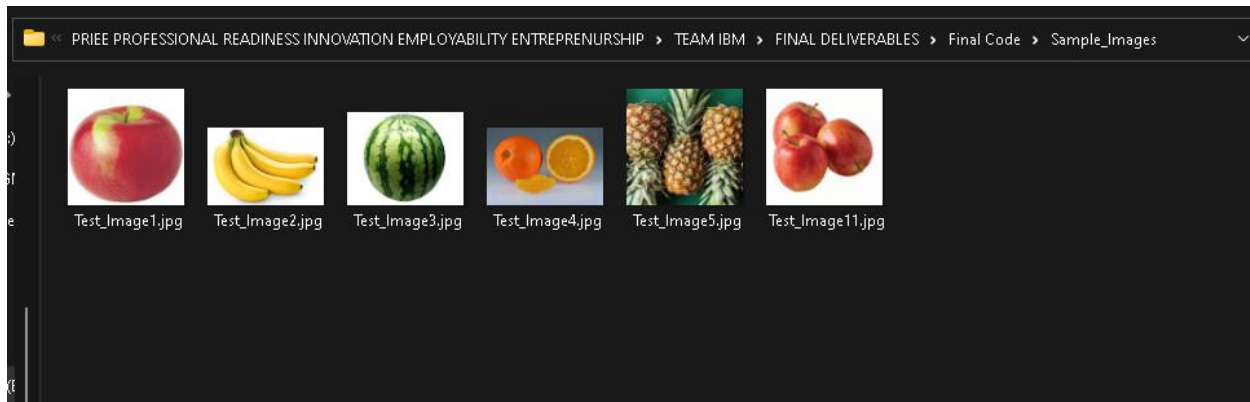
## 8. TESTING

### 8.1 Test Cases



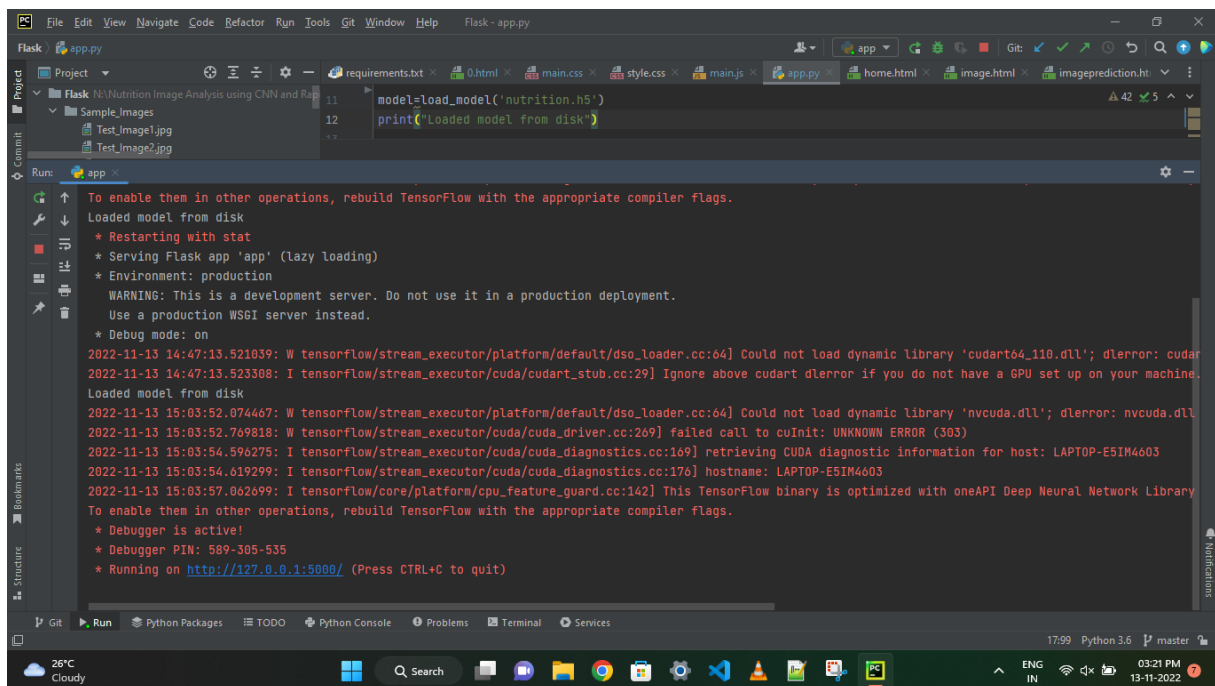


## 8.2 User Acceptance Testing



## 9. RESULTS

### 9.1 Performance Metrics



## 9.2 Output

HOME


127.0.0.1:5000

HOME EDITOR STUDIES MEDIA PREMIUM GOVT WEB MOVIES BANK WEB NEWS CHANNELS HOSTING FREE TOOL HACK ONLINE MONEY Quizzz

NUTRITION IMAGE ANALYSIS

HOME CLASSIFY

### OBJECTIVE OF THE PROJECT



- 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.
- Nutritional analysis is the process of determining the nutritional content of food.
- It is a vital part of analytical chemistry that provides information about the chemical composition, processing, quality control and contamination of food.

