AI - POWERED NUTRITION ANALYZER FOR FITNESS ENTHUSIASTS

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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

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.

2.2 REFERENCES

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.

2.3 PROBLEM STATEMENT DEFINITION

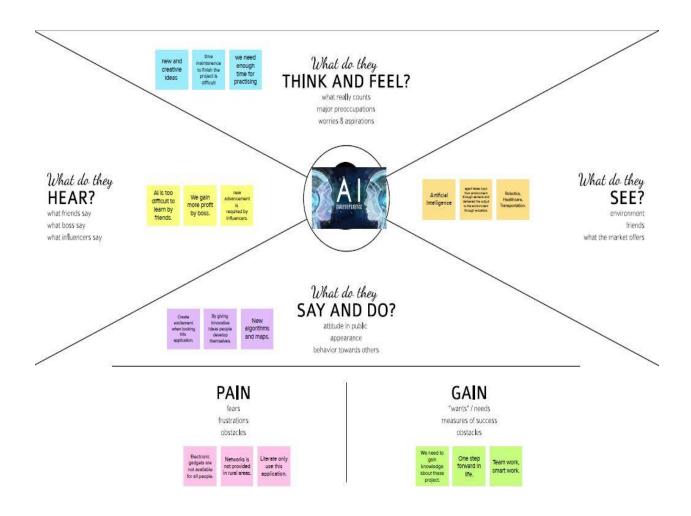
Due to change in food habits people do not get aware of food items. Our project is to get details about food nutritions, carbohydrate, protein and fat. Nutritional awareness is also related to knowledge of the interrelationships

between nutritional matters and human life, which may have an effect on a person's life.

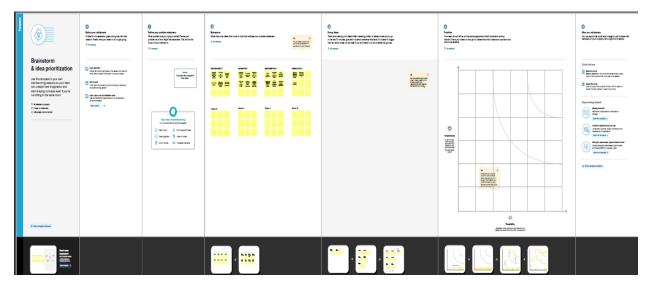
The World Health Organisation(WHO) data reveals that more than 60% of world's population is not physically active enough to induce health benefits.

3. IDEATION & PROPOSED SOLUTION

3.1 EMPATHY MAP CANVAS



3.2 IDEATION &BRAINSTORMING

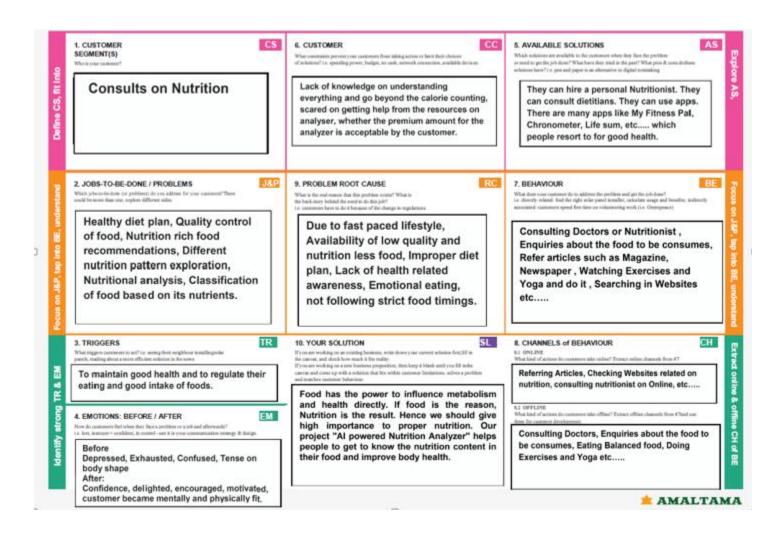


3.3 PROPOSED SOLUTION

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, Fibres, Protein, Calories, etc.).

3.4 PROBLEM SOLUTION FIT



4.REQUIREMENT ANALYSIS

4.1 FUNCTIONAL REQUIREMENTS

FR	FUNCTIONAL	SUB REQUIREMENT
NO.	REQUIREMENTS(EPIC)	(STORY/SUBTASK)

FR-1	USER REGISTRATION	 Registration through Gmail Registration through Mobile Number Registration through Face-book 		
FR-2	USER CONFIRMATION	Confirmation via EmailConfirmation via OTP		
FR-3	USER DETAILS	Age Food Height Recipe Weight Added Ingredients Diseases if any Age Conditions if any Allergies if any		
FR-4	USER REQUIREMENTS	 The user simply inputs your recipe ingredients and amounts. The software will instantly produce an accurate readout of your dish in terms of nutritional analysis in a readable format that consumers are familiar with. With already given details the system can alert the consumer if any content of their allergies ,it can alert the consumer 		

4.2 NON FUNCTIONAL REQUIREMENTS

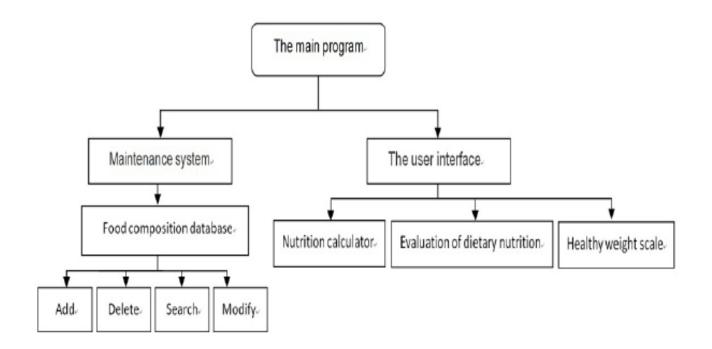
FR.NO	NON-FUNCTIONAL	DESCIPTION
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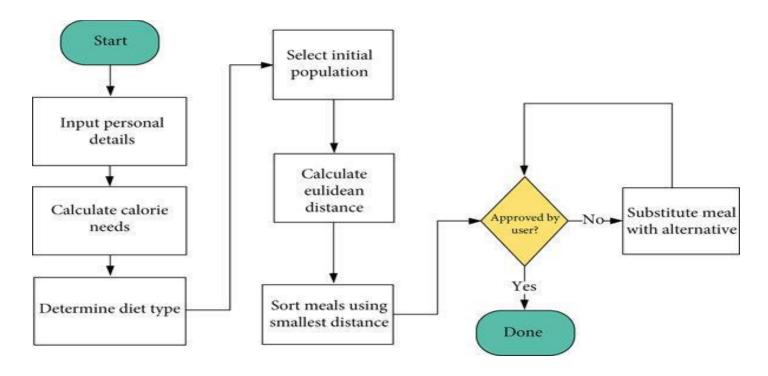
	REQUIREMENTS	
NFR-1	USABILITY	 No training is required to access the Nutrition Analyzer. The results should be loaded within 30 seconds. It should be user friendly and comfortable. It should be simple and easy to use. The results should be self explanatory so that
NFR-2	SECURITY	 it can be understood by common people. AI powered nutrition analyzer for fitness should contain more security in which our data which entered or maintained should be more security. With the help of the username and password it provides more security in which it can access more securable and the data are private. It should be social-economic which should access to sufficient and safe to use.
		 It is Important that the AI powered nutrition analyzer for fitness provides should Must reliable. How a person can find it is reliable? It is easy to find that is he/she can compare the nutrition based food with other nutrition related application so, it can easily rectify whether it is reliable or not. But it take too much time, to avoid this a reliable application should made in which it itself produces whether we can get correct solution or not. So, it is necessary that the AI powered nutrition analyzer for fitness should have proper data and information in which we can get a correct information about it and also get a proper guidance about it. With the proper guideness and proper information in which we can get a nutrition properly and we can have get a proper fitness

