NUTRITION ASSISTANT APPLICATION

Category: Cloud App Development

TEAM MEMBERS

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OBJECTIVES:

It is an application that provides assistance to the users on the maintenance of their dietary intake on an hourly, daily, or monthly basis. Like smartwatches counting your steps and physical activities, these apps count the nutrition that one consumes in each meal.Nutritionists need to determine their patients' needs through interviewing them and giving them the best meal plans after assessing all risk factors. They must also monitor their progress through follow-ups. A Nutrition assistant interacts directly with patients to note their habits and lifestyles, enabling them to make informed decisions.

PROPOSED SOLUTION:

- **Problem Statement (Problem to be solved)** - 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.

- **Idea / Solution description** - Our method employs Clarifai's AI-Driven Food Detection Model for accurate food identification and Food API's to give the nutritional value of the identified food.

- **Novelty / Uniqueness** - Diet tracking of each user is done using a search interface..Personalized recommendation of meal based on health condition of the user(75% health predicated meal,25% taste predicated).

- **Social Impact / Customer Satisfaction** - Nutrition apps are effective in changing eating behaviour and diet-related health risk factors. App technologies allows users to more easily monitor their caloric intake and dietary patterns to aid in weight and disease management.

WORK FLOW
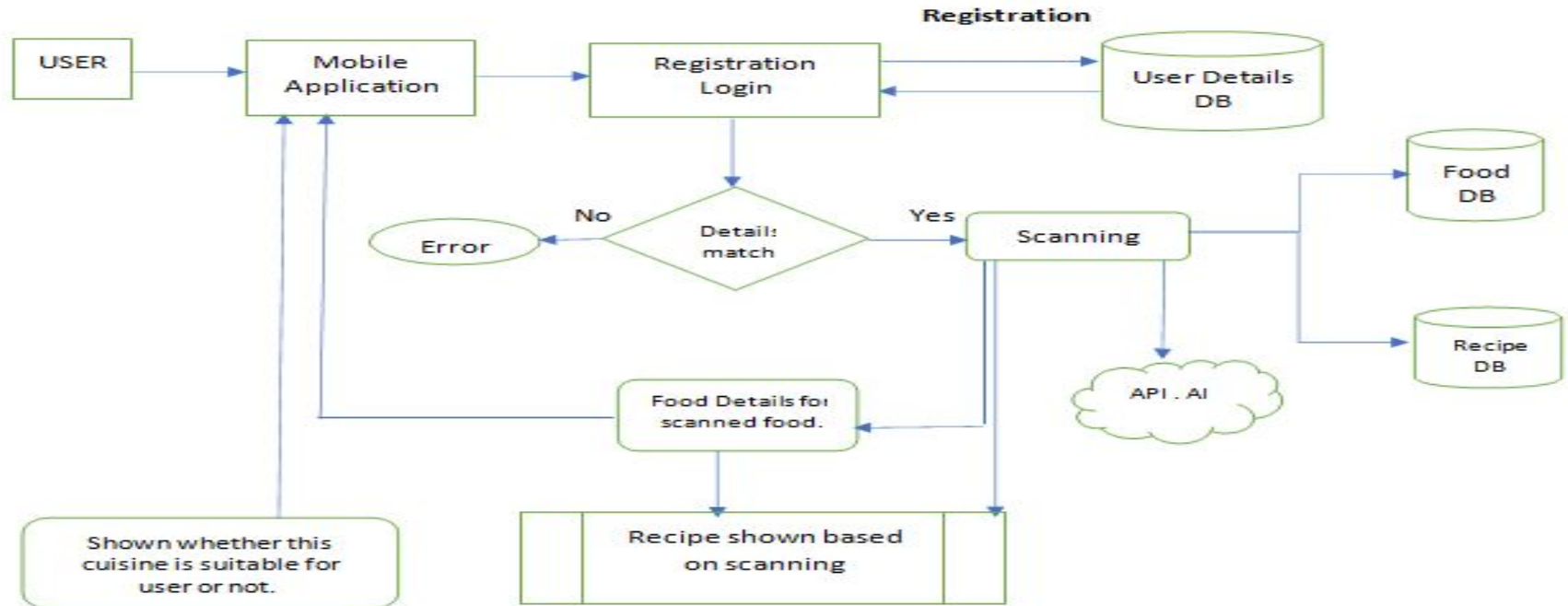
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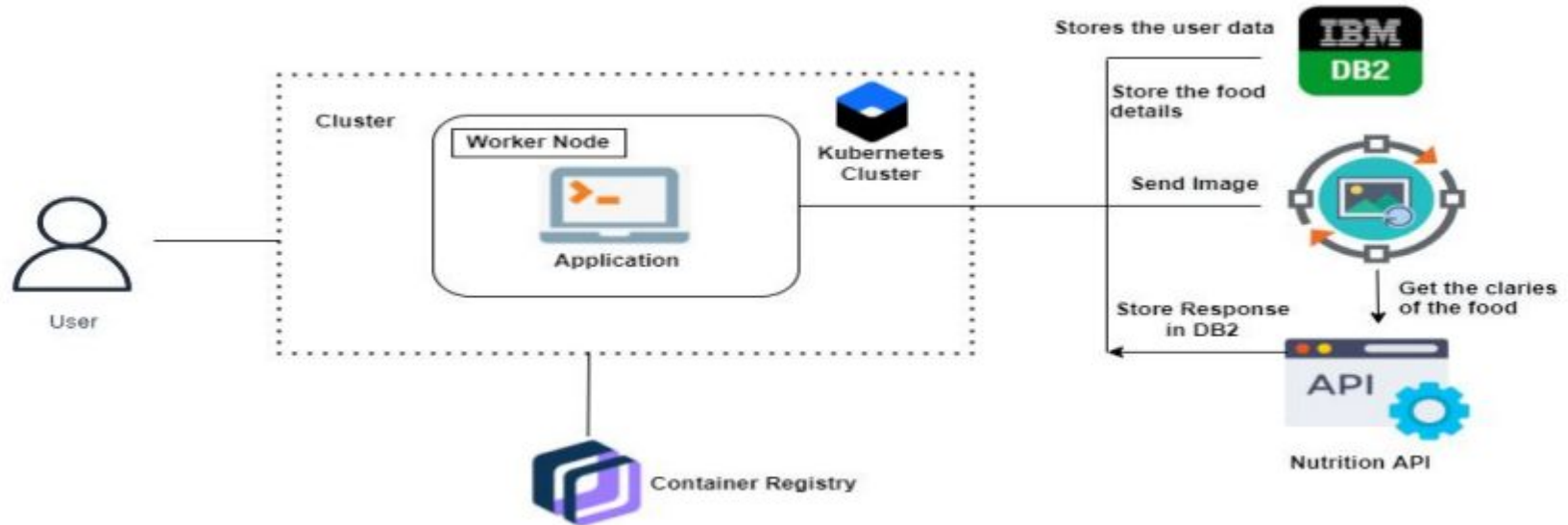
SYSTEM SPECIFICATION

- HTML

- CSS

- JAVASCRIPT

- PYTHON

- FLASK

- DOCKER

- IBM CLOUD

CONCLUSION

The goal of the project is to We require a healthful lifestyle to accumulate a strong immune system and prevent disease. Here, maintaining implies a healthy immune method to conserve our body. To conserve essence immunity, We remembered 3-features-method before First is nutrients. We should consume an assortment of nutrition and maintain proportional nourishment.

Good nutrition facilitates not only sufficient physical fitness and less susceptibility to disease but possesses also been illustrated to provide for mental growth and educational achievement.

Food is one of the requirements of humans. Accordingly, there shouldn't be such difficulties that can result in significant health problems to conserve customer liberties. A broad variety of scientific methods has been formulated to ensure customers and screen for impurity in food.