PROJECT REPORT

on

AI-Powered Nutrition Analyzer for Fitness Enthusiasts

TEAM ID: PNT2022TMID43309

TEAM MEMBERS:

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CONTENTS

1. INTRODUCTION

1.1 Project Overview

Food is essential for human life and has been the concern of many healthcare conventions. Nowadays new dietary assessment and nutrition analysis tools enable more opportunities to help people understand their daily eating habits, exploring nutrition patterns and maintain a healthy diet. Nutritional analysis is the process of determining the nutritional content of food. It is a vital part of analytical chemistry that provides information about the chemical composition, processing, quality control and contamination of food.

1.2 Purpose

The main aim of the project is to building a model which is used for classifying the fruit depends on the different characteristics like colour, shape, texture etc. Here the user can capture the images of different fruits and then the image will be sent the trained model. The model analyses the image and detect the nutrition based on the fruits like (Sugar, Fibre, Protein, Calories, etc

2. LITERATURE SURVEY

2.1 Existing problem

Neutrino delivers nutrition-based data services and analytics to its users and wants to turn into a leading source of the nutrition-related platform. The platform employs NLP and mathematical models from the optimization theory as well as predictive analysis to enable individualized data compilation. The application relies on Artificial Intelligence to produce custom data related to smart calorie counter powered by AI. Their artificial intelligence learns an individual's tastes, preferences, and body type. All of this is packaged in a comprehensive nutrition and activity tracker.

2.2 Problem Statement Definition

The main aim of the project is to building a model which is used for classifying the fruit depends on the different characteristics like colour, shape, texture etc. Here the user can capture the images of different fruits and then the image will be sent the trained model. The model analyses the image and detect the nutrition based on the fruits like (Sugar, Fibre, Protein, Calories, etc.)

3. IDEATION & PROPOSED SOLUTION

3.1 Empathy Map Canvas

3.2 Ideation & Brainstorming

2

Brainstorm

Write down any ideas that come to mind that address your problem statement.

10 minutes

KIRUTHIK VISHAAL S

Nutrient analysis	Deficiency calculation	Food to provide nutrients
Train Data		Accuracy
Test Data	Label Data	Other Methods

CIBI SIDDAARTH R

Usage of Flask	HTML Integration	Train Model
Save Model		Body Condition
Test Model	Model Evaluaition	Improve Accuracy

JAI PRAKASH R

GUI Integration	Adding Features	Feasibility Test
Accuracy Test		Other Categories
Side effects	Correction of Error	Correct Results

AJAY RAJ R

Test case collection	Image Collection	Label Data
Debugging		Categorize
Improve Algorithm	Try new Features	Analyze algorithm

3.3 Proposed Solution

S.No.	Parameter	Description
1.	Problem Statement (Problem to be solved)	AI-Powered Nutrition Analyzer For Fitness Enthusiasts.
2.	Idea / Solution description	The proposed solution is to classify the fruits using CNN based model and detect the nutrition based on the fruit (like sugar ,calories ,fibre ,protein ,etc)
3.	Novelty / Uniqueness	For detecting the nutrition more images are used to train which is very efficient than other methods for nutrition detection model.
4.	Social Impact / Customer Satisfaction	By this model the customer can efficiently keep track of their health and accordingly get required consultations in a less time consuming manner.
5.	Business Model (Revenue Model)	• Input module • Image pre processing and segmentation module • Feature extraction module • Data set training module • Nutrition level estimation API module • Suggestion module
6.	Scalability of the Solution	The accuracy of the result for the training data set is 99% .We can build a large data set which includes different fruit images to get a better result.

3.4 Problem Solution fit

4. REQUIREMENT ANALYSIS

4.1 Functional requirement

Following are the functional requirements of the proposed solution.

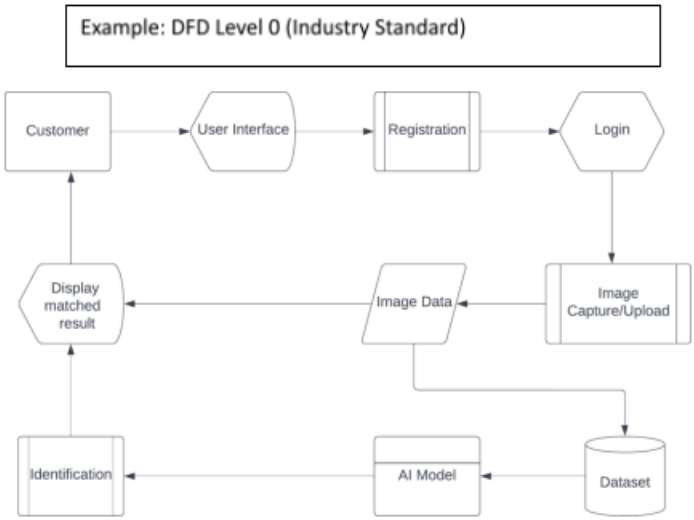
FR No.	Functional Requirements(Epic)	Sub requirements (story/sub-task)
FR-1	Monitor Diet	Through smart phone applications and wearable technology it is easy to monitor the diet of the patient.
FR-2	Monitor Physical Activity	HCPs use the data about diet to gain insight in the nutrients intake and use this in their daily work.
FR-3	Monitor Glucose Values in Patients	Regular contact between the patient and the analyzer monitor the pharmacological management of glycaemic control.
FR-4	Measure nutrition	Mobile app scans the food item and display the amount of nutrition present in it.
FR-5	Health care instruction	Scans the patient health condition and provides proper instructions to improve their health.