27°C Haze

ENG IN

08:06 PM 28-10-2022

HOME


127.0.0.1:5000

HOME EDITOR STUDIES MEDIA PREMIUM GOVT WEB MOVIES BANK WEB NEWS CHANNELS HOSTING FREE TOOL HACK ONLINE MONEY Quizzz

NUTRITION IMAGE ANALYSIS

HOME CLASSIFY

### AIM OF THE PROJECT

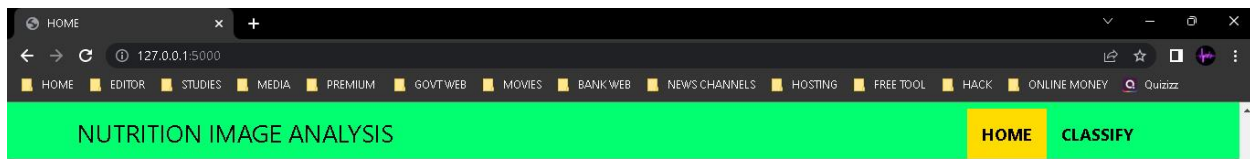


- The main aim of the project is to building a model which is used for classifying the fruit depends on the different characteristics like colour, shape, texture etc.
- Here the user can capture the images of different fruits and then the image will be sent the trained model.
- The model analyses the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

