

SPRINT-3

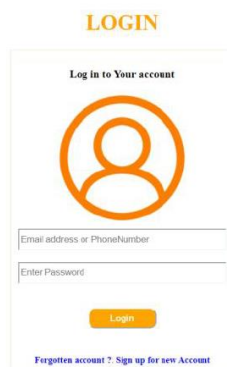
Team ID	PNT2022TMID14604
Project Name	AI-powered Nutrition Analyzer for Fitness Enthusiasts

Nutritional analysis,generally, is the process of determining the nutritional content of food. **[Here we have in particular considered the nutrition content of the fruits]**.It is a vital part of analytical chemistry that provides information about the chemical composition, processing, quality control and contamination of food.

There are simply three main process:

1. Login Page:

-Click on the website and create account and login



A login page mockup with a white background and a light gray border. At the top, the word "LOGIN" is written in orange. Below it, the text "Log in to Your account" is centered. In the center is a large orange icon of a person inside a circle. Below the icon are two input fields: "Email address or PhoneNumber" and "Enter Password". Below the password field is an orange "Login" button. At the bottom, there is a link that says "Forgotten account ? Sign up for new Account".

2.Home Page and Uploading:

-Here the user can login and upload the login details and capture and upload the images of different fruitsand then the image will be sent to the trained model for the prediction process of calorie content.



2. Prediction:

-The model analyses the image and detect the nutrition content based on the fruit uploaded.

[Go Back](#)

Follow this Diet plan to lose weight

Early Morning <ul style="list-style-type: none"> • One fruit of choice + 3-4 mixed seeds • 10ml wheyprotein juice + 5 to 6 almonds and walnuts • 10ml Spirulina or green leafy veggie juice + 1 fruit of your choice • 10ml Amla juice + 3-4 walnuts and almonds mix 	Breakfast <ul style="list-style-type: none"> • Open paner sandwich with mint chutney • 2 idlis with sambar • 1 bowl vegetable sprout poha with chutney • 3-4 dal paddu with sambhar • 2 medium dal paranthas + 1 bowl low-fat curd 	Mid-Morning <ul style="list-style-type: none"> • 4 walnuts and 2 dates • Fruit of your choice • 1 glass Whey protein shake with milk/assorted fruit platter • 1 fruit of your choice/fatful of Assorted nuts • 2 tsp of trail mix • Amaranth seeds chikki • 3-4 dry fruits
Pre-Lunch <ul style="list-style-type: none"> • 1 plate of preferred salad with vinegar dressing • 1 bowl minestrone soup with more veggies and less of pasta • 1 bowl sprout salad of choice • 1 bowl mixed veggie chunky soup • 1 bowl sprout salad • 1 bowl grilled chicken or fish salad 	Lunch <ul style="list-style-type: none"> • 2 multigrain roti • 1 Katori red or brown rice + 1 Dal + Veg • 2 multigrain roti + 1 bowl vegetable subji • non-veg subji + 1 bowl boiled pulse chaat • 2 multigrain roti + 1 bowl veg or non-veg (seafood, fish, chicken) subji of choice + 1 bowl of thick ds • 1 bowl millet and dal khichdi + 1 bowl mixed vegetable kadhai 	Snack <ul style="list-style-type: none"> • 1 glass whey protein drink + Hummus with veggies • 2 multigrain flour khakras • 1 fruit of your choice + 1 cup green tea • Til or peanut chikki with 1 cup spirulina and mixed veggie juice • 1 cup spiced boiled corn or 1 corn on the cob + 1 cup coffee, tea or green tea
Dinner <ul style="list-style-type: none"> • 1 bowl chicken gravy + 2 multigrain rotis + salad + 1 bowl low-fat curd • 1 veg paratha + Raita 	Post-dinner <ul style="list-style-type: none"> • 4-5 pieces of nuts/1 glass warm low-fat milk • 1 glass of whey protein shake if missed during snack 	

```
1 <!DOCTYPE html>
2
3 <html>
4 <head>
5 <title>Nutrition Analyser</title>
6 <link rel="stylesheet" href="C:\Users\admin\Desktop\Site\css\bootstrap.css">
7 <link rel="stylesheet" href="C:\Users\admin\Desktop\Site\style.css">
8 <link href="https://fonts.googleapis.com/css2?family=Akaya+Telivigala&display=swap" rel="stylesheet">
9 <link href="https://fonts.googleapis.com/css2?family=Righteous&display=swap" rel="stylesheet">
10 <script src="C:\Users\admin\Desktop\Site\js\bootstrap.js"></script>
11 </head>
12 <body>
13 <div class="body">
14 <div class="logo">
15 <div class="menu">
16 </div>
17 </div>
18 </div>
19 </body>
20 </html>
```

```
26 .menu{
27   list-style-type: none;
28   float:right;
29   margin-top: 40px;
30   margin-right: 50px;
31 }
32 ul li{
33   display:inline-block;
34 }
35 ul li a{
36   border-radius: 20px;
37   display: block;
38   text-align: center;
39   padding: 6px 30px;
40   font-family: "Space Grotesk", -apple-system,system-ui,"Segoe UI",Roboto,Helvetica,Arial,sans-serif,"Apple Color Emoji";
41   font-style: bold;
42   font-size: 20px;
43   text-decoration: none;
44   color: #6FE0D6;
45   border: 1px solid transparent;
46   transition: 0.6s ease;
47 }
48 .fixed{
49   background: #F0FF00;
50   color: #000 ;
51 }
52 ul li a: hover{
53   text-decoration: none;
54   background-color: #ffff;
55   color: #000;
```