4.2 Non-Functional requirement

FR No.	Non-Functional Requirements	Description
NFR-1	Usability	It is easy to use for the HCPs.
NFR-2	Security	It is well secured.
NFR-3	Reliability	Nutrition analyzer often use inaccurate methodology and suffer from self-recall bias.
NFR-4	Performance	High performance.It can easily detect the amount of nutrition present in the food.
NFR-5	Availability	It provides proper information about the diet condition of the patient.
NFR-6	Scalability	It is non-scalable in some condition,it may gives wrong result.

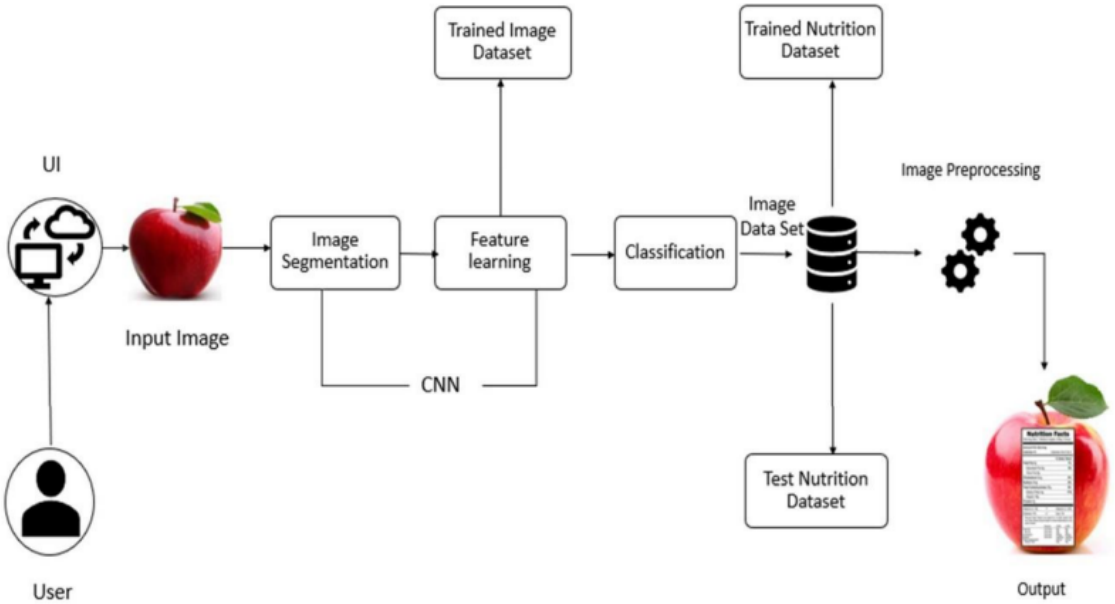
5. PROJECT DESIGN

5.1 Data Flow Diagrams



5.2 Solution & Technical Architecture

Solution Architecture:



5.3 User Stories

User Stories

Use the below template to list all the user stories for the product.

User Type	Functional Requirement (Epic)	User Story Number	User Story / Task	Acceptance criteria	Priority	Release
Customer (Mobile user)	Registration	USN-1	As a user, I can register for the application by entering my email, password, and confirming my password.	I can access my account / dashboard	High	Sprint-1
		USN-2	As a user, I will receive confirmation email once I have registered for the application	I can receive confirmation email & click confirm	High	Sprint-1
		USN-3	As a user, I can register for the application through a mobile number.	I can register & access the dashboard with my mobile number .	Medium	Sprint-2
		USN-4	As a user, I can register for the application through OTP.	I can receive confirmation OTP & click confirm.	Medium	Sprint-2
		USN-5	As a user, I can register for the application through my fitbit account.	I can scan the QR code for confirmation.	Low	Sprint-3
	Login	USN-5	As a user, I can log into the application by entering mobile number & password	My details are validated by receiving an OTP.	High	Sprint-1
		USN-6	As a user, I can log into the application using my Google+.	My gmail & password is verified.	Medium	Sprint-2
		USN-7	As a user, I can log into the application using my fitbit account	My fitbit account is verified with the device & logged in.	Low	Sprint-3
	Dashboard	USN-8	As a user, I enter my primary usage requirements.	Display my personalised contents on the dashboard	High	Sprint-1
	Food Identifier	USN-9	As a user, I capture an image using my files or camera.	Identifies the given image from the model dataset & provides necessary information.	High	Sprint-1
	Diet Plan(Beginner level)	USN-10	As a user, I check my diet plan formulated by my personalized AI nutritionist.	I can check for my likes & dislikes to follow on a daily basis.	Medium	Sprint-2
	Diet Plan(Advanced level)	USN-11	As a user, I can formulate my diet plan by myself according to the given essential nutrients.	The AI model checks whether my diet meets the required nutrient levels.	Low	Sprint-3