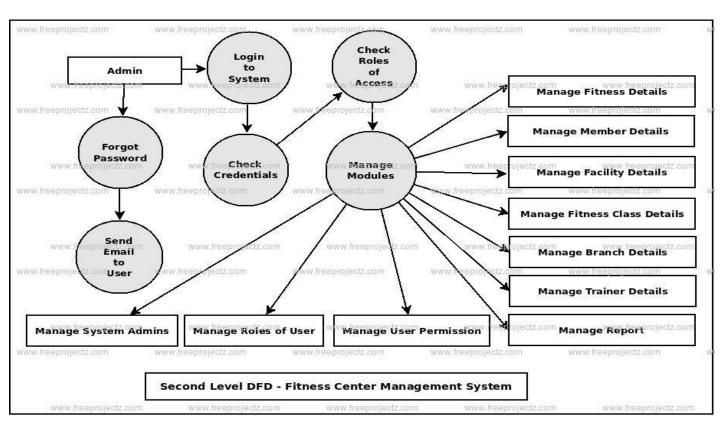
NFR-3	RELIABILITY	❖ It should also provides the information on nutrition and health which it should prevent from health information on diseases, health risks and prevention guidelines. It should also provides an extension a research based online learning network with several resource areas, so it provides more reliability in that area. For more reliable it can also contains the calorie information, balanced diet plans, what type food can consumed at what time etc So, by this way it can reliable.
NFR-4	PERFORMANCE	 It should provide more number of users to consume at any time and at any place. It should provide Reliability, Scalability, Security and Usability. It should contain minimum data while overpaging the websites or application and it is necessary that it should not exceed more than 20mb. While consuming the page it should provide the response as much as possible without any delay or time traffic. The connection should e properly maintained so that it can use while travelling or in remote places. The nutritious food to meet their dietary needs and the food preferences for an active and healthy life. It should be consistently access, availability and affordability of foods and beverages that promote well-being and prevent from diseases. It should suitable in all situations that exists to all people, at all times.
NFR-5	AVAILABILITY	 Easy to access Data. Avoids Data redundancy and inconsistency. Fast and Efficient. User Friendly.
		❖ The architecture for AI powered Nutrition Analyzer for fitness provides the clear procedure daily consumption of food and helps the user to maintain a healthy diet.

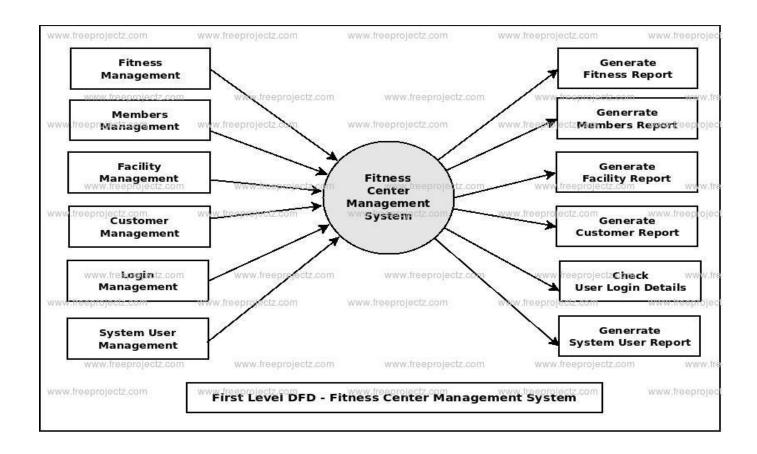
NFR-6	SCALABILITY	 According to their tracking system implemented in architecture provide the proper mechanism to the every individual of their nutrients intake which can be increased or decreased. The premium amount for analyzer is very much optimum.
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5.PROJECT DESIGN5.1 DATA FLOW DIAGRAMS

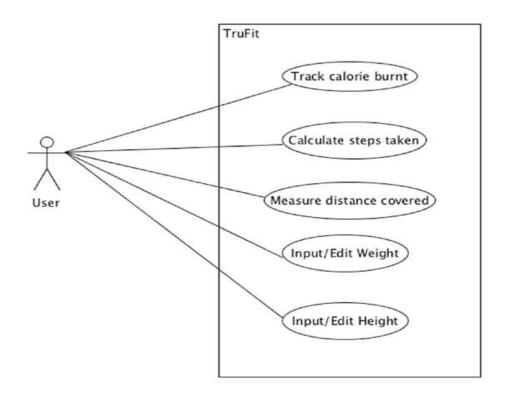


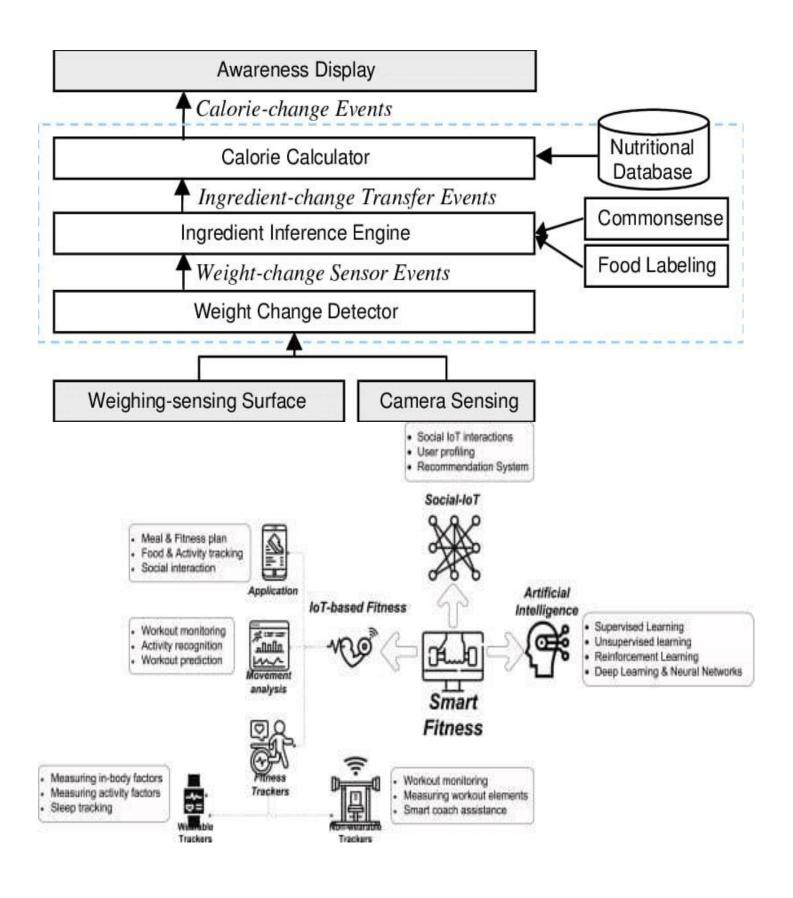




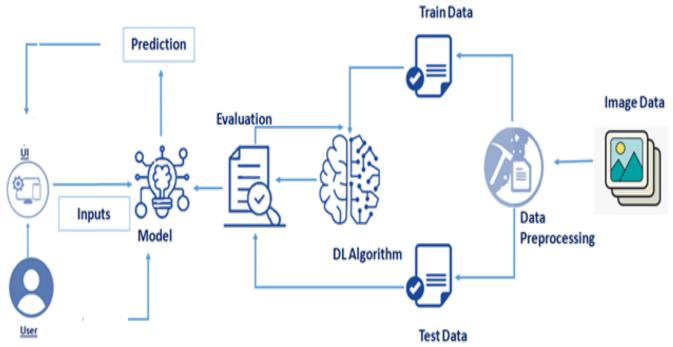


5.2 SOLUTION & TECHNICAL ARCHITECTURE









S.NO	COMPONENT	DESCRIPTION	TECHNOLOGY
1.	User Interface	Predicts the user interaction with Application	HTML, CSS, Javascript
2.	Application Logic-1	A fitness tool is used for analysing the nutrient	Python
3.	Application Logic-2	IBM Watson Health is a digital tool that helps the healthcare services through AI	IBM Watson STT service
4.	Database	Datatype, Configurations, Data, etc.,	MSSQL
5.	Cloud Database	Cloud Database Service	IBM DB2, IBM Cloudant
6.	Notification	Nutrition notification will be Sent from the server	Grid
7.	File Storage	File storage requirements	IBM Block Storage or Other Storage Services
8.	External API	External API is used in the Application	IBM Weather API, Aadhar API
9.	Machine Learning Model	Detect and identify the image and objects	Python Colab
10.	Infrastructure (Server / Cloud)	Application Deployment, Local Server Configuration, Cloud Server Configuration	Local, Cloud Foundry, Kubernetes, etc.,

APPLICATION CHARACTERISTICS

S.No 1.	Characteristics Open-Source Frameworks	Description Flask framework	Technology Artificial Intelligence
2.	Security Implementations	Request authentication, Security controls ,etc.,	Encryption, firewalls
3.	Scalable Architecture	Supports high workloads	Artificial Intelligence
4.	Availability	Use of load, distributed Servers	Artificial Intelligence
5.	Performance	The application predicts the image up to 6000 per second	Artificial Intelligence

