RAMAIAH
Institute of Technology

FOOD GUIDE SYSTEM

DATABASE PROJECT REPORT

SUBMITTED BY

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Database Systems - CS52

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Department of Computer Science and Engineering

Ramaiah Institute of Technology
(Autonomous Institute, Affiliated to VTU)
Bangalore – 54

CERTIFICATE

This is to certify that **Name: Kanchana C(1MS20CS402)**, **Name: Kavya P(1MS20CS403)**, **Name: Preethi R(1MS20CS409), Name: Shahina Banu(1MS20CS410)** have completed the **"FOOD GUIDE SYSTEM"** as part of Database Project. We declare that the entire content embodied in this B.E. 5th Semester report contents are not plagiarized.

Submitted by

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Guided by

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Evaluation Sheet

Sl. No	USN	Name	DBS Application Design and Coding (10)	Demo & Report submission (10)	Total Marks (20)

Evaluated By

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CONTENTS

1. ABSTRACT

The simplicity of the project is to plan and access the diets. It can be used in situations such as planning individual diets, planning nutrition and food procurement for a specific disease. The patient has to consume in the proper quantity prescribed by the dietician. The excess consumption of the food by the patient will leads to the many problems. In the system the user can be directly connected by the dietician and the he/she can easily monitor the status of the user and to ensure the quantity of food the dietitian has been included in system to get the proper food. By using this system the user can easily maintain the food consumption and water consumption.

This system will alert the user if more than the threshold level of food is consumed. The dietician is available to take care of the patients at the time of emergency. This system is used to automate the process of the monitoring the quantity of the food consumed.

Dietary guidelines are designed to maintain an adequate intake of nutrients and to protect against diet-related disease, particularly cardiovascular disease and obesity, The caries can be minimised by good hygiene, appropriate exposure to fluoride and by restricting the intake sugar containing snacks between meals to no more than four occasions per day. The study builds the system that allow users to plan their food consumption. The system helps user manage and tracking history of their food consumption, choosing food that suitable for their health.

2. INTRODUCTION

Monitoring nutrition intake is an important task and is included in good nutritional practice concerning hospitalized patients at nutritional risk. Information about a patient's food intake is required in clinical practice, for evaluation of the energy- and protein intake, thus implying a need for supplementation, a revised nutrition plan, and a consultation by the clinical dietician. The dietary record form is thus mandatory for monitoring nutrition intake. Monitoring food intake allows early identification and prevention of nutritional decline in patients with a poor food intake during hospitalization, and has been recommended in various guidelines.

Recent reviews of nutritional procedures for medical in-patients suggest, based on ESPEN recommendations, that body weight is maintained in nutritional risk patients, who is able to reach 75% of their nutritional requirements. Food intake should be re-assessed every 24 to 48 hours. Despite this firm recommendation for nutrition intake, neither this review, or the guidelines question or recommend which methods to use for obtaining information about food intake, also known as "dietary record methods". The same lack of information about methods for dietary recording was found in another recent randomized controlled study (RCT), which had a specialized, nutrient-dense ready-to-drink liquid as intervention compared to another less dense liquid.

In clinical practice, a relative estimate with a reasonable accuracy is probably sufficient. Earlier studies have concluded that accuracy within +/-17% weighted energy intake in 70% of individuals in a patient held diet record was sufficient for clinical practice. Another study investigated the accuracy of a plate diagram sheet,- in the estimation of pre-plated meals, and found an overestimation of energy intake by +/-353 kcal/day and +/-16.4 g/day for protein intake, but found that this overestimation did not encompass the little eating patients.

The 24-hour dietary interview has been used in several studies and in several forms. The method has been challenged with regard to "patient" underreporting food intake when used with weight loss in mind. An Indian study used the method in patients at nutritional risk. In this study an under-reporting of 10% was seen, which was regarded acceptable for both research purposes, as for clinical practice purposes. A resent review included 16 studies using 24-hour recall, and found a similar reporting bias. Moreover, the method was used to estimate intake in a multimodal intervention study in a broad population of hospitalized patients. This study however

found the challenge that only 63.7% of the 545 participants were able to comply with the interview, and that the interviews were very time consuming, and demanded the presence of a clinical dietician.

Studies have indicated, that lack of feasibility, especially with regard to time consumption and knowledge for the nursing staff in order to make nutrition monitoring part of daily practice for, clinical decision-making is too low, which also have been questioned in clinical research. With regard to clinical research however, there is an even more important lack of accuracy, which has been described as related to misreporting, including underreporting as well as over-reporting as the main bias. Especially regarding the little eating patients, the lack of accuracy may be a relevant bias, which we find have been questioned far too little in intervention studies. In clinical practice, as well as in studies using nutrition monitoring, it has been shown that dietary recording is difficult to implement, and often time consuming.

Thus, there seems to be an obvious lack of interest for the diet registration methods used in clinical trials, although the result of a diet registration is mandatory to assist the clinician to decide on the launching of various forms of nutritional therapy before, during and after the clinical course, for patients at nutritional risk. Furthermore, the dietary record form in clinical nutrition research is especially relevant with regard to applied research studies, where nutrition intake is profound in the evaluation of the efficacy of interventions, as seen in several studies beforehand.

3. METHODOLOGY

3.1 SOFTWARES:

3.1.1 Eclipse: The Eclipse platform which provides the foundation for the Eclipse IDE is composed of plug-ins and is designed to be extensible using additional plug-ins. Developed using Java, this is used to develop rich client applications and other tools. It can be used as an IDE for any programming language for which a plug-in is available.

3.1.2 XAMPP: It is a software distribution which provides the Apache web server, MySQL database, Php and Perl all in one package. It is available for Windows, MAC and Linux systems. No configuration is necessary to integrate Php with MySQL. It also provided is PhpMyadmin which gives a GUI tool for managing your MySQL databases.

3.2 LANGUAGES:

3.2.1 HTML: Hypertext markup language for documents designed to be displayed in a web browser.

3.2.2 CSS: Cascading style script used to style an HTML document, describes how HTML elements should be displayed.

3.2.3 JSP: An extension to the Java servlet technology that allows HTML to be combined with the Java on the same page.

3.2.4 PHP: Hypertext Preprocessor used to develop dynamic and interactive websites. Server-side language.

3.3 DATABASE USED:

MYSQL: It is a relational database management system based on SQL- Structured query language. Its purpose of a web database. It can be used to store anything from single record of information to entire inventory.

