

Literature Survey

Nutrition Assistant Application

INTRODUCTION:

Due to the ignorance of healthy food habits, obesity rates are increasing at an alarming speed, and this is reflective of the risks to people's health. People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity. However, although food packaging comes with nutrition (and calorie) labels, it's still not very convenient for people to refer. So App-based nutrient dashboard systems which can analyze real-time images of a meal and analyze it for nutritional content which can be very handy and improves the dietary habits, and therefore, helps in maintaining a healthy lifestyle.

EXISTING SOLUTIONS:

1. MyFitnessPal

MyFitnessPal is a powerhouse app, with an enormous food database, barcode scanner, recipe importer, restaurant logger, food insights, calorie counter

2. Yummly Recipes & Cooking Tools

Recipes are sorted and organized by cuisine, course, diet, and required ingredients, making it easy to find something that works for you.

3. Lifesum: Healthy Eating

When signing up, the app collects information about your height, weight, age, and specific goals to provide a personalized plan based on your needs.

4. Ate Food Journal

Advertised as a mindful food journaling application that doesn't count calories, Ate Food Journal aims to help you understand why you eat certain foods and how they make you feel.

5. MyNet Diary Calorie Counter

The app helps you set goals, monitor your weight trends, and track your intake based on the specific diet plan you select. It also offers detailed nutrient information for each ingredient in your food log and a daily analysis to help keep you on track.

CONCLUSION:

Primary motivation for this project is to make nutrition information available easily by using this application and it helps a lot in people's life to make decision of their daily intake and lead a healthy life.

References:

<https://blog.myfitnesspal.com/>

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

<https://lifesum.com/>

<https://youate.com/>

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