5.3 USER STORIES

User Type	Functional Requirement (Epic)	User Story Number	User Story / Task	Acceptance criteria	Priority	Release
Customer (Mobile user)	Registration	USN-1	I may sign up for the programme as a user by providing my email address, a password, and a password confirmation.	I can login my dashboard or account.	High	Sprint-1
	Login	USN-2	When I register for the application as a user, I will get a confirmation email.	When I register for the application as a user, I will get a confirmation email.	High	Sprint-1
	Registration	USN-3	I may sign up for the application as a user through Facebook.	I may use Facebook to sign up and view the dashboard.	Low	Sprint-2
	Registration	USN-4	I may sign up for the application as a user using Gmail.	I can sign up via mail.	Medium	Sprint-1
	Login	USN-5	I may access the application as a user by providing my email address and password.	I have continuous access to the website as a user.	High	Sprint-1
	Access	USN-6	As a user I can give access to camera	I can give access	Medium	Sprint-1
	Webpage	USN-7	As a user I can upload the input fruit image tothe website	I can upload the images	High	Sprint-2
	Calorie Tracker	USN-8	As a user, I have the option of manually entering my food consumption or five daily camera picture captures.	Every day, my food consumption is calculated and analysed.	Medium	Sprint-2
	Diet Plan	USN-9	I, as a user, am able to create my own diet plan using the vital components provided.	The AI model determines if my food has the necessary amounts of nutrients	Low	Sprint-3
Customer (Web user)	Registration	USN-10	I may sign up for the programme as a user by providing my email address, a password, and a password confirmation.	I can login my account ordashboard	High	Sprint-3
Customer Care Executive	Solving customerqueries	USN-11	In the event that the application was unsuccessful, I should be able to contact customer service for assistance.	I can get suggestions & replies from it.	Medium	Sprint-2

Administrator	Database	US-12	I can manage all the user data & picture	I can give numerous	High	Sprint-4
	maintenance		datasets collected by the Al model in my	assurances on user		
			capacity as an administrator	security and data		
				safetv.		

6. PROJECT PLANNING & SCHEDULING

6.1 SPRINT PLANNING & ESTIMATION

Sprint	Functio nal Requirem ent(Epic)	User Story Numbe r	User Story/ Task	Story Points	Prio rity	Team Member
Sprint-1		USN-0	As a developer I have to collect different type of data supporting the model	5	High	Manjuladevi T
Sprint-1		USN-1	As a user, I can register for the application by entering my email, password, and confirming my password	5	High	Aananthi B
Sprint-1		USN-2	As a user, I will receive confirmation email once I	5	High	Hemalatha P

			have registered for the application			
Sprint-2		USN-3	As a user, I will receive confirmation email once I have registered for the application	3	Low	Madhumitha S
Sprint-1		USN-4	As a user, I can register for the application through Gmail	3	Medi um	Manjuladevi T
Sprint-1	Login	USN-5	As a user, I can log into the application by entering email & password	5	High	Aananthi B
Sprint-2	Model Building	USN-6	As a user, I can log into the application by entering	5	High	Hemalatha P

			email & password			
Sprint-2	Main Interface	USN-7	As a user I can view my calorie intake by clicking photo of the food I eat	5	High	Madhumitha S
Sprint-2	Package, Dashboa rd	USN-8	As a user I can choose variety of packages based on my requirement	4	Medi um	Manjuladevi T
Sprint-3	Diet plan for free users	USN-9	As a dietitian I provide daily plans for the betterment of the user	5	High	Aananthi B
Sprint-3	Personali zed food habit- based diet plan for premium users	USN- 10	As a Premium User, I can choose to follow diet plan based on my food habits or the generalized one	3	Medi um	Hemalatha P

Sprint-2	User image analysis	USN- 11	As a user I can track my calorie intake, and know about my food in detail	5	High	Madhumitha S
Sprint-3	Improve efficienc y of AI model	-	As a developer I have to give a better model that will analyse food precisely and provide accurate results	3	Medi um	Manjuladevi T
Sprint-2	User Analysis record	USN- 12	As a user, I can check the previous records and I can analyse my food habits	4	Medi um	Aananthi B
Sprint-4	Fitness tips and basic exercises	USN- 13	As a user I can follow some fitness tips and I can maintain	5	Medi um	Hemalatha P

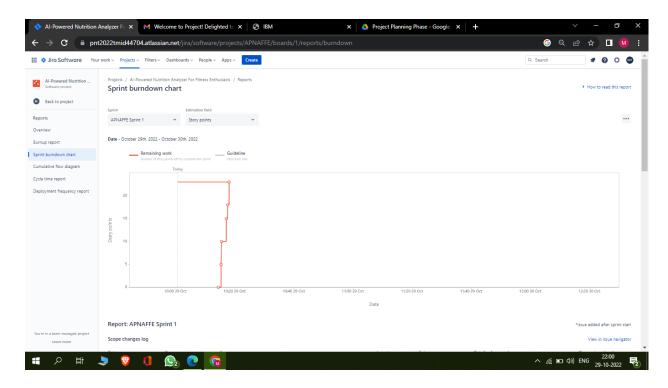
			weight as required			
Sprint-4	Home remedies	USN- 14	As a user I can follow some natural home remedies for common diseases like (cold, cough, fever) and treat myself	5	High	Madhumitha S
Sprint-4	Optimize the user experien ce with the app		As a developer I have to provide clean and smooth interface to my user	5	High	Manjuladevi T
Sprint-4	Payment Gateway for purchasi ng package		As a developer I have to create a environment which makes user feel ease to complete his/her Payments with various	3	Medi um	Aananthi B

	Payment		
	options		

6.2 SPRINT DELIVERY SCHEDULE

Sprint	Total Story Points	Duration	Sprint Start Date	Sprint End Date (Planned)	Story Points Completed (as on Planned End Date)	Sprint Release Date (Actual)
Sprint-1	20 ADD	6Days	21-Oct - 2022	29-Oct- 2022	23	28-Oct-2022
Sprint-2	20	6Days	31-Oct - 2022	05-Nov- 2022	26	04-Nov-2022
Sprint-3	20	6Days	07-Nov- 2022	12-Nov- 2022	11	11-Nov-2022
Sprint-4	20	6Days	14-Nov- 2022	19-Nov- 2022	18	17-Nov-2022

6.3 REPORTS FROM JIRA



7. CODING & SOLUTIONING

7.1 FEATURE-1

App.py

-- coding: utf-8 --

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Created on Fri Nov 4 14:19:28 2022

@author: Mr...Vs..99

** ** **

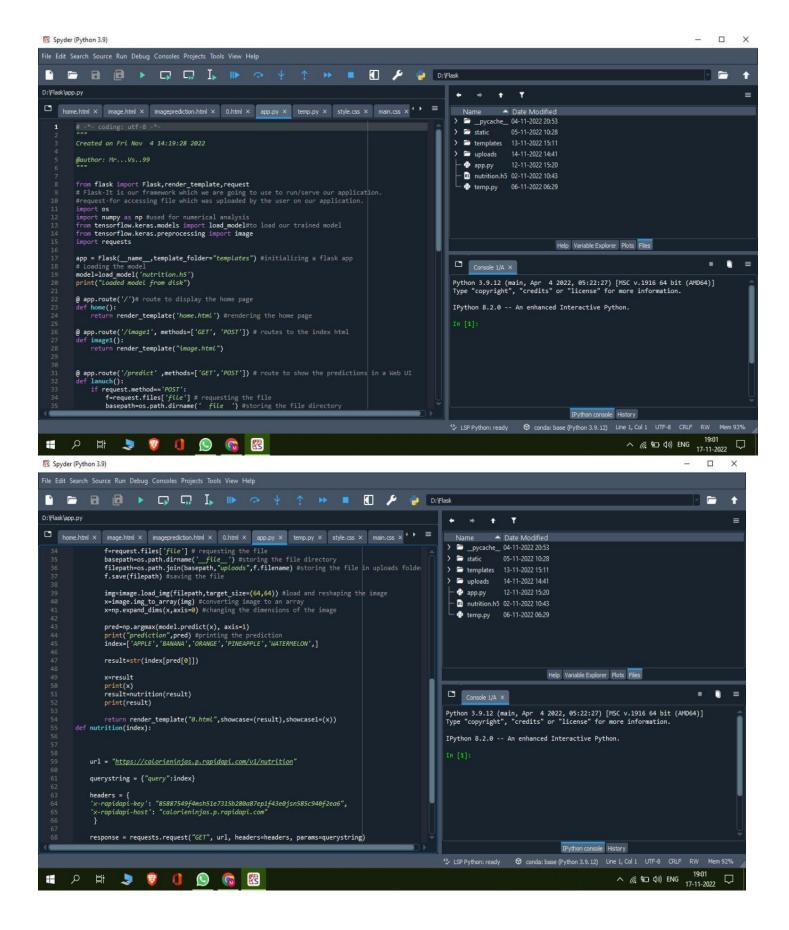
 $from\ flask\ import\ Flask, render_template, request$