3.4 DESIGN

'Design' is the phase of discussion as this is the only single step away from implementation. In the design phase we concentrate on building a number of inexpensive and scaled down versions. The problem statement includes the following aspects.
How might we identify the food quantity?
How can we support our users to take accurate food?
How might we make the quantity of food in right way?
How might we get to the user's family members so that they can create a good family environment for our user? Where it covers all the aspects that are identified.

This system keeps in track of the following:

- Introducing a strict pattern of routines in their life.
- Connection between user and dietician.
- Warning over food consumption.
- Show the level of food consumed in a day.
- Maintain a balanced diet.

Customer gets registered by entering the details and gets logged in with the registered id and password. The user has to enter the Height , weight and age to know the BMI whether he/she is overweight , underweight or normal .If its overweight or underweight he/she needs to consult a dietician for the specified food chart and request a dietician about the same. The user can enter the disease if he has any and proceed.

The dietician gets registered himself first then logins with the Id and password and checks for the requests from customer and suggest the food items that he/she should include in their diet . The dietician suggests the customer according to their BMI value , Disease they are suffering . By the end of this stage, we will have a better idea of the constraints inherent to the product and the problems that are present, and have a clearer view of how real users would behave, think, and feel when interacting with the end product. With respect to our problem statement, we have tried to implement two possible solutions. Both are interfaces for the end user to interact with.

4. REQUIREMENTS

This systems includes two types of end users Customers and dieticians via the health center. Then shows the list of the systems requirement and specifications for the system. These include the functional and non-functional requirements that the system must provide. Detailed description of the requirements and specifications for the health and wellness system development in which described in detail.

a. ENDUSERS

There are two types of system users:

- Customers : A user who is looking for health consult.
- Dieticians : These are the users that support the users meal plans and health and wellness reports.

b. ACTORS AND USECASES

4.1.1 Actors **Semantics**

Customer	A user who is looking for a health consult.
Dietician	A user who provides a customer diet plan and health wellness.
The Hardware	The system that manages a platform that is used by dieticians and students.
Dashboard or homepage	The Customer redirects to user login and center where the user can view for the additional support.

4.1.2 Usecases

CreateAccount	For both the Dietician actor and the user actor needs to create an account through registration.
EntersBMI	The user enters the details to know the BMI val

DisplaysBMIresult	Displays BMI result to the user.
DisplaysDietChart	Displays insights on the food intake for a healthy lifestyle.
RequestPlan	Customer requests a personalized diet plan.
DisplayDietPlan	Displays the Diet plan which the user has intake the food according to plan.
ViewDietPlans	The Dietician views all requested plans.
Login	Users enters the id and pwd to login.
Logout	Users quit the application.

4.2 MODULES

A Modular design , or "modularity in design". Is a design approach that subdivides a system into smaller parts called modules. This website has two significant modules with its sub modules as follows:

User Login:

- **Register :**

  -To continue with the diet plan details, the user first needs to fill up all the required details.

- **Calculate BMI :**

  -Based on details provided by the user, the system automatically calculates the BMI of the user.

- **Get Diet plan :**

  -Based on the details provided by the user, the system asks the user if they would like to get a diet plan.

- **Timings:**

  -Based on the details provided by the user, the system asks the user what times they typically eat throughtout the day. Including Breakfast, Lunch, snacks, and Dinner.

- **View Diet Plan:**

  -The diet plan for the user is generated by the system itself using artificial intelligence.

- **Request Diet plan:**

  -If the user is unsatisfied with the diet provided by the system, then he/she can raise a request to generate the proper diet plan the user.

  -The diet plan request is forwarded to a dietician.

Dietician Login:

- **Register:**

  -The Dietician registers himself.

- **View Diet Plan request:**

  -Here, a dietician can view the diet plan request from the users.

- **Create a Diet Plan:**

  -Based on the user's request, dietician creates a diet plan for him/her.

- **View user:**

  -Can view user details as and when needed.

4.3 Features

1) **Load Balancing**: The server will be limited to the time of admin access since the system will be available only the admin logs.

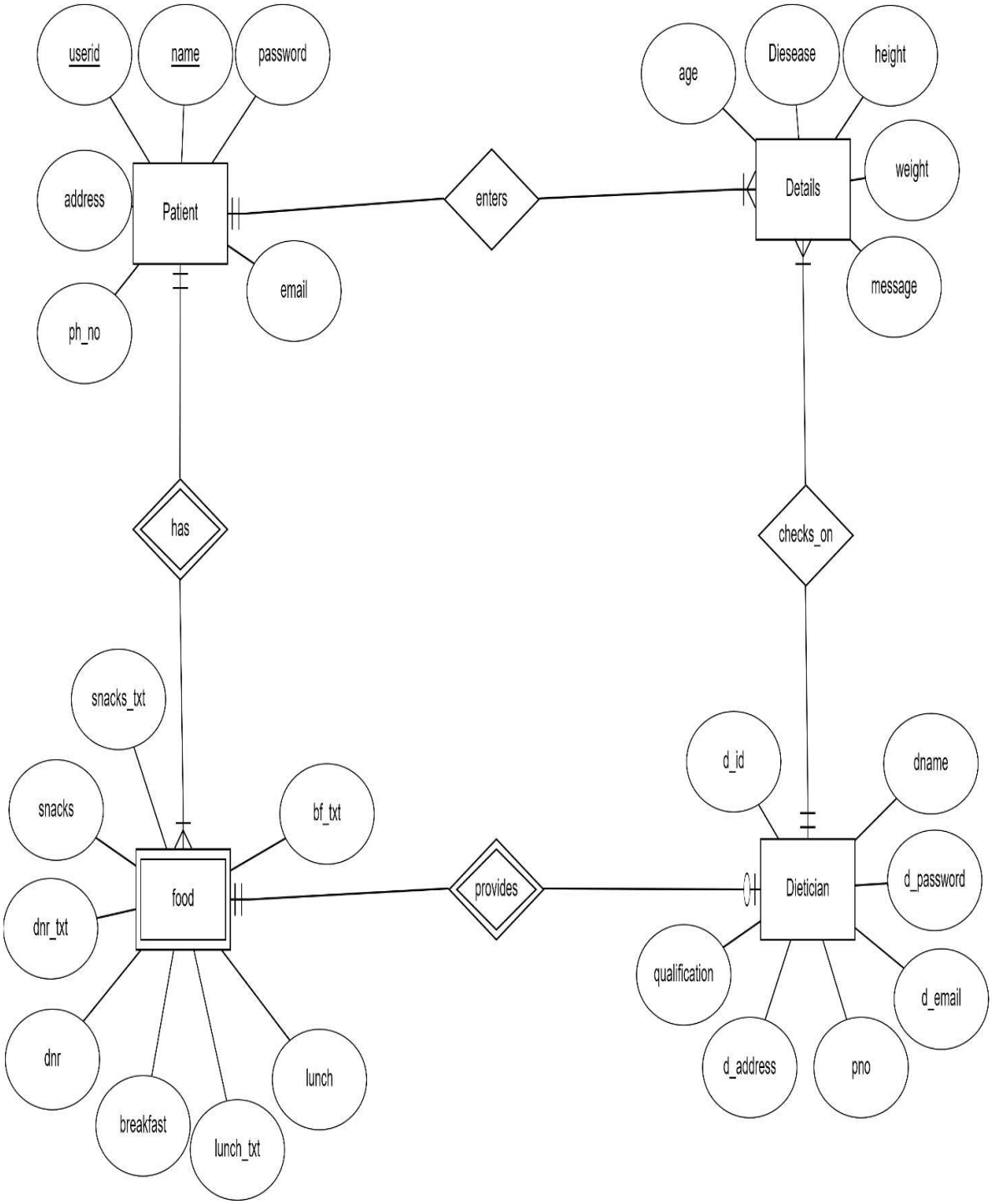
2) **Easy Accessibility**: Records can be effectively retrieved easily and used to store other data, individually.