User Type	Functional Requirement (Epic)	User Story Number	User Story / Task	Acceptance criteria	Priority	Release
	Calorie Tracker	USN-12	As a user, I can either enter the food intake manually or either through camera image capturing 5x daily.	My food intake is calculated & analysed on a daily basis.	Medium	Sprint-2
	Workout Plan	USN-13	As a user, I can choose my workout type as with/without equipment & track them on a daily or weekly basis.	My type of workout is analysed by the model & the duration is used to calculate the calorie / fat burnt analysis.	Medium	Sprint-2
Customer (Web user)	Registration	USN-14	As a user, I can register for the application by entering my email, password, and confirming my password.	I can access my account / dashboard	High	Sprint-1
		USN-15	As a user, I will receive confirmation email once I have registered for the application	I can receive confirmation email & click confirm	High	Sprint-1
		USN-16	As a user, I can register for the application through a mobile number.	I can receive an OTP to confirm my profile.	Medium	Sprint-1
		USN-17	As a user, I can register for the application through OTP.	My OTP is validated and account is registered.	Medium	Sprint-1
	Login	USN-18	As a user, I can log into the website using my google account & password.	My credentials are validated and click log in	High	Sprint-1
		USN-19	As a user, I can log into the application using my mobile number & password..	My password is verified & I am logged into the dashboard.	Medium	Sprint-2
	Dashboard	USN-20	As a user, I enter my primary usage requirements.	Display my personalised contents on the dashboard	High	Sprint-1
	Food Identifier	USN-21	As a user, I capture an image using my files or camera.	Identifies the given image from the model dataset & provides necessary information.	High	Sprint-1
	Diet Plan(Beginner level)	USN-22	As a user, I check my diet plan formulated by my personalized AI nutritionist.	I can check for my likes & dislikes to follow on a daily basis.	Medium	Sprint-2
	Diet Plan(Advanced level)	USN-23	As a user, I can formulate my diet plan by myself according to the given essential nutrients.	The AI model checks whether my diet meets the required nutrient levels.	Low	Sprint-3

1. CODING & SOLUTIONING

1.1 Feature 1

Data Collection

Download the dataset here

```
[ ]  from google.colab import drive
     drive.mount('/content/drive')
```

```
Mounted at /content/drive
```

```
[ ]  cd/content/drive/MyDrive/Colab Notebooks
```

```
/content/drive/MyDrive/Colab Notebooks
```

```
[ ]  # Unzipping the dataset
     !unzip 'Dataset.zip'
```

Image Preprocessing

```
[ ]  from keras.preprocessing.image import ImageDataGenerator
```

Image Data Augmentation

```
[ ]  train_datagen = ImageDataGenerator(rescale=1./255,shear_range=0.2,zoom_range=0.2,horizontal_flip=True)
     test_datagen=ImageDataGenerator(rescale=1./255)
```

Applying Image DataGenerator Functionality To Trainset And Testset

```
x_train = train_datagen.flow_from_directory(
    r'/content/drive/MyDrive/Colab Notebooks/Dataset/TRAIN_SET',
    target_size=(64, 64),batch_size=5,color_mode='rgb',class_mode='sparse')
x_test = test_datagen.flow_from_directory(
    r'/content/drive/MyDrive/Colab Notebooks/Dataset/TEST_SET',
    target_size=(64, 64),batch_size=5,color_mode='rgb',class_mode='sparse')
```

Model Building

1. Importing The Model Building Libraries

```
[ ]   import numpy as np
      import tensorflow as tf
      from tensorflow.keras.models import Sequential
      from tensorflow.keras import layers
      from tensorflow.keras.layers import Dense,Flatten
      from tensorflow.keras.layers import Conv2D,MaxPooling2D,Dropout
```

2. Initializing The Model

```
[ ]   classifier = Sequential()
```

3. Adding CNN Layers

```
[ ]   classifier = Sequential()
      classifier.add(Conv2D(32, (3, 3), input_shape=(64, 64, 3), activation='relu'))
      classifier.add(MaxPooling2D(pool_size=(2, 2)))
      classifier.add(Conv2D(32, (3, 3), activation='relu'))
      classifier.add(MaxPooling2D(pool_size=(2, 2)))
      classifier.add(Flatten())
```

4. Adding Dense Layers

```
[ ]   classifier.add(Dense(units=128, activation='relu'))
      classifier.add(Dense(units=5, activation='softmax'))
```

```
      classifier.summary()
```

```
Model: "sequential_1"
_________________________________________________________________
 Layer (type)                Output Shape              Param #
=================================================================
 conv2d (Conv2D)             (None, 62, 62, 32)        896
```

5. Configure The Learning Process

```
[ ]  classifier.compile(optimizer='adam', loss='sparse_categorical_crossentropy', metrics=['accuracy'])
```

6. Train The Model

```
[ ]  classifier.fit_generator(generator=x_train,steps_per_epoch = len(x_train),epochs=20, validation_data=x_test,validation_steps = len(x_test))
```

```
/usr/local/lib/python3.7/dist-packages/ipykernel_launcher.py:2: UserWarning: `Model.fit_generator` is deprecated and will be removed in a future version. Pl

Epoch 1/20
494/824 [================>.............] - ETA: 6:52 - loss: 0.7194 - accuracy: 0.7174
```

