

ABSTRACT

As people across the globe are becoming more interested in watching their weight, eating more healthy food and avoiding junk food, a system that can measure calories and nutrition in every day meals can be very useful for maintaining our health. Food Calorie and Nutrition measurement system is very beneficial for dietitians and patients to measure and manage the daily food intake. The proposed system is a responsive website which contains the knowledge and data regarding the fitness of a person. We also referred data required to develop the web application, from gym exercise book which makes the web application a unique one. The basic information related to the fitness such as how to maintain good health by eating some food products which includes calories, proteins and carbohydrates etc and by doing some exercise. The online artificial dietitian uses Artificial Intelligence to predict human diets and exercise recommendation. It acts as a diet consultant similar to a real dietitian. Dietitians are educated with nutrient value of foods. A dietitian consults a person based on his schedule, body type, height and weight. The system too asks all this data from the user and processes it. It asks about how many hour the user works, his height, weight, age etc. The system stores and processes this data and then calculates the nutrient value needed to fill up user needs.