3) **User-Friendly**: The Website will be giving a very user-friendly approach for all user

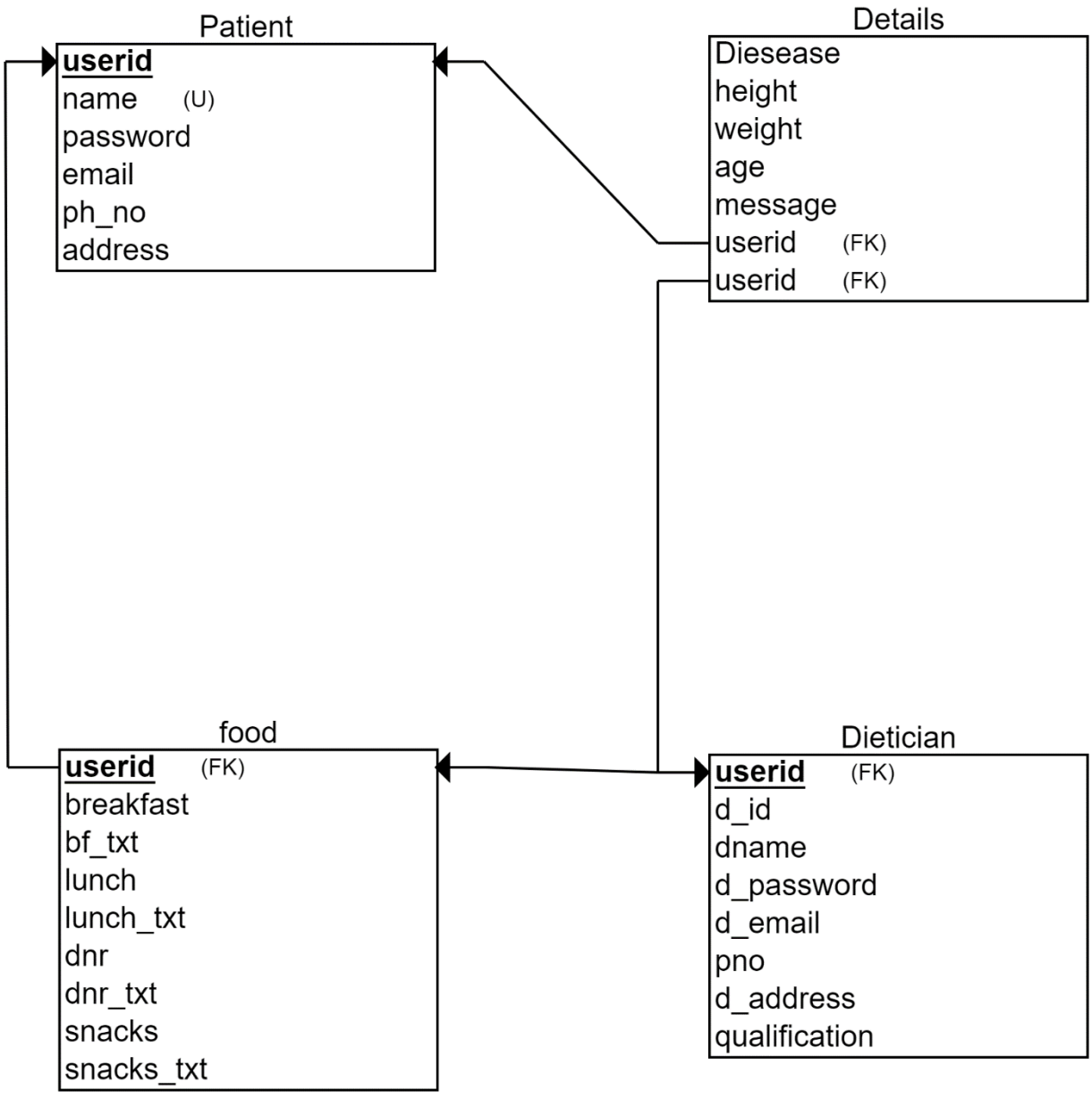
4) **Efficient and reliable:** Keeping up the all verified and database on the server, which will which will be available as indicated by the client necessity.

5) **Easy maintenance**: Artificial Intelligence Dietitian website is designed as a natural way. So, maintenance is also easy.

