

**DEPARTMENT OF ELECTRONICS AND COMMUNICATION
ENGINEERING**

IBM – LITERATURE SURVEY

PROJECT TITLE

AI-POWERD NUTRITION ANALYZER FOR FITNESS ENTHUSIASTS

(2022-2023)



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LITERATURE SURVEY

S.NO	TITLE OF THE PROJECT	ADVANTAGES	DISADVANTAGES	TECHNOLOGY USED
1	Improved health and fitness plans	analyse the details entered by the users, body parameters, and goals. Once the analysis is complete	It becomes difficult to get a 100% customised routine in physical classes or gyms. AI-based apps have eradicated this problem	Apps & Applications
2	Impeccable nutritional evaluation	These new-age apps have the feature of analysing the entire content of your meal by simply scanning a picture of your plate	Based on your body's requirements and Health	Fitness apps
3	Fitness and Physical Activity	has produced an increase in the number of studies that try to evaluate consumer behaviours	It reduces the man power requirements, It's required only for AI	sport application
4	Health care Chatbots	Chatbots can provide a tireless, constant source of interaction for patients with the healthcare system	Despite the obvious pros of using healthcare chatbots, they also have major drawbacks.	Chatbots

			Increased costs	
5	AI- in health Care	These technologies can identify patterns and deliver automated insights that help with common applications such as health monitoring, managing medical records, treatment design and even digital consultations	it can be difficult to access some of the data necessary to provide AI learning with the breadth and depth of information it needs	Using algorithms and data
6	Health monitor using sensor	Health monitoring from using a smart sensors. It can identify and monitored	It doesn't accurately Monitoring	Breathing Sensors
7	Fitness exercise	improve your physical fitness, well being and quality of life, exercise can be part of the equation.	Overdoing it and neglecting to rest can expose you to the negatives of exercise. In addition to being more likely to sustain injuries, exercising too much can leave you feeling weak,	Fitness equipment

8	Physical exercise during COVID-19 pandemic	<p>increasing day by day make the situation alarming.</p> <p>Exponential growth in covid-19 cases has led to the isolation of billions of peoples</p>	<p>during the initial phase of lockdown, The participants had a negative situational perception and a lack of motivation for fitness exercise.</p>	Physical equipment
9	Physical activities	<p>an increase in the number of studies that try to evaluate consumer behaviour towards the use of sports applications</p>	<p>This systematic review is a critical evaluation of the evidence from quantitative studies in the field of assessment of consumer behaviour</p>	Physical activities, sports app
10	Nutrition updates-plant based diets	<p>The goal of our diet should be to improve our health.</p> <p>That include vegan, vegetarian and Mediterranean diets.</p>	<p>Generally, patients on a plant-based diet are not at risk for protein deficiency</p> <p>Proteins are made up of amino acids,</p>	Physical mode