7. Saving The Model

```
[ ]  classifier.save('nutrition.h5')
```

8. Testing The Model

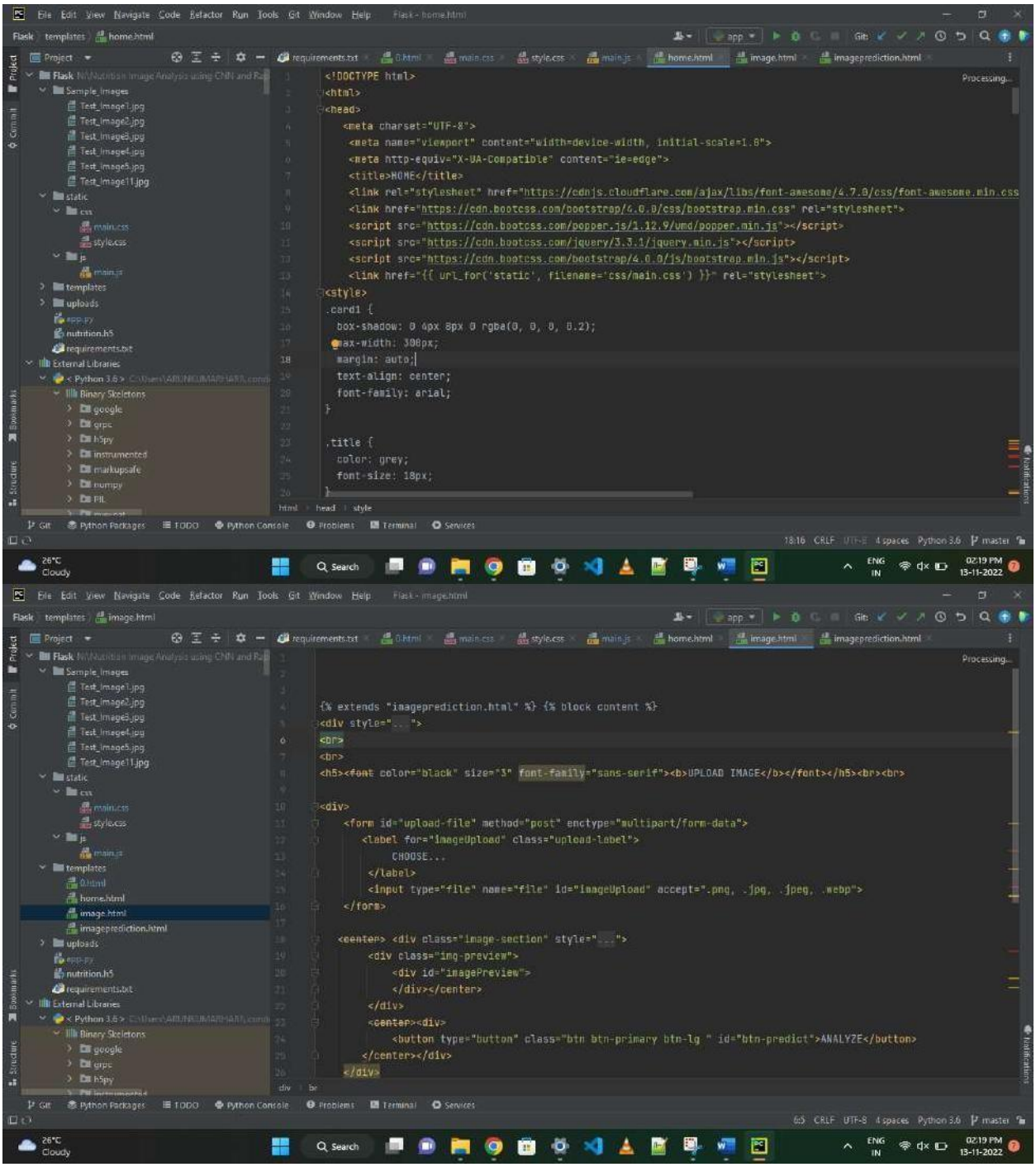
```
[ ]  from tensorflow.keras.models import load_model
     from keras.preprocessing import image
     model = load_model("nutrition.h5")
```

```
from tensorflow.keras.models import load_model
from tensorflow.keras.preprocessing import image
model = load_model("nutrition.h5")
img = image.load_img(r'/content/drive/MyDrive/Colab Notebooks/Sample_Images/Test_Image1.jpg',grayscale=False,target_size= (64,64))
x = img_to_array(img)
x = np.expand_dims(x,axis = 0)
predict_x=model.predict(x)
classes_x=np.argmax(predict_x,axis=-1)
classes_x
```

```
1/1 [==============================] - 0s 62ms/step
array([0])
```

```
[ ]  index=['APPLES', 'BANANA', 'ORANGE','PINEAPPLE','WATERMELON']
     result=str(index[classes_x[0]])
     result
```