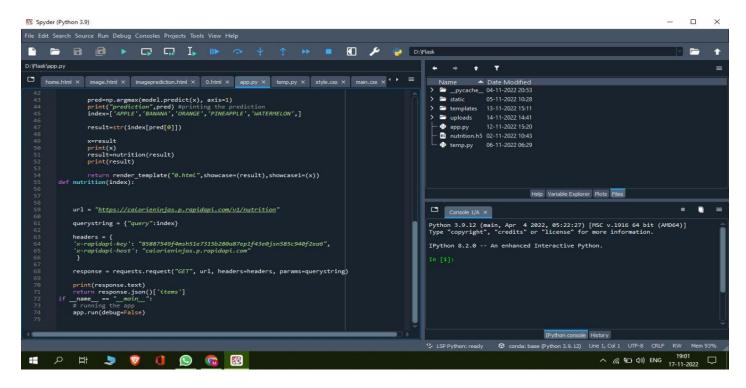
Flask-It is our framework which we are going to use to run/serve our application.

```
#request-for accessing file which was uploaded by the user on our application.
import os
import numpy as np #used for numerical analysis
from tensorflow.keras.models import load model#to load our trained model
from tensorflow.keras.preprocessing import image
import requests
app = Flask(_name_,template_folder="templates") #initializing a flask app
# Loading the model
model=load model('nutrition.h5')
print("Loaded model from disk")
@ app.route('/')# route to display the home page
def home():
  return render template('home.html') #rendering the home page
@ app.route('/image1', methods=['GET', 'POST']) # routes to the index html
def image1():
  return render_template("image.html")
@ app.route('/predict',methods=['GET','POST']) # route to show the predictions in a Web UI
def lanuch():
  if request.method=='POST':
```

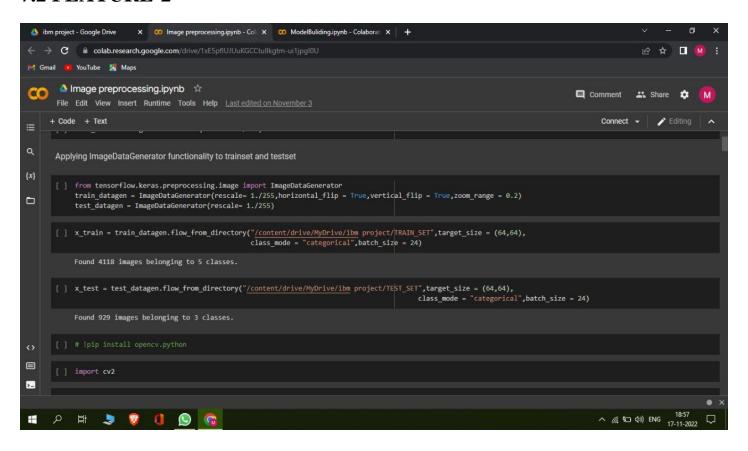
```
f=request.files['file'] # requesting the file
    basepath=os.path.dirname('_file_') #storing the file directory
    filepath=os.path.join(basepath,"uploads",f.filename) #storing the file in uploads folder
    f.save(filepath) #saving the file
    img=image.load_img(filepath,target_size=(64,64)) #load and reshaping the image
    x=image.img_to_array(img) #converting image to an array
    x=np.expand_dims(x,axis=0) #changing the dimensions of the image
     pred=np.argmax(model.predict(x), axis=1)
    print("prediction",pred) #printing the prediction
    index=['APPLE','BANANA','ORANGE','PINEAPPLE','WATERMELON',]
    result=str(index[pred[0]])
    x=result
    print(x)
    result=nutrition(result)
    print(result)
    return render_template("0.html",showcase=(result),showcase1=(x))
def nutrition(index):
```

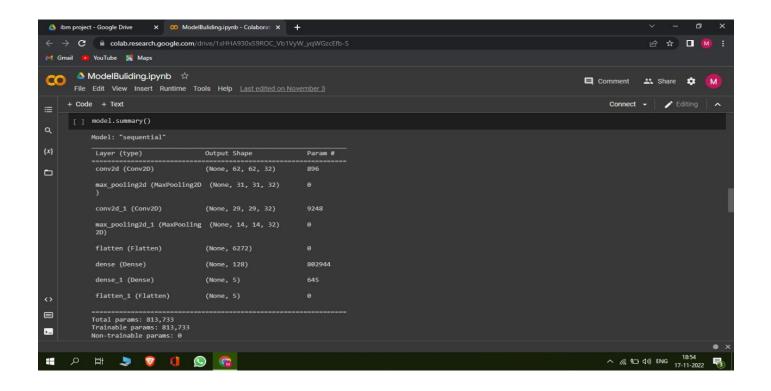
```
url = "https://calorieninjas.p.rapidapi.com/v1/nutrition"
  querystring = {"query":index}
  headers = {
      'x-rapidapi-key': "85887549f4msh51e7315b280a87ep1f43e0jsn585c940f2ea6",
      'x-rapidapi-host': "calorieninjas.p.rapidapi.com"
   }
  response = requests.request("GET", url, headers=headers, params=querystring)
  print(response.text)
  return response.json()['items']
if _name_ == "_main_":
  # running the app
  app.run(debug=False)
```

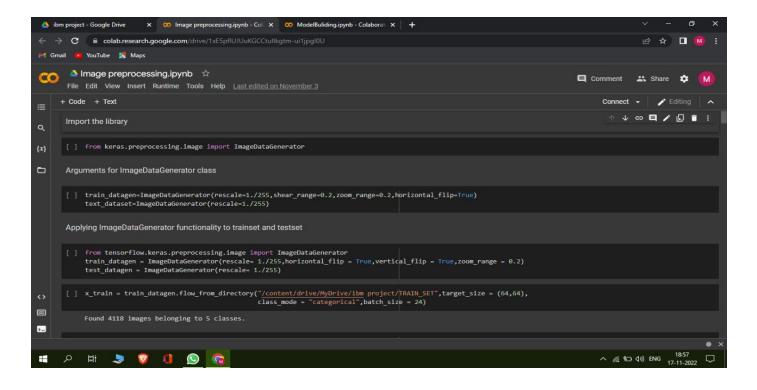


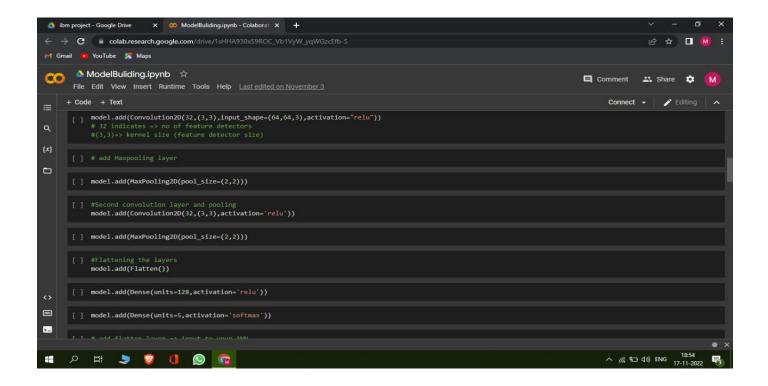


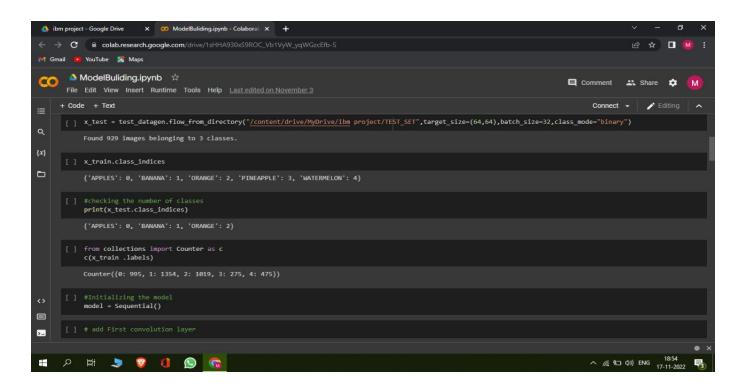
7.2 FEATURE-2

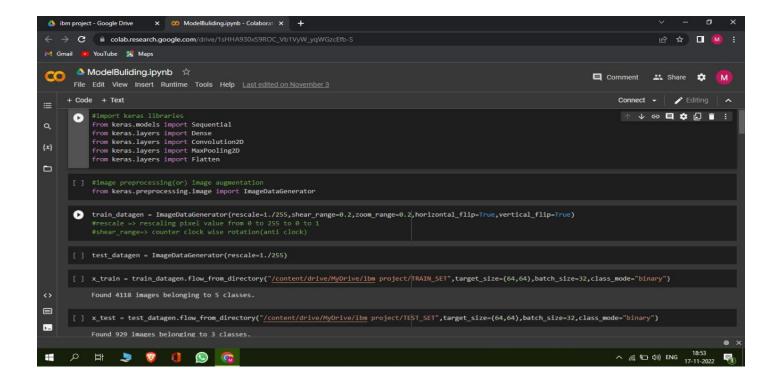






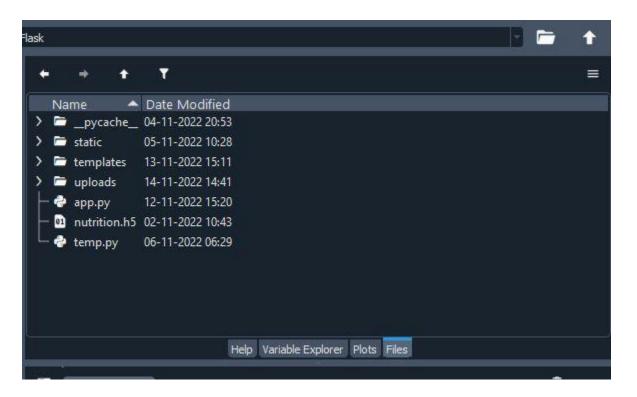






8. TESTING

8.1 TEST CASE





8.2 USER ACCEPTENCE TESTING

1. PURPOSE OF DOCUMENT

The purpose of this document is to briefly explain the test coverage and open issues of the [AI-Powered Nutrition Analyzer For Fitness Euthusiasts] project at the time of the release to User Acceptance Testing (UAT).

