

Terna Engineering College, Nerul



CCL Mini Project on “Nutrition helper using AWS S3 Bucket”

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Outline of Presentation

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3. Problem Statement
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INTRODUCTION



Eat smart, feel great with our nutrition helper!

Our nutrition website is designed to empower you with the tools and knowledge you need to make informed decisions about your diet and overall well-being.

At Nutrition Helper, we believe that every person's should be healthy ,and that's why we offer a various range of features to your specific needs. Whether you're looking to lose weight, gain muscle, or simply maintain a balanced lifestyle Our BMI calculator is here to help you understand your body's unique requirements. But that's not all! Our user-friendly platform allows you to track your fat, protein, and carbohydrate intake, ensuring that you stay on top of your nutritional goals.

With easy-to-read graphs and personalized insights, you can visualize your progress and make adjustments to your diet as needed. Whether you're a fitness enthusiast, a busy professional, or a health-conscious individual, our website will be your go-to destination for all things nutrition.

Abstract:

In order to create an effective and helpful Nutrition Helper website, we conducted a literature survey to gather valuable information and insights from various sources. We explored different studies, articles, and research papers related to nutrition, health, and the impact of diet on overall well-being. Here are some key components

1: Body Mass Index (BMI) and Health

2.Importance of Balanced Nutrition

3. Nutrient Tracking

4.Personalized Nutrition

5.Impact of Nutrition on Weight Management

6. Benefits of Nutrition Education

7.Online Nutrition Tools

4. Personalized Nutrition: We found that personalized nutrition plans, based on individual characteristics like age, weight, activity level, and health goals, can lead to better outcomes in terms of health and overall well-being.

5. Impact of Nutrition on Weight Management: Our research revealed that nutrition plays a significant role in weight management. Making healthier food choices and controlling portion sizes can contribute to achieving and maintaining a healthy weight.

6. Benefits of Nutrition Education: Providing easily understandable nutrition education can empower individuals to make informed choices about their diet. This knowledge helps them better understand the importance of various nutrients and make healthier food choices.

7. Online Nutrition Tools: The literature survey highlighted the growing popularity of online tools like nutrition calculators and trackers. These tools offer a convenient way for individuals to monitor their diet and progress towards their health goals.

LITERATURE SURVEY

Date of Publishm ent	Author Name	Paper Name	Description
9 April 2021	Anna-Maria Costa	https://doi.org/10.3390/nu13041240	Evaluation of E-Health Applications for Paediatric Patients with Refractory Epilepsy and Maintained on Ketogenic Diet: The aim of this study was to develop a ketogenic diet management app as well as a website about this dietary treatment and to evaluate the benefits of giving caregivers access to various web materials designed for pediatric patients with refractory epilepsy.
2021	Divya Mogaveera	https://doi.org/10.1109/ICICT50816.2021.9358605	e-Health Monitoring System with Diet and Fitness Recommendation using Machine Learning : System can be essentially useful for the doctors to recommend diet and exercise based on their latest reports and personal health details.

Date of Publishm ent	Author Name	Paper Name	Description
2020	Saeed Akhtar	https://doi.org/10.1093/nutrit/nuaa063	Nutritional perspectives for the prevention and mitigation of COVID-19 : In the context of COVID-19, improved nutrition that includes micronutrient supplementation to augment the immune system has been recognized as a viable approach to both prevent and alleviate the severity of the infection
April 2005	Tara M. Cousineau	https://doi.org/10.1016/j.evalprogplan.2005.04.018	<ul style="list-style-type: none"> • Web-based nutrition education for college students: The goal of this research paper was to determine program content and examine the feasibility of a web-based nutrition education program for college students using innovative applications of tailoring, targeting and personalization of information.

