Nutrition Assistant Application

A NALAIYA THIRAN PROJECT REPORT

SUBMITTED BY

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1. INTRODUCTION

Diet and nutrition app is a type of nutrition tracking app that helps users lose weight, be healthy, and get stronger. There are different nutrition apps, including a calorie counter, diet trackers, nutrition planner apps, and marketplace platforms that connect users and nutrition coaches. The nutrition and diet planner app is becoming popular among users because of its great usability and amazing convenience

1.1 Project Overview:

Nutrition Assistant Application aims at building a web App that automatically estimates food attributes such as ingredients and nutritional value by classifying the input image of food. It helps to plan and prepare nutritious meals for people who need them. It may also be responsible for educating patients about healthy eating habits. Our method employs Clarifai's Al-Driven Food Detection Model for accurate food identification and Food API's to give the nutritional value of the identified food. User interacts with the Web App to Load an image. The image is passed to the server application, which uses Clarifai's Al-Driven Food Detection Model Service to analyze the images and Nutrition API to provide nutritional information about the analyzed Image. Nutritional information of the analyzed image is returned to the app for display

A web based tool is being planned for therapeutic nutrition prescriptions in clinical settings. The cloud based system would have the ability to calculate the nutritional requirements and to guide first

line nutritional management to patients and clients automatically. Also, it serves as an electronic medical and dietetic record, and personalized nutrition consultation approach can be client can converse to his/ her personal dietitian at their own convenient setting.

1.2 Purpose:

- Providing dieticians with the facility's meal and menu planning.
- Obtaining dietary information and assessing the nutritional habits of patients.
- Recording individual risk factors or dietary restrictions that might impact meal planning.
- Coordinating meal plans with nutritionists and healthcare professionals.
- Performing ongoing nutrition assessments, including the measurement of caloric intake and activity levels.
- Facilitating immediate interventions for signs of malnutrition,
 allergic reactions, or refusal to eat.
- Assisting in meal distribution, ensuring correctly delivered, and timely served meals.
- Maintaining proper sterilization protocols in the clearing away and cleaning of plates and utensils.
- Safely discarding leftover portions to prevent the spread of disease.

2.LITERATURE SURVEY

Nutrition and clinical dietetic services provide evidence-based support which has become essential for maintaining healthy lifestyle and avoiding malnutrition among population. National health with digital technology integration is gaining importance in the current COVID-19 pandemic scenario. Digital health technologies offer valuable means for community to create and share information about healthcare. This research intended to study the effects of utilizing games in health elearning network on teaching third graders in elementary schools about nutrition. The studied groups of this research were 2 classes of 33 third graders; the two classes were separated into experimental and control group. The experiment was implemented in a four-week duration. The experimental group learned the knowledge of nutrition based on game playing on a national health e-learning network, whereas the control group was lectured with multi-media slide shows.

2.1 Existing problem:

The *Nutrilize* application has constraints regarding usability and feature availability. First, our aim at high precision nutritional content has led to using the BLS as a food item database. This has led to issues with non-layman terms and thus low searchability for certain food items. Furthermore, the restriction to open source data has led to the integration of recipes from the KochWiki database, which covers many basic recipes, but not as many "currently popular" ones. We also see in the effect analysis that the underestimation in daily tracking is propagating errors to the feedback users are receiving. We try to correct for this in our models by including the daily calorie count. Additionally,

the study we conducted only had a limited number of participants which does not allow us to conclude or generalize any results with certainty. Finally, while the duration of the study is uniquely long for mobile applications, it is still relatively short compared to traditional interventions. Despite these limitations, our study reveals some systematic challenges in the long-term usage of food recommender systems that are common to other similar applications.

2.2 References:

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 O'Donovan, C.B., Woolhead, C., Macready, A.L., Fallaize, R., Navas Carretero, S., San-Cristobal, R., et al.: Design and baseline characteristics of
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- D-A-CH (Deutsche Gesellschaft für Ernährung Österreichische Gesellschaft für Ernährung -Schweizerische Gesellschaft für Ernährungsforschung - Schweizerische Vereinigung für Ernährung).
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(2015)

2.3 Problem Statement Definition:

Due to the ignorance of healthy food habits, obesity rates are increasing at an alarming speed, and this is reflective of the risks to people's health. People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity. However, although food packaging comes with nutrition (and calorie) labels, it's still not very convenient for people to refer to App-based nutrient dashboard systems which can analyse real-time images of a meal and analyse it for nutritional content which can be very handy and improves the dietary habits, and therefore, helps in maintaining a healthy lifestyle. The main objective of this project is to building a web App that automatically estimates food attributes such as ingredients and nutritional value by classifying the input image of food.