2. DEFECT ANALYSIS

➤ This report shows the number of resolved or closed bugs at each severity level, and how they were resolved

Resolution	Severity-1	Severity-2	Severity-3	Severity-4	Subtotal
By Design	0	0	1	0	1
Duplicate	1	3	2	2	8
External	2	3	0	0	5

Fixed	4	4	4	4	16
Not		0	0	1	1
Reproduced	0				
Skipped	0	0	0	0	0
Won't Fix	0	0	0	0	0
Totals	7	10	7	7	31

3. TEST CASE ANALYSIS

> This report shows the number of test cases that have passed, failed, and untested

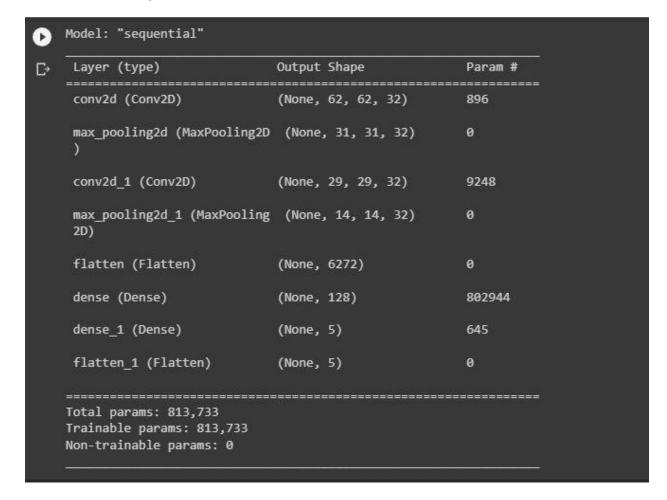
Section	Total Cases	Not Tested	Fail	Pass
Print Engine	5	0	0	5
Client Application	5	0	0	5
Security	5	0	0	5
Outsource shipping	5	0	0	5
Exception Reporting	5	0	0	5
Final Report Output	5	0	0	5
Version Control	5	0	0	5

9. RESULTS

9.1 PERFORMANCE METRICS

S.NO	Parameter	values	Scree	enshot												
1	Model	Total	0	Model: "sequential"												
	summary	params : 813,733	D→	Layer (type)	Output Shape	Param #										
		Trainable	ž.	conv2d (Conv2D)	(None, 62, 62, 32)	896										
		813,733	•	813,733	813,733	813,733	813,733	813,733	813,733	813,733	813,733	-		<pre>max_pooling2d (MaxPooling2D)</pre>	(None, 31, 31, 32)	0
		trainable		conv2d_1 (Conv2D)	(None, 29, 29, 32)	9248										
		params: 0		<pre>max_pooling2d_1 (MaxPooling 2D)</pre>	(None, 14, 14, 32)	0										
				flatten (Flatten)	(None, 6272)	0										
				dense (Dense)	(None, 128)	802944										
				dense_1 (Dense)	(None, 5)	645										
				flatten_1 (Flatten)	(None, 5)	0										
2	Accuracy	Training Accuracy – 96.55 Validation Accuracy- 97.45	model. [- /usr/lic	9 [======] - 2459: 195/step - loss: -0.6 2/20 9 [=====] - 36s 277ms/step - loss: -1.6 3/20 9 [=====] - 35s 268ms/step - loss: -8.7 4/20 9 [====] - 36s 281ms/step - loss: -17. 5/20 9 [====] - 36s 282ms/step - loss: -45. 6/20 9 [=====] - 36s 277ms/step - loss: -45. 6/20 9 [=====] - 36s 277ms/step - loss: -45. 6/20 9 [=====] - 36s 281ms/step - loss: -45. 6/20 9 [=====] - 36s 281ms/step - loss: -62. 6/20 9 [=====] - 36s 281ms/step - loss: -10. 11/20 9 [=====] - 36s 278ms/step - loss: -13. 11/20 9 [=====] - 35s 269ms/step - loss: -16. 13/20 9 [=====] - 36s 278ms/step - loss: -16. 13/20 9 [=====] - 36s 279ms/step - loss: -25. 15/20 9 [=====] - 36s 279ms/step - loss: -25. 15/20 9 [======] - 36s 279ms/step - loss: -25. 15/20 9 [======] - 36s 279ms/step - loss: -25. 15/20 9 [======] - 36s 279ms/step - loss: -25. 13/20 9 [=======] - 36s 279ms/step - loss: -25. 13/20 9 [=======] - 36s 279ms/step - loss: -25. 13/20 9 [=======] - 36s 279ms/step - loss: -25. 13/20 9 [=======] - 36s 279ms/step - loss: -25. 13/20 9 [========] - 36s 279ms/step - loss: -25. 13/20 9 [=======] - 36s 279ms/step - loss: -25. 13/20 9 [=======] - 36s 279ms/step - loss: -25. 13/20 9 [=======] - 36s 278ms/step - loss: -25. 13/20 9 [=======] - 36s 278ms/step - loss: -25. 13/20 9 [=======] - 36s 278ms/step - loss: -25. 13/20 9 [=======] - 36s 278ms/step - loss: -25. 13/20 9 [=======] - 36s 278ms/step - loss: -25. 13/20 9 [=======] - 36s 278ms/step - loss: -25. 13/20 9 [========] - 36s 278ms/step - loss: -25. 13/20 9 [========] - 36s 278ms/step - loss: -25. 13/20 9 [====================================	arning: 'Model.fit_generator' is deprecated and will be 8526 - accuracy: 0.3273 - val_loss: 0.1126 - val_accurac 8746 - accuracy: 0.3288 - val_loss: 0.2155 - val_accurac 7866 - accuracy: 0.3288 - val_loss: 0.5095 - val_accurac 78767 - accuracy: 0.3288 - val_loss: 0.9337 - val_accurac 87764 - accuracy: 0.3288 - val_loss: 1.4811 - val_accurac 87764 - accuracy: 0.3288 - val_loss: 2.1422 - val_accurac 87764 - accuracy: 0.3288 - val_loss: 2.1420 - val_accurac 87764 - accuracy: 0.3288 - val_loss: 3.7855 - val_accurac 87764 - accuracy: 0.3288 - val_loss: 3.7855 - val_accurac 87764 - accuracy: 0.3288 - val_loss: 4.7640 - val_accurac 87764 - accuracy: 0.3288 - val_loss: 5.8398 - val_accurac 877766 - accuracy: 0.3288 - val_loss: 1.4640 - val_accurac 8777682 - accuracy: 0.3288 - val_loss: 11.00088 - val_accurac 8777682 - accuracy: 0.3288 - val_loss: 11.00088 - val_accurac 8777682 - accuracy: 0.3288 - val_loss: 11.00088 - val_accurac 8777682 - accuracy: 0.3288 - val_loss: 11.00088 - val_accurac 8777683 - accuracy: 0.3288 - val_loss: 11.00088 - val_accurac 8777683 - accuracy: 0.3288 - val_loss: 11.00088 - val_accurac 8777683 - accuracy: 0.3288 - val_loss: 11.00088 - val_accurac 8777683 - accuracy: 0.3288 - val_loss: 11.00088 - val_accurac 8777683 - accuracy: 0.3288 - val_loss: 11.00088 - val_accurac 87777683 - accuracy: 0.3288 - val_loss: 11.00088 - val_accurac 877777777777777777777777777777777777	cy: 0.4467										
			Epoch 2 129/129	9 [======] - 35s 267ms/step - loss: -46i 20/28 9 [=====] - 34s 265ms/step - loss: -50i .callbacks.History at 9x7f5c66ea6f50>												