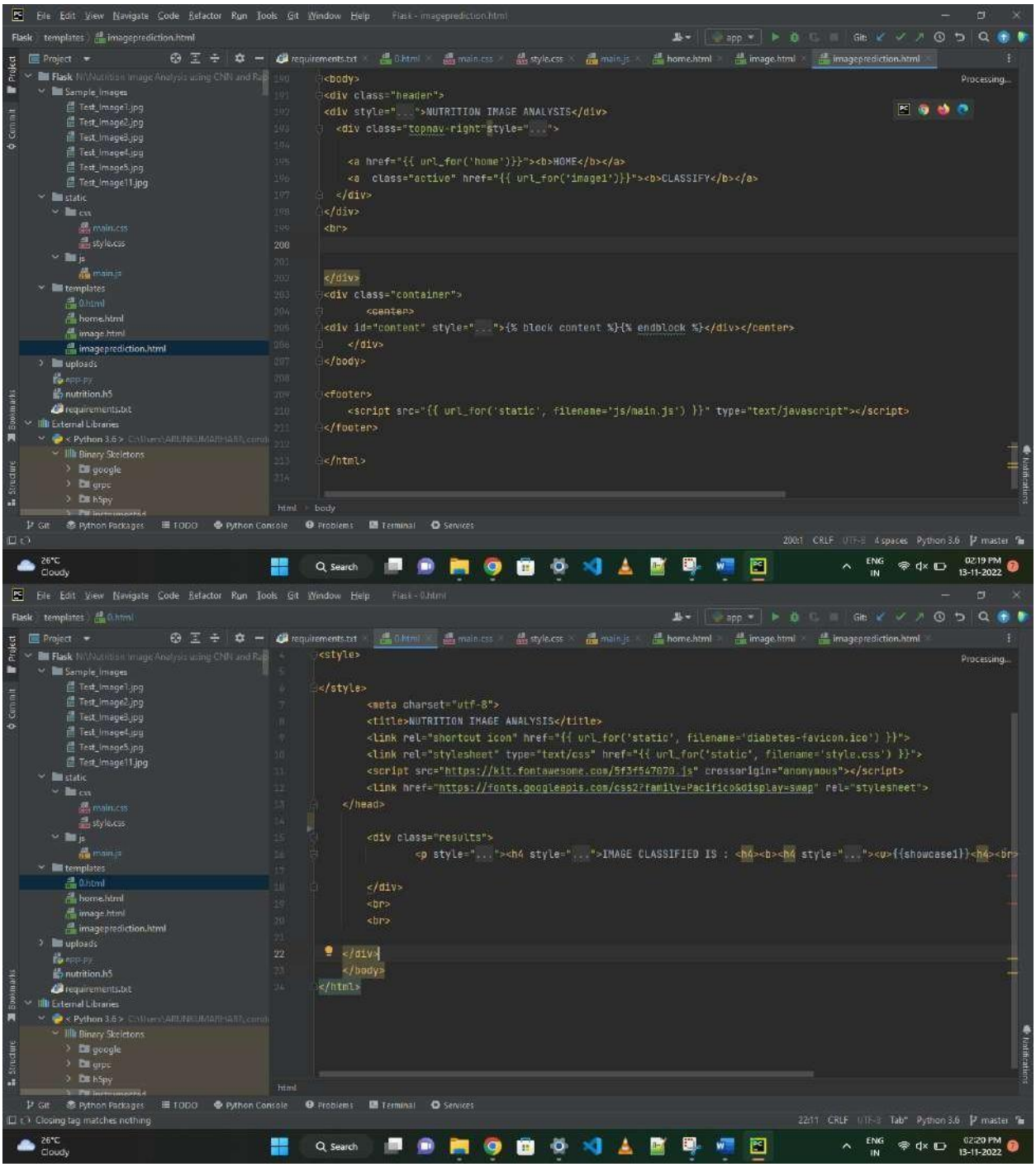
1.2 Feature 2


home.html
<!DOCTYPE html>
<html>
<head>
<meta charset="UTF-8">
<meta name="viewport" content="width=device-width, initial-scale=1.0">
<meta http-equiv="X-UA-Compatible" content="ie=edge">
<title>HOME</title>
<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css
<link href="https://cdn.bootcss.com/bootstrap/4.0.0/css/bootstrap.min.css" rel="stylesheet">
<script src="https://cdn.bootcss.com/popper.js/1.12.9/umd/popper.min.js"></script>
<script src="https://cdn.bootcss.com/jquery/3.3.1/jquery.min.js"></script>
<script src="https://cdn.bootcss.com/bootstrap/4.0.0/js/bootstrap.min.js"></script>
<link href="{{ url_for('static', filename='css/main.css') }}" rel="stylesheet">
<style>
.card1 {
box-shadow: 0 4px 8px 0 rgba(0, 0, 0, 0.2);
max-width: 300px;
margin: auto;
text-align: center;
font-family: arial;
}
.title {
color: grey;
font-size: 18px;
}
image.html
{% extends "imageprediction.html" %} {% block content %}

<h5>UPLOAD IMAGE</h5>

<form id="upload-file" method="post" enctype="multipart/form-data">
<label for="imageUpload" class="upload-label">
CHOOSE...
</label>
<input type="file" name="file" id="imageUpload" accept=".png, .jpg, .jpeg, .webp">
</form>