Problem Statement :

The problem we aim to address with the Nutrition Helper project is the lack of accessible and user-friendly tools that empower individuals to make informed decisions about their diet and nutrition. Many people struggle to maintain a balanced diet and understand the impact of their food choices on their health and well-being. Specifically, the following challenges need to be addressed :

- **Limited Personalized Nutrition Guidance:** Many individuals lack personalized nutrition recommendations tailored to their unique characteristics, such as age, weight, activity level, and health goals. As a result, they may struggle to create and follow a diet plan that meets their specific needs.
- **Lack of Nutrition Education:** There is a need for accessible and easy-to-understand nutrition education that explains the benefits of various nutrients and the importance of a balanced diet. Without this knowledge, individuals may struggle to make healthier food choices.
- **Difficulty in Monitoring Nutrient Intake:** Tracking daily consumption of essential nutrients like fats, proteins, and carbohydrates can be challenging for people. Without proper tools, they may not have a clear picture of their nutritional intake, hindering their ability to make adjustments to their diet.

Scope of the Nutrition Helper Project:

The Nutrition Helper project has a wide scope, aimed at providing users with a comprehensive and user-friendly platform to improve their nutrition and overall health. The project scope includes the following key components:

1. Personalized Nutrition Recommendations.
2. BMI Calculator
3. Nutrient Tracking
4. Nutrition Education
5. User-Friendly Interface
6. Data Security and Privacy
7. Evidence-Based Information:
8. Scalability:
9. Accessibility

The scope of the Nutrition Helper project is to create a comprehensive and easy-to-use website that addresses the challenges associated with nutrition and diet. The platform aims to empower users with personalized nutrition guidance, nutrient tracking tools, BMI calculation, and valuable nutrition education, thereby helping them make informed decisions and achieve their health and well-being goals.

Objective of the Nutrition Helper Project:

The main objective of the Nutrition Helper project is to create a user-friendly website that empowers individuals to make informed decisions about their diet and nutrition, leading to improved health and well-being. The project aims to achieve the following specific objectives:

1. Personalized Nutrition Guidance
2. Nutrient Tracking and Monitoring
3. BMI Calculation and Health Assessment
4. Nutrition Education and Awareness
5. User-Friendly Interface and Accessibility
6. Reliable and Evidence-Based Information
7. Encourage Healthier Lifestyles
8. Data Security and Privacy

HARDWARE AND SOFTWARE REQUIREMENT

- **Software Requirement:**

- Visual Studio Code
- XAMPP Control Panel
- Google Chrome Browser
- AWS (S3 Bucket)

- **Hardware Requirements:**

- **Processor** : Intel(R) Core(TM) i3-10300H CPU @ 2.50GHz 2.50 GHz
- **Installed RAM** : 4.00 GB (7.84 GB usable)
- **System type** : 64-bit operating system, x64-based processor