Model Summary

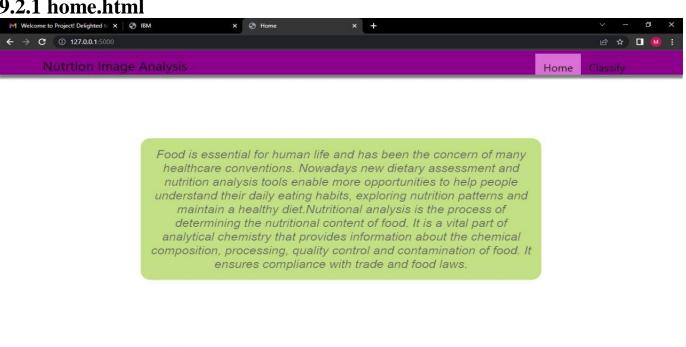


Accuracy

```
model.fit generator(x train.steps per epoch=len(x train), validation data=x test, validation steps=len(x test), epochs= 20)
/usr/local/lib/python3.7/dist-packages/ipykernel_launcher.py:1: UserWarning: 'Model.fit_generator' is deprecated and will be removed in a future version. Please use 'Model.fit', which supports generat
 129/129 [==
Epoch 3/20
129/129 [==
Epoch 4/20
              Epoch 4/20
129/129 [=
Epoch 5/20
 129/129 [==
Epoch 6/20
                          ========] - 36s 282ms/step - loss: -29.8704 - accuracy: 0.3288 - val loss: 1.4811 - val accuracy: 0.4467
                           :=======] - 36s 277ms/step - loss: -45.0273 - accuracy: 0.3288 - val_loss: 2.1422 - val_accuracy: 0.4467
                                ===] - 35s 269ms/step - loss: -62.9152 - accuracy: 0.3288 - val_loss: 2.9106 - val_accuracy: 0.4467
                                            ms/step - loss: -83.5868 - accuracy: 0.3288 - val_loss: 3.7855 - val_accuracy: 0.4467
 Epoch 9/20
129/129 [====
                    Epoch 10/20
129/129 [====
Epoch 11/20
129/129 [====
Epoch 12/20
129/129 [====
Epoch 13/20
                                     35s 269ms/step - loss: -190.6966 - accuracy: 0.3288 - val_loss: 8.2454 - val_accuracy: 0.4467
 129/129 [===
Epoch 14/20
                          ========] - 36s 279ms/step - loss: -223.1146 - accuracy: 0.3288 - val loss: 9.6145 - val accuracy: 0.4467
                                     36s 280ms/step - loss: -257.9082 - accuracy: 0.3288 - val loss: 11.0088 - val accuracy: 0.4467
                                     34s 266ms/step - loss: -333.2441 - accuracy: 0.3288 - val_loss: 14.1130 - val_accuracy: 0.4467
129/129 [===
Epoch 17/20
129/129 [===
Epoch 18/20
129/129 [===
Epoch 19/20
                          ========1 - 36s 279ms/step - loss: -374.0325 - accuracy: 0.3288 - val loss: 15.7641 - val accuracy: 0.4467
 Epoch 19/20
129/129 [===
Epoch 20/20
```

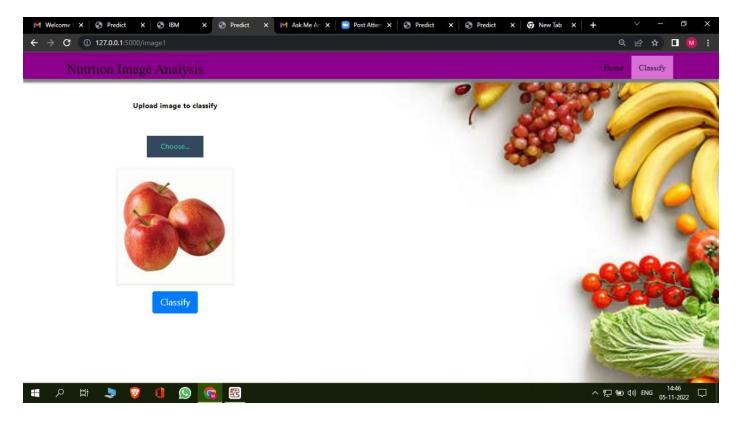
9.2 OUTPUTS

9.2.1 home.html

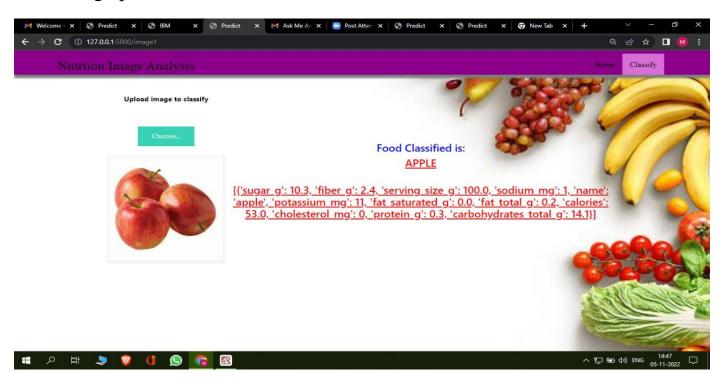


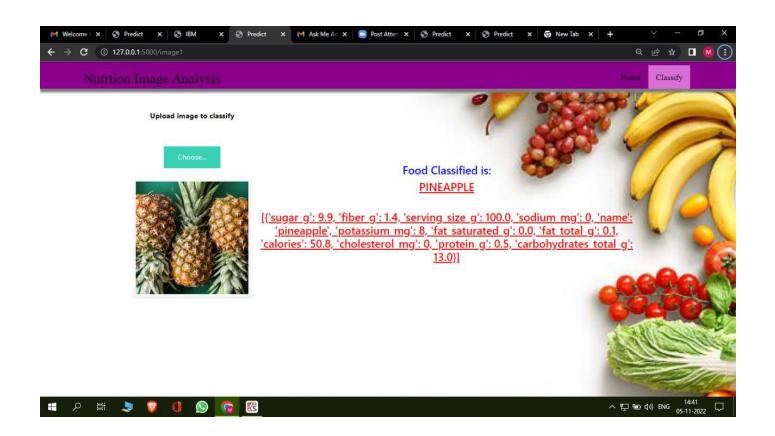
9.2.2. image.html

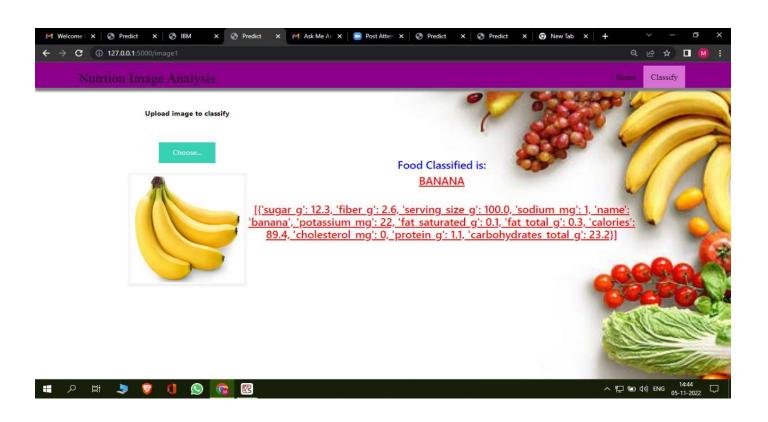
へ [D 🖃 (が) ENG 12:12 05-11-2022

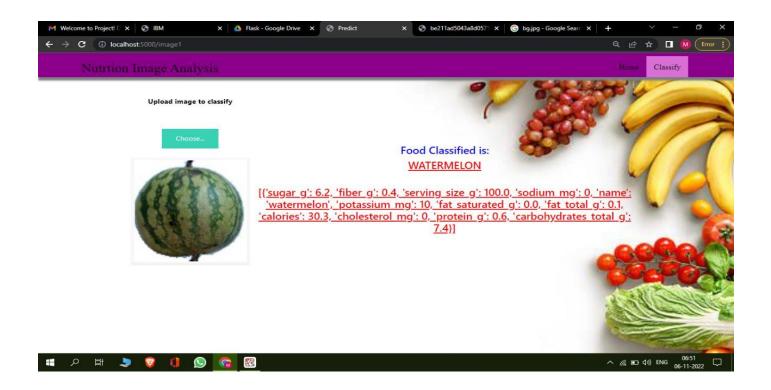


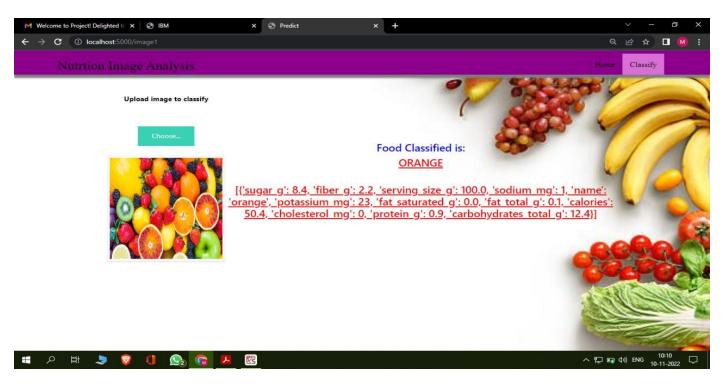
9.2.3.image prediction.html











10. ADVANTAGESD & DISADVANTAGES

10.1 ADVANTAGES

- > Picture of body identifying benefits of healthy eating for adults.
 - ❖ May help you live longer.