Problem Statement (PS)	I am (Customer)	I am trying to	But	Because	Which makes me fee		
PS-1	Fitness freak	Finding a perfect pre workout plan for maintaining fitness	I can't choose a correct plan	It is Confusing	A perfect daily pre workout plan suggestion		
PS-2	Student	Find a balanced nutrition diet to loss weight	There is no balanced diet available without workout	I have no time to do workout	A best nutritional based diet plan with less workout		
PS-3	Body Builder	Choose a best plan for whole body workout.	It is hard to select a 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		

3.IDEATION & PROPOSED SOLUTION

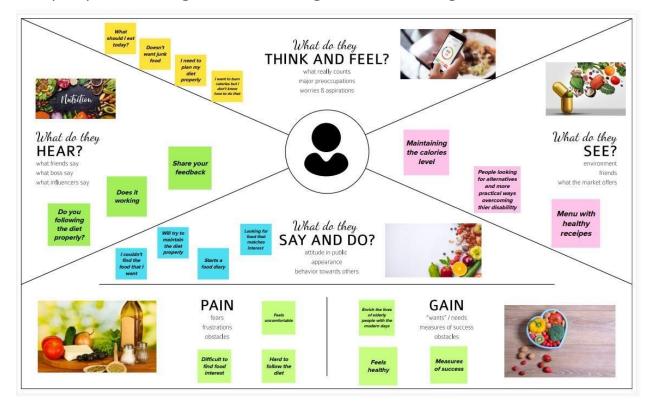
3.1Empathy Map Canvas:

An empathy map is a simple, easy-to-digest visual that captures knowledge about a user's behaviours and attitudes.

It is a useful tool to helps teams better understand their users.

Creating an effective solution requires understanding the true problem and the person who is experiencing it.

The exercise of creating the map helps participants consider things from the user's perspective along with his or her goals and challenges.



3.2 Ideation & Brainstorming:

Brainstorming provides a free and open environment that encourages everyone within a team to participate in the creative thinking process that leads to problem solving. Prioritizing volume over value, out-of-thebox ideas are welcome and built upon, and all participants are encouraged to collaborate, helping each other develop a rich amount of creative solutions.

Step 1 - Brainstrom & Idea Prioritization



Brainstorm

S.Reena katherine

Should use nutrition api to provide the nutritional information in the user image

Assists

in a timely

manner.

wey that is easy nursing staff

for user to grasp. Should assign patients health-related tasks &

activities.

assists

patients in

making meal

Nutritional

should be presented in a

information

R.Priyanka

creation of customised nutritional options

Assists with nutritional education

choices.

assist clients in maintaining a healthy lifestyle

I.Sathiya priya

platform should support in all devices

platform should provide fast results

The UI should be easily accessible.

Patients' calorie intake has to be carefully informed

S.priya Dharshini

User should feel more easily to upload the images

Model should also be able to identify lower-quality photos.

Clarifai's Al-Driven model should be used to analysize the food images

User should get notified if the images uploaded are not related to food.



Group ideas

Take turns sharing your ideas while clustering similar or related notes as you go. Once all sticky notes have been grouped, give each cluster a sentence-like label. If a cluster is bigger than six sticky notes, by and see if you and breek it up into smaller sub-groups.

f) 20 minutes

Healthy nutrition contributes to preventing diet related diseases Healthy nutrition contributes to preventing non-communicable diseases.

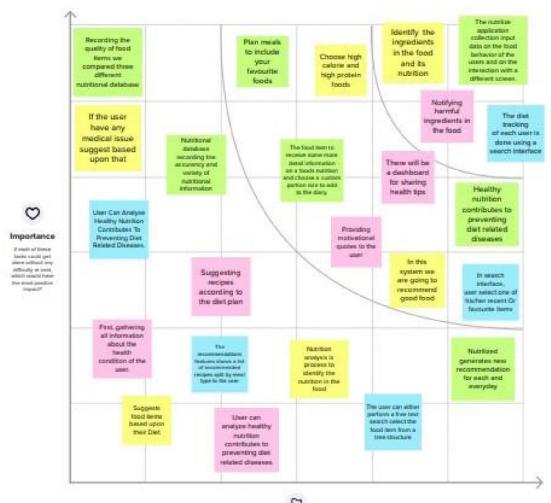
There will be a dashboard for sharing health tips The food item to receive some more detail information on a foods nutrition and choose a custom portion size to add to the diary.

Prioritize



Prioritize

Your team should all be on the same page about what's important moving forward. Place your ideas on this grid to determine which ideas are important and which are feasible.