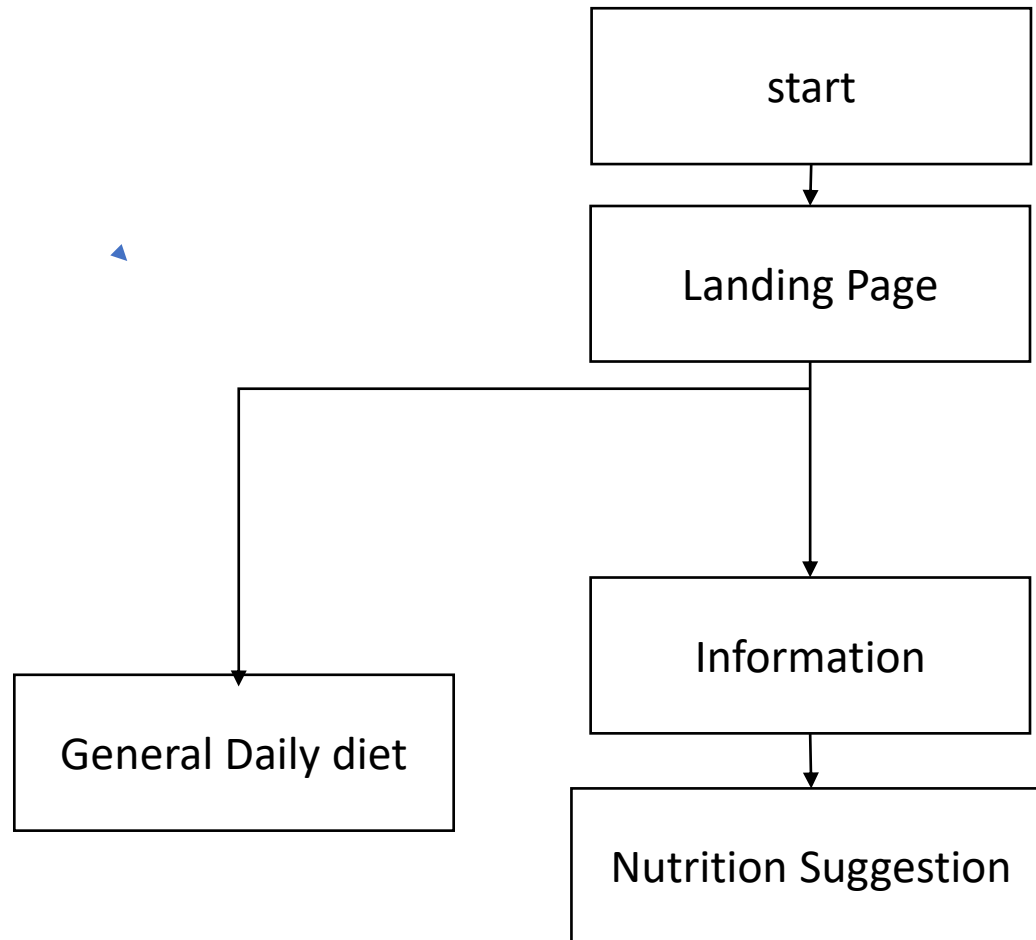
- **Languages**

- HTML , CSS , JavaScript , PHP ,mySQL

Conclusion:

The aim of the Nutrition Helper project is to create a user-friendly website that empowers individuals to make informed decisions about their diet and overall health. The website's primary goal is to provide personalized nutrition recommendations based on individual characteristics, such as age, weight, activity level, and health goals. Additionally, the project aims to help users track their daily intake of fats, proteins, and carbohydrates to ensure they meet their nutritional needs and make progress towards their health objectives.

PROCEDURE FLOWCHART :



Working Of AWS:

The screenshot displays the AWS Management Console interface for creating a new S3 bucket. The browser's address bar shows the URL: `ap-southeast-2.console.aws.amazon.com/s3/bucket/create?region=ap-southeast-2&bucketType=general`. The console header includes the AWS logo, a 'Services' menu, a search bar, and the user's profile 'Sydney'.

The main content area is titled 'Create bucket' and includes a sub-header 'Buckets > Create bucket'. Below this, a description states: 'Buckets are containers for data stored in S3.'

The 'General configuration' section contains the following fields:

- AWS Region:** Asia Pacific (Sydney) ap-southeast-2
- Bucket name:** nutrition.helper (with an 'Info' link)
- Copy settings from existing bucket - optional:** Only the bucket settings in the following configuration are copied. A 'Choose bucket' button is present.
- Format:** s3://bucket/prefix

The 'Object Ownership' section is partially visible at the bottom, with a description: 'Control ownership of objects written to this bucket from other AWS accounts and the use of access control lists (ACLs). Object ownership determines who can specify access to objects.'

A right-hand sidebar titled 'Objects' provides additional information:

Objects

Objects are the fundamental entities stored in Amazon S3. You must explicitly grant others permissions to access your objects. Each object has data, a key, and metadata. The object key (or key name) uniquely identifies the object in a bucket. Amazon S3 maintains a set of system and user metadata for each object and processes the system metadata as needed for storage management.

Use this page to see all the objects in a bucket or folder, create a folder, or upload an object. You can open, download, delete, and copy the URL for selected objects. You can also perform the supported actions that are listed for each bucket type in the **Actions** menu.

Learn more

The footer of the console includes 'CloudShell', 'Feedback', and copyright information: '© 2024, Amazon Web Services, Inc. or its affiliates. Privacy Terms Cookie preferences'.

