TEAM ID	PNT2022TMID31308
PROJECT NAME	NUTRITION ASSISTANT APPLICATION
TEAM LEADER	CHANDRAKANTH.G
TEAM MEMBERS	BHARANI.V JEEVANRAJ.S KISHOR.S

CHAPTER-1
INTRODUCTION

Chronic diseases such as diabetes, obesity, and cardiovascular diseases are becoming the dominant sources of mortality and morbidity worldwide and are recently an epidemic in many Asia Pacific countries. An unhealthy diet is one of the key common modifiable risk factors in preventing and managing chronic diseases. Personalized dietary intake intervention significantly influenced people's choices and promoted their health. The feedback on nutrition intake is substantial a behavioral change when patients track their dietary intake for a considerable length of time. However, the burden of logging food makes compliance a challenge. Clinical studies rely on patients to recall dietary intake, which is time-consuming and prone to underestimation.

CHAPTER-1.1
PROJECT OVERVIEW

Good health can be achieved by maintaining good behaviors such as a night-sight sleep, enough exercise, and good nutrition. However, the competitive environment nowadays prevents such good behaviors Thus, this work aims to develop an application on mobile devices that (1) records the daily sleeping, exercise, and, nutrition information, (2) analyses the collected information to provide a notification or an alarm, and (3) presents the analyzed results in a simple and easy to understand format. The proposed application can collect data from the applications on the users. A set of simple data analysis methods is performed on the collected data to previa piece of personal advice based on tuberose pre-defined preferences.

CHAPTER -1.2
PURPOSE

i. Nutrition assistants **help dieticians with providing proper nutrition at healthcare facilities**. They determine patients' nutritional needs, assess risk factors, and plan meals and menus. They also ensure proper sterilization of plates and utensils.

ii. Preventive nutrition services for this population, which include early identification and treatment can help **alleviate malnutrition, growth retardation, frequent infections, dehydration, and other medical consequences**

iii. **To provide adequate knowledge and skills necessary for critical thinking regarding diet and health so the individual can make healthy food choices from an increasingly complex food supply**. To assist the individual to identify resources for continuing access to sound food and nutrition information.

CHAPTER -2
LITERATURE SURVEY

Paper 1: APPLICATION OF ARTIFICIAL INTELLIGENCE ON NUTRITION ASSESSMENT AND MANAGEMENT

Published year: May 2021
Author: Dr. Kavita Sudersanadas Journal
Name: EUROPEAN JOURNAL OF PHARMACEUTICAL AND MEDICAL RESEARCH

Summary: There is a huge potential for using AI to provide hospitalized patients with meal services. The several methods that AI may be used for nutrition evaluation are described in depth in this paper. Even though commercial AI-based nutritional evaluation. There are several systems, most of which do not assess nutrient consumption, and the information I accessible through They were never verified. A commercially accessible AI-based meal and a nutrient called Fat Secret. System of evaluation that can determine how many calories are in the meal. Moreover, the biggest obstacle faced. These technologies make locally relevant data sets available. Thus, more Standin this industry, validation is crucial. The importance of an AI-based nutritional intake assessment system use gathers gather and evaluates formation on food consumption in isolation wards.

The methodology used: Artificial Intelligence

Paper 2: Virtual Nutritionist using AI

Publication year: June 2019
Author: Siddarthan Chitra Suseendran, Nanda Kishore B, Josephus Andrew, M.S. Rajya Shree
Journal Name: International Journal of Engineering and Advanced Technology(IJEAT).

Summary: In this sense, the need for complete assistance in providing kids with wholesome nutrition is a crucial goal to pursue. In this essay, we provide a design for a framework for a nutritionist that aims to teach its customers the skill of nutrition. It produces filling feasts for individuals of different ages as determined

by a variety of factors, such as their developmental stages their welfare e a, e, and sexual orientation. A few contextual information is added to applicate on investigations are linked to demonstrate how the suggested model may be used to make decisions with artificial intelligence, one's food (Machine and deep learning).

The methodology used: Artificial Intelligence

Paper 3: Personalized dietary assistant — An intelligent space application

Published year:2017
Author: Ballaz's Tusor, Gabriella Simon-Nagy, J.T. Tóth, A. R. Várkonyi-Kóczy
Journal Name: IEEE 21st International Conference on Intelligent Engineering Systems (INES)

Summary: There are many different diets available today that promise to increase people's quality of life, health, and lifespan. However, because these diets often include a rigid schedule, it can be difficult to adjust to or stick with the type of modification. The basis for an intelligent space application presented in this study Suggested thatintroducinsubtlee, gradual changes to its customers' diets to assist them to reach a healthy diet over time slowly altering their consuming patterns. Program intake user put employs data mining to discover their specific preferences, and educates them corning odourising diet is affecting their health. The knowledge base is then analyzed with enough methodology Data Analytics

Paper 4: Development of Cloud-Based Solution For Effective Nutrition Intervention in the management of lifestyle diseases

Published date: February 2018
Author: Manju P. George*, Kalpana C.A
Journal Name: Trans Asian Research Journal

Summary: To prescribe therapeutic nutrition in clinical settings, a web-based application is being developed. The cloud-based solution would be able to determine the nutritional needs and direct patients' and clients' first-line nutritional treatment automatically. It also functions as a personalized nutritional record. The approach to nutrition consultation may be designed around the client's hectic schedule. For each to technique forwarded the client can speak with his or

her nutritionist practical environment, additional people would be invited to request utilized nutrition support rather than relying on pre-established menus like the therapy internet techniques. The
consultant dietitian's credibility would also

The methodology used: Cloud Computing

Paper 5: A DIET CONTROL AND FITNESS ASSISTANT APPLICATION USING DEEP LEARNING-BASED IMAGE CLASSIFICATION

Published date:2019
Author: Tianren Dong1, Yu Sun, and Fangyan Zhang
Journal Name: CSCP

Summary: People are starting to care about healthy food alternatives developed by nutrition experts as their attention is focused more and more on their health. But it may take a while to see the results of eating a nutritious diet. Due to this, people find it extremely challenging to maintain a healthy stringent diet The majority of currently available programs do not include user-friendly input methods applications Then it becomes challenging to monitor the precise health state. This essay offers An android application that can be trained to identify various types of food and make them the information utilizing learning techniques through the phone camera. Consequently, dietary information may be provided in the application.

The methodology used: Machine learning, Image recognition

PROBLEM STATEMENT

CUSTOMER PROBLEM STATEMENT TEMPLATE:

Problem statement	I am (Customer)	I am trying to	But	Because	Which makes me feel
PS-1	Fitness freak	Finding a perfect pre-workout plan for	I can’t choose a correct plan	It is confusing	A perfect daily pre-workout plan suggestion

		maintaining fitness			
PS-2	Student	Find a balanced nutrition diet to lose weight	There is no balanced diet available without workout	I have no time to do a workout	The best nutritional-based diet plan with less workout
PS-3	Body Builder	Choose the best plan for the whole body	It is hard to select the best workout plan	A wrong workout plan will lead to a change in the shape of my body	Perfect diet and workout plan for bodybuilding

Obesity rates are rising alarmingly quickly as a result of people's lack of knowledge about appropriate eating practices, which reflects the hazards to their health. The simplest way to prevent obesity is for people to limit their daily calorie consumption by eating healthier meals. It's still not very convenient for people to use app-based nutrient dashboard systems, even though food packaging includes nutrition (and calorie) labels. These systems can analyze real-time images of a meal and analyze it for nutritional content, which can be very handy and improve dietary habits and subsequently help with maintaining a healthy lifestyle. The main goal of this project is to create a web application that automatically predicts food features like components and nutritional value by identifying the given food image.

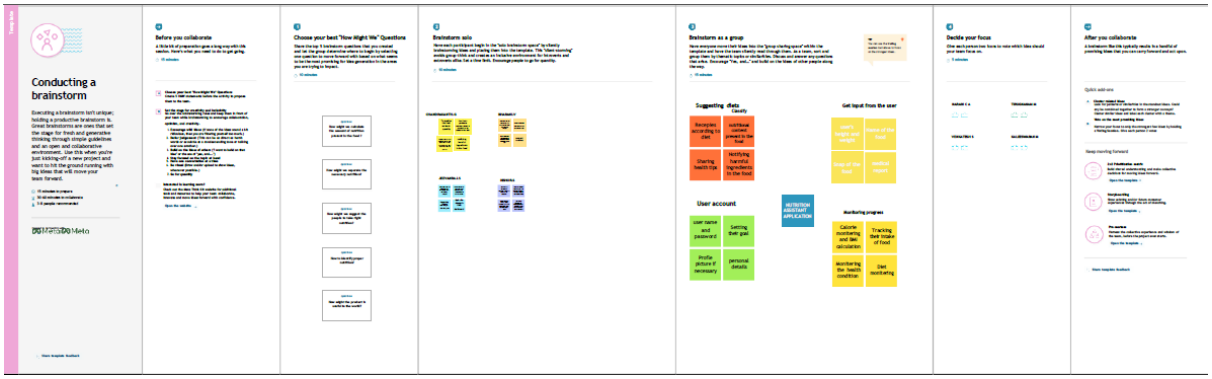
NUTRITION ASSISTANT APPLICATION

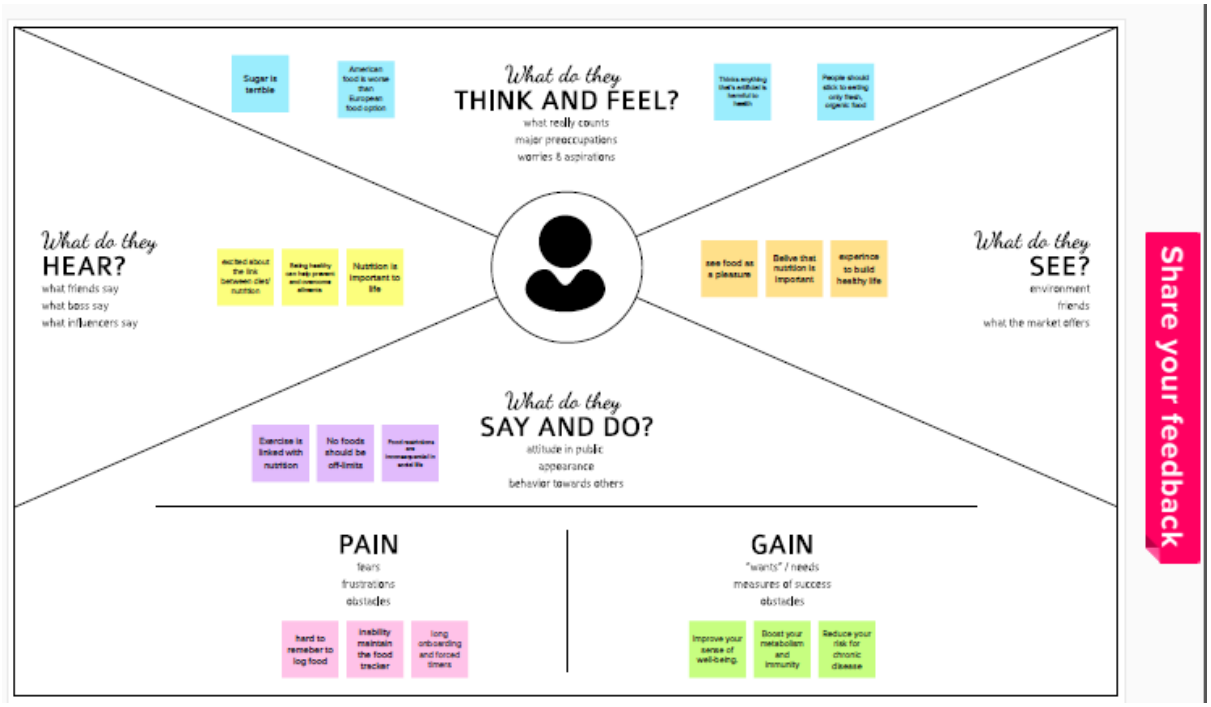
CURRENT PROBLEM STATEMENT

PS-4	Athlete	Choose the best nutrition plan and workout technique to increase my sprinting speed	Confused with many techniques.	I want to increase my sprinting speed Very much before than ever	Perfect suggestion
PS-5	Pregnant woman	Choose a yoga and healthy nutrition diet for the normal pregnancy delivery	I am not familiar with yoga and exercise	I don’t have any idea about yoga and exercise	User-friendly application to choose the beginner-based type of yoga, exercise, and nutrition-based diet plan

