**INTEGRATE** **NUTRITION** **API**

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| **DATE** | **07** **NOVEMBER** **2022** |
| **TEAM** **ID** | **PNT2022TMID50454** |
| **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** **interactions** **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** **25-30** **gram.** **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** **each** **day.They** **can** **also** **measure** **their** **progress** **by** **recording** **there** **weight** **on** **a** **monthly** **basis.**