5. E-R DIAGRAM

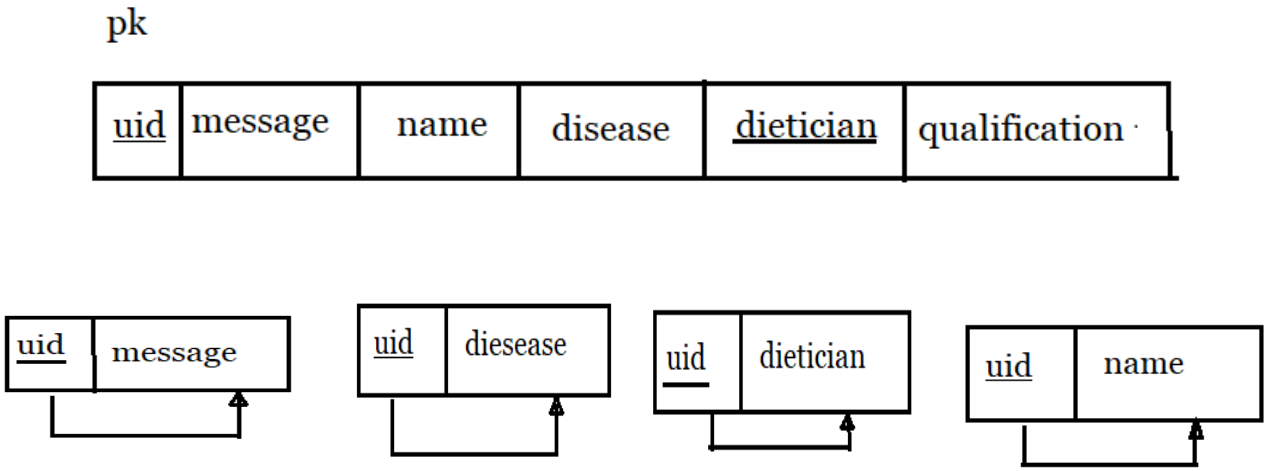

userid
name
password
address
Patient
ph_no
email
enters
age
Diesease
height
Details
weight
message
has
checks_on
snacks_txt
snacks
bf_txt
food
dnr_txt
dnr
breakfast
lunch_txt
lunch
provides
d_id
dname
Dietician
d_password
qualification
d_email
d_address
pno

6. RELATIONAL DATABASE DESIGN

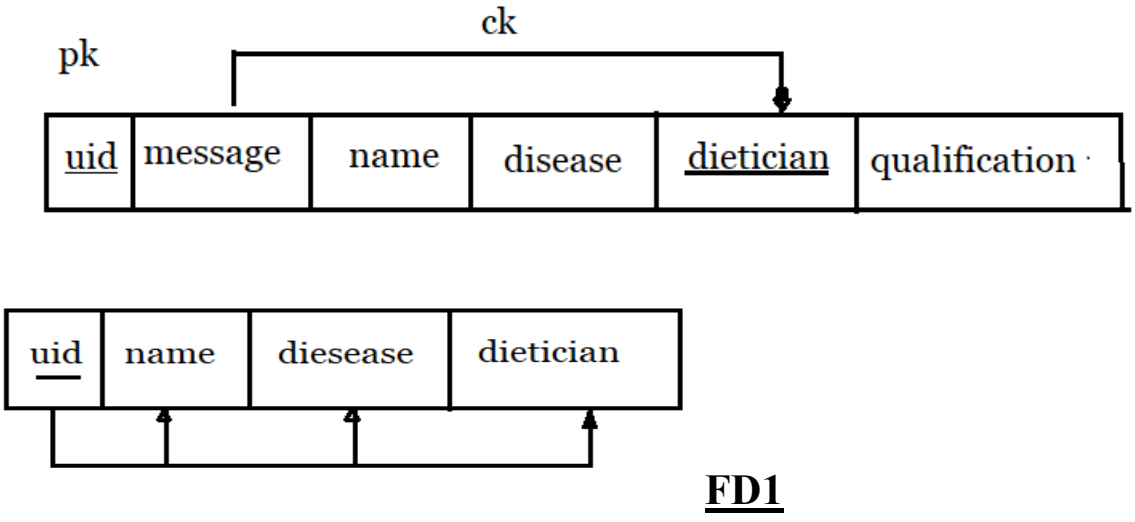


7. DATABASE NORMALIZATION

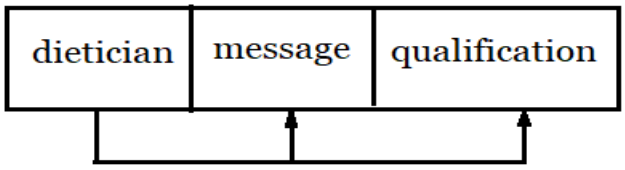
2NF: Before proceeding to 2NF it should fulfill all the 1NF



3NF:



FD1



FD2

8. DATA DIRECTORY

This system has 4 tables in the MySQL database .

- Customer registration.
- Dietician registration.
- Request dietician.
- Response dietician.

Customer registration: The customer has to register himself before getting into system by entering the valid credentials such as Id, name, password, ph_no, email, address . After getting register these details will be stored in Customer registration table where this data is used for login purpose . While logging in, the customer has to enter his/her Id and password.

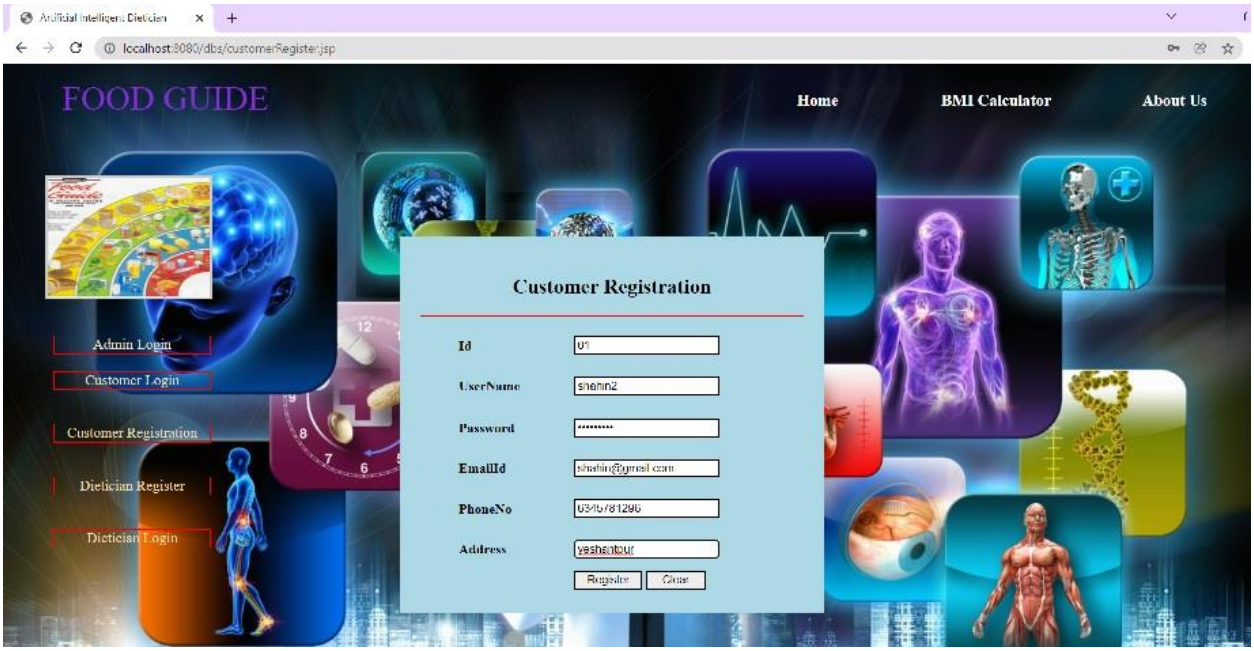
Dietician registration: The Dietician registration is same as customer, by entering the credentials such as Id, name, password, ph_no, email, address, qualification . After getting register these details will be stored in Dietician registration table where this data is used for login purpose . While logging in , the dietician has to enter his/her Id and password.

