LITERATURE SURVEY ON

AI POWERED NUTRITION ANALYZER FOR FITNESS ENTHUSIASTS

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| **S.NO** | **TITTLE** | **AUTHOR** | **YEAR OF**  **PUBLICATION** | **PROBLEM**  **IDENTIFIED** | **TECHNIQUES**  **USED** | **DRAWBACKS** |
| 1 | Leveraging traditional crops for better nutrition and health | [ShahalAbbo](https://www.sciencedirect.com/science/article/abs/pii/S0924224416306252#!) et.al., | June 2017 | Although poor feeding practices is a problem predominantly thought to exist in low-income and middle income countries, malnutrition is rapidly rising among developed nations as well. | In this context, and in light of scarcity of protein sources, utilization of crops-such as chickpea-as a source of micro and macro nutrients is mandatory in the long route to nutritional  improvement. | For all these reasons, this crop should be considered as an outstanding source of protein, the ultimate alternative to soybeans, as well as the next health-food for human consumption.  View at infona.pl |
| 2 | Machine learning and artificial intelligence based Diabetes Mellitus detection and  self-management: A systematic review | Jyotismita Chaki et.al., | Aug 2017 | Diabetes Mellitus (DM) is a condition induced by unregulated diabetes that may lead to multi- organ failiure in patients | Machine learning, Artificial intelligence | There are two drawbacks to this study. First, only papers written between January 2015 and March  2020 have been included in this study. Second, it might be that the authors have overlooked certain valuable keywords and certain bibliographic sources that might have  some relevant papers |
| 3 | The forthcoming Artificial Intelligence (AI) revolution: Its impact on society and firms | [Spyros](https://www.sciencedirect.com/science/article/abs/pii/S0016328717300046#!) [Makridakis](https://www.sciencedirect.com/science/article/abs/pii/S0016328717300046#!) | June 2017 | Will the forthcoming AI revolution produce similar, far-reaching effects. | Artificial intelligence | The greatest challenge facing societies and firms would be utilizing the benefits of availing AI technologies, providing vast opportunities for both new products/services and immense productivity improvements while avoiding the dangers and disadvantages in terms of increased unemployment and  greater |

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|  |  |  |  |  |  | wealth [inequalities](https://www.sciencedirect.com/topics/social-sciences/inequality). |
| 4 | A Survery on Automated food Monitoring and Dietary Management System | Vieira Bruno | Aug 03 2017 | In order to provide users feedback with nutritional information accompanied by insightful dietary advice, various techniques in light of the key computational learning principles have been explored. | smartphone and wearable sensor technologies | Recent advances in smartphone and wearable sensor technologies have led to a proliferation of food monitoring applications based on automated food image processing and eating episode detection, with the goal to conquer drawbacks of the traditional manual food journaling that is time consuming, inaccurate,  underreporting, and low adherent. |
| 5 | A review on IoT based m-Health systems for diabetes | diabetesSankalp Deshkar | Jan 2017 | Long-term diabetes care requires involvement from patients as well as doctors and family caregivers | Internet of things | Diabetes is a metabolic disease characterised by high blood glucose levels and inadequate or inefficient insulin.  Blindness, renal failure, amputation, heart attacks, and stroke are among diabetic consequences. It is the leading cause of death in many developed countries. These new applications work and the underlying architecture, as well as  the major challenges and issues they face. |
| 6 | Artificial intelligence for diabetes management and decision support | Ivan Contreras, Josep Vehi | Dec 2018 | The objective of this paper is to review recent efforts to use artificial intelligence techniques to assist in the management of diabetes, along with the associated challenges. | Artificial intelligence | Our results indicate that artificial intelligence methods are being progressively established as suitable for use in clinical daily practice, as well as for the self- management of diabetes.  Consequently, these methods provide powerful tools for  improving patients’ quality of life. |
| 7 | Food, microbiome and colorectal cancer | Lukas Niederreiter  et.al., | June 2018 | This adage has been confirmed by many studies  demonstrating | Various aspects are involved in colorectal  carcinoma | It has only recently been recognized that the gut microbiota  might reflect an |

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|  |  |  |  | the high impact of nutrition on risk of cardiovascular diseases, many malignancies and  other diseases | pathogenesis including genetics, lifestyle, age, chronic inflammation  and others | important missing link in the interaction between diet and subsequent |
| 8 | Recommendations to maintain immune health in athletes | Neil P Walsh et.al., | Mar 2018 | the prominent risk factors and appropriate countermeasures. Recent studies have identified prominent risk factors, including: intensified training in the winter; long-haul travel; low energy availability; high levels of ps | Both innate and acquired immunity are often reported to decrease transiently in the hours after heavy exertion, typically 15–  70%: prolonged heavy training sessions in particular have been shown to decrease immune function; potentially providing an  ‘open window’ for opportunistic  infections. | The various challenges that athletes encounter on immune health, including: heavy exercise; life stress; sleep disruption; environmental extremes and nutritional deficits. |
| 9 | The role of diet in multiple sclerosis: A review | Sabrina Esposito  et.al., | July 2018 | Since nutritional status and dietary habits in MS patients have not been extensively reported, the lack of a scientific- based consensus on dietary recommendation in MS could encourage many patients to experiment alternative dietetic regimens, increasing the risk  of malnutrition. | gut-brain axis | The role of nutritional factors in MS pathogenesis is  still **unclear**, and the effect of nutritional intervention on inflammatory status and wellness in patients with MS has not been associated with any dietary pattern. |
| 10 | Heavy metal exposure and nasal  Staphylococcus | Shoshannah Eggers  et.al., | April 2018 | Infection by methicillin- resistant  Staphylococcus | The analytical sample consisted of  18,626 | While further research is needed, reduction in heavy  metal exposures such |