<button type="button" class="btn btn-primary btn-lg " id="btn-predict">ANALYZE</button>


File Edit View Navigate Code Refactor Run Tools Git Window Help
Flask - imageprediction.html
Flask templates imageprediction.html
app
Git
Project
requirements.txt
0.html
main.css
style.css
main.js
home.html
image.html
imageprediction.html
Processing...
Flask N:\Nutrition Image Analysis using CNN and Flask
Sample_Images
Test_Image1.jpg
Test_Image2.jpg
Test_Image3.jpg
Test_Image4.jpg
Test_Image5.jpg
Test_Image11.jpg
static
css
main.css
style.css
js
main.js
templates
0.html
home.html
image.html
imageprediction.html
uploads
app.py
nutrition.h5
requirements.txt
External Libraries
< Python 3.6 >
Binary Skeletons
google
grpc
h5py
<body>

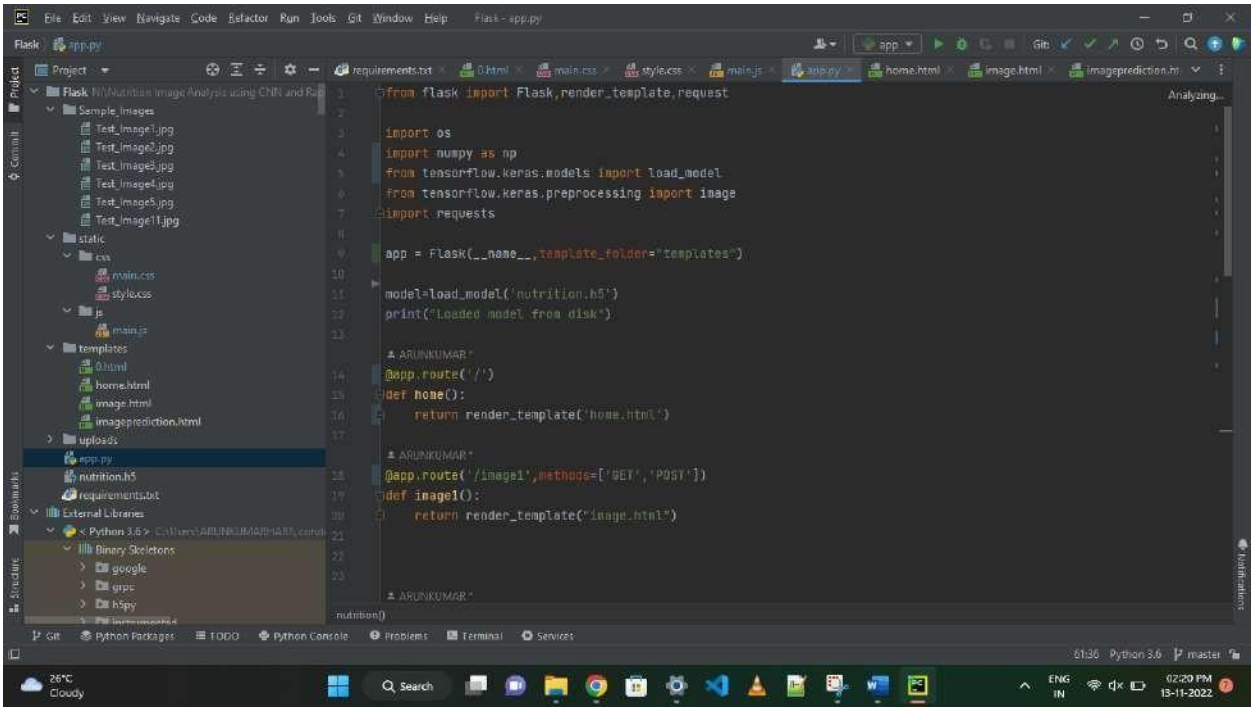
NUTRITION IMAGE ANALYSIS
<div class="topnav-right"style="...">
HOME
CLASSIFY

{% block content %}{% endblock %}

</body>
<footer>
<script src="{{ url_for('static', filename='js/main.js') }}" type="text/javascript"></script>
</footer>
</html>
html body
Git Python Packages TODO Python Console Problems Terminal Services
200:1 CRLF UTF-8 4 spaces Python 3.6 master
26°C Cloudy
Search
ENG IN
02:19 PM 13-11-2022
File Edit View Navigate Code Refactor Run Tools Git Window Help
Flask - 0.html
Flask templates 0.html
app
Git
Project
requirements.txt
0.html
main.css
style.css
main.js
home.html
image.html
imageprediction.html
Processing...
Flask N:\Nutrition Image Analysis using CNN and Flask
Sample_Images
Test_Image1.jpg
Test_Image2.jpg
Test_Image3.jpg
Test_Image4.jpg
Test_Image5.jpg
Test_Image11.jpg
static
css
main.css
style.css
js
main.js
templates
0.html
home.html
image.html
imageprediction.html
uploads
app.py
nutrition.h5
requirements.txt
External Libraries
< Python 3.6 >
Binary Skeletons
google
grpc
h5py
<style>
</style>
<meta charset="utf-8">
<title>NUTRITION IMAGE ANALYSIS</title>
<link rel="shortcut icon" href="{{ url_for('static', filename='diabetes-favicon.ico') }}">
<link rel="stylesheet" type="text/css" href="{{ url_for('static', filename='style.css') }}">
<script src="https://kit.fontawesome.com/5f3f547070.js" crossorigin="anonymous"></script>
<link href="https://fonts.googleapis.com/css2?family=Pacifico&display=swap" rel="stylesheet">
</head>