Request Dietician: Customer enters the system to check the BMI value . Details such as height , weight , age has to be specified and the result will be generated along with the BMI value. Here the user can enter the disease if he has any and select the dietician for a diet plan and send the request to Dietician .These details will be stored in the Request dietician table which will be fetched later.

Response dietician : Dietician enters the system by his/her ID and password and checks for the requests by the customers. The Dietician goes through the BMI score and disease that is mentioned and suggests the necessary proteins that he/she has to include in their diet as the breakfast, lunch, dinner, snacks form and send the response back to the requested customer.

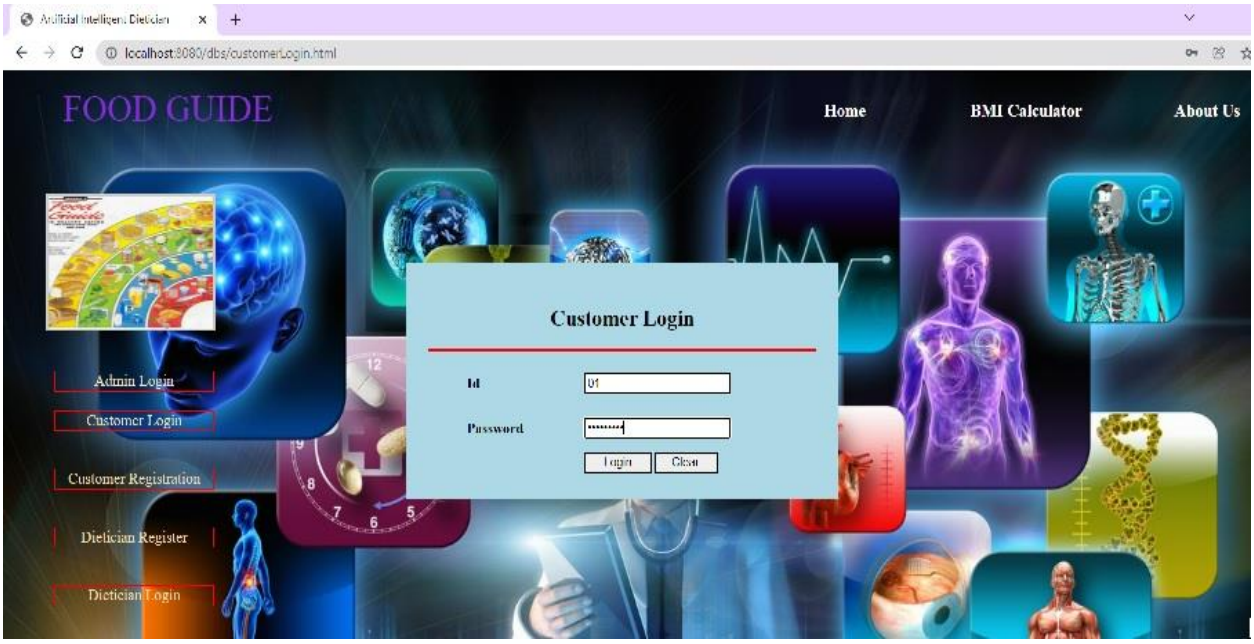
9. GRAPHICAL USER INTERFACE

Customer registration:

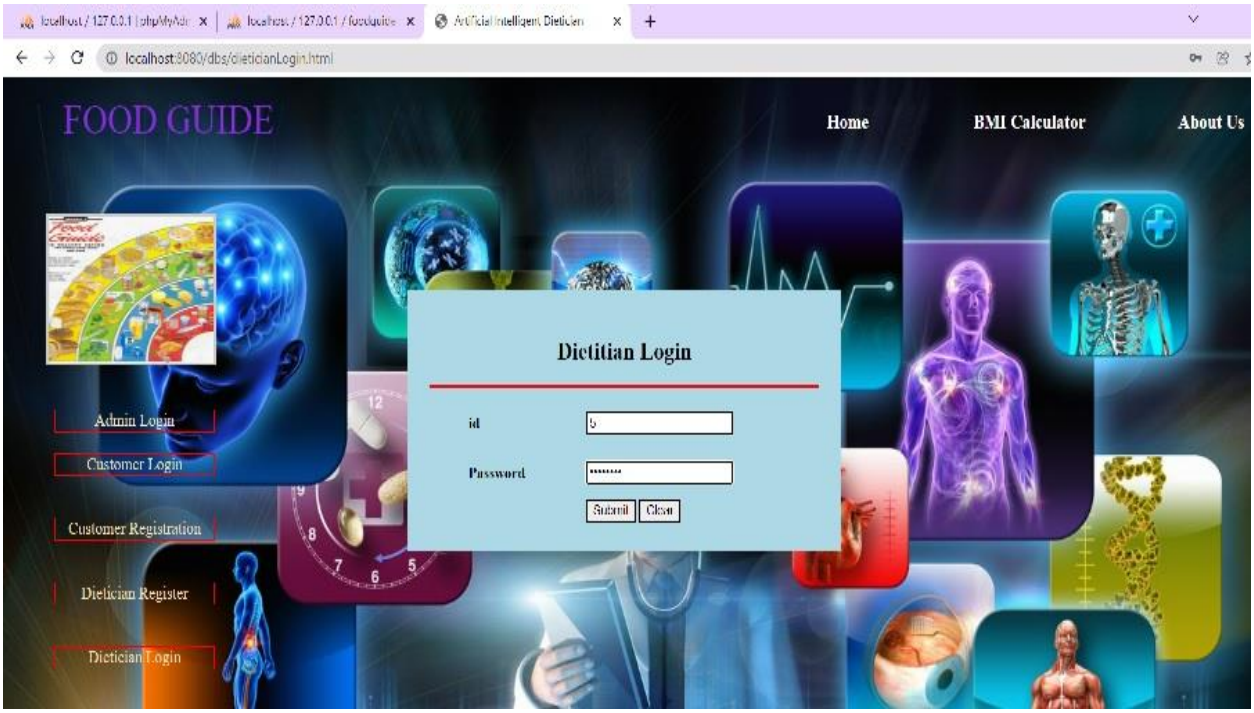


Dietician registration:

