

INTEGRATE NUTRITION API

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| DATE | 05 NOVEMBER 2022 |
| TEAM ID | PNT2022TMID38229 |
| PROJECT NAME | NUTRITION ASSISTANT APPLICATION |

INTEGRATE NUTRITION API:

IN IBM Project workspace there is a website link is there to create an account in the Nutrition API using those resource we have created an account in Nutrition API.

SHORT NOTE ABOUT NUTRITION API (FROM RESOURCE) :

The most important component of an effective weight-management program must be the prevention of unwanted weight gain from excess body fat. Overweight and obesity are clearly the result of a complex set of who among genetic, behavioral, and environmental factors. The percentage of individuals who lose weight and successfully maintain the loss has been estimated to be as small as 5 kilogram per month. Every year, at least 2.8 million people die due to complications related to excess due to obesity. A simple way to create a meal plan to make sure that each meal consists of 50% fruit and vegetables. 25% whole grains and 25% protein. Total fiber intake should be 25 to 30 grams. Self-monitoring is a critical factor in successfully losing weight. People can use our mobile or dedicated website to record every item of food that they day. They can also measure their progress by recording their weight on a monthly basis.

Search for APIs

Nutritionix - Nutrition Database

Endpoints About Tutorials Discussions

v1.1

- GET UPC Scan
- GET Food Search

Personal Account
Srithar407

RapidAPI App
default-application_6839954
REQUIRED

Request URL
rapidapi.com
REQUIRED

Header Parameters

X-RapidAPI-Key
71dbc596bamsh37b24665721c3b7p1d8a44jsne6f9c
ENUM REQUIRED

X-RapidAPI-Host
nutritionix-api.p.rapidapi.com
STRING REQUIRED

Required Parameters

(Python) http.client Copy Code

```
import http.client

conn = http.client.HTTPSConnection("nutritionix-api.p.rapidapi.com")

headers = {
    'X-RapidAPI-Key': "71dbc596bamsh37b24665721c3b7p1d8a44jsne6f9cec665db",
    'X-RapidAPI-Host': "nutritionix-api.p.rapidapi.com"
}

conn.request("GET", "/v1_1/item?upc=49000036756", headers=headers)

res = conn.getresponse()
data = res.read()

print(data.decode("utf-8"))
```

Activate Windows
Go to Settings to activate Windows.