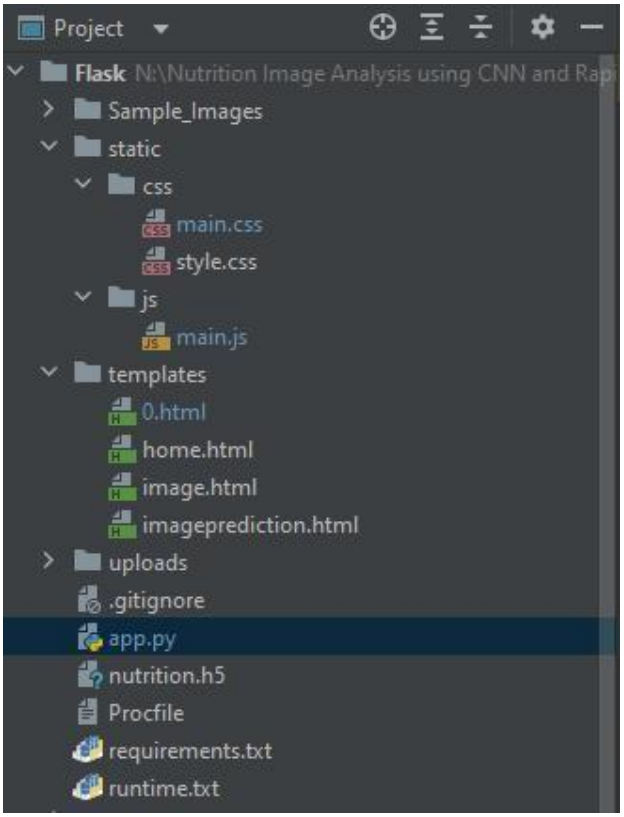
<p style="..."><h4 style="...">IMAGE CLASSIFIED IS : <h4><h4 style="..."><u>{{showcase1}}</h4>

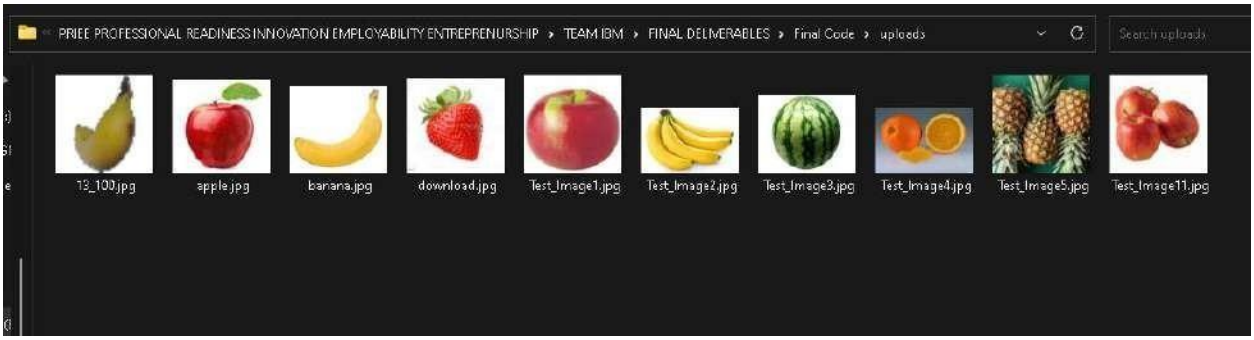
</body>
</html>
html
Git Python Packages TODO Python Console Problems Terminal Services
Closing tag matches nothing
22:11 CRLF UTF-8 Tab* Python 3.6 master
26°C Cloudy
Search
ENG IN
02:20 PM 13-11-2022