S3 buckets | S3 | ap-southeast-2

How to host a static website on

BMI Calculator

ap-southeast-2.console.aws.amazon.com/s3/buckets?region=ap-southeast-2&bucketType=general®ion=ap-southeast-2

YouTubeGmailYouTubeMapsRealtime Distance E...Text To Handwriting...WongKinYiu/yolov7...FirebaseGoldman Sachs | St...

All Bookmarks

awsServicesSearch[Alt+S]

Sydneychatlakanhaiya

AWS Console Home

Buckets

Account snapshot

All AWS Regions

Storage lens provides visibility into storage usage and activity trends. [Learn more](#)

View Storage Lens dashboard

General purpose buckets

Directory buckets

General purpose buckets (2)

Info

All AWS Regions

Refresh

Copy ARN

Empty

Delete

Create bucket

Find buckets by name

< 1 >

Settings

	Name ▲	AWS Region ▼	IAM Access Analyzer	Creation date ▼
<input type="radio"/>	elasticbeanstalk-ap-southeast-2-028873494053	Asia Pacific (Sydney) ap-southeast-2	View analyzer for ap-southeast-2	January 31, 2024, 10:32:12 (UTC+05:30)
<input type="radio"/>	nutrition.helper	Asia Pacific (Sydney) ap-southeast-2	View analyzer for ap-southeast-2	April 10, 2024, 11:10:03 (UTC+05:30)

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[Learn more](#)

https://ap-southeast-2.console.aws.amazon.com/console/home?region=ap-southeast-2

4/10/2024

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Cookie preferences

nutrition.helper - S3 bucket | S3

How to host a static website on

BMI Calculator

ap-southeast-2.console.aws.amazon.com/s3/buckets/nutrition.helper?region=ap-southeast-2&bucketType=general&prefix=NutritionHelper/&showversions=false

YouTube

Gmail

YouTube

Maps

Realtime Distance E...

Text To Handwriting...

WongKinYiu/yolov7:...

Firebase

Goldman Sachs | St...

All Bookmarks

aws

Services

Search

[Alt+S]

Sydney

chatlakanhaiya

NutritionHelper/

Copy S3 URI

Objects

Properties

Objects (9) Info

Refresh

Copy S3 URI

Copy URL

Download

Open

Delete

Actions

Create folder

Upload

Objects are the fundamental entities stored in Amazon S3. You can use [Amazon S3 inventory](#) to get a list of all objects in your bucket. For others to access your objects, you'll need to explicitly grant them permissions. [Learn more](#)

Find objects by prefix

<

1

>

<input type="checkbox"/>	Name	Type	Last modified	Size	Storage class
<input type="checkbox"/>	.git/	Folder	-	-	-
<input type="checkbox"/>	balancediet.html	html	April 10, 2024, 11:12:45 (UTC+05:30)	6.3 KB	Standard
<input type="checkbox"/>	bmi.html	html	April 10, 2024, 11:12:46 (UTC+05:30)	4.3 KB	Standard
<input type="checkbox"/>	images/	Folder	-	-	-
<input type="checkbox"/>	index.html	html	April 10, 2024, 11:12:47 (UTC+05:30)	21.9 KB	Standard