P

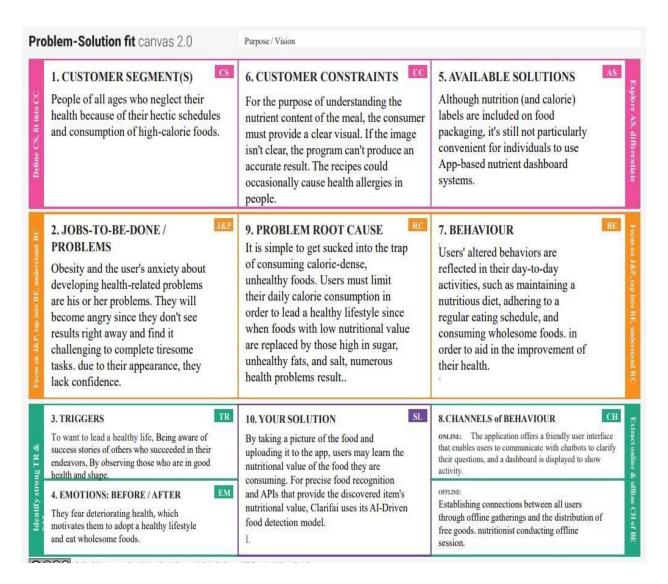
Feasibility

3.3 Proposed Solution:

SI. No.	Parameter	Description
1.	Problem Statement (Problem to be solved)	 Now a days peoples are not eating healthy foods with respect to their health condition. If it happens continuously means, it will lead to obesity and any other health problems. To avoid that the system will detect and recognize the food and evaluating the nutrient values present in the food.
2.	Idea / Solution description	 To store the food and details of the nutrients present in it. Then scan the real time food and retrieve the corresponding food's nutrient values.
3.	Novelty / Uniqueness	Clustering the peoples based on their BMI value.
4.	Social Impact / Customer Satisfaction	 The application which gives awareness among the people about the obesity and various health problems.
5.	Business Model (Revenue Model)	 In market, this application gives a benefit across the people by health wise and economical wise.
6.	Scalability of the Solution	The application which creates an impact among the healthy lifestyle

3.4 Problem Solution fit:

The Problem-Solution Fit simply means that you have found a problem with your customer and that the solution you have realized for it actually solves the customer's problem. It helps entrepreneurs, marketers and corporate innovators identify behavioral patterns and recognize what would work and why



4. REQUIREMENT ANALYSIS

4.1 Functional requirement:

FR No.	Functional Requirement (Epic)	Sub Requirement (Story / Sub-Task)				
FR-1	User Registration	Registration through E-mail and Phone number				
FR-2	User Confirmation	Confirmation via Email				
		Confirmation via OTP				
FR-3	User Profile Completion	Get personal details like height, weight, etc.				
FR-4	Gather meal image	Upload photo				
	5301	Take live photo of the meal				
FR-5	Display calorie information	Integrate Clarifai API to get name of the food Integrate				
		Nutrition API (rapid API) to collect calorie information				

4.2 Non-Functional requirements:

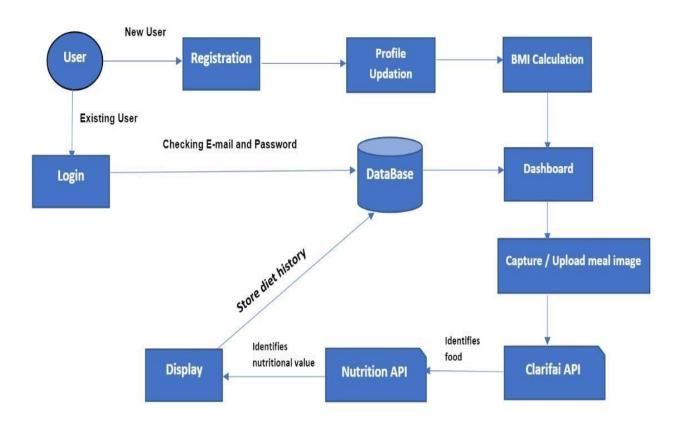
Following are the non-functional requirements of the proposed solution.

FR No.	Non-Functional Requirement	Description
NFR-1	Usability	Provide user friendly UI
		Simple and intuitive design
NFR-2	Security	Comprehensive authorization and authentication
		scheme for each system actor
NFR-3	Reliability	The system must perform without failure in
		95 percent of use cases
NFR-4	Performance	The landing page supporting several users must
		provide 5 seconds or less response time
NFR-5	Availability	Uninterrupted services must be available all time
		except the time of server updation.
NFR-6	Scalability	Provide horizontal or vertical scaling for higher
		workloads

5. PROJECT DESIGN

5.1 Data Flow Diagrams:

A Data Flow Diagram (DFD) is a traditional visual representation of the information flows within a system. A neat and clear DFD can depict the right amount of the system requirement graphically. It shows how data enters and leaves the system, what changes the information, and where data is stored.



