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This Expert system is about a Nutritionist :

Firstly the System gathers information about the patient (Weight,Height,Age,Gender) to determine the person BMI status and calculate their calories later Then if The patient BMI is Abnormal the system will continue with the diagnosis Asking the patient if they want to build muscles , and about special medical conditions Like Diabetes and Hypertension if so the system will give a list of foods to avoid for the medical reason Then the system asks about activity level to help in calculating The patient daily calorie need .

Then the system will ask about patient’s Dietary Habits and give advices accordingly Like( High Processed food consumption)

Then the system will ask about Food Restrictions so the system will not recommend these foods   
  
Lastly the system calculate the user daily calorie need and tell the Patient How to achieve their goal and recommend A list of food items according to the patient state and input Then Print the whole medical advice (instruction) at once