Customer login with the same registered Id and password

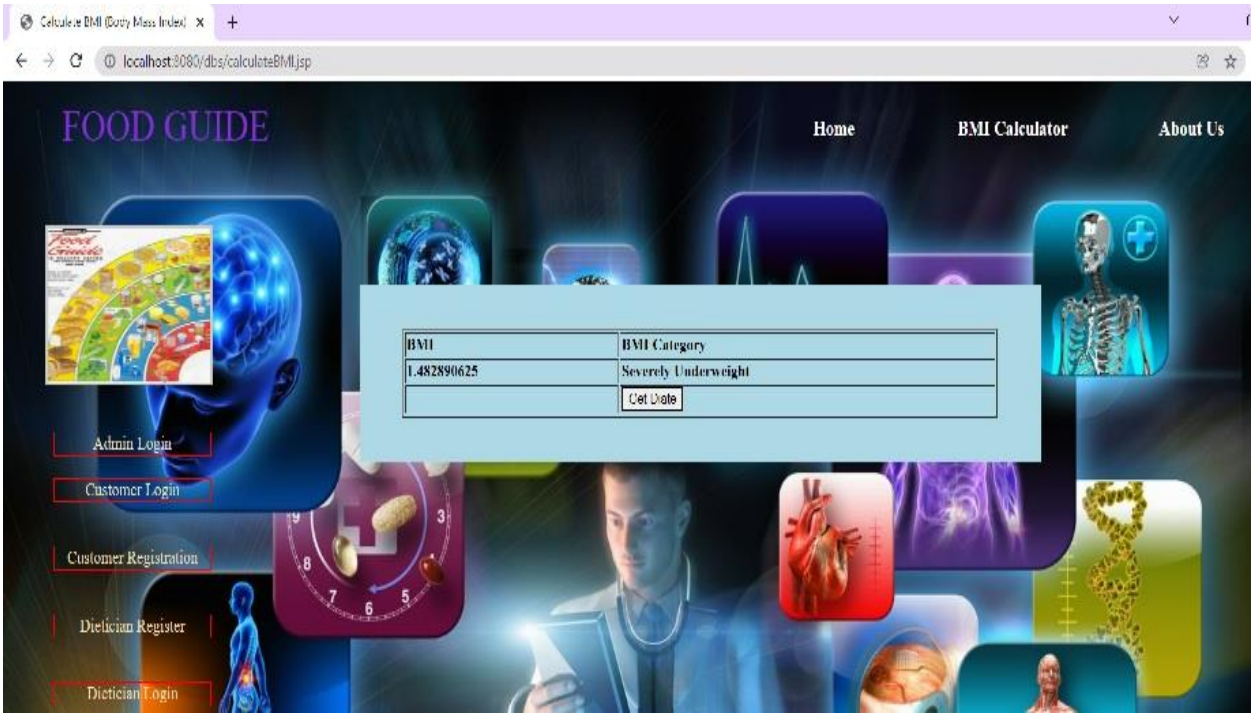


Dietician login with the registered id and password

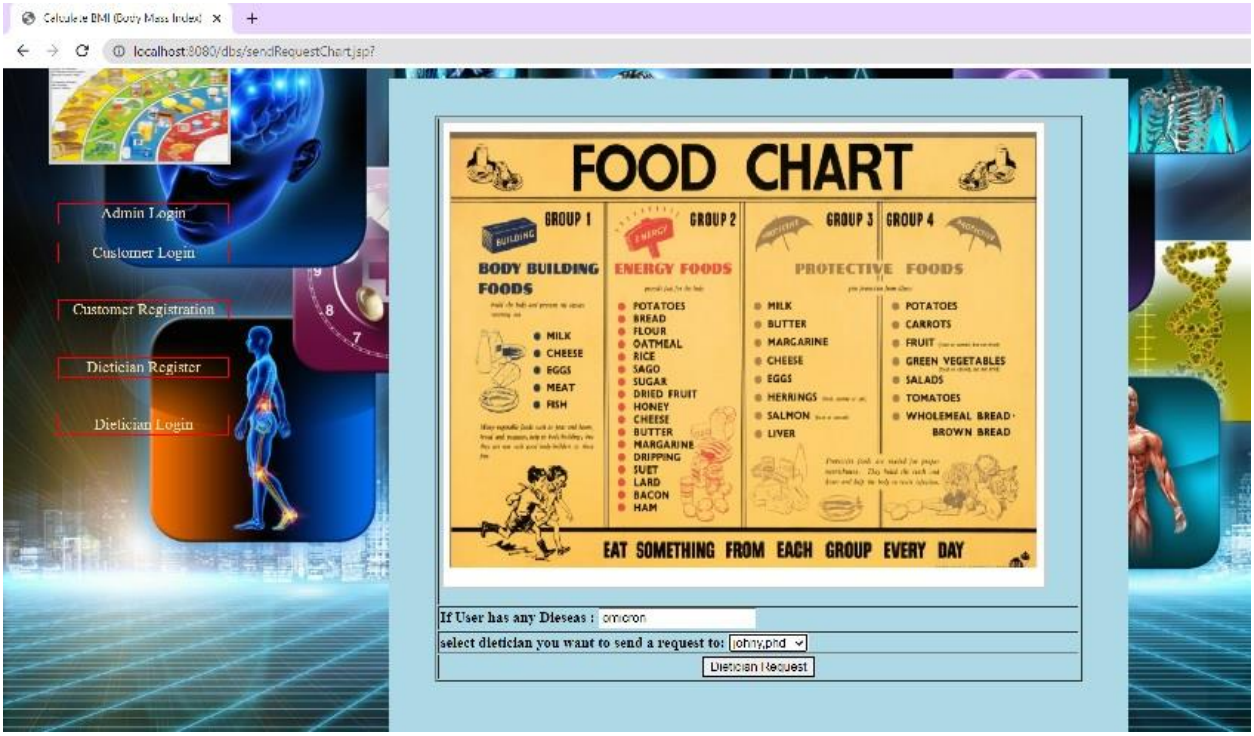


Customer entering details to know their BMI value.

