

Food and Nutrition Database

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Idea 1:

This project is designed to help suggest healthy meals for people of different age groups and lifestyles. The database includes categories such as Pre-teens, Teens to Mid-20s, Late 20s to Late 30s, Early 40s to Late 50s, Senior Citizens, along with a special category for Athletes and one for people with specific diseases.

The system stores information about various food items, their nutrients (like calories, protein, fat, carbohydrates, vitamins, and minerals), and suitable meals for breakfast, lunch, and dinner. Based on the age group and health type, it can recommend the right meal plan.

The main goal of this project is to create a database that helps in finding the right diet for each group.

Idea 2:

This project focuses on storing and analyzing information about different nutrients and the foods that provide them. The main aim is to create a database that helps understand which foods are rich in specific nutrients such as proteins, carbohydrates, lipids, vitamins, and minerals, along with their nutrient amounts.

Foods like different types of millets are taken as examples to study their nutrient composition and how they contribute to a balanced diet. The database also includes details on the best time to consume these foods (for example, morning, afternoon, or evening) for better absorption and health benefits.

Through this database, users can easily find which foods are good sources of certain nutrients and when they should be consumed for maximum benefit.