CHAPTER 3
IDEATION & PROPOSED SOLUTION

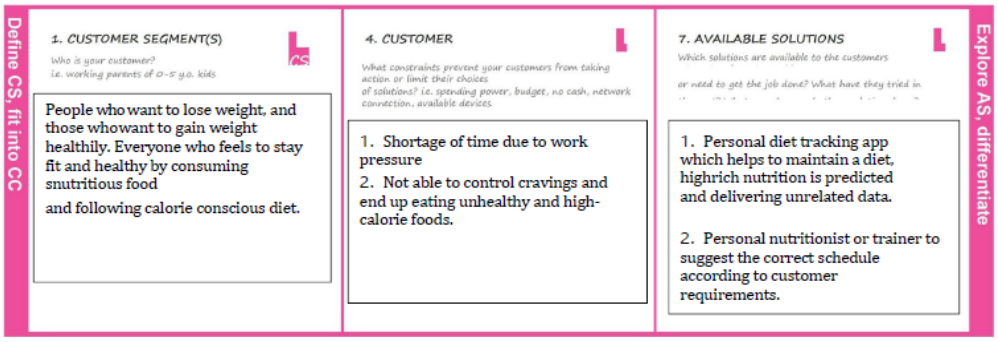
BRAINSTORMING & IDEATION

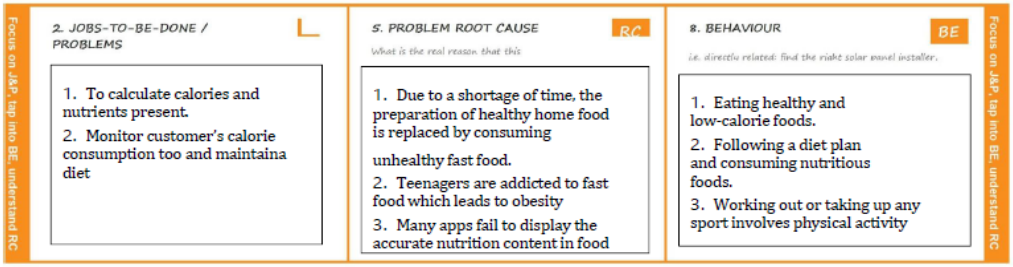


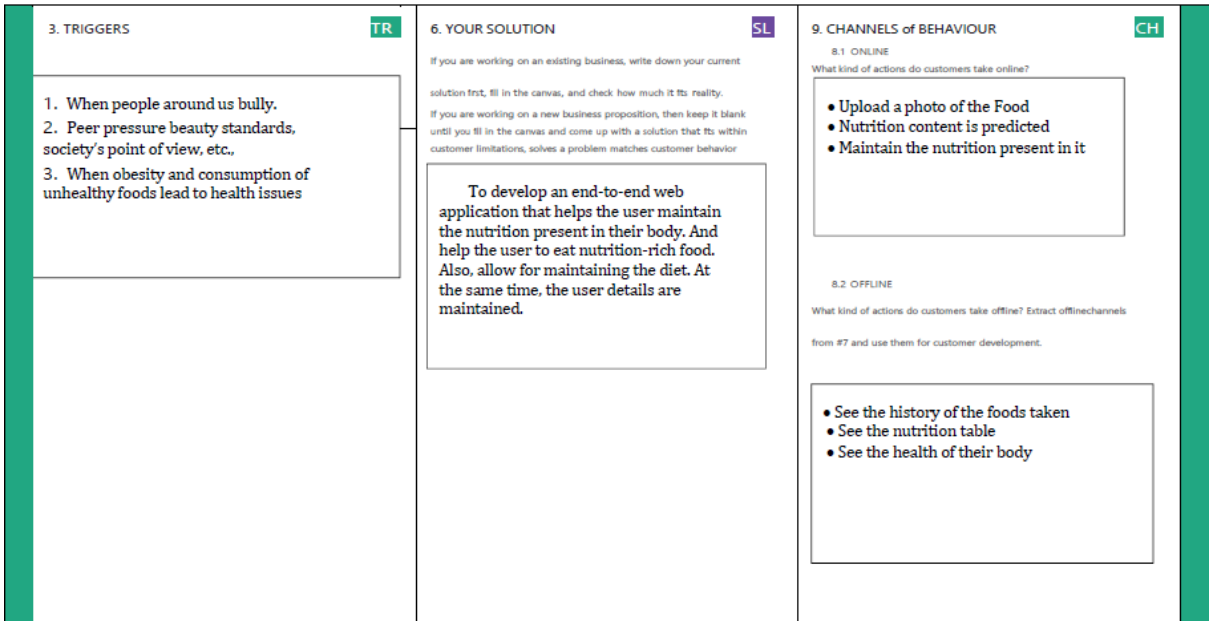


PROPOSED SOLUTION FIT

Project Title: Nutrition Assistant Application | **Project Design Phase-I – Proposed Solution Fit** | **Team ID: PNT2022TMID31308**







PROPOSED SOLUTION

Proposed Solution: S.No.	Parameter	Description
1	Problem Statement (Problem to be solved)	• Obesity rates are increasing, this is reflective of the risks to people's health they need to control daily calorie intake with healthier foods
2	Idea / Solution description	• People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity. • It is done by providing a proper consultant for each of the customers about their health and also a proper diet plan or meal plan through a web application that provides a user-friendly interface. • Building a web App that automatically estimates food attributes such as ingredients and nutritional value by classifying the input image of food

CHAPTER-4
PROJECT DESIGN

TECHNOLOGY STACK
Table-1: Components & Technologies

S.NO	Component	Description	Technology
1.	User Interface	Web UI	HTML, CSS, JavaScript
2.	To get the food nutrition and calorie value	The user will upload the food picture. Then the user will see the food nutrition value the process will compute	Python, Flask (web Framework), HTML, CSS, JavaScript.
3.	Database	Get the user's name, and mail, and store the food calorie value. Data types: integer, string, Float Number, etc.,	MySQL or PostgreSQL
4.	Cloud Deployment	Through is the application Will compose to the internet	Kubernetes, Docker
5.	External API-1	To predict the image that the user will upload in the uploaded image page	Clarifai's AI-driven Food detection Model API
6.	External API-2	Food APIs for the nutritional value for the identified food	Food API
7.	Infrastructure (Server / Cloud)	Application Deployment on Local System / Cloud Local Server Configuration: Cloud Server Configuration:	Local, Cloud Foundry, Kubernetes, etc. Docker.

Table 2: Application Characteristics

S.NO	Characteristics	Description	Technology
1.	Open-Source Frameworks	We are using both front and back end here to run the web application.	Flask (Microweb framework) Vue.js
2.	Security Implementations	List all the security/access controls implemented, use of firewalls, etc.	e.g., SHA-256, Encryptions, IAM Controls, OWASP, etc.
3.	Scalable Architecture	Justify the scalability of architecture (3 – tier, Micro-services)	Presentation tier- HTML/ CSS/ JavaScript Application tier- Python (API) Data tier- MySQL, PostgreSQL
4.	Availability	Justify the availability of applications (e.g., use of load balancers, distributed servers, etc.)	IBM Cloud
5.	Performance	Design consideration for the performance of the application (number of requests per sec, use of Cache, use of CDNs), etc.	IBM Cloud

SOLUTION REQUIREMENTS

Functional Requirements:

. FR No.	Functional Requirement (Epic)	Sub Requirement (Story / Sub-Task)
FR-1	User Registration	Registration through Gmail And set a strong password

FR-2	User Confirmation	Confirmation via Email
FR-3	User Login	Users can log in to the Application only when they completed their Registration
FR-4	User Profile Completion	Get personal Details like Height, Weight
FR-5	Uploading image	From the Folder Food Image is obtained for detection
FR-6	Identification of Image	Obtain the ingredients of the detected food image
FR-7	Display the nutritional value	Integrate Clarifai API to get nutritional value /calorie information
FR-8	Save Data	View the nutritional value of the food detected in the past as History

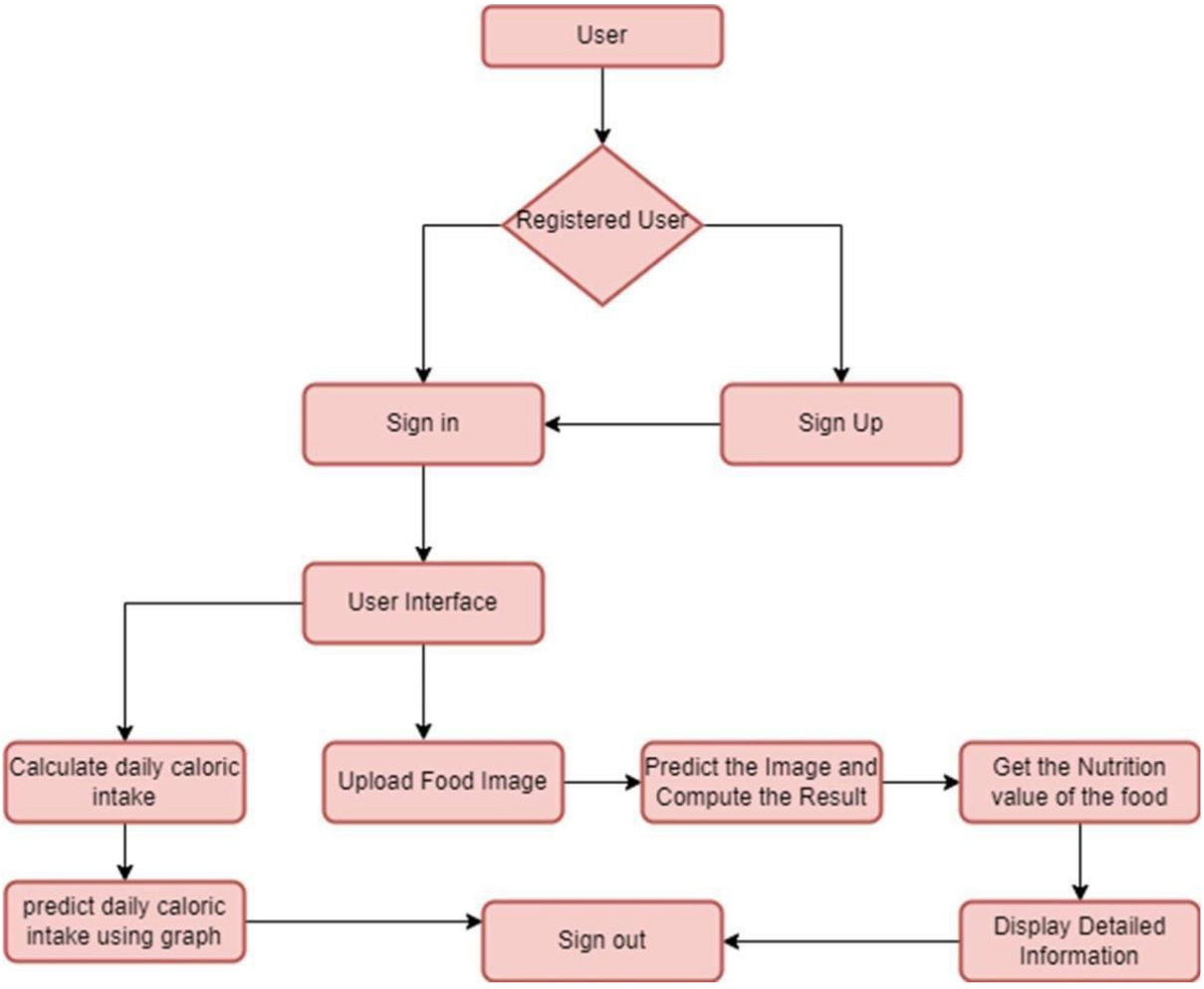
Non-functional Requirements:

Following are the non-functional requirements of the proposed solution.