5.2 Solution & Technical Architecture:

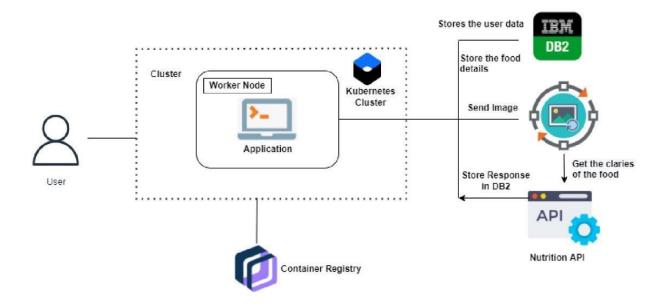


Table-1 : Components & Technologies:

S.No	Component	Description	Technology	
1.	User Interface	How user interacts with application e.g. Web UI, Mobile App, Chatbot etc.	HTML, CSS, JavaScript / Angular Js / React Js etc.	
2.	Application Logic-1	Logic for a process in the application	Java / Python	
3.	Application Logic-2	Logic for a process in the application	IBM Watson STT service	
4.	Application Logic-3	Logic for a process in the application	IBM Watson Assistant	
5.	Database	Data Type, Configurations etc.	MySQL, NoSQL, etc.	
6.	Cloud Database	Database Service on Cloud	IBM DB2, IBM Cloudant etc.	
7.	File Storage	File storage requirements	IBM Block Storage or Other Storage Service or Local Filesystem	
8.	External API-1	Purpose of External API used in the application	IBM Weather API, etc.	
9.	External API-2	Purpose of External API used in the application	Aadhar API, etc.	
10.	Machine Learning Model	Purpose of Machine Learning Model	Object Recognition Model, etc.	
11.	Infrastructure (Server / Cloud)	Application Deployment on Local System / Cloud Local Server Configuration: Cloud Server Configuration:	Local, Cloud Foundry, Kubernetes, etc.	

Table-2: Application Characteristics:

S.No	Characteristics	eristics Description	
1.	Open-Source Frameworks	List the open-source frameworks used	Technology of Opensource framework
2.			e.g. SHA-256, Encryptions, IAM Controls, OWASP etc.
3.	Scalable Architecture	Justify the scalability of architecture (3 – tier, Micro-services)	Technology used
4.	Availability	vailability Justify the availability of application (e.g. use of load balancers, distributed servers etc.)	
5.	Performance	Design consideration for the performance of the application (number of requests per sec, use of Cache, use of CDN's) etc.	Technology used

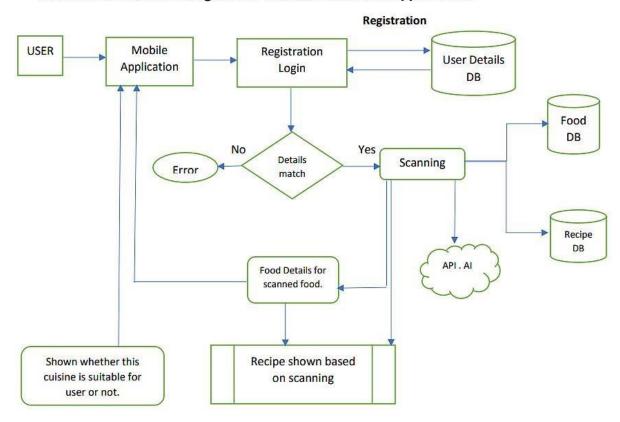
Solution Architecture:

Solution architecture is a complex process – with many sub-processes -that bridges the gap between business problems and technology solutions. Its goals are to:

- To establish a smart fashion recommender application to recommend users product based on the user requirements.
- this architecture includes cloud service and collection of data, from which user can decide their desirable product.

- The bot will assist users in receiving product recommendation.
- The user will be able to view the product in their 3D model and decide accordingly.

Solution Architecture Diagram for Nutrition Assistant Application:



5.3 User Stories:

User Type	Functional Requirement (Epic)	User Story Number	User Story / Task	Acceptance criteria	Priority	Release
Customer	Registration	USN-1	As a user, I can register for the application by entering my Name, Age, Gender, E-mail, 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
	Profile updation	USN-3	As a user, I have to enter my height, weight and daily activity details.	I can update these information on Dashboard.	High	Sprint-1
	Login	USN-4	As a user, I can login to the application by entering E-mail and password.	I can access my account/ dashboard.	High	Sprint-1
	Dashboard	USN-5	As a user, I can upload or capture live image of the meal	I can get the nutritional value of that particular meal.	High	Sprint-2
ş/		USN-6	As a user, I can track my daily calorie intake.	I can access my account/ Dashboard.	Medium	Sprint-2
Administrator	Maintain the Application	USN-7	Maintaining details for users.	I can access database.		Sprint-3

6. PROJECT PLANNING & SCHEDULING

6.1 Sprint Planning & Estimation:

Sprint Schedule, and Estimation:

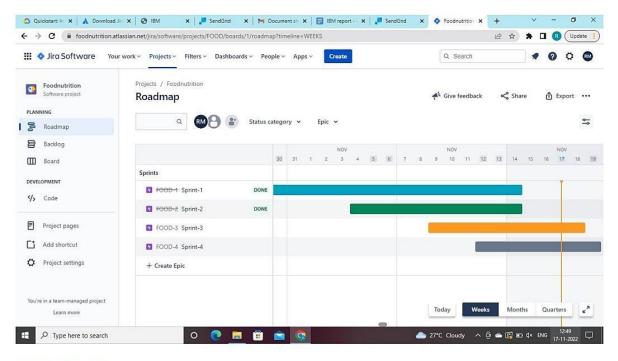
Sprint	Functional Requirement (Epic)	User Story Number	User Story / Task	Story Points	Priority	Team Members
Sprint-1	User Panel	USN-1	The user will login into the website and go through the products available on the website.	20	High	Reena Katherine S Sathiya Priya I Priyanka R Priya dharshini S
Sprint-2	Admin Panel	USN-2	The role of the admin is to check out the database about the stock and have a <u>truck</u> of all the things that the users are purchasing.	20	High	Reena Katherine S Sathiya Priya I Priyanka R Priya dharshini S
Sprint-3	Chat Bot	USN-3	The user can directly talk to Chatbot regarding the products. Get the recommendations based on information provided by the user	20	High	Reena Katherine S Sathiya Priya I Priyanka R Priya dharshini S
Sprint-4	Final Delivery	USN-4	Container of applications using docker Kubernetes and development the application. Create the documentation and final submit the application	20	High	Reena Katherine S Sathiya Priya I Priyanka R Priya dharshini S

6.2 Sprint Delivery Schedule:

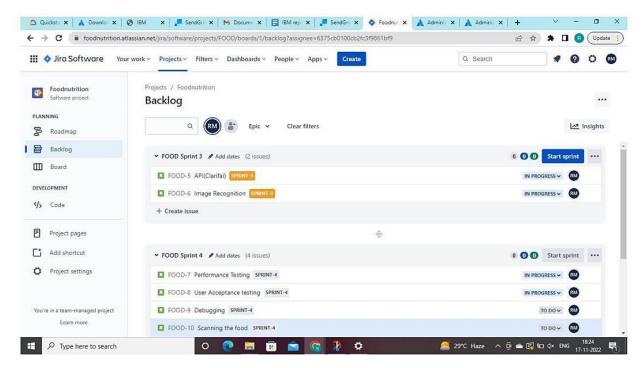
Sprint	Total Story Points	Duration	Sprint Start Date	Sprint End Date (Planned)	Story Points Completed (as on Planned End Date)	Sprint Release Date (Actual)
Sprint-1	20	6 Days	24 Oct 2022	29 Oct 2022	20	29 Oct 2022
Sprint-2	20	6 Days	31 Oct 2022	05 Nov 2022	20	05 NOV 2022
Sprint-3	20	6 Days	07 Nov 2022	12 Nov 2022	20	12 NOV 2022
Sprint-4	20	6 Days	14 Nov 2022	19 Nov 2022	20	19 NOV 2022

6.3 Reports from JIRA:

JIRA Roadmap



JIRA Backlog



Burndown Chart

A burn down chart is a graphical representation of work left to do versus time. It is often used in agile software development methodologies such as Scrum. However, burn down charts can be applied to any project containing measurable progress over time.



7. CODING & SOLUTIONING

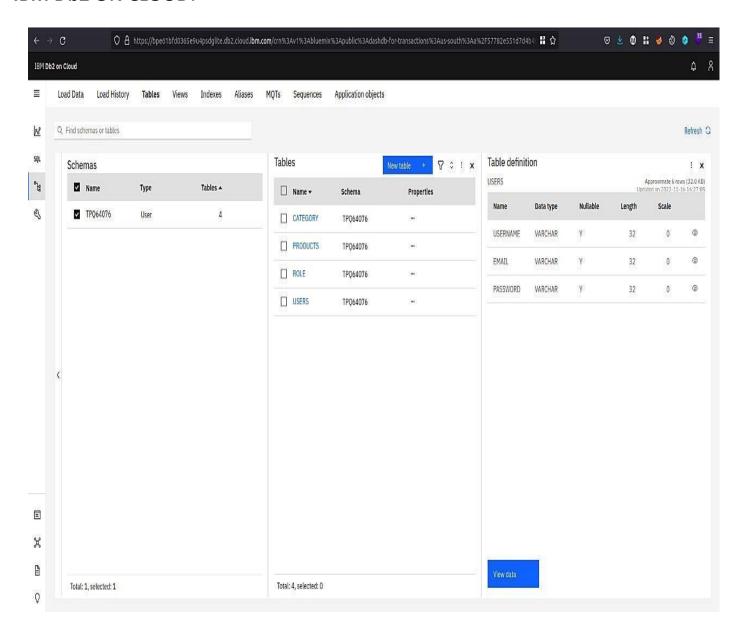
7.1 Feature 1:

```
from flask import Flask, render_template, request, redirect, url_for, session
from markupsafe import escape
import ibm db
conn = ibm db.pconnect("DATABASE=bludb;HOSTNAME=764264db-9824-4b7c-82df-40d1b13897c2.bs2io90l08kqb1od8lcg.databa
app = Flask( name )
@app.route("/")
@app.route("/sign_in.html")
def index():
    return render template("sign in.html")
@app.route('/home.html')
def home():
    return render_template("home.html")
@app.route('/reg_page.html')
def reg_page():
    return render template("reg page.html")
@app.route('/bmicalc.html')
def bmicalc():
    return render_template("bmicalc.html")
@app.route('/register',methods=['GET','POST'])
def register():
 if request.method == 'POST':
    name = request.form['name']
    address = request.form['date']
    city = request.form['phone']
    pin = request.form['email']
    password = request.form['password']
```

```
avail = bool(Register.query.filter by(email = email).first())
    avail1 = bool(Register.query.filter by(password=password).first())
    if avail:
            return render_template('reg_page.html', result = "email already exist")
    elif avail1:
            return render template('reg page.html', result = "password already exist")
    else:
            query = Register(name = name, dob = dob, phone = phone, email = email, password = password)
            ibm db.session.add(query)
           ibm db.session.commit()
            return redirect("/sign in.html")
  else:
        return redirect("/")
@app.route('/signin',methods=['GET','POST'])
def signin():
    if request.method == 'POST':
        name v = request.form.get('name')
        password v = request.form.get('password')
        login = Register.query.filter by(name = name v, password = password v).first()
        # query = Admin(name='ESHWIN',password= "Jeffick")
        # ibm db.session.add(query)
        # ibm db.session.commit()
        if login is not None:
           return render template('home.html', login data= name v)
           return render_template('sign_in.html', login_data="make sure entered the correct password")
if name == ' main ':
    app.run(debug = True)
```

7.2 Database Schema:

IBM Db2 ON CLOUD:



8. TESTING

8.1 Test Cases:

Test case ID	Feature Type	Compone	Test Scenario	Pre-Requisite	Steps To Execute	Test Data	Expected Result	Actual Result	Statu	Commets	TC for Automation(Y/N)	BUG	Esecuted By
LoginPage_TC_001	Functional	Home Page	Yerily user is able to see the Login/Signup popup when user olicked on Mg account button	Meed to open the website and should have an basic knowledge about that website	LEnter LPIL and click go 2 Click on My Account dropdown button 3. Yerily login/Singup popup displayed or not	Executed local host	LoginSignup pagup should display	Working as expected	Pass		Yes		Vijaja R
LoginPage_TC_0 02	u	Home Page	Yeily the Ulelmers in Loghi Signup popup	Need to register your self with basic details such as email address	Enter UPL and risk go 2 Click on My Account dropdown button 3 Yerily logn Singap popup with below UI elements: a amail less bord by associative bos c Login button elest passociati link elest passociati link elest passociati Piecoveri	Execute/local host	Application should show below IVI elements: a email text box b password text box c.l.ogin button with orange colour of blew oustment? Create account link e.L.ast password? Recovery password link	Not Vorking as expected	Fail	Steps are not clear to follow	NO	BUG-1	ManuP
	-			in order to check for the valid	1.Enter UPL(https://shopenzer.com/)	Lievarenova nos:	User should navigate to user account		100			1	reason
LoginPage_TC_O CO	Functional	Ноте раде	Yerilguser is able to loginto application with Yalid credentials	credentials in login page. The user must sign in to the account	and click go 2 Click on My Account dropdown button 3 Enter Valid usernamelemail in Email text box 4 Enter valid password in		homepage	Working as expected	pass		yes		Shermiya X
LoginPage_TC_O O4	Functional	Login page	Verify user is able to log into application with InValid credentials	wrify the login details with signin details.	LEnter UFL[https://shopercer.com/] and click. go 2 Click on My Account dropdown button 3 Enter In/Yalidusemamelemail in Email text box	Username: shermi@gmail password: shermi@f23	Application should show Incorrect email or password "validation message.	vorking as expected	pass		Yes		Retna M
LoginPage_TC_0 04	Functional	Login page	Verify user is able to log into application with InV and credentials		A Extensión consection Liberal PIE (https://fishcpences.com/) and diskt go 2 Click on My Account dropdown button 3 Enter Valid usemanelemai in Email text box 4 Enter Invalid password in password	Username-retha@gmal.com password-retha@f23	Application should show incorrect email or password "validation message-HIBHIII		pass		Yes		Fletna M
LoginPage_TC_0 05	Functional	Login page	Verify user is able to log into application with InV alid credentials		TEnter UFL(https://fshopencer.com/) and click go 2 Click on My Account dropdown button 3 Enter In/Yalid username/email in Email test box	Username: Vijaya password: viji@123	Application should show Incomect email or password "validation message.	Working as expected	pass		Yes		Vieya R

8.2 User Acceptance Testing:

UAT Execution & Report Submission

Purpose of Document

The purpose of this document is to briefly explain the test coverage and open issues of the Smart Fashion Recommender Application project at the time of the release to User Acceptance Testing (UAT).

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 Model	1	2	1	0	3	
Duplicate	1	0 0 0		0 0 0	0 0	
External	2	0	0	1	3	
Fixed	7	2	3	0	12	
Not Reproduced	0	0	1	0	1	
Skipped	0	0	1	1	2	
Won't Fix	0	1	0	0	1	

Totals	11	5	6	2	
					23

Test Case Analysis

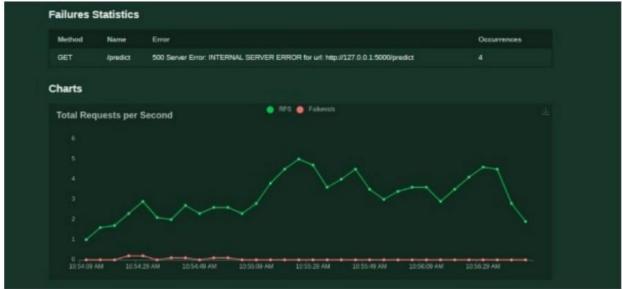
This report shows the number of test cases that have passed, failed, and untested

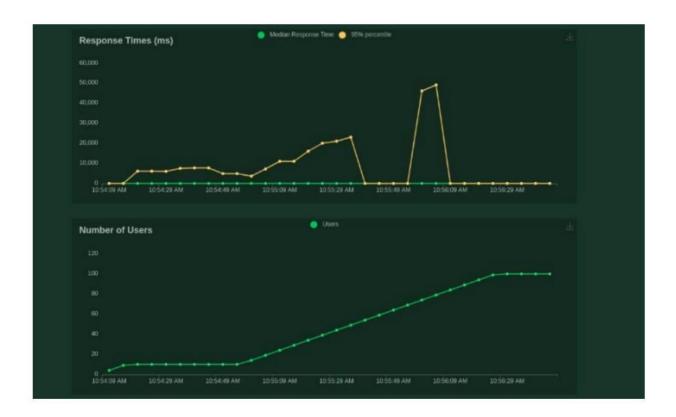
Section	Total Cases	Not Tested	Fail	Pass
Hypothesis Condition	2	0	0	2
Train Test Split	5	2	0	3
Hyper Tuning Parameter Test	4	0	0	4
Confusion Matrix	1	0	0	1
Logistic Regression	1	0		1
Final Report Output	6	2	0	4
SVM Model	1	0	0	1

9. RESULTS

9.1 Performance Metrics:







10. ADVANTAGES & DISADVANTAGES

Advantages:

The major advantage of this tool is that they can help us to eat healthier.

- It is also easy to track our progress.
- It provides general awareness of nutrients in food.
- Keep you motivated.
- All in one health tool.

Disadvantages:

The tool can be quite expensive as it requires cameras and other expensive devices to capture images and process it.

- These tool may not always be 100% accurate.
- We might avoid cetain healthy foods that are difficult to add into the food tracker.

11. CONCLUSION

In this project we developed a tool which recognises our health and calorific value. It helps us to eat nutritional food. The diet chart will be provided to individual users based on user's calorific value. It allows the users to upload their food images and give suggestion to that food. It also does not require the user to have any device on them to use it. Further this technology can be extended to other industries like it can be used by presenters, by teachers for show images in the classroom, etc.

