Integrate Nutrition API

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INTEGRATE NUTRITION API:

There is a webpage link in the IBM Project workspace that may be used to register for a Nutrition API account. Using those resources, we have already registered for a Nutrition API account.

SHORT NOTE ABOUT NUTRITION API (FROM RESOURCE) :

* The prevention of unintended weight gain from extra body fat must be the most crucial element of a successful weight-management programme. Undoubtedly, intricate interplay between genetic, behavioural, and environmental factors lead to overweight and obesity. The rate of people who effectively sustain their weight loss has been calculated to be as low as 5 kilogrammes each month. At least 2.8 million people every year pass away from issues brought on by excess weight. An easy approach to ensure that each meal has 50% fruit and veggies is to establish a meal plan. 25% protein and 25% whole grains. 25–30 grammes of fibre should be consumed overall. Self-monitoring is essential for achieving weight loss success. People can record every food item they eat each day using our mobile app or special website. They can track their development by monthly tracking their weight.