

INTEGRATE NUTRITION API

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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.

Recipe - Food - Nutrition API Documentation

The spoonacular Recipe - Food - Nutrition API gives you to access to thousands of recipes, storebought packaged foods, and chain restaurant menu items. Our food ontology and semantic recipe search engine makes it possible to search for recipes using natural language queries, such as "gluten free brownies without sugar" or "low fat vegan cupcakes." You can automatically calculate the nutritional information for any recipe, estimate recipe costs, visualize ingredient lists, find recipes for what's in your fridge, find recipes based on special diets, nutritional requirements, or favorite ingredients, classify recipes into types and cuisines, convert ingredient amounts, or even compute an entire meal plan. With our powerful API, you can create many kinds of food and nutrition apps.

Special diets/dietary requirements currently available include: vegan, vegetarian, pescetarian, gluten free, grain free, dairy free, high protein, low sodium, low carb, Paleo, Primal, ketogenic, and more.

GET Search Recipes

Search through thousands of recipes using advanced filtering and ranking. NOTE: Since this method combines searching by query, by ingredients, and by nutrients into one endpoint, each request counts as 3 requests.

```
(Node.js) Axios
const axios = require("axios");
const options = {
```