12. FUTURE SCOPE

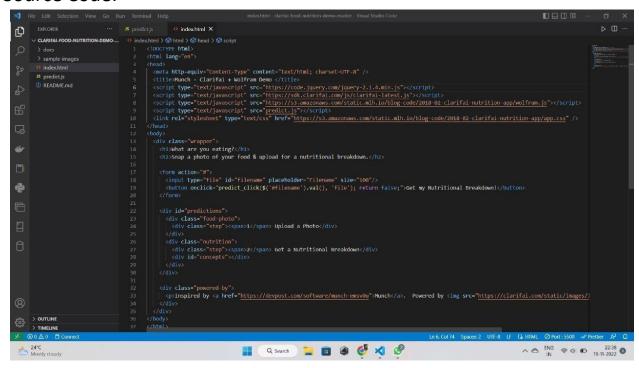
The tool can be made quicker by increasing the recognition speed.

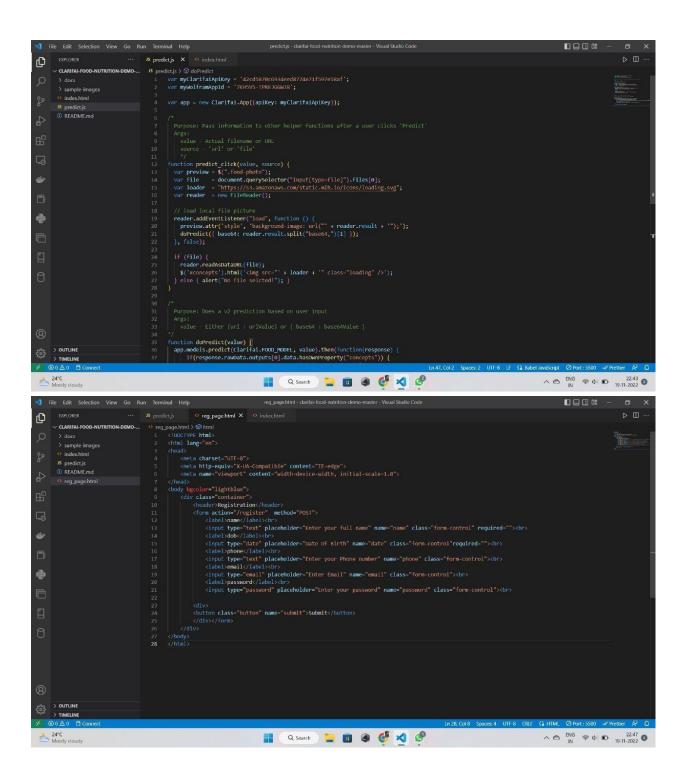
 They can work with a licensed healthcare provider to help individuals with previously diagnosed disease recognize biochemical imbalances and toxicity which lead to poor health. ● Voice commands can also be added to further increase the functionality.

In summary, our study shows different challenges that health-focused nutritional assistance systems face when being used in the long term. Our findings can be used to improve future system regarding their impact in the long-term and to postulate more long-term evaluation of recommender approaches.

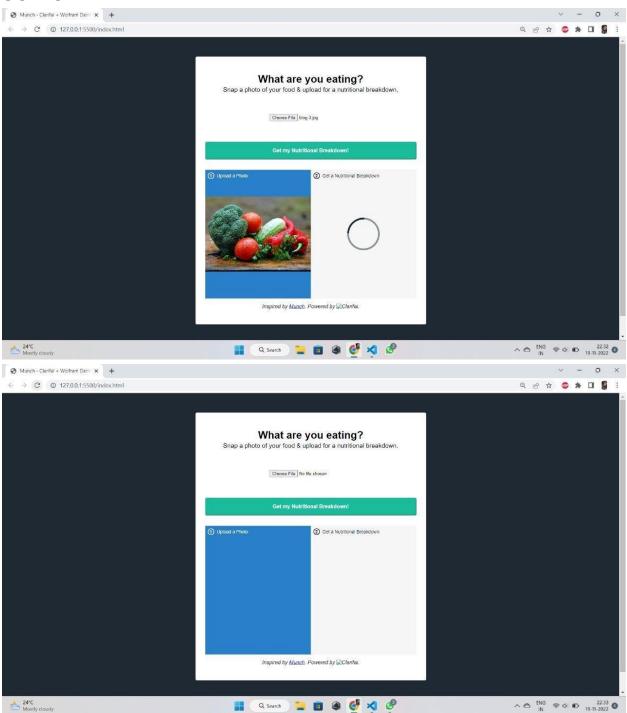
13. APPENDIX

Source Code:





OUTPUT:



GitHub & Project Demo Link:

GitHub Link:

https://github.com/IBM-EPBL/IBM-Project-42847-1660710136

Demo video Link:

https://drive.google.com/drive/folders/1Lq382LdZ_d5cKgMDS1J0KA6_TM_IhnR k?usp=share_link