AI POWERED NUTRITION ANALYSER
FOR FITTNESS ENTHUSIASTS

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LITERATURE SURVEY

BASE PAPER

1.AI powered nutrition Analyzer For Fitness Enthusiasts – Jeukendrup A.E.,Killer S.C. The myths surrounding pre-exercise carbohydrate feeding.

At present, the researchers are showing there great effort in the area of food nutrition. In this section is presenting some of the researchers work that must enlighten our study.

A descriptive cross-sectional study has done among 144 children and they found that in rural areas, parameter Weight-for Height(WHZ) projected that 1.39% of children were severely malnourished, 1.39% moderately malnourished, 22.3% mildly malnourished and had no serious overweight, but in urban areas, 25%, 2.78% and 1.38% mild, moderate and severe over weight respectively.

For Weight-for-Age(WAZ), the results further stated that 38.8% children mildly underweight, 25% moderately underweight in rural areas and found the opposite result for urban area[1]. Another research has done with 80 street children with 90% boy and 10% gamines and the result shows that the underweight ratio 65%. About 77.5% of underweight children eat three meals a day and 22.5% of children eat only twice a day. Most of the children in the study, 85% developed the habit of washing their hands before eating. About 61.3% of them had been suffering from different diseases for the last 3 months before starting the study .

REFERENCE PARER

1.Davenport.T and Kalakota R.2019.The potential for Artificial Intelligence in healthcare-Future healthcare journal,2019-ncbi.nlm.nih.gov

The complexity and rise of data in healthcare means that Artificial Intelligence(AI) will increasingly be applied within the field. Several types of AI are already being employed by payers and providers of care, and life sciences companies. The key categories of applications involve diagnosis and treatment recommendations, patient engagement and adherence, and administrative activities.

2.Amann J., Blasimme A., Vayena E., Frey D., Madai V.I., and Precise Q.C.2020. Explainability for Artificial Intelligence in Fitness: A multidisciplinary perspective.

Explainability is one of the most heavily debated topics when it comes to the application of Artificial intelligence(AI) in Fitness. Even though AI-driven systems have been shown to outperform humans in certain analytical tasks, the lack of explainability continues to spark criticism. It is not a pure technological issue, instead it invokes a host of medical, legal, ethical, and societal questions that require thorough exploration.

PROBLEM STATEMENT

Due to change in food habits people do not get aware of food items. Our project is to get details about food nutritions, carbohydrate, protein and fat. Nutritional awareness is also related to knowledge of the interrelationships between nutritional matters and human life, which may have an effect on a person's life. The World Health Organisation(WHO) data reveals that more than 60% of world's population is not physically active enough to induce health benefits.