PSG College Of Technology

Department Of Computer Applications

Mini Project - II

Title : Diet Recommendation System

Guide:

Dr.Subathra M
Assistant Professor(Sr.Gr.)
Department Of Computer Applications
PSG College Of Technology.

Official Email ID:

msa.mca@psgtech.ac.in

Team Members:

Niranjan B (19MX210)
Sivabalan M A (19MX219)

Official Email ID:

19mx210@psgtech.ac.in
19mx219@psgtech.ac.in

Abstract

In this digital era, manual works are being automated day-to-day and people tend to rely more on devices rather than focusing on their health and indulging in physical activities and also preferring junk and fast food instead of nutrient-rich food. This will lead society to lack nutrients and be physically abnormal.

The main objective of this application is to create awareness about basic diets and workouts for maintaining health and also the effects of inadequate nutrition.

Diet recommendation system is an android application that encourages the users to follow a proper diet according to information such as BMI, health conditions, previous diet plans to be fit and healthy. The application will also recommend diet charts to users who are facing medical issues and undergoing medical treatments. The application will suggest physical exercises based on the diet plan chosen by the user. The user can create their diet by logging in to the application after that they can choose their diet for gaining or reducing their mass suggested by the application according to their height, weight and health issues. Also, the user can integrate with the chatbot in the application for enquiring about more diet plans and the chat will suggest the requested diet plans. After starting the diet, the application will keep track of the user's activities and remind them periodically.

Hardware Requirements

Processor : Intel Core i3 or Equivalent

Memory : 4 GB (32-bit), 4 GB (64-bit)

Disk Space : 500 GB of free disk space

Software Requirements

Frontend : Android studio

Backend : Google Firebase(cloud database)

API : REST API

AI : Chatbot AI