27°C Haze

ENG IN

08:06 PM 28-10-2022



## PORTFOLIO OF THE PROJECT



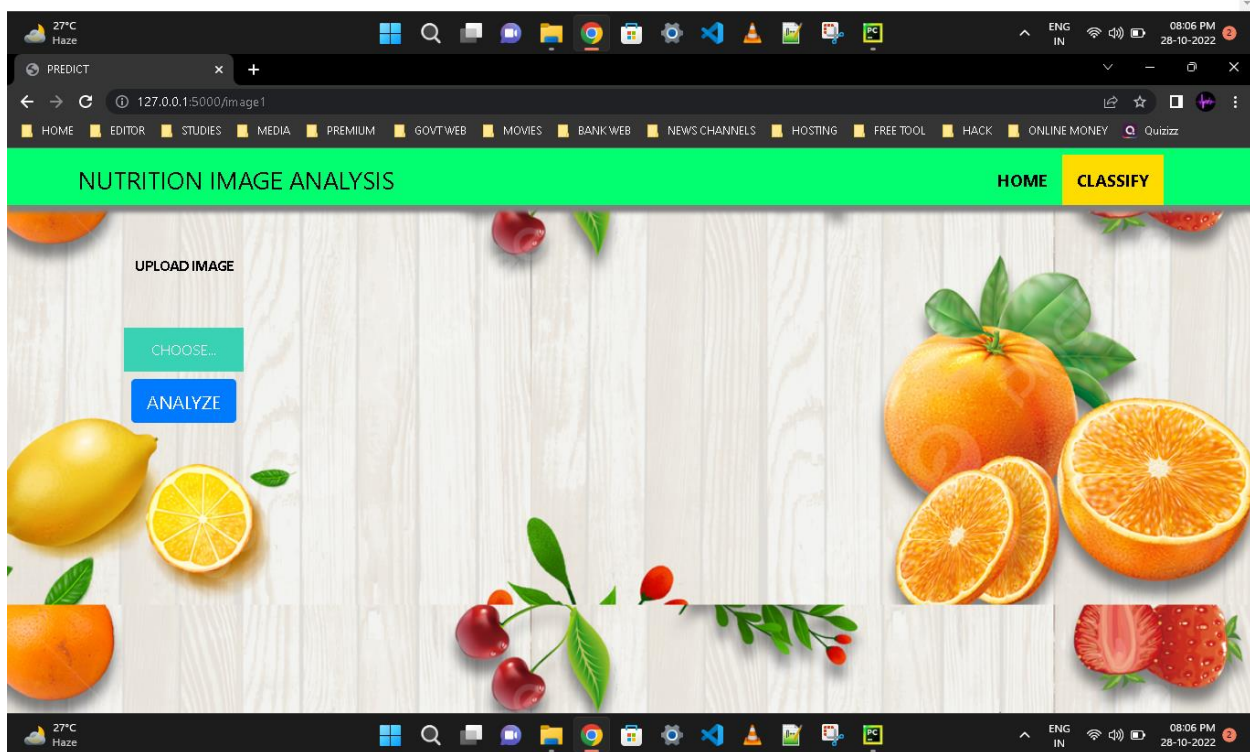
DEMO VIDEO



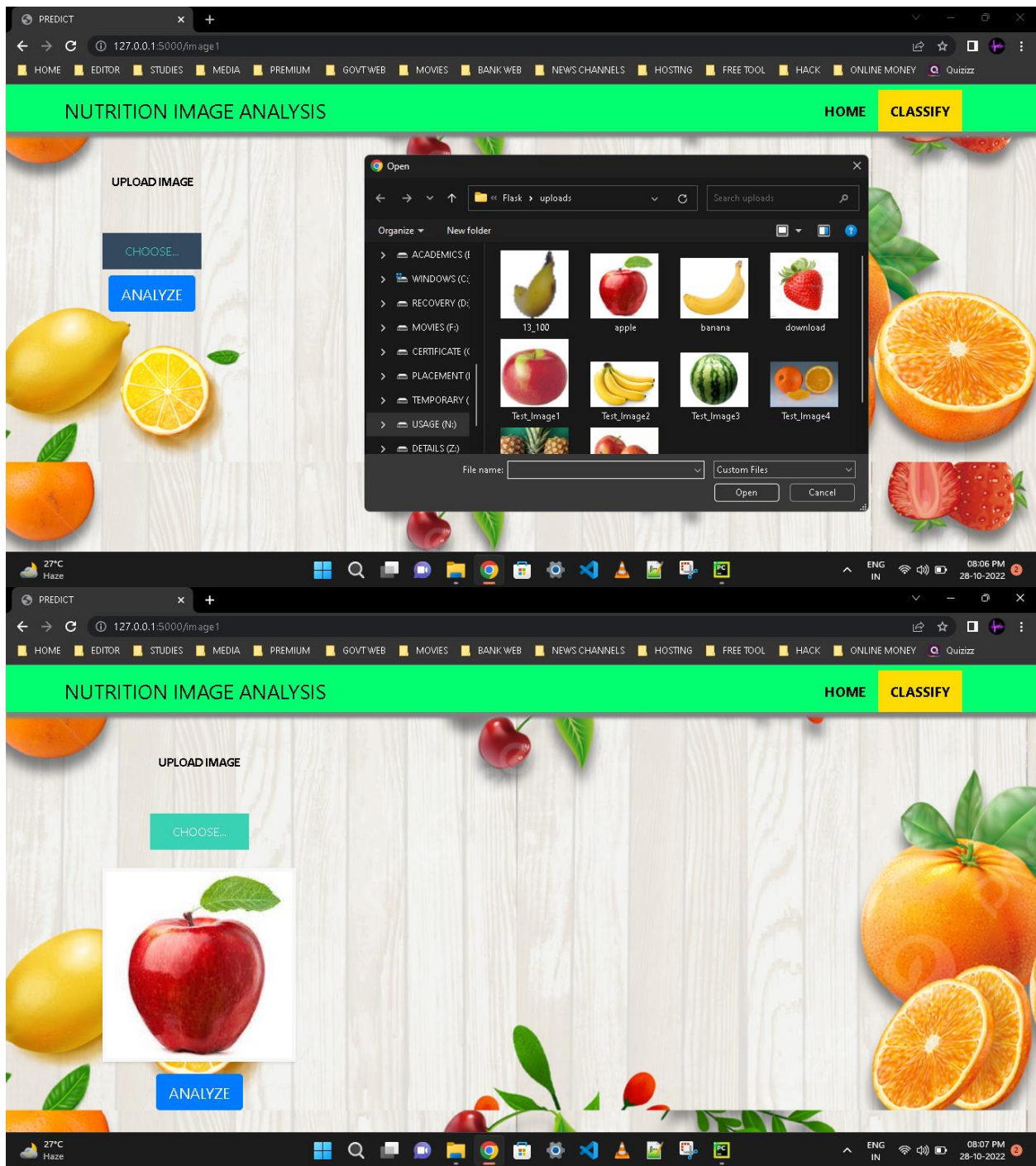
GITHUB CODE

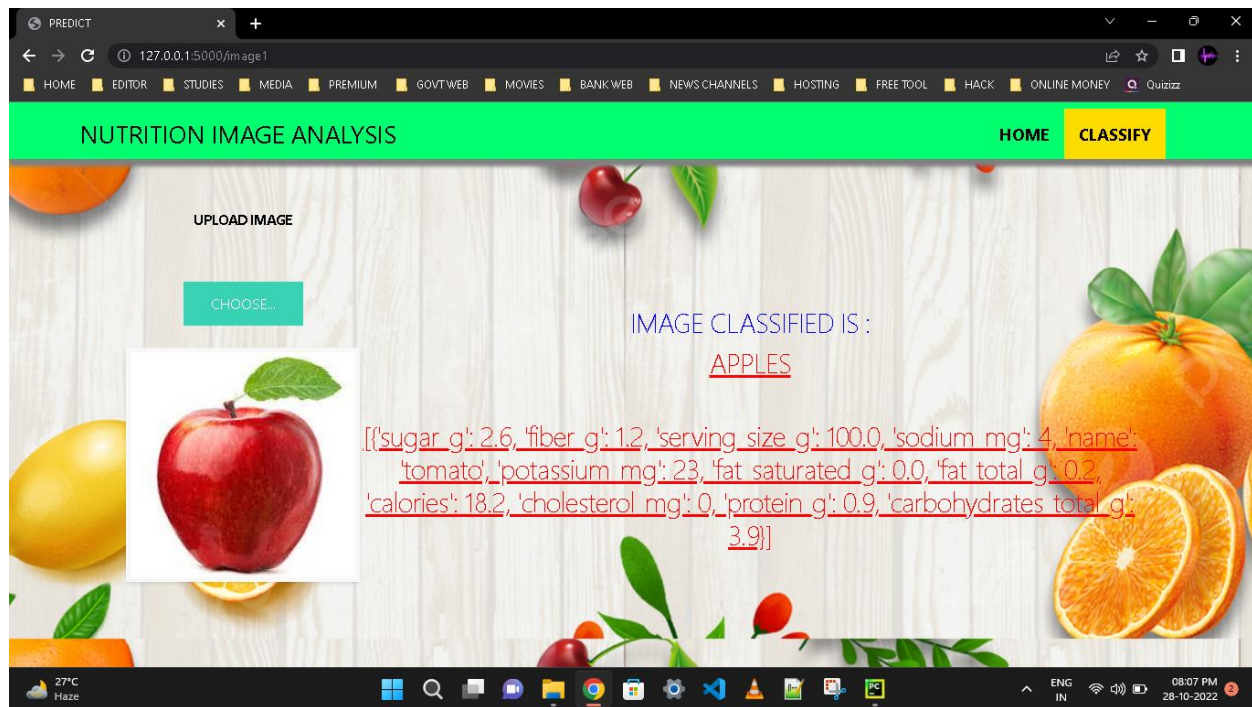


DOCUMENTATION









## 10. ADVANTAGES & DISADVANTAGES

### ADVANTAGES

- The new dietary assessment and nutrition analysis tools enable more opportunities to help people understand their daily eating habits
- It help in exploring the nutrition patterns in their daily routines and this is very useful for people to maintain a healthy diet balances.
- The nutritional analysis is used to determine the nutritional content of food.
- This application eliminates the travelling cost in visiting a dietician.
- The usage of this application greatly reduces the time required to get the best diet plan

### DISADVANTAGES

- The android mobile user will not be able to insert or view details if the server goes down.
- Thus there is disadvantage of single point failure.

## 11. CONCLUSION

By the end of this project we will

- know fundamental concepts and techniques of Convolutional Neural Network.
- gain a broad understanding of image data
- know how to build a web application using the Flask framework.
- know how to pre-process data and
- know how to clean the data using different data preprocessing techniques.

## 12. FUTURE SCOPE

- AI is revolutionizing the health industry.
- It is majorly used in improving marketing and sales decisions, AI is now also being used to reshape individual habits.
- In future we don't want to go to gym and do any diets. By using this nutrition fitness analyzer we can maintain our diet plans without any help from others and we can lead a happy and healthy life with good wealth.
- AI can easily track health behaviors and repetitive exercise patterns and use the data to guide you towards your fitness journey and diet plans .

## 13. APPENDIX

Source Code - <https://drive.google.com/drive/folders/14M4CDwiHOGcvBZY9FZPLgTmB-5jtFL1D?usp=sharing>

GitHub - <https://github.com/IBM-EPBL/IBM-Project-26405-1660026218>

Demo link - <https://drive.google.com/file/d/1E5N5BzV1dCLiaPJYWBRTkOrz66dWIAmH/view?usp=sharing>