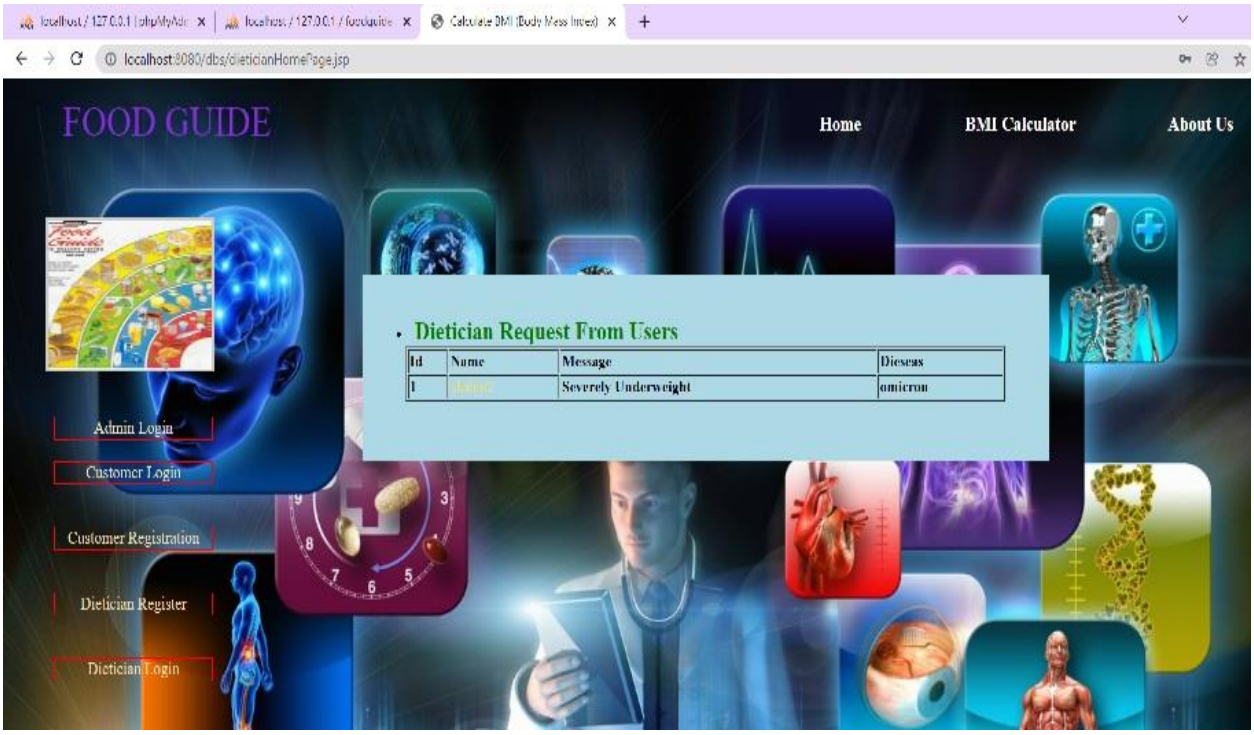
If its shows overweight/underweight then he/she needs to consult a dietician to a suitable diet chart.



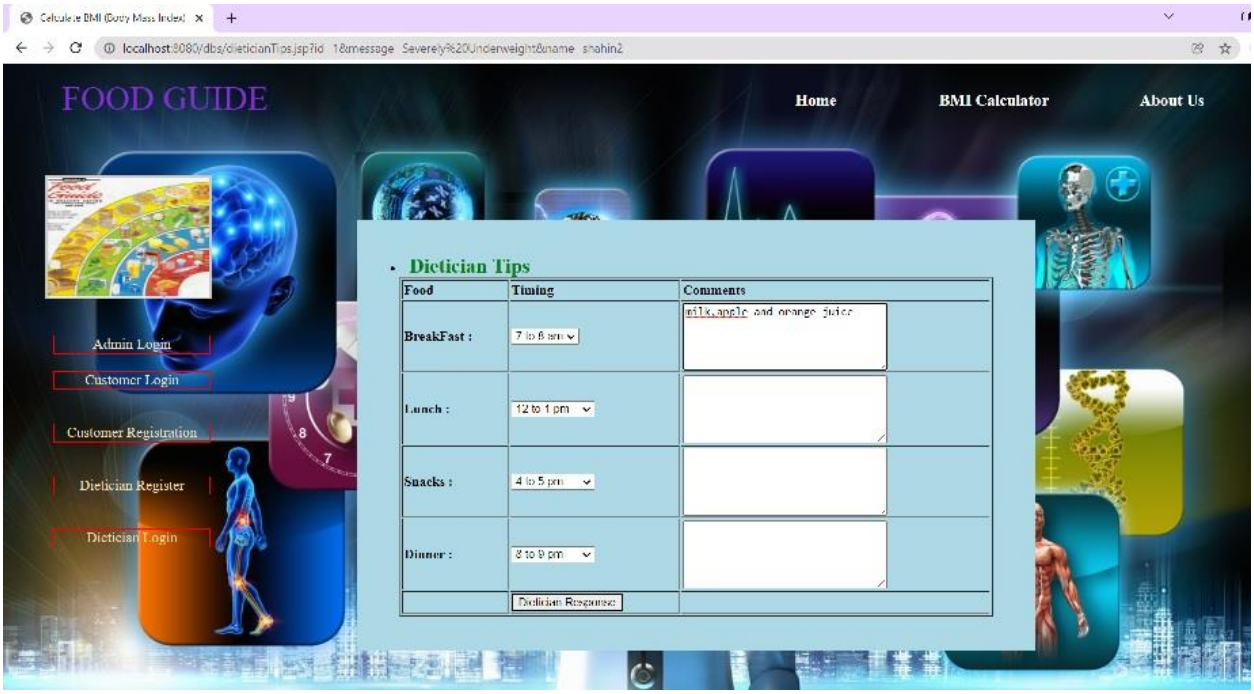
The food chart gets display based on their BMI value. If a user has any disease he/she can mention below and the request will be sent to the specified dietician.