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|  | aureus colonization: analysis of the National Health and Nutrition Examination Survey (NHANES) |  |  | aureus (MRSA) is a major cause of global morbidity and mortality | participants aged 1 year and older.  Multivariate logistic regression, including adjustment for demographic and dietary factors, was used to analyze the association between blood Pb and Cd, and nasal colonization by MRSA and  MSSA. | as lead, concurrently with maintaining a healthy microbiota may be two modifiable options to consider in the fight against antibiotic- resistance. |
| 11 | High-performance medicine: the convergence of human and artificial intelligence | Eric J Topol | 2019 | In medicine, this is beginning to have an impact at three levels: for clinicians, predominantly via rapid, accurate image interpretation; for health systems, by improving workflow and the potential for reducing medical errors; and for patients, by enabling them to process their own data to promote  health. | Deep learninig | Over time, marked improvements in accuracy, productivity, and workflow will likely be actualized, but whether that will be used to improve the patient–doctor relationship or facilitate its erosion remains to be seen. |
| 12 | eNutrition-The next dimension for eHealth? | Mike Boland,et.al., | 2019 | An AI system, a personal virtual dietitian, can use this information to provide nutritional advice and alerts at the time of purchase and consumption  of foods. | Rapid communication technology, inexpensive sensing devices and big data enable  “eNutrition” | eNutrition has the potential to significantly lessen the public heath burden of non- communicable diseases such as hypertension, type 2 diabetes and allergic reactions to foods. |
| 13 | Precision | Murugan | 2020 | Aberrant | Deep | The |

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|  | medicine in the era of artificial intelligence: implications in chronic disease management | Subramanian |  | metabolism is the root cause of several serious health issues, creating a huge burden to health and leading to diminished life expectancy. | phenotyping; Exposome; Machine leaning; | implementation of high-performance computing (HPC) and artificial intelligence (AI) can predict risks with greater accuracy based on available multidimensional clinical and  biological datasets. |
| 14 | The impact of artificial intelligence and digital style on industry and energy post- COVID-19  pandemic | Abbas Sharifi | 2021 | This crisis had many direct and indirect effects on all areas of society. In the meantime, the digital and artificial intelligence industry can be used as a professional assistant to manage and control the outbreak of the  virus | video surveillance based on artificial intelligence and machine vision | * Technical limitations * Lack of support for ICT infrastructure * Platform errors * Socio- economic inequalities * GPS services * Security risks and privacy issues |
| 15 | The age of Artificial intelligence : Use of digital technology in clinical nutrition | Berkeley N | 28 April 2021 | Nutrition parenteral nutrition enteral nutrition digital health machine learning  wearables | Mechanical learning | Patient not be wear continuously in full day |
| 16 | A systematic review of artificial chariots for promoting physical activity healty diet ,ND weight loss | Too Jung Oh hunger Zhang,et.al | 11 December  2021 | To check the effectiveness of Al nutrition intervention in changing physical, activity  ,healthy, eating,weight management and other related  health outcomes | Artificial intelligences chat box | Chat room are poor in making decisions unlike human beings |
| 17 | Food Image-based Nutritional  Management System to | Rajdeep Kaur | 2022 | PCOS is an endocrine  disorder that influences 8–10% | Deep Learning | Further, this study will also provide  comprehensive review of image |

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|  | Overcome Polycystic Ovary Syndrome using DeepLearning: A Systematic Review |  |  | of women at their reproductive age and may cause infertility or other health problems |  | classification and recommendation techniques that may help the dieticians to track the nutrient intake using food images provided by PCOS patients to overcome the  disease. |
| 18 | Artificial Intelligence (AI) and Internet of Medical Things (IoMT) Assisted Biomedical Systems for Intelligent Healthcare | Pandiyaraj Manickam,et.al., | 2022 | human intervention in clinical diagnosis, medical imaging, and decision- making ability. | machine learning (ML), deep learning (DL), conventional neural networks, fuzzy logic, and speech recognition,internet of medical things | Artificial intelligence (AI) is a modern approach based on computer science that develops programs and algorithms to make devices intelligent and efficient for performing tasks that usually require skilled human  intelligence. |
| 19 | **Towards Secure and Intelligent Internet of Health Things: A Survey of Enabling Technologies and Applications** | Umar Zaman,et.al., | 2022 | The patient information is stored electronically, making it convenient to store and retrieve patient information remotely when needed.  However, evolving the healthcare systems into smart healthcare environments comes with challenges and additional pressures | Internet of Health Things | The patient information is stored electronically, making it convenient to store and retrieve patient information remotely when  needed. However, evolving the healthcare systems into smart healthcare environments  comes with challenges and additional pressures. Internet of Things (IoT) connects things, such as computing devices, through wired or wireless mediums to form a  network. |