This screenshot shows the Visual Studio Code editor with the 'index.html' file open. The Explorer sidebar on the left displays a project structure for 'IBM WEB' with various files including .vscode, launch.json, 0.html, about.html, about_us.css, app.py, fruit.h5, fruit6.jpeg, fruit56.jpeg, home.html, image.html, image2.jpeg, imageprediction.css, imageprediction.html, index.html, logo.jpeg, main.css, main.js, Nutro Analyser.html, and style.css. The main editor area shows CSS code for 'index.html' with the following content:

```
49 background: #F0FF00;
50 color: #000;
51 }
52 ul li a: hover{
53 text-decoration: none;
54 background-color: #ffff;
55 color: #000;
56 }
57 .midword{
58 position: absolute;
59 padding-left: 30px;
60 top: 38%;
61 margin-left: 48vh;
62 /*font-family: 'Akaya Telivigala', cursive;*/
63 background-color: #ffff;
64 width: 500px;
65 opacity: 0.6;
66 color: #000000;
67 font-family: 'Roboto', sans-serif;
68 font-style: italic;
69 border-radius: 20px;
70 font-size: 25px;
71 }
72 .midpic{
73 position: absolute;
74 top: 16%;
75 margin-left: 60vh;
76 }
77 .logo{
78 color: #FF8787;
```

The status bar at the bottom indicates 'Ln 97, Col 8', 'Tab Size: 4', 'UTF-8', 'CRLF', 'HTML', and the system clock shows '28°C Partly cloudy' and '7:01 PM'.

This screenshot shows the Visual Studio Code editor with the 'index.html' file open. The Explorer sidebar on the left displays the same project structure as the first screenshot. The main editor area shows HTML code for 'index.html' with the following content:

```
73 position: absolute;
74 top: 16%;
75 margin-left: 60vh;
76 }
77 .logo{
78 color: #FF8787;
79 font-size: 30px;
80 font-family: 'Akaya Telivigala', cursive;
81 margin-bottom: 30px;
82 }
83
84
85 </style>
86 <body>
87 <div class="logo">
88 
89 <b>Healthy and Fitness</b></div>
90 <ul class="menu">
91 <li><a href="index">Home</a></li>
92 <li><a href="home">Predict</a></li>
93 </ul>
94 <h3 class="midword">Nutritional analysis is the process of determining the nutritional content of food. It is a vital
95 
96 </body>
97 </html>
```

The status bar at the bottom indicates 'Ln 97, Col 8', 'Tab Size: 4', 'UTF-8', 'CRLF', 'HTML', and the system clock shows '28°C Partly cloudy' and '7:01 PM'.