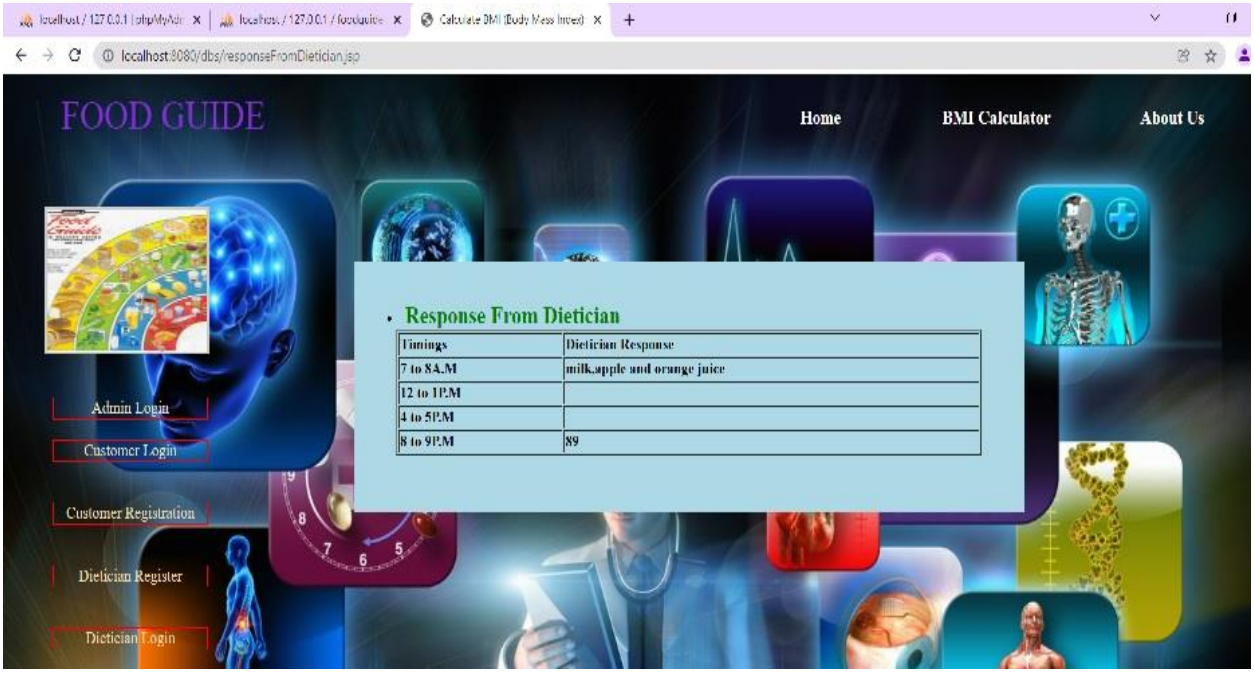
The dietician gets logged in and checks for the requests from customers.



The dietician responses with the tips and the foods that a customer need to consume and sends back to customer.



The customer gets logged in and checks for the responses from the dietician and follow accordingly.



The customer or the dietician gets logged out after sending requests and responses. This is how the food guide system works.

10.SOURCE CODE

Dashboard.jsp

```
<html xmlns="http://www.w3.org/1999/xhtml">

<head>

<meta http-equiv="Content-Type" content="text/html; charset=utf-8" />

<title>Artificial Intelligent Dietician</title>

<meta name="keywords" content="Lin Photo, free website template, XHTML CSS layout" />

<meta name="description" content="Lin Photo, free website template, free XHTML CSS layout provided by templatemo.com" />

<link href="templatemo_style.css" rel="stylesheet" type="text/css" />

<script language="javascript" type="text/javascript">

function clearText(field) {

if (field.defaultValue == field.value)

field.value = '';

else if (field.value == '')

field.value = field.defaultValue;

}

</script>

</head>

<body>

<div id="templatemo_container">

        <div class="logos">FOOD GUIDE</div>

<div id="templatemo_menu">

<ul><li><a href="index.html" class="current"><span></span>Home</a></li>

<li><a href="bmical.html"><span></span>BMI Calculator</a></li>
```

```
<li><a href="contact.html"><span></span>About Us</a></li></ul>
</div>
                                                    <!-- end of menu -->
<div id="templatemo_content_wrapper">
<div id="templatemo_content">
<div class="column_w210 fl">
<div class="header_01">
 <img src="images/food.jpg" width="190" height="140"/>
 <ul><li><a href="adminLogin.html" class="current">Admin Login</a></li><br>
<li><a href="customerLogin.html" class="current">Customer Login</a></li><br>
<br><li><a href="customerRegister.jsp" class="current">Customer Registration</a></li>
<br><br>
<li><a href="dieticianRegister.jsp" class="current">Dietician Register</a></li> <br><br>
<li><a href="dieticianLogin.html" class="current">Dietician Login</a></li> <br>
  <br></ul>
</div>
<div class="cleaner"></div>
</div>
<div class="column_w431 fl vl_divider"><div class="column_center"><center>  <h2>Login
Here</h2><hr color="red">
<form action="adminHomePage.jsp" name="validForm" onsubmit="return validationForm();">

<table width="366" align="center">
<tr>
<td width="101" height="46" class="paragraping"><font color="black" size="3"><strong>User
Name</strong></font></td>
```

```
<td width="172" class="id"><input type="text" name="userName" style="border: 2px #000000 solid;" required="required"/></td>

</tr>

<tr>

<td width="101" height="46" class="paragraping"><fontcolor="black" size="3"><strong>Password</strong></font></td>

<td width="172" class="name"><input type="password" name="password" style="border: 2px #000000 solid;" required="required"/></td>

</tr>

<tr>

 <td></td>

<td><input type="submit" class="button2" value="Login" style="border: 2px #000000 solid;"/>

<input type="reset" name="reset" class="button2" value="Clear" style="border: 2px #000000 solid;"/></td>

</tr>

</table>

</form>

 </div>

</div>

<!-- end of a column -->

<div class="column_w210 fl vl_divider">

<div class="cleaner"></div>

</div>

<!-- end of a column -->

<div class="margin_bottom_20 h_divider"></div>

<div class="margin_bottom_20"></div>

<div class="column_w920">
```

```
<div class="margin_bottom_15"></div>
</div>
<div class="cleaner"></div>
</div>
<!-- end of wrapper 02 -->
</div>
<!-- end of wrapper 01 -->
<!-- end of footer -->
</div>
</body>
</html>
<script>
function validationForm() {
var userName = document.validForm.userName.value;
var password = document.validForm.password.value;
if (userName.value == "" || userName.value == [ 0 - 9 ]) {
window.alert("Enter Name ");
userName.focus();
return false;
} else if (password.value == "") {
window.alert("Enter Password");
password.focus();
return false;
} else if(userName == "admin" && paswword == "admin") {
return true;
```

```
} else
{
window.alert("User Name and Password is incorrect.");
userName.focus();
return false;
}
return true;
}
</script>
```

Bmi.html

```
<!-- OOP, Date: Friday October 19, 2018-->
<html xmlns="http://www.w3.org/1999/xhtml">
<head>
<meta http-equiv="Content-Type" content="text/html; charset=utf-8" />
<title>Calculate BMI (Body Mass Index)</title>
<meta name="keywords" content="Lin Photo, free website template, XHTML CSS layout" />
<meta name="description" content="Lin Photo, free website template, free XHTML CSS layout provided by templatemo.com" />
<link href="templatemