**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**

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