## Nutrition Assistance Application

**Problem Statement :**

Wellness and healthy lifestyles have become main stream. Interest in fitness applications and revenue from them grow as fast as the number of people striving to be fit. You can automatically calculate the nutritional information for any recipe, analyze 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 especially nutrition apps.

**Abstract** :

People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity. However, although food packaging comes with nutrition (and calorie) labels, it’s still not very convenient for people to refer to App-based nutrient dashboard systems which can analyze real-time images of a meal and analyze it for nutritional content which can be very handy and improves the dietary habits, and therefore, helps in maintaining a healthy lifestyle.

This project aims at building a web App that automatically estimates food attributes such as ingredients and nutritional value by classifying the input image of food.  Our method employs **Clarifai's AI-Driven Food Detection Model** for accurate food identification and Food API's to give the nutritional value of the identified food.

We have tried to design the Window Application in a such a way that the users does not have to bother using this Application without much effort. End users with window running devices can use this Software. The Language databases we use to develop this System are Java(Apache Netbeans 11.3) and MySQL Workbench 8.0 CE.

The main feature of this app is that you can track by day and category. You can use it according to your category .Keywords: literature review ,problem formulation ,equipment used for implementation, features, features of the proposed system, architectural design for utility method ,details of project module ,implementation plan and reference .

**Tools Required:**

IBM Cloud, HTML, Javascript, IBM Cloud Object Storage, Python-Flask, Kubernetes, Docker , IBM DB2,IBM Container Registry.

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