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Learn more

CloudShell

Feedback

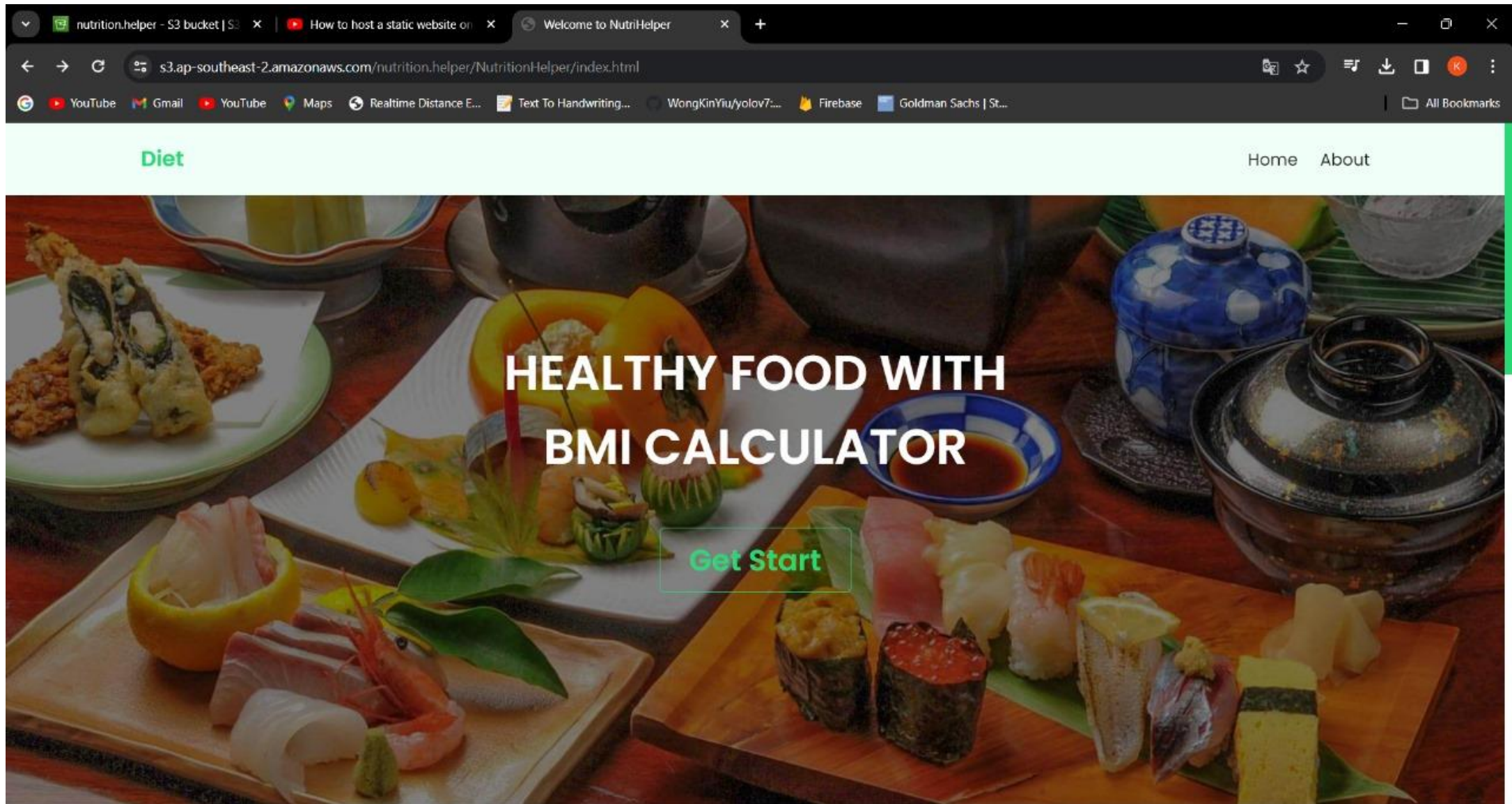
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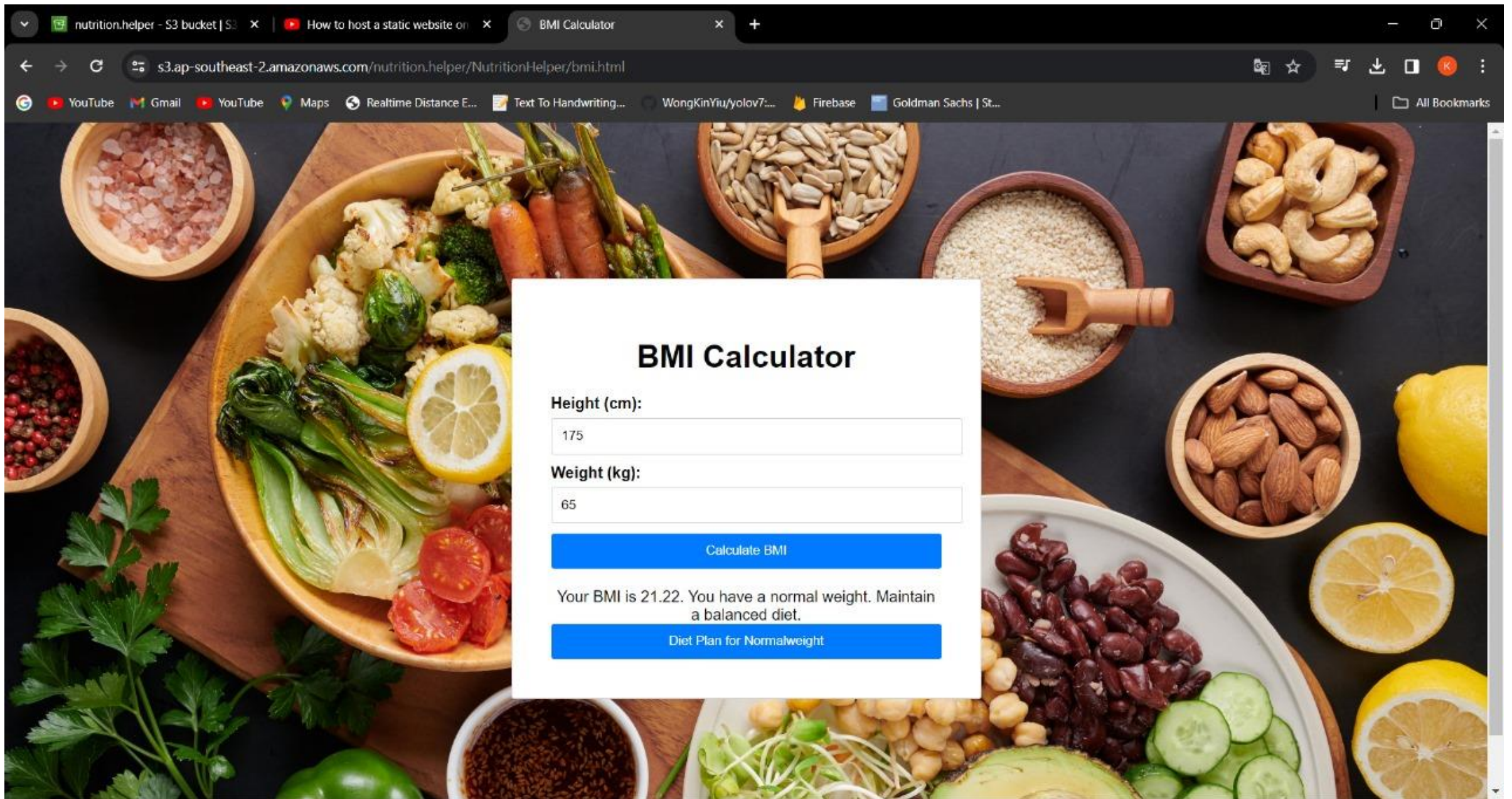
Screenshots:



nutrition.helper - S3 bucket | S3 x | How to host a static website on x | BMI Calculator x +

s3.ap-southeast-2.amazonaws.com/nutrition.helper/NutritionHelper/bmi.html

YouTube Gmail YouTube Maps Realtime Distance E... Text To Handwriting... WongKinYiu/yolov7... Firebase Goldman Sachs | St... All Bookmarks



BMI Calculator

Height (cm):

Weight (kg):

Calculate BMI

Your BMI is 21.22. You have a normal weight. Maintain a balanced diet.

Diet Plan for Normalweight

REFERENCES:

- <https://sites.google.com/site/ignoubcafinalyearprojects/free-bank-download-management-java-system-asp-net-project-php-report-source-documentation-code-synopsis>
- <https://www.researchgate.net/publication/265246385> Customer's Perception on Usage of Internet Banking
- <https://www.researchgate.net/publication/232608108> Consumer perceptions of Internet banking in Finland The moderating role of familiarity
- <https://www.researchgate.net/publication/233928429> A Study on Customer Perception Towards Internet Banking Identifying Major Contributing Factors
- <https://www.youtube.com/watch?v=-l83oqcaTHg&pp=ygULQVdTIFMzIEhPU1Q%3D>