- * Keeps skin, teeth, and eyes healthy.
- **Supports muscles.**
- ❖ Boosts immunity.
- **Strengthens bones.**
- ❖ Lowers risk of heart disease, type 2 diabetes, and some cancers.
- Supports healthy pregnancies and breastfeeding.

10.2 DISADVANTAGES

- These unhealthy eating habits can affect our nutrient intake, including energy (or <u>kilojoules</u>) protein, carbohydrates, essential fatty acids, vitamins and minerals as well as fibre and fluid.
 - ❖ Being overweight
 - Tooth decay
 - High blood pressure
 - Highcholesterol
 - ❖ Heart disease and stroke
 - ❖ Type-2 diabetes

11. CONCLUSION

➤ Good nutrition promotes not only better physical health and reduced susceptibility to disease, but has also been demonstrated to contribute to cognitive development and academic success. Left to their own devices, children will not automatically select healthy foods.

12. FUTURE SCOPE

- ➤ Mindful Eating and Food as Medicine:
 - ❖ The distinction between food and supplements blur as functionalities, such as immune support or gut health, become a priority for consumers.
- ➤ Plant-Based Eating and Alternative Proteins:
 - Plant-based products accelerated this past year due to demand for healthy food options during the pandemic
- > From Farm to Fork: Food Tech, Origins and Security:

❖ Demand for sourcing transparency combined with unprecedented investment in tech is advancing the ability to trace food from production to consumption.

13. APPENDIX

13.1 SOURCE CODE

APP.PY

```
# -- coding: utf-8 --
"""

Created on Fri Nov 4 14:19:28 2022

@author: Mr...Vs..99
```

from flask import Flask,render_template,request

Flask-It is our framework which we are going to use to run/serve our application.

#request-for accessing file which was uploaded by the user on our application.

import os

import numpy as np #used for numerical analysis

from tensorflow.keras.models import load_model#to load our trained model

from tensorflow.keras.preprocessing import image

import requests

```
app = Flask(_name_,template_folder="templates") #initializing a flask app
# Loading the model
model=load_model('nutrition.h5')
```

```
print("Loaded model from disk")
@ app.route('/')# route to display the home page
def home():
  return render template('home.html') #rendering the home page
@ app.route('/image1', methods=['GET', 'POST']) # routes to the index html
def image1():
  return render_template("image.html")
@ app.route('/predict',methods=['GET','POST']) # route to show the predictions in a Web UI
def lanuch():
  if request.method=='POST':
     f=request.files['file'] # requesting the file
    basepath=os.path.dirname('_file_') #storing the file directory
    filepath=os.path.join(basepath,"uploads",f.filename) #storing the file in uploads folder
    f.save(filepath) #saving the file
    img=image.load_img(filepath,target_size=(64,64)) #load and reshaping the image
     x=image.img_to_array(img) #converting image to an array
    x=np.expand_dims(x,axis=0) #changing the dimensions of the image
    pred=np.argmax(model.predict(x), axis=1)
```

```
print("prediction",pred) #printing the prediction
    index=['APPLE','BANANA','ORANGE','PINEAPPLE','WATERMELON',]
    result=str(index[pred[0]])
    x=result
    print(x)
    result=nutrition(result)
    print(result)
    return render_template("0.html",showcase=(result),showcase1=(x))
def nutrition(index):
  url = "https://calorieninjas.p.rapidapi.com/v1/nutrition"
  querystring = {"query":index}
  headers = {
      'x-rapidapi-key': "85887549f4msh51e7315b280a87ep1f43e0jsn585c940f2ea6",
      'x-rapidapi-host': "calorieninjas.p.rapidapi.com"
   }
```

```
response = requests.request("GET", url, headers=headers, params=querystring)
  print(response.text)
  return response.json()['items']
if name == " main ":
  # running the app
  app.run(debug=False)
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 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>
```

body

{

```
background-image: url("https://www.livingproofnyc.com/wp-
content/themes/livingproof/assets/img/hero-background.jpg");
  background-size: cover;
}
.bar
margin: 0px;
padding:20px;
background-color:white;
opacity:0.6;
color:black;
font-family: 'Roboto', sans-serif;
font-style: italic;
border-radius:20px;
font-size:25px;
}
h3
{
margin: 0px;
padding:20px;
background-color:#9ACD32;
width: 800px;
opacity:0.6;
color:#000000;
font-family: 'Roboto', sans-serif;
```

```
font-style: italic;
border-radius:20px;
font-size:25px;
}
a
color:grey;
float:right;
text-decoration:none;
font-style:normal;
padding-right:20px;
}
a:hover{
background-color:black;
color:white;
border-radius:15px;0
font-size:30px;
padding-left:10px;
}
.div1{
 background-color: lightgrey;
 width: 500px;
 border: 10px solid peach;
 padding: 20px;
```

```
height: 500px;
}
.header {
            position: relative;
                  top:0;
                  margin:0px;
                   z-index: 1;
                  left: 0px;
                  right: 0px;
                  position: fixed;
                  background-color: #8B008B;
                  color: white;
                  box-shadow: 0px 8px 4px grey;
                   overflow: hidden;
                  padding-left:20px;
                  font-family: 'Josefin Sans'
                  font-size: 2vw;
                   width: 100%;
                  height:8%;
```

margin: 20px;

```
text-align: center;
            }
            .topnav {
 overflow: hidden;
background-color: #FCAD98;
}
.topnav-right a {
float: left;
 color: black;
 text-align: center;
 padding: 14px 16px;
text-decoration: none;
font-size: 22px;
}
.topnav-right a:hover {
background-color: #FF69B4;
color: black;
}
.topnav-right a.active {
background-color: #DA70D6;
 color: black;
```

```
.topnav-right {
 float: right;
 padding-right:100px;
}
</style>
</head>
<body>
<!--Brian Tracy-->
<div class="header">
<div style="width:50%;float:left;font-size:2vw;text-align:left;color:black; padding-</pre>
top:1%;padding-left:5%;">Nutrtion Image Analysis</div>
 <div class="topnav-right"style="padding-top:0.5%;">
  <a class="active" href="{{ url_for('home')}}">Home</a>
  <a href="{{ url_for('image1')}}">Classify</a>
 </div>
</div>
</div>
<br>>
<br/>br>
<br>>
```


br>

>

>

>

<h1>

<center>

<h3>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. It ensures compliance with trade and food laws.

</center>

</h1>

```
</body>
```

IMAGE.HTML

```
{% extends "imageprediction.html" %} {% block content %}
<div style="float:left">
<br>>
<br>>
<h5><font color="black" size="3" font-family="sans-serif"><b>Upload image to
classify</b></font></h5><br>
<div>
  <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">
  </form>
 <center> <div class="image-section" style="display:none;">
    <div class="img-preview">
       <div id="imagePreview">
       </div></center>
    </div>
```

```
<center><div>
      <button type="button" class="btn btn-primary btn-lg " id="btn-
predict">Classify</button>
   </ri>
  </div>
  <div class="loader" style="display:none;margin-left: 450px;"></div>
  <h3 id="result">
    <span><h4>Food Classified is :
< h4 > < b > < u > { showcase } } { showcase } } { showcase 1 }  < /span>
  </h3>
</div>
</div>
{% endblock %}
IMAGE PREDICTION.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>Predict</title>
  <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>
body
{
  background-image:
url("https://i.pinimg.com/originals/be/21/1a/be211ad5043a8d05757a3538bdd8f450.jpg");
  background-size: cover;
}
.bar
{
margin: 0px;
padding:20px;
background-color:white;
opacity:0.6;
color:black;
font-family: 'Roboto', sans-serif;
font-style: italic;
```

```
border-radius:20px;
font-size:25px;
}
a
{
color:grey;
float:right;
text-decoration:none;
font-style:normal;
padding-right:20px;
}
a:hover{
background-color:black;
color:white;
border-radius:15px;0
font-size:30px;
padding-left:10px;
}
.div1{
 background-color: lightgrey;
 width: 500px;
 border: 10px solid peach;
 padding: 20px;
 margin: 20px;
```

```
.header {
            position: relative;
                   top:0;
                  margin:0px;
                  z-index: 1;
                  left: 0px;
                  right: 0px;
                   position: fixed;
                  background-color: #8B008B;
                  color: white;
                  box-shadow: 0px 8px 4px grey;
                   overflow: hidden;
                   padding-left:20px;
                  font-family: 'Josefin Sans';
                  font-size: 2vw;
                   width: 100%;
                  height:8%;
                  text-align: center;
```