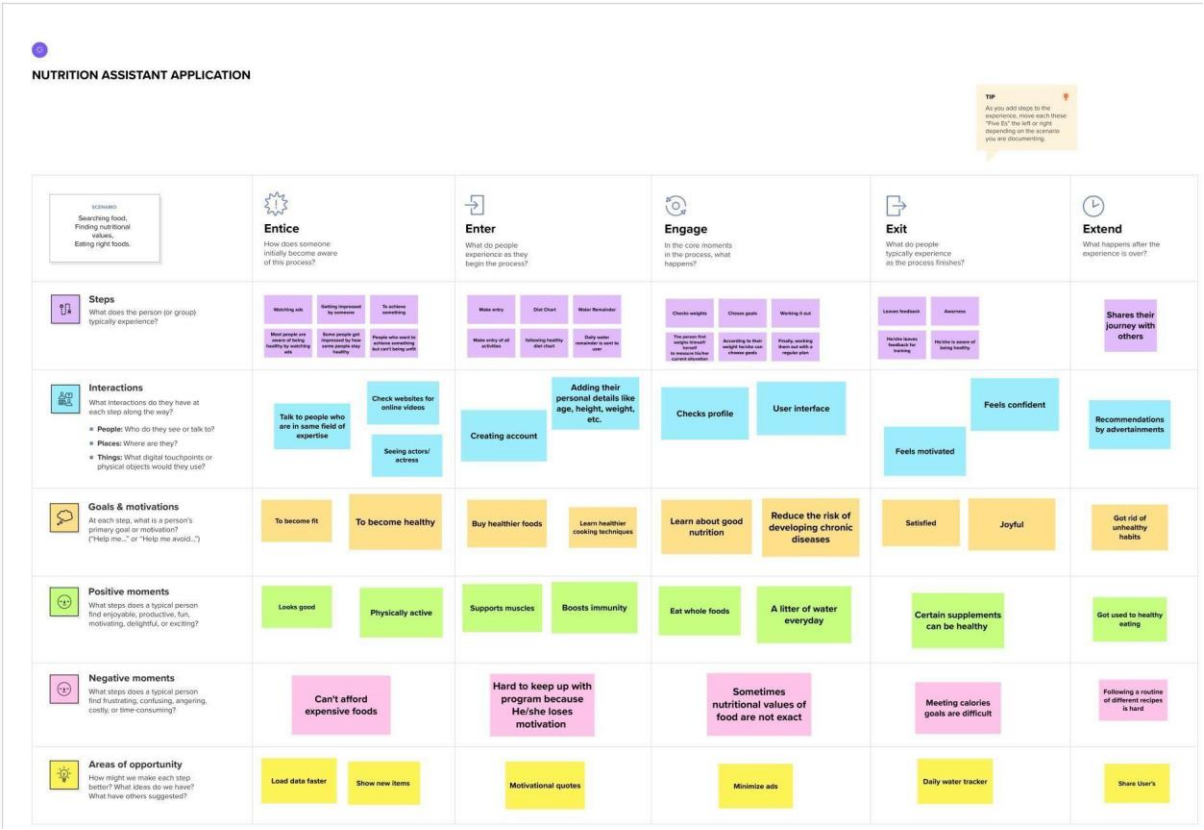
FR.NO	**Non-Functional Requirement**	**Description**
NFR-1	**Usability**	Provide User-Friendly UI in which Only Registered user is allowed to use the Application
NFR-2	**Security**	Protecting user information from the parties arty. Authentication is done for security purposes
NFR-3	**Reliability**	Provide immediate response to the Food image Detected. The user gets the Standard Nutritional value of the given detected food

NFR-4	**Performance**	The performance of the application depends upon the network and internet level
NFR-5	**Availability**	It's available to every people who have a smartphone, laptop, op, and tablet with good internet service. It nor has any premium plans so it is available for every registered user.
NFR-6	**Scalability**	This Application can handle quite a large number of users and can withstand high traffic.

DATA FLOW DIAGRAM



Customer Journey



CHAPTER -5
Project Planning Phase
Milestones & Activities

S.No	Milestones	Activities	Team Members
1.	**Setting up the application Environment**	Create Flask Project	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
		Create an IBM Cloud account	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
		Install IBM Cloud CLI	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
		Docker CLI Installation	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
		Create an account in Send grid	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
		Create an account in Nutrition API	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
2.	**Implementation of Web Application**	Create UI to interact with the application	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S

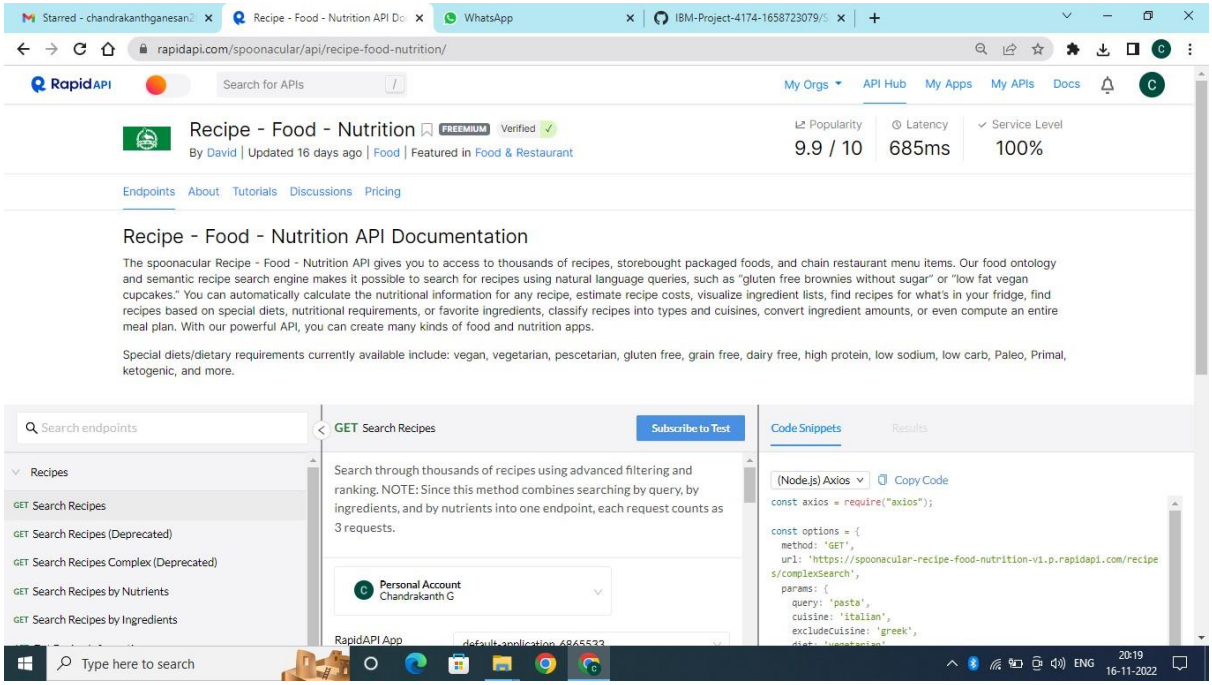
		Create IBM DB2 and connect with Python	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
		Integrate Nutrition API	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
3.	**Integrating SendGrid Service**	SendGrid integration with Python code	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
4.	**Deployment of App in IBM Cloud**	Containerize the app	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
		Upload Image to IBM Container Registry	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
		Deploy in Kubernetes Cluster	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
5.	**Ideation Phase**	Literature Survey on The Selected Project & Information Gathering	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
		Prepare Empathy Map	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S

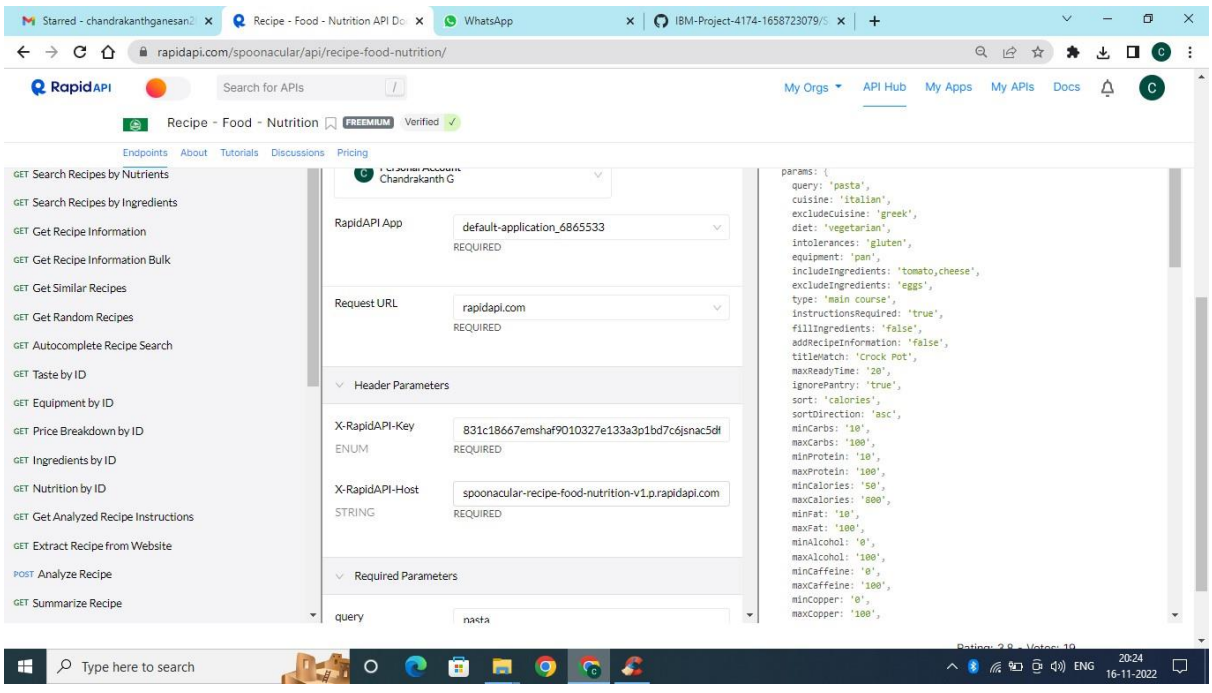
		Ideation	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
6.	**Project Design Phase -I**	Proposed Solution	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S

		Problem Solution Fit	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
		Solution Architecture	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
7.	**Project Design Phase - II**	Customer Journey	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
		Functional requirement	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
		Data Flow Diagrams	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
		Technology Architecture	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S

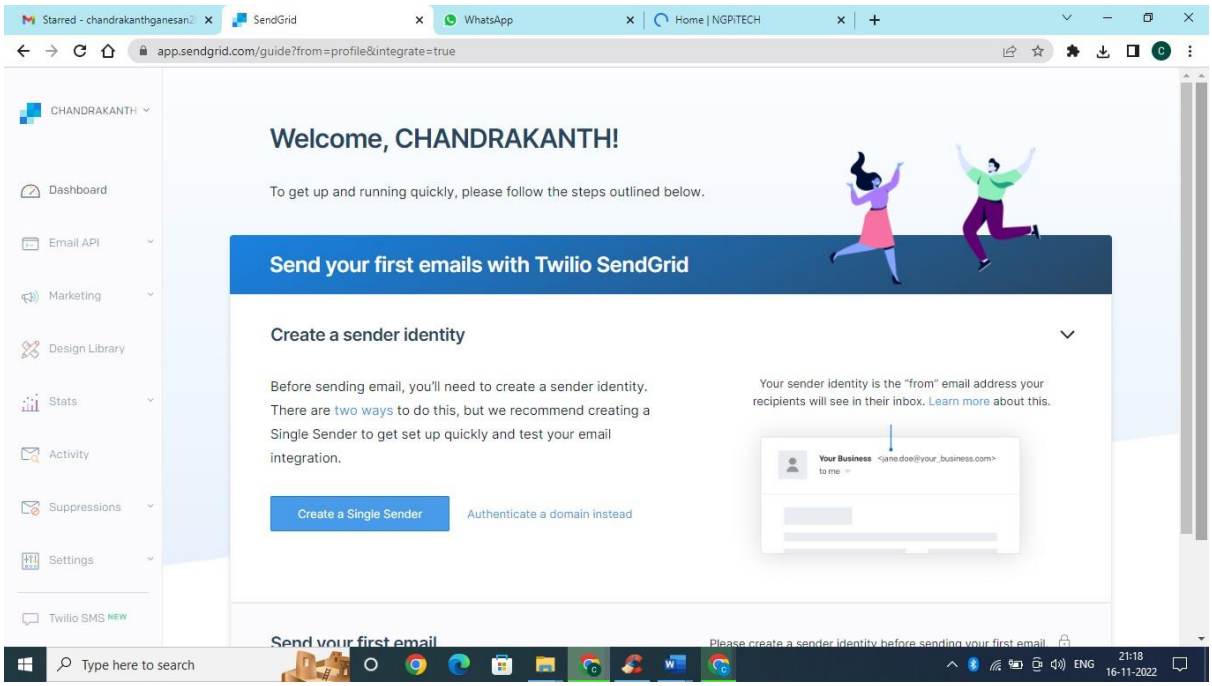
8.	**Project Planning Phase**	Prepare Milestones & Activity List	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
		Sprint Delivery Plan	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
9.	**Project Development Phase**	Project Development – Delivery of Sprint – 1	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
		Project Development – Delivery of Sprint – 2	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
		Project Development – Delivery of Sprint – 3	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S
		Project Development – Delivery of Sprint - 4	Chandrakanth. G Bharani. V Jeevanraj.S Kishore.S

CHAPTER -6
CREATING AN ACCOUNT IN THE NUTRITION API

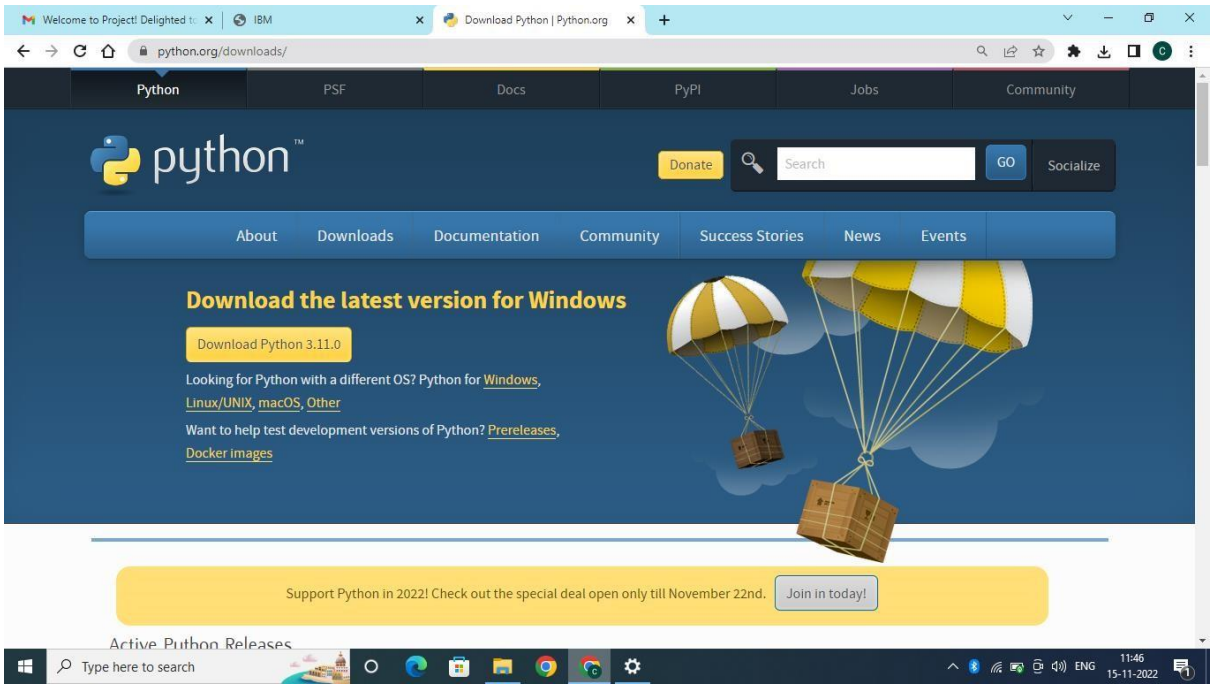


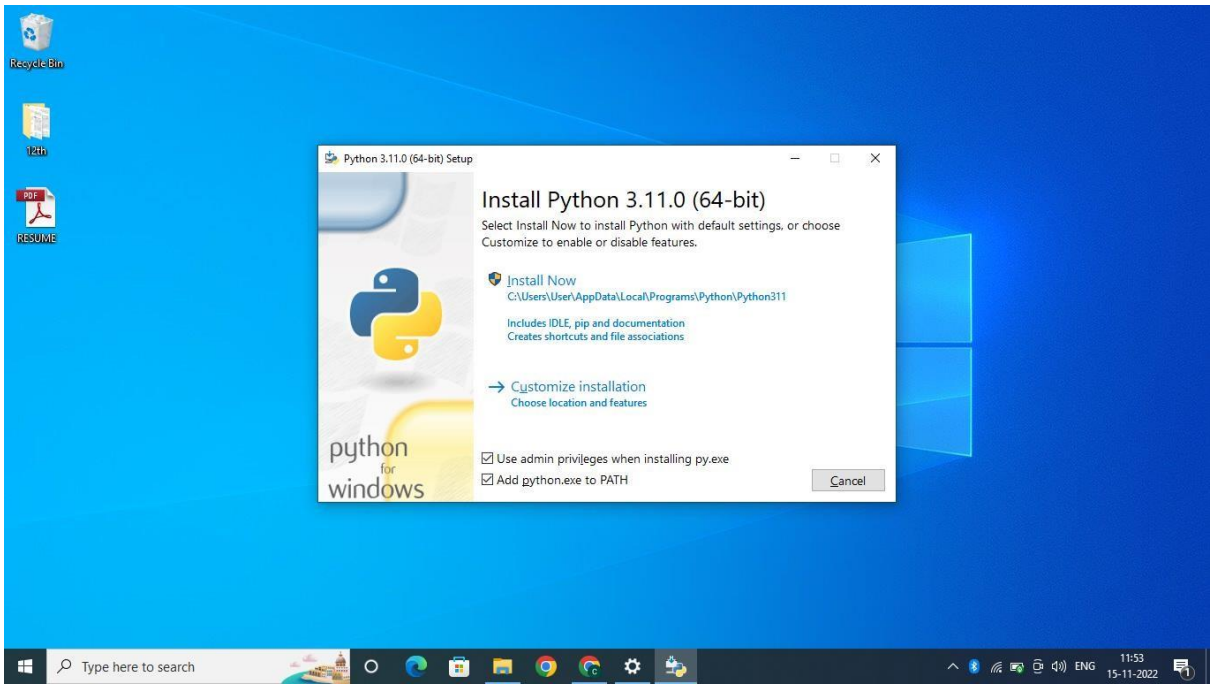


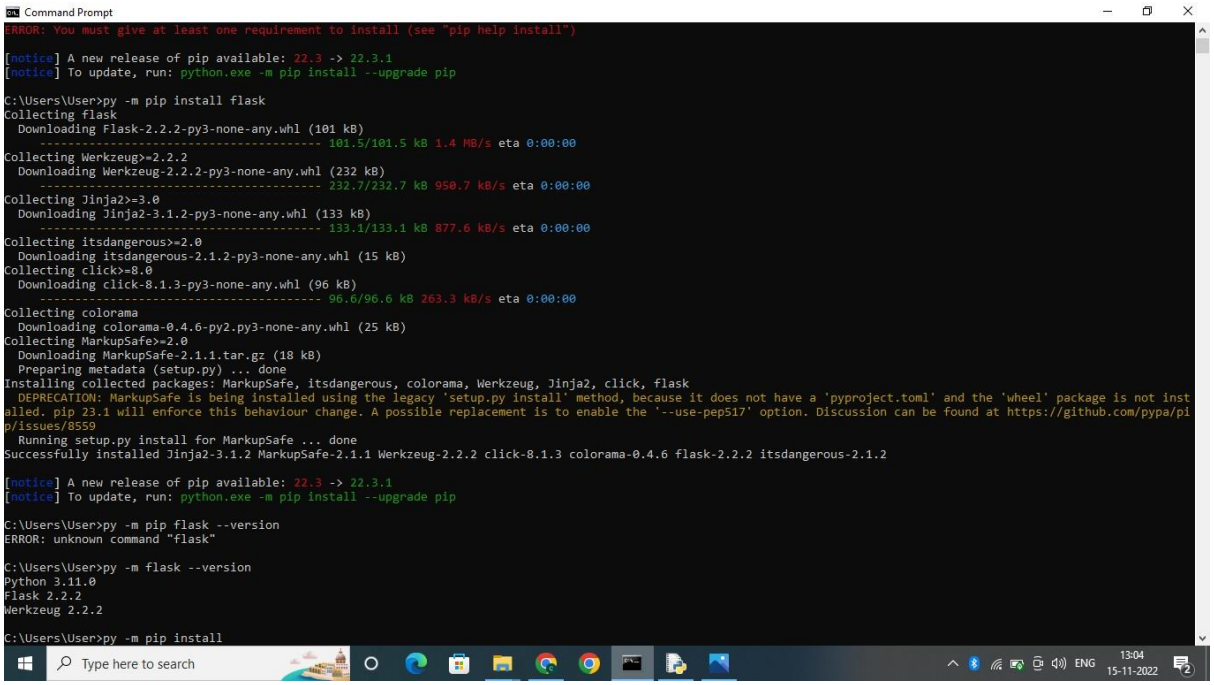
CREATING AN ACCOUNT IN SENDGRID



CREATING FLASK PROJECT




Recycle Bin
12th
RESUME
Python 3.11.0 (64-bit) Setup
Install Python 3.11.0 (64-bit)
Select Install Now to install Python with default settings, or choose
Customize to enable or disable features.
Install Now
C:\Users\User\AppData\Local\Programs\Python\Python311
Includes IDLE, pip and documentation
Creates shortcuts and file associations
Customize installation
Choose location and features
python for windows
Use admin privileges when installing py.exe
Add python.exe to PATH
Cancel
Type here to search
ENG
11:53
15-11-2022


Command Prompt
ERROR: You must give at least one requirement to install (see "pip help install")
[notice] A new release of pip available: 22.3 -> 22.3.1
[notice] To update, run: python.exe -m pip install --upgrade pip
C:\Users\User>py -m pip install flask
Collecting flask
Downloading Flask-2.2.2-py3-none-any.whl (101 kB)
101.5/101.5 kB 1.4 MB/s eta 0:00:00
Collecting Werkzeug>=2.2.2
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Collecting itsdangerous>=2.0
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Collecting click>=8.0
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96.6/96.6 kB 263.3 kB/s eta 0:00:00
Collecting colorama
Downloading colorama-0.4.6-py2.py3-none-any.whl (25 kB)
Collecting MarkupSafe>=2.0
Downloading MarkupSafe-2.1.1.tar.gz (18 kB)
Preparing metadata (setup.py) ... done
Installing collected packages: MarkupSafe, itsdangerous, colorama, Werkzeug, Jinja2, click, flask
DEPRECATION: MarkupSafe is being installed using the legacy 'setup.py install' method, because it does not have a 'pyproject.toml' and the 'wheel' package is not installed. pip 23.1 will enforce this behaviour change. A possible replacement is to enable the '--use-pep517' option. Discussion can be found at https://github.com/pypa/pip/issues/8559
Running setup.py install for MarkupSafe ... done
Successfully installed Jinja2-3.1.2 MarkupSafe-2.1.1 Werkzeug-2.2.2 click-8.1.3 colorama-0.4.6 flask-2.2.2 itsdangerous-2.1.2
[notice] A new release of pip available: 22.3 -> 22.3.1
[notice] To update, run: python.exe -m pip install --upgrade pip
C:\Users\User>py -m pip flask --version
ERROR: unknown command "flask"
C:\Users\User>py -m flask --version
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Flask 2.2.2
Werkzeug 2.2.2
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Type here to search
ENG
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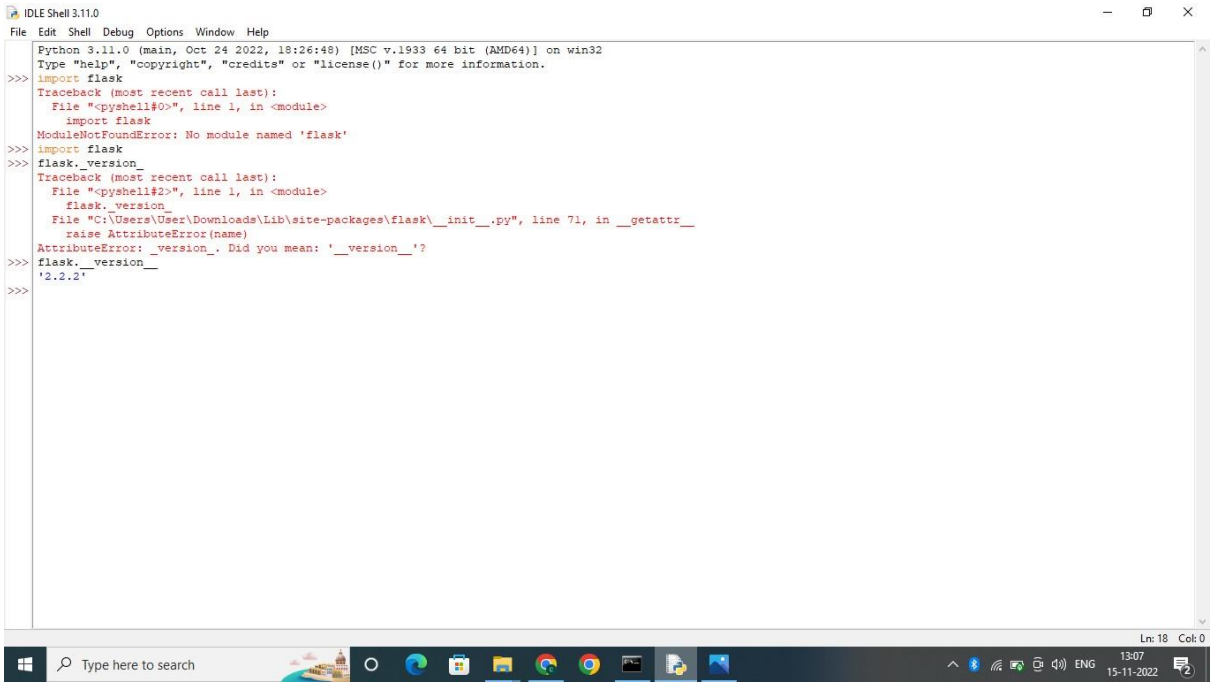
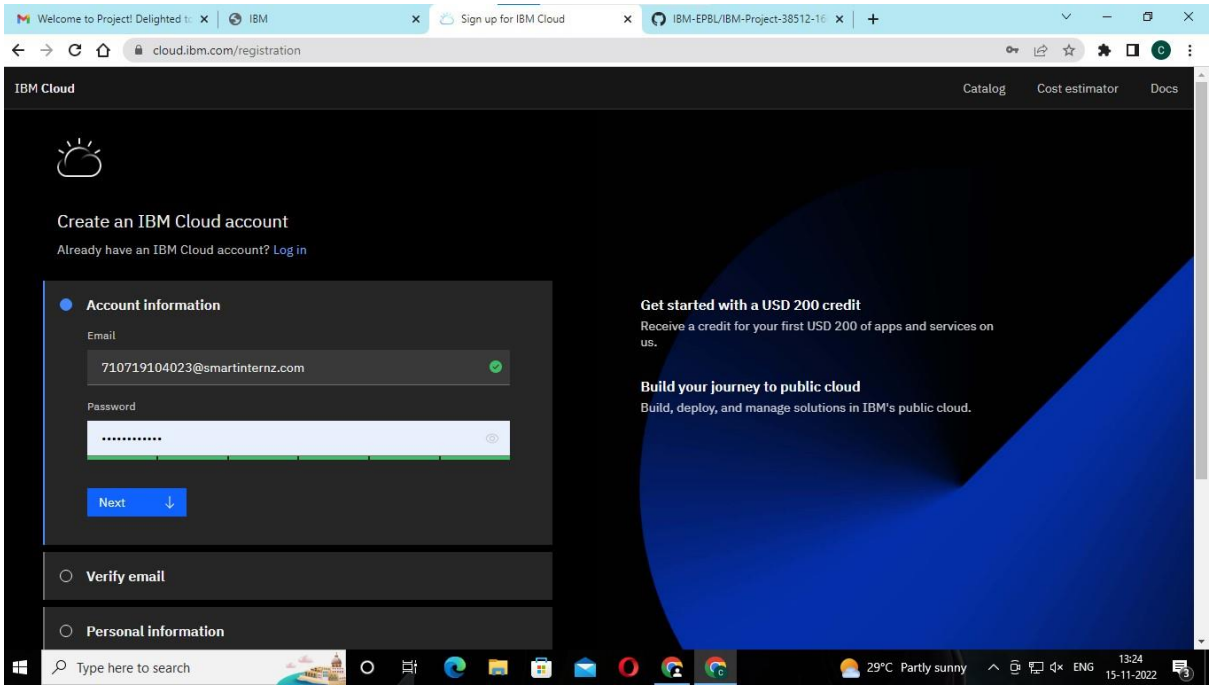
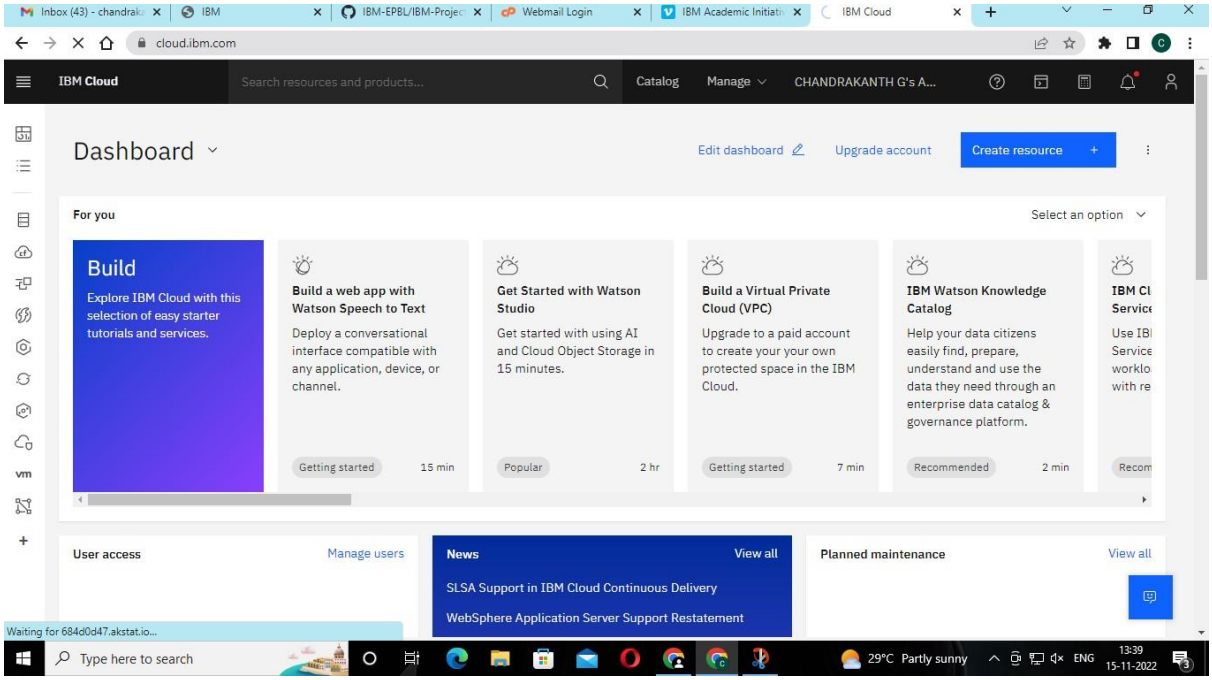
15-11-2022

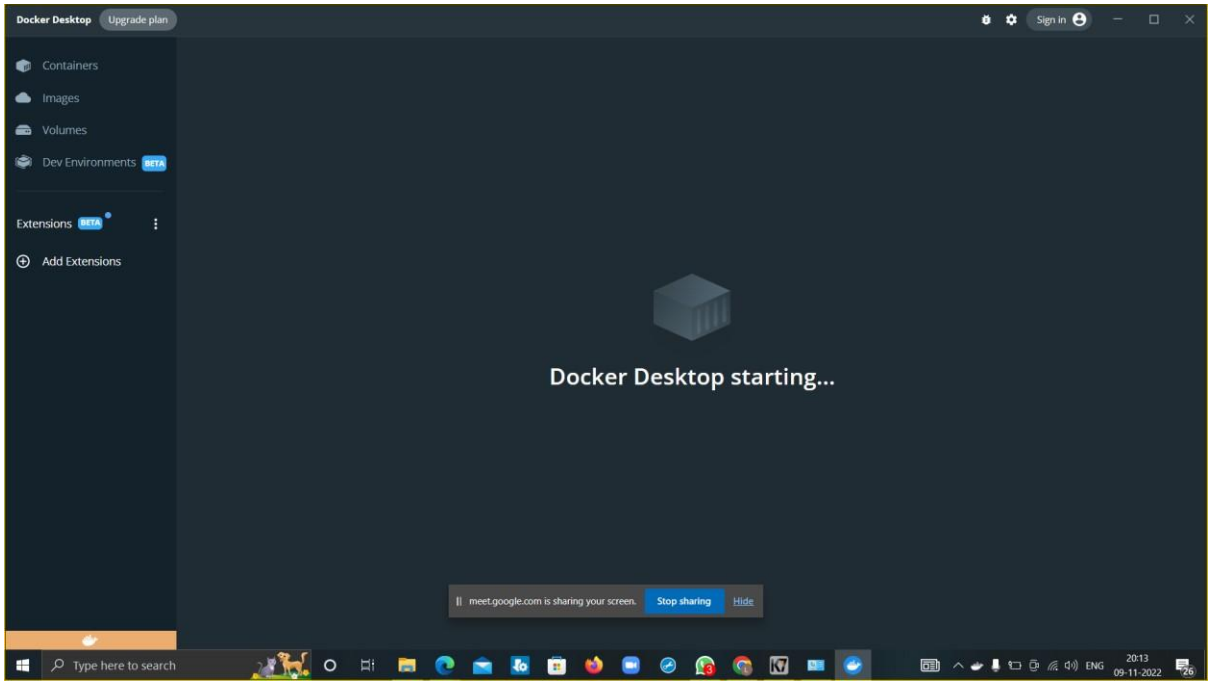


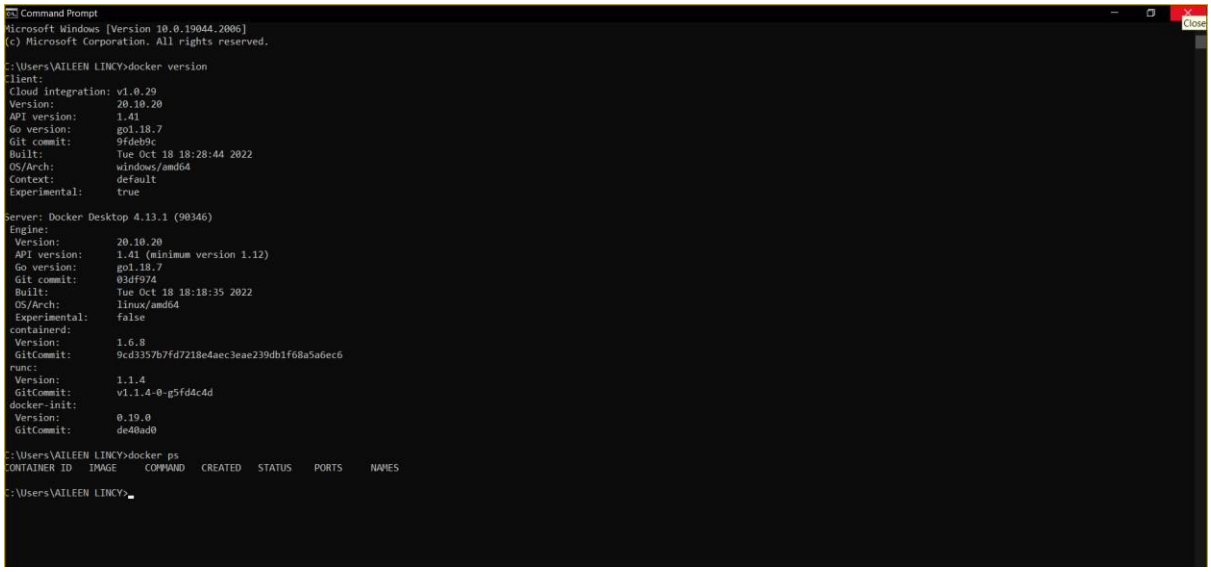
CREATING AN IBM CLOUD ACCOUNT

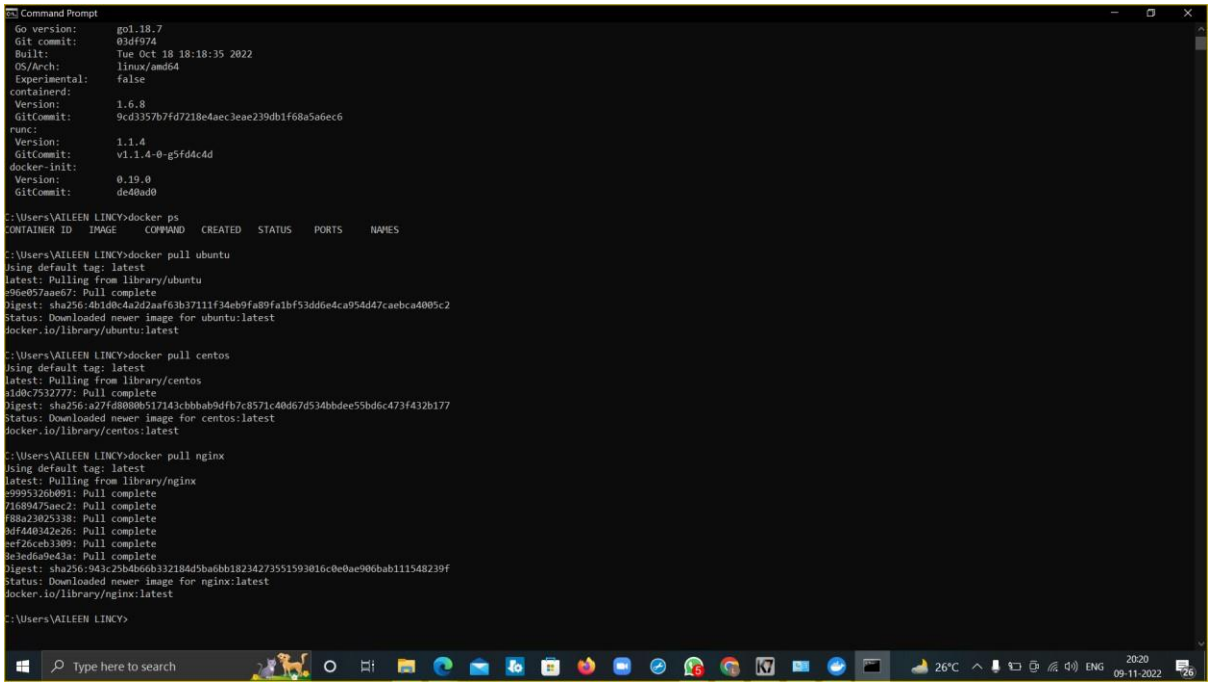


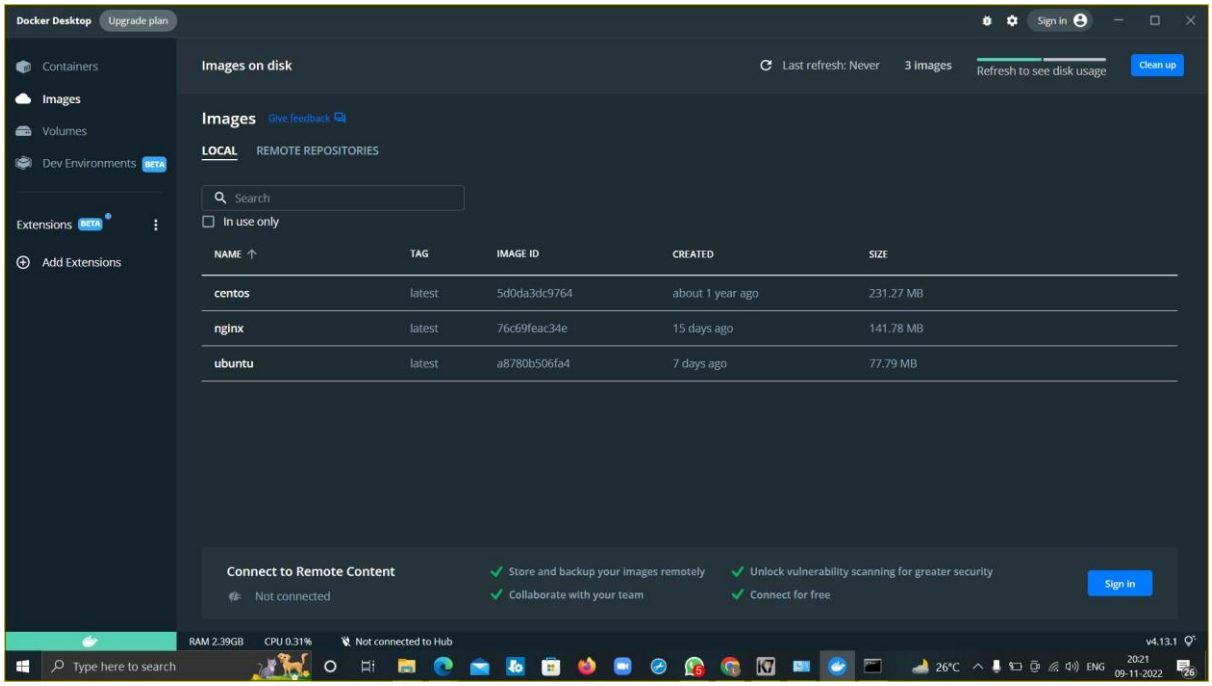


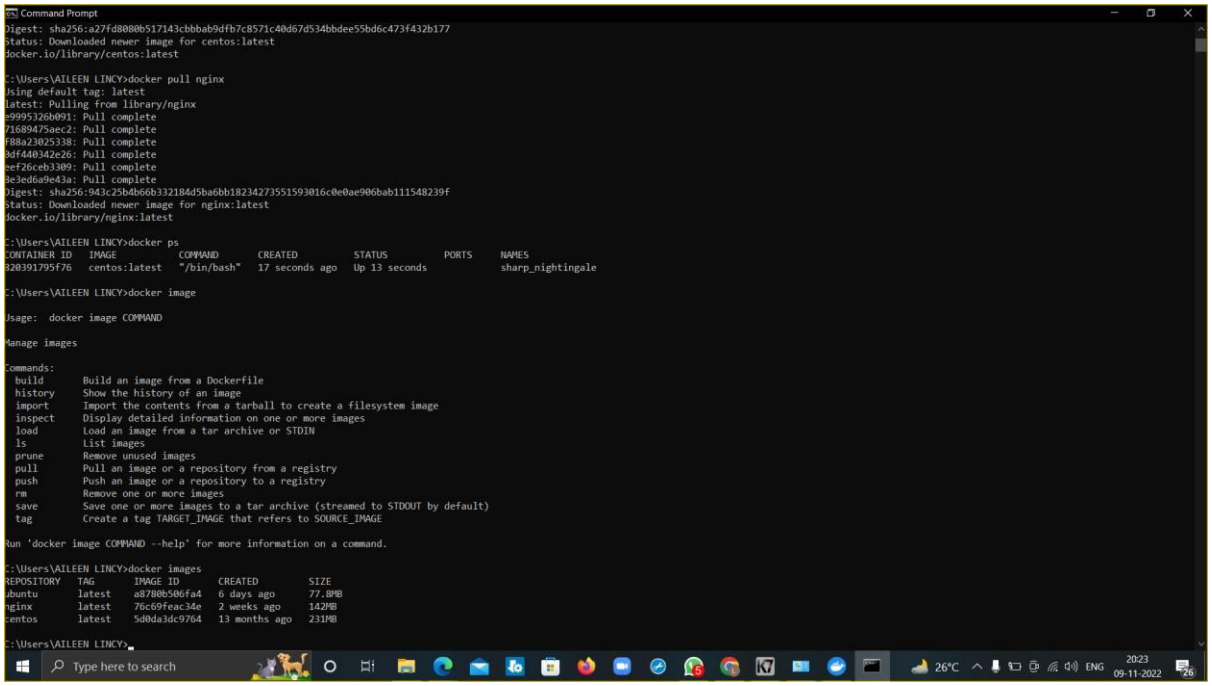
DOCKER CLI INSTALLATION



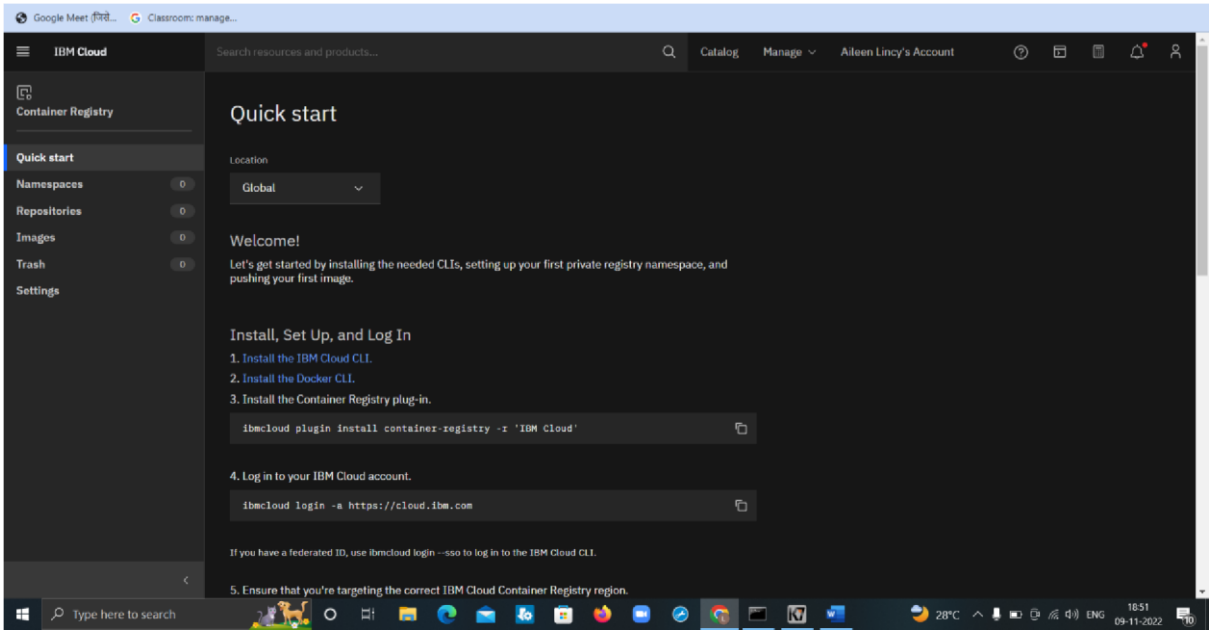

Command Prompt
Close
Microsoft Windows [Version 10.0.19044.2006]
(c) Microsoft Corporation. All rights reserved.
C:\Users\AILEEN LINCY>docker version
Client:
Cloud integration: v1.0.29
Version: 20.10.20
API version: 1.41
Go version: go1.18.7
Git commit: 9fdeb9c
Built: Tue Oct 18 18:28:44 2022
OS/Arch: windows/amd64
Context: default
Experimental: true
Server: Docker Desktop 4.13.1 (90346)
Engine:
Version: 20.10.20
API version: 1.41 (minimum version 1.12)
Go version: go1.18.7
Git commit: 03df974
Built: Tue Oct 18 18:18:35 2022
OS/Arch: linux/amd64
Experimental: false
containerd:
Version: 1.6.8
GitCommit: 9cd3357b7fd7218e4aec3eae239db1f68a5a6ec6
runc:
Version: 1.1.4
GitCommit: v1.1.4-0-g5fd4c4d
docker-init:
Version: 0.19.0
GitCommit: de40ad0
C:\Users\AILEEN LINCY>docker ps
CONTAINER ID IMAGE COMMAND CREATED STATUS PORTS NAMES
C:\Users\AILEEN LINCY>

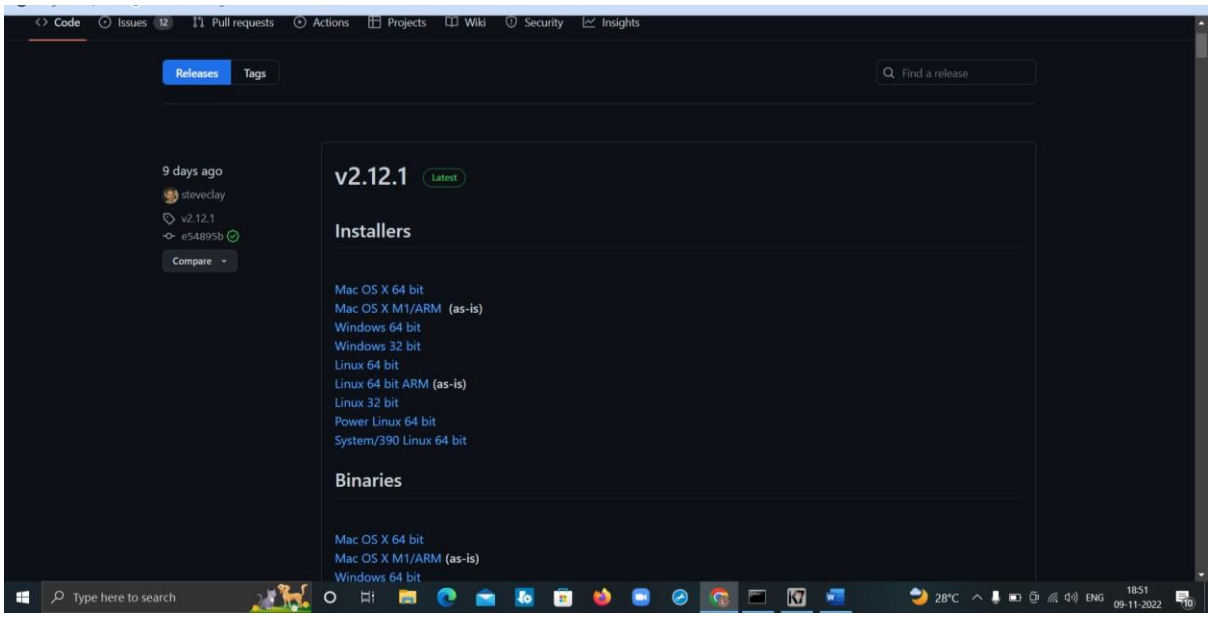

Command Prompt
Go version: go1.18.7
Git commit: 03df974
Built: Tue Oct 18 18:18:35 2022
OS/Arch: linux/amd64
Experimental: false
containerd:
Version: 1.6.8
GitCommit: 9cd3357b7fd7218e4aec3eae239db1f68a5a6ec6
runc:
Version: 1.1.4
GitCommit: v1.1.4-0-g5fd4c4d
docker-init:
Version: 0.19.0
GitCommit: de40ad0
C:\Users\AILEEN LINCY>docker ps
CONTAINER ID IMAGE COMMAND CREATED STATUS PORTS NAMES
C:\Users\AILEEN LINCY>docker pull ubuntu
Using default tag: latest
latest: Pulling from library/ubuntu
e96e057aae67: Pull complete
Digest: sha256:4b1d0c4a2d2aaf63b37111f34eb9fa89fa1bf53dd6e4ca954d47caebca4005c2
Status: Downloaded newer image for ubuntu:latest
docker.io/library/ubuntu:latest
C:\Users\AILEEN LINCY>docker pull centos
Using default tag: latest
latest: Pulling from library/centos
a1d0c7532777: Pull complete
Digest: sha256:a27fd8080b517143cbbbab9dfb7c8571c40d67d534bbdee55bd6c473f432b177
Status: Downloaded newer image for centos:latest
docker.io/library/centos:latest
C:\Users\AILEEN LINCY>docker pull nginx
Using default tag: latest
latest: Pulling from library/nginx
e9995326b091: Pull complete
71689475aec2: Pull complete
f88a23025338: Pull complete
0df440342e26: Pull complete
eef26ceb3309: Pull complete
3e3ed6a9e43a: Pull complete
Digest: sha256:943c25b4b66b332184d5ba6bb18234273551593016c0e0ae906bab111548239f
Status: Downloaded newer image for nginx:latest
docker.io/library/nginx:latest
C:\Users\AILEEN LINCY>
Type here to search
26°C
ENG
20:20
09-11-2022
26

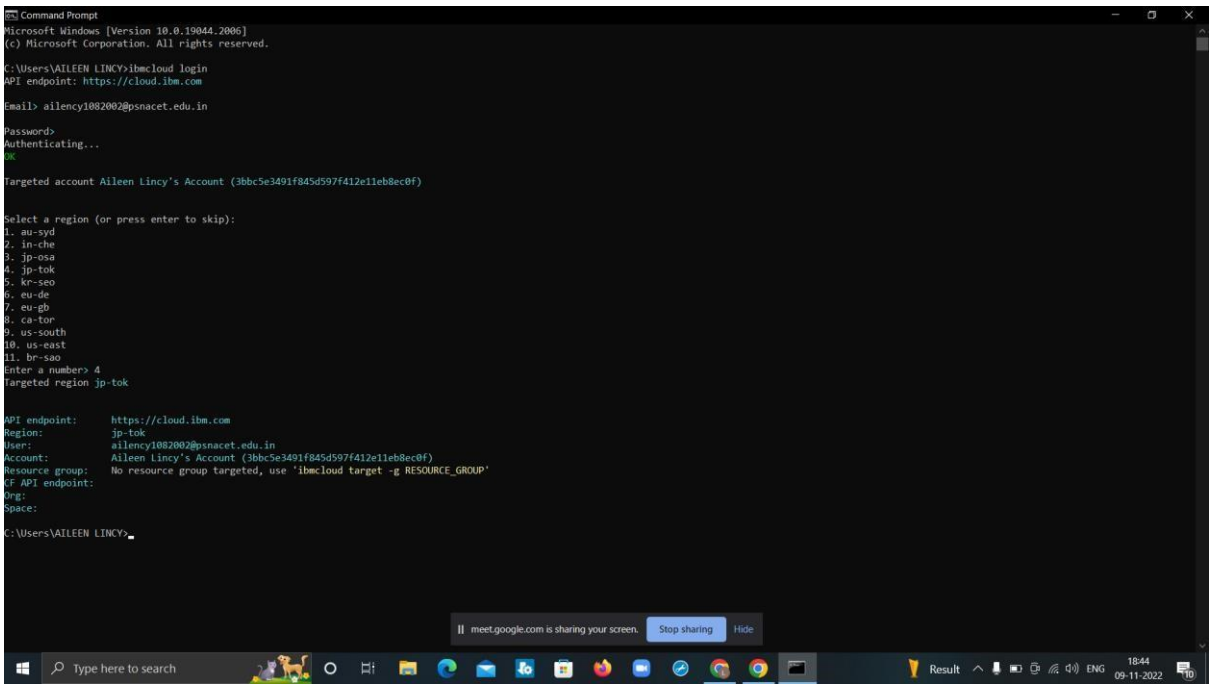

Docker Desktop
Upgrade plan
Sign in
Containers
Images
Volumes
Dev Environments
BETA
Extensions
BETA
Add Extensions
Images on disk
Last refresh: Never
3 images
Refresh to see disk usage
Clean up
Images
Give feedback
LOCAL
REMOTE REPOSITORIES
Search
In use only
NAME
TAG
IMAGE ID
CREATED
SIZE
centos latest 5d0da3dc9764 about 1 year ago 231.27 MB
nginx latest 76c69feac34e 15 days ago 141.78 MB
ubuntu latest a8780b506fa4 7 days ago 77.79 MB
Connect to Remote Content
Not connected
Store and backup your images remotely
Collaborate with your team
Unlock vulnerability scanning for greater security
Connect for free
Sign in
RAM 2.39GB
CPU 0.31%
Not connected to Hub
v4.13.1
Type here to search
26°C
ENG
20:21
09-11-2022


Command Prompt
Digest: sha256:a27fd8080b517143cbbbab9dfb7c8571c40d67d534bbdee55bd6c473f432b177
Status: Downloaded newer image for centos:latest
docker.io/library/centos:latest
C:\Users\AILEEN LINCY>docker pull nginx
Using default tag: latest
latest: Pulling from library/nginx
a9995326b091: Pull complete
71689475aec2: Pull complete
f88a23025338: Pull complete
9df440342e26: Pull complete
eef26ceb3309: Pull complete
3e3ed6a9e43a: Pull complete
Digest: sha256:943c25b4b66b332184d5ba6bb18234273551593016c0e0ae906bab111548239f
Status: Downloaded newer image for nginx:latest
docker.io/library/nginx:latest
C:\Users\AILEEN LINCY>docker ps
CONTAINER ID IMAGE COMMAND CREATED STATUS PORTS NAMES
820391795f76 centos:latest "/bin/bash" 17 seconds ago Up 13 seconds sharp_nightingale
C:\Users\AILEEN LINCY>docker image
Usage: docker image COMMAND
Manage images
Commands:
build Build an image from a Dockerfile
history Show the history of an image
import Import the contents from a tarball to create a filesystem image
inspect Display detailed information on one or more images
load Load an image from a tar archive or STDIN
ls List images
prune Remove unused images
pull Pull an image or a repository from a registry
push Push an image or a repository to a registry
rm Remove one or more images
save Save one or more images to a tar archive (streamed to STDOUT by default)
tag Create a tag TARGET_IMAGE that refers to SOURCE_IMAGE
Run 'docker image COMMAND --help' for more information on a command.
C:\Users\AILEEN LINCY>docker images
REPOSITORY TAG IMAGE ID CREATED SIZE
ubuntu latest a8780b506fa4 6 days ago 77.8MB
nginx latest 76c69feac34e 2 weeks ago 142MB
centos latest 5d0da3dc9764 13 months ago 231MB
C:\Users\AILEEN LINCY>
Type here to search
26°C
ENG
20:23
09-11-2022

INSTALLING IBM CLOUD CLI

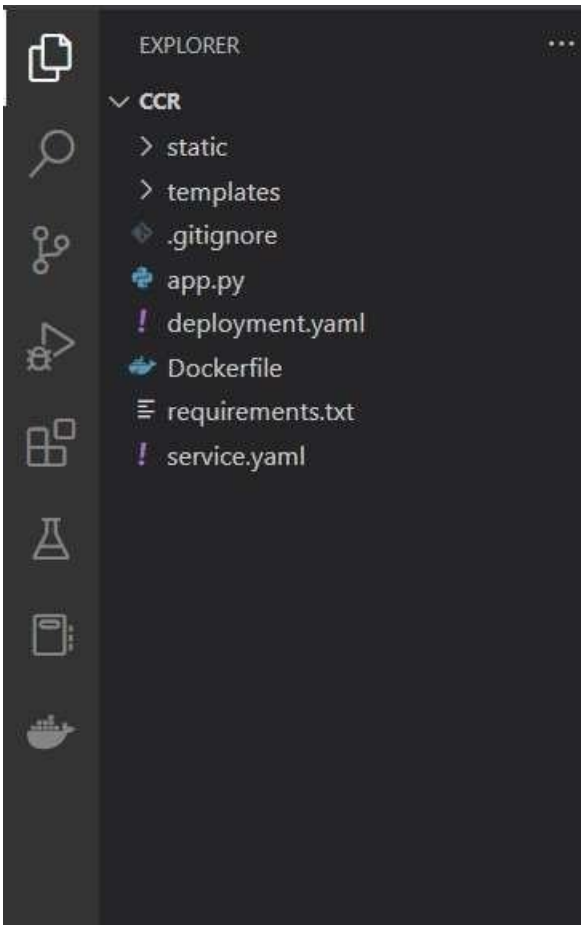






CONTAINERIZE THE APP

Step 1. Create the Docker file and paste the code



Step 2. Build an image from the docker file

Step 3. Run your container locally.

CHAPTER - 7
CODING

Login checker :

```
<!doctype html>
<html lang="en">
<head>
<meta charset="UTF-8">
<meta name="viewport" content="width=device-width , initialscale=
1.0">
<title>LOGIN PAGE</title>
<link
href="HTTPS://cdn.jsdelivr.net/npm/bootstrap@5.2.2/dist/CSS/bootstrap.min.
CSS" rel="stylesheet" integrity="sha384-
Zenh87qX5JnK2Jl0vWa8Ck2rdkQ2Bzep5IDxbcnCeuOxjzrPF/et3URy9Bv1WTRi"
crossorigin="anonymous">
<style>
h3{
color: blue;
border:10px;
border-radius: 10px;
background-color: cyan;
}
h4{
color: black;
}
.form-group{
color: black;
text-align: center;
background color: light sky blue;
}
input{
color: black;
text-align: center;
}
#border{
border-radius:10px;
background color: light sky blue;
color: black;
width:560px;
height:740px;
padding:10px;
}
#yellow{
background-color: yellow;
size: 40px;
margin-left: 5px;
}
#pink{
background-color:palevioletred;
margin-left: 5px;
}
#orangbackground color or: dark orange;
margin-left: 5px;
```

```
}
</style>
</head>
<body style="background-color: light pink">
<center>
<div id="border" style="margin-top:2px;">
<form action="#" method="POST" autocomplete="off" border="3">
<div class="col-MD-offset-4 col-MD-6" style="margin-top:
200px;">
<h3>LOGIN PAGE</h3>
<div class="form-group">
<label id="mail"><h4>mail</h4></label>
<input type="email" name="mail" class="form-control"
required>
</div><br>
<div class="form-group">
<label><h4>password</h4></label>
<input type="password" name="password" class="form-control"
required>
</div><br><br>
<div class="form-group">
<a href="/nutrition_page"><input type="button" name="login"
value="sign in" id="pink"></a>
<a href="/account"><input type="button" value="signup"
id="yellow"></a>
<a href="/home_page"><input type="button" value="home"
id="orange"></a>
</div>
</div>
</div>
</form>
</div>
</center>
</body>
</html>
```

SIGNUP

```
<!doctype html>
<html lang="en">
<head>
<meta charset="UTF-8">
<meta name="viewport" content="width=device-width , initialscale=
1.0">
<title>create account</title>
<style>
h3{
text-align: center;
color: blue
}
Form background color: light sky blue;
}
.form-group,input{
color: black;
text-align: center;
}
```

```
#center{
margin-top: 300px;
}
#border{
border-radius:10px;
background color: light sky blue;
color: black;
width:560px;
height:740px;
padding:1px;
}
#message{
background-color: light cyan;
color: black;
}
.table{
background-color: Alice blue;
text-align: center;
}
</style>
<!-- CSS only -->
<link
href="HTTPS://cdn.jsdelivr.net/npm/bootstrap@5.2.2/dist/CSS/bootstrap.min.
CSS" rel="stylesheet" integrity="sha384-
Zenh87qX5JnK2Jl0vWa8Ck2rdkQ2Bzep5IDxbcnCeuOxjzrPF/et3URy9Bv1WTRi"
crossorigin="anonymous">
</head>
<body style="background-color: light pink">
<center>
<div id="border">
<form action="/register" method="POST" autocomplete="off"
border="3">
<div class="col-MD-offset-4 col-MD-6">
<h3 style="text-transform:uppercase;">create account</h3>
<div class="form-group">
<label>name</label>
<input type="text" name="name" class="form-control"
required>
</div>
<div class="form-group">
<label>age</label>
<input type="text" name="age" class="form-control"
required>
</div>
<div class="form-group">
<label>address</label>
<input type="text" name="address" class="form-control"
required>
</div>
<div class="form-group">
<label>contact</label>
<input type="number" name="contact" class="form-control"
required>
</div>
<div class="form-group">
<label>mail</label>
```

```
<input type="email" name="mail" class="form-control"
required>
</div>
<div class="form-group">
<label>new password</label>
<input type="password" name="password" class="form-control"
required placeholder=" enter the strong password">
</div>
<div class="form-group">
<label>confirm password</label>
<input type="password" name="confirm_password" class="form-control"
required placeholder=" enter the correct password to ">
</div><br><br>
<div class="form-group">
<input type="submit" name="submit" value="register" class="btn
btn-success">
<input type="reset" value="clear" class="btn btn-danger">
<a href="/home_page"><input type="button" value="home"
class="btn btn-danger"></a>
</div><br><br>
<div>
</div>
</div>
</div>
</form>
</div>
</center>
</body>
</html>
```

HOME

```
<!doctype html>
<html lang="en">
<head>
<meta charset="UTF-8">
<meta name="viewport" content="width=device-width , initialscale=
1.0">
<title>home</title>
<link
href="HTTPS://cdn.jsdelivr.net/npm/bootstrap@5.2.2/dist/CSS/bootstrap.min.
CSS" rel="stylesheet" integrity="sha384-
Zenh87qX5JnK2Jl0vWa8Ck2rdkQ2Bzep5IDxbcnCeuOxjzrPF/et3URy9Bv1WTRi"
crossorigin="anonymous">
<style>
h1{
font-family:Arial, Helvetica, sans-serif;
text-transform: uppercase;
text-shadow:5px 0 red;
border: 300px;
border-radius:30px;
text-align: center;
}
h1:hover{
background color: light sea green;
}
```

```
.form-group{
border-radius:10px;
background color: light slate grey;
color: black;
width:100%;
padding:2px;
}
.form-group:hover{
background-color: chartreuse;
}
#home{
float: left;
margin-right:10px;
color: black;
}
#reg{
float: left;
margin-right: 10px;
color: black;
}
#log{
float: left;
margin-right: 10px;
color: black;
}
#abt{
color: black;
}
img{
border-radius:10px;
width:100%;
height: 640px;
padding:10px;
float: inline-start;
}
#home: hover{
background-color: aqua;
}
#reg: hover{
background-color: fuchsia;
}
#log: hover{
background-color: yellow;
}
#abt: hover{
Background color: deep pink;
}
#pure{
font-family: 'Gill Sans', 'Gill Sans MT', Calibri,
'Trebuchet MS', sans-serif;
font-style: italic;
color:dark goldenrod;
font-size:30px;
border:1300px;
border-radius: 30px;
}
```

```
#pure: hover{
background-color: lightgoldenrodyellow;
}
</style>
</head>
<body style="background-color: light pink">
<h1><center><b>welcome to nutrition assistant
application</b></center></h1>
<div>
<div class="form-group">
<form action="#" >
<a href="#"><input type="button" value="home" id="home"
class="btn btn-orange:#fd7e14;"></a>
<a href="/account"><input type="button" value="create account"
id="reg" class="btn btn-orange:#fd7e14;"></a>
<a href="/login"><input type="button" value="login" id="log"
class="btn btn-orange:#fd7e14;" ></a>
<a href="/about"><input type="button" value="about" id="abt"
class="btn btn-orange:#fd7e14;"></a>
</form>
</div>
<br>
<div id="float-center">
<p id="pure">we are made to create healthy people in natural
way</p>
<img src="../static/files/images/nutrition project image 1.png"
alt="nutrition image">
</div>
</div>
</body>
</html>
```

CHAPTER 8
CONCLUSION

For controlling and treating chronic illnesses, nutrition monitoring is essential. Much less food is entered on personal mobile devices than a headache because of food photography and image recognition. Using deep-based image recognition, we have developed a system for tracking nutritional intake that can quickly and accurately record the food and nutrients consumed. Through actual user food photo testing and user research, we found that laboratory models serve as the foundation of the solution but leave out some of the most important challenges. More genuine food visuals are available than in the lab-developed model. Ingredient-based recognition is a technique for monitoring the free-style and homemade food recognition tasks when training data is limited and unrepresentative.

CHAPTER 9
FUTURE SCOPE

We'll be introducing more user-friendly features in the future. The web application's UI/UX will be enhanced. expanding the project to accommodate more use cases and clients. putting distributed computing into practice for processing effectiveness. standardizing encryption for cloud storage. Nutrition assistants help dieticians with providing proper nutrition at healthcare facilities. They determine patients' nutritional needs, assess risk factors, and plan meals and menus. They also ensure proper sterilization of plates and utensils. Nutrition and Dietetics can work as a dietician in hospitals and Nutritionists in health clinics, health centers, and MNCs. Opportunity to be a registered dietician (RD). Graduates can work as project assistants, project associates, and chief nutritionists in NGOs and private organizations.