2. TESTING

2.1 Test Cases

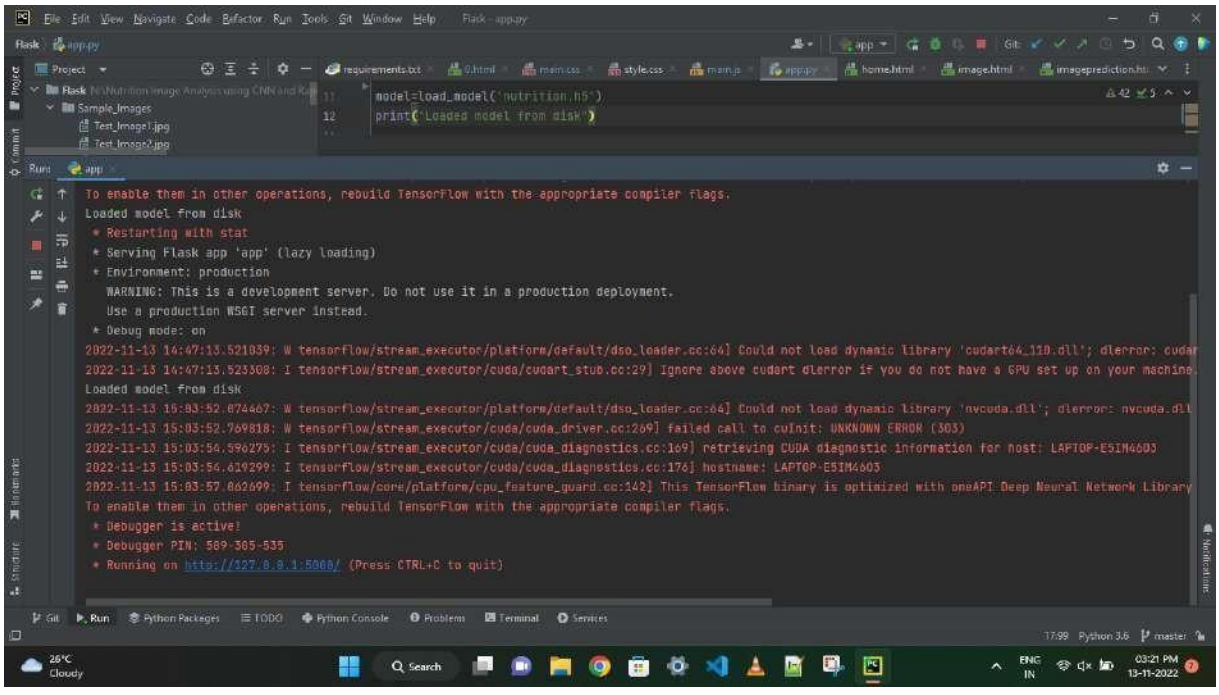




2.2User Acceptance Testing

3. RESULTS

3.1 Performance Metrics



10. CONCLUSION

By the end of this project we will

- know fundamental concepts and techniques of Convolutional Neural Network.
- gain a broad understanding of image data
- know how to build a web application using the Flask framework.
- know how to pre-process data and
- know how to clean the data using different data preprocessing techniques.

11. FUTURE SCOPE

- AI is revolutionizing the health industry.
- It is majorly used in improving marketing and sales decisions, AI is now also being used to reshape individual habits.
- In future we don't want to go to gym and do any diets. By using this nutrition fitness analyzer we can maintain our diet plans without any help from others and we can lead a happy and healthy life with good wealth.
- AI can easily track health behaviors and repetitive exercise patterns and use the data to guide you towards your fitness journey and diet plans .

Source Code

```
from flask import Flask,render_template,request
import os
import numpy as np
from keras.models import load_model
from keras_preprocessing import image
import requests
from werkzeug.utils import secure_filename
app = Flask(__name__,template_folder="template")
model = load_model(r'C:\Users\KIRUTHIK VISHAAL S\Desktop\own\nutrition.h5')
print('loaded model from disk')
app.config['IMAGE_UPLOADS'] = r"C:\Users\KIRUTHIK VISHAAL S\Desktop\own\Sprint-4\Sample_Images\\"
@app.route('/')
def home():
    return render_template('index.html')
@app.route('/image1' ,methods=['Get','Post'])
def image1():
    return render_template("Image.html")
@app.route('/predict',methods=['Get','Post'])
def launch():
    f = request.files['file']
    filename = secure_filename(f.filename)
    basedir =  os.path.abspath(os.path.dirname(__file__))
    f.save(os.path.join(basedir,app.config["IMAGE_UPLOADS"],filename))
    p = r"C:\Users\KIRUTHIK VISHAAL S\Desktop\own\Sprint-4\Sample_Images\\"+filename
    img = image.load_img(p,grayscale=False,target_size=(64,64))
    x= image.img_to_array(img)
    x =np.expand_dims(x,axis= 0)
    pred =model.predict(x)
    pred = pred.astype('int32')
```

```
    n = np.array(pred[0])
    s = np.where(n==1)
    index= ['APPLE','BANANA','ORANGE','PINEAPPLE','WATERMELON']
    n=int(s[0])
    result=(index[n])
    apiResult=nutrition(result)
    final_result = {
          "result" : result,
          "apiResult" : apiResult
       }
    return final_result

def nutrition(index):
    url = "https://calorieninjas.p.rapidapi.com/v1/nutrition"
    querystring = {"query":index}
    headers = {
           "X-RapidAPI-Key": "7c2fb6a502msh4e99d771797d074p173659jsnf288c18cf37c",
           "X-RapidAPI-Host": "calorieninjas.p.rapidapi.com"
    }
    response = requests.request("GET", url, headers=headers, params=querystring)
    print(response.text)
    return response.text

if __name__== "__main__":
    app.run(debug=False)
```

GitHub & Project Demo Link

GitHub Link: https://github.com/IBM-EPBL/IBM-Project-39372-1660408877

Project Demo Video Link: https://drive.google.com/file/d/1qQnVJdc4phzfr9qw9Zvmg3-6oG2eMl43/view?usp=sharing