height: 500px;

```
.topnav {
 overflow: hidden;
 background-color: #FCAD98;
}
.topnav-right a {
float: left;
color: black;
text-align: center;
padding: 14px 16px;
text-decoration: none;
font-size: 18px;
}
.topnav-right a:hover {
background-color: #FF69B4;
color: black;
}
.topnav-right a.active {
background-color: #DA70D6;
color: black;
}
```

```
.topnav-right {
 float: right;
 padding-right:100px;
}
</style>
</head>
<body>
<div class="header">
<div style="width:50%;float:left;font-size:2vw;text-align:left;color:black; padding-</pre>
top:1%;padding-left:5%;">Nutrtion Image Analysis</div>
 <div class="topnav-right"style="padding-top:0.5%;">
  <a href="{{ url_for('home')}}">Home</a>
  <a class="active" href="{{ url_for('image1')}}}">Classify</a>
 </div>
</div>
<br>>
</div>
<div class="container">
    <center>
<div id="content" style="margin-top:2em">{% block content %}{% endblock
% }</div></center>
```

```
</div>
</body>
<footer>
  <script src="{{ url_for('static', filename='js/main.js') }}" type="text/javascript"></script>
</footer>
</html>
MAIN.CSS
img-preview {
  width: 256px;
  height: 256px;
  position: relative;
  border: 5px solid #F8F8F8;
  box-shadow: 0px 2px 4px 0px rgba(0, 0, 0, 0.1);
  margin-top: 1em;
  margin-bottom: 1em;
}
.img-preview>div {
  width: 100%;
  height: 100%;
  background-size: 256px 256px;
```

```
background-repeat: no-repeat;
  background-position: center;
}
input[type="file"] {
  display: none;
}
.upload-label{
  display: inline-block;
  padding: 12px 30px;
  background: #39D2B4;
  color: #fff;
  font-size: 1em;
  transition: all .4s;
  cursor: pointer;
}
.upload-label:hover{
  background: #34495E;
  color: #39D2B4;
}
.loader {
```

```
border: 8px solid #f3f3f3; /* Light grey */
  border-top: 8px solid #3498db; /* Blue */
  border-radius: 50%;
  width: 50px;
  height: 50px;
  animation: spin 1s linear infinite;
}
@keyframes spin {
  0% { transform: rotate(0deg); }
  100% { transform: rotate(360deg); }
}
STYLE.CSS
body{
      background-image:url(bg.jpg);
  background-size: 400% auto;
      background-repeat: no-repeat;
      background-position:center;
      color:#555;
      font-family: Arial, Helvetica, sans-serif;
      font-size:16px;
      line-height:1.6em;
      margin:0;
```

```
.container{
      width:80%;
      margin:auto;
      overflow:hidden;
}
.justify{
  text-align:justify;
  text-justify: auto;
}
.parallax {
/* The image used */
  background-image: url("doc.jpg");
/* Set a specific height */
 min-height: 750px;
/* Create the parallax scrolling effect */
 background-attachment: fixed;
 background-position: center;
 background-repeat: no-repeat;
```

```
background-size: cover;
}
html {
 scroll-behavior: smooth;
}
#section2 {
 height: 500px;
 background:;
}
div.background {
 background: url("static/bgg2.jpg");
 min-height: 5px;
background-attachment: fixed;
 background-position: center;
 background-repeat: no-repeat;
 background-size: cover;
}
#navbar{
      background-color:#fff;
      color:#333;
}
```

```
#navbar ul{
      padding:0;
      list-style: none;
}
#navbar li{
      display:inline;
}
#navbar a{
      color:#fff;
      text-decoration: none;
      font-size:18px;
      padding-right:15px;
}
#showcase{
      min-height:300px;
      margin-bottom:30px;
}
#showcase h1{
```

```
width: 100%;
      color:#333;
      font-size:40px;
      text-align: center;
      line-height: 1em;
      padding-top:10px;
}
#showcase h2{
  width: 100%;
      color:#333;
      font-size:30px;
      text-align: center;
      line-height: 1.6em;
      padding-top:10px;
}
#main{
      float:left;
      color:#fff;
      width:65%;
      padding:0 30px;
      box-sizing: border-box;
}
```

```
#sidebar{
      float:right;
      width:35%;
      background-color: #ffccc;
      color:#000;
      padding-left:10px;
      padding-right:10px;
      padding-top:1px;
      box-sizing: border-box;
}
.img-preview {
  width: 10px;
  height: 10px;
  position: relative;
  border: 5px solid #F8F8F8;
  box-shadow: 0px 2px 4px 0px rgba(0, 0, 0, 0.1);
  margin-top: 1em;
  margin-bottom: 1em;
}
.img-preview>div {
  width: 10%;
```

```
height: 10%;
  background-size: 100px 10px;
  background-repeat: no-repeat;
  background-position: center;
}
input[type="file"] {
  display: none;
}
.upload-label{
  display: inline-block;
  padding: 12px 30px;
  background: #39D2B4;
  color: #fff;
  font-size: 1em;
  transition: all .4s;
  cursor: pointer;
}
.upload-label:hover{
  background: #34495E;
  color: #39D2B4;
}
```

```
.myButton {
border: none;
 text-align: center;
 cursor: pointer;
 text-transform: uppercase;
 outline: none;
 overflow: hidden;
 position: relative;
 color: #fff;
 font-weight: 700;
 font-size: 12px;
 background-color: #ff0000;
 padding: 10px 15px;
 margin: 0 auto;
box-shadow: 0 5px 15px rgba(0,0,0,0.20);
}
.myButton span {
position: relative;
 z-index: 1;
}
.myButton:after {
```

```
content: "";
 position: absolute;
left: 0;
 top: 0;
height: 310%;
 width: 150%;
 background: #f2f2f2;
 -webkit-transition: all .5s ease-in-out;
 transition: all .5s ease-in-out;
 -webkit-transform: translateX(-98%) translateY(-25%) rotate(45deg);
 transform: translateX(-98%) translateY(-25%) rotate(45deg);
}
.myButton:hover:after {
 -webkit-transform: translateX(-9%) translateY(-25%) rotate(45deg);
transform: translateX(-9%) translateY(-25%) rotate(45deg);
}
.loader {
  border: 8px solid #f3f3f3; /* Light grey */
  border-top: 8px solid #ff0000; /* Red */
  border-radius: 50%;
  width: 50px;
  height: 50px;
```

```
animation: spin 1s linear infinite;
}
@keyframes spin {
  0% { transform: rotate(0deg); }
  100% { transform: rotate(360deg); }
}
#main-footer{
      background: #333;
      color:#fff;
      text-align: center;
      padding:1px;
      margin-top:0px;
}
@media(max-width:600px){
      #main{
            width:100%;
            float:none;
      }
      #sidebar{
            width:100%;
```

```
float:none;
      }
}
MAIN.JS
$(document).ready(function () {
  // Init
  $('.image-section').hide();
  $('.loader').hide();
  $('#result').hide();
  // Upload Preview
  function readURL(input) {
     if (input.files && input.files[0]) {
       var reader = new FileReader();
       reader.onload = function (e) {
          $('#imagePreview').css('background-image', 'url(' + e.target.result + ')');
          $('#imagePreview').hide();
          $('#imagePreview').fadeIn(650);
        }
       reader.readAsDataURL(input.files[0]);
```

```
}
$("#imageUpload").change(function () {
  $('.image-section').show();
  $('#btn-predict').show();
  $('#result').text(");
  $('#result').hide();
  readURL(this);
});
// Predict
$('#btn-predict').click(function () {
  var form_data = new FormData($('#upload-file')[0]);
  // Show loading animation
  $(this).hide();
  $('.loader').show();
  // Make prediction by calling api /predict
  $.ajax({
     type: 'POST',
     url: '/predict',
     data: form_data,
```

```
contentType: false,
       cache: false,
       processData: false,
       async: true,
       success: function (data) {
          // Get and display the result
          $('.loader').hide();
          $('#result').fadeIn(600);
          $('#result').html(data);
          console.log('Success!');
       },
     });
  });
});
```

GITHUB

https://github.com/IBM-EPBL/IBM-Project-42762-1660708736

PROJECT DEMO LINK

https://drive.google.com/file/d/1nS2W1IAD6AExQqmvprEjBWEAXSq32ghB/view?usp=sharing