

AI – POWERED NUTRITION ANALYZER FOR FITNESS ENTHUSIASTS

LITERATURE SURVEY:

[1] Salonee Jambusaria et al, **Physical activity and fitness patterns among university students in Mumbai**. In this research, the author conducted a test to understand the physical activity patterns among university students and their perception towards the same. A sample of 122 was used where there were 63 women and 59 men. This study gathered quantitative data through structured questionnaires to understand each of the objectives and also descriptive statistics were used to analyse data where the mean, median, mode and standard deviation was calculated, and many correlations were made using the same.

[2] Folkins, Carlyle H, Sime, Wesley E, **Physical fitness training and mental health**. In this research, the author suggests that except for self-concept, personality traits are not affected by improvements in physical fitness. Mentally retarded children demonstrate psychological improvement following physical fitness training, but no conclusion can be reached regarding the effects of physical fitness training with other clinical syndromes.

[3] Neela Badrie, Simone Foster, Chandra Benny - Ollivierra, Harzel Roberts, **Exercise enthusiasts' perceptions and beliefs of functional foods in Trinidad, West Indies**. In this research, a structured questionnaire was administered to 120 randomly chosen exercise/fitness enthusiasts at six gyms located in East and Central regions. It is found that only 50.5 per cent had heard of at least one term either “functional” or “nutraceutical” or “designer” foods with the most familiar term being “functional”. This study highlighted the need for public education on the health benefits and regulatory measures on functional foods.

[4] **Neutrino**: In this platform, it provides nutrition-based data services, analytics, and technologies to its consumers and wants to turn itself into a leading source of nutrition-related insight platform. To enable individualised compilation of data, the platform uses NLP and mathematical models from the optimisation theory and predictive analysis. But it cannot take an input image of a food from the user and analyse the nutritional content on that image