

AI-POWERED NUTRITION ANALYZER FOR FITNESS ENTHUSIASTS

Abstract:

Artificial intelligence (AI) as a branch of computer science, the purpose of which is to imitate thought processes, learning abilities and knowledge management, finds more and more applications in experimental and clinical medicine. However, most of the existing dietary assessment methods rely on memory. With the help of mobile devices and rich cloud services, it is now possible to develop new computer-aided food recognition system for accurate dietary assessment. In recent decades, there has been an expansion of AI applications in biomedical sciences. The possibilities of artificial intelligence in the field of medical diagnostics, risk prediction and support of therapeutic techniques are growing rapidly. The aim of the article is to analyse the current use of AI in nutrients science research. The literature review was conducted in PubMed. A total of 399 records published between 1987 and 2020 were obtained, of which, after analysing the titles and abstracts, 261 were rejected. The development of dietary systems using AI technology may lead to the creation of a global network that will be able to both actively support and monitor the personalized supply of nutrients.

Introduction:

The term “artificial intelligence” was first proposed in 1955 by the American computer scientist John McCarthy. Artificial intelligence (AI) as a branch of computer science, the purpose of which is to imitate thought processes, learning abilities and knowledge management, finds more and more applications in experimental and clinical medicine. In a research individuals can have different health orientation for some it may be positive for some negative and others may have a neutral outlook towards health orientation.

Medical Research:

AI can be used to analyse and identify patterns in large and complex datasets faster and more precisely than has previously been possible. It can also be used to search the scientific literature for relevant studies, and to combine different kinds of data; for example, to aid drug discovery. The Institute of Cancer Research can SAR database combines genetic and clinical data from patients with information from scientific research, and uses AI to make predictions about new

targets for cancer drugs. Researchers have developed an AI ‘robot scientist’ called Eve which is designed to make the process of drug discovery faster and more economical. AI systems used in healthcare could also be valuable for medical research by helping to match suitable patients to clinical studies.

Information Gathering:

Growth of Fast Food Restaurants :

Fast food products make it easier to reduce hunger problems in the community. There are more healthy choices at fast food restaurants but also it has some bad food habits . Numerous studies have concluded that the poor nutritional value, the excessive salt content and the degree of saturated fats and trans fatty acid associated with fast food products likely perpetuate the prevalence of hypercholesterolemia, hypertension, type II diabetes mellitus, obesity and cardiovascular disease.

AI in Nutritional Epidemiology:

In the area of nutritional epidemiology research, there were identified studies in which advanced AI methods and systems were applied in relation to the dietary assessment, physical monitoring systems and environmental trace elements monitoring system. In this research area, the algorithms of ML and DL were used predominantly. The methodology of ANN was used in environmental trace elements monitoring systems. The application of the IoT methodology was noted in the physical monitoring systems topic.

AI in Clinical Nutrients Intake:

In order to monitor eating behaviours, a rapid automatic bite detection algorithm (RABID) that extracts and processes skeletal features from videos was constructed. used it to analyse the eating behaviours of $n = 59$ patients (three types of dishes, 45 meals), the results of which showed an agreement between algorithmic and human annotations. In the area of AI applications in the improvement of dietary solutions, two articles describing prototype solutions should be mentioned. Khan and Hoffmann proposed a menu construction using an incremental knowledge acquisition system (MIKAS). This system asks the expert to provide an explanation for each of their actions, in order to include the explanation in its knowledge base, so MIKAS could in the future automatically

perform them. Fuzzy arithmetic has been used to create “Nutri-Educ”—software for proper balancing of meals, according to the energy needs of the patient. Heuristic search algorithms are used to find a set of actions, acceptable from a nutritional point of view, that will transform the initial meal into a well-balanced one.

CONCLUSION:

In this paper, we aimed to develop a practical deep learning based on Ai-powered nutrition analyser for fitness enthusiasts. Despite the fact that AI technologies are dynamically developing, the problem in nutrients research is not currently obtaining more and more advanced algorithms, but the application of those that have already been developed and are standardly used in other fields of knowledge, and even in other areas of biomedicine. An important challenge for nutrients research is also their integration with research on the use of medical robotics. Perhaps the development and application of AI in nutrients research requires modification of both mentality and professional competences, as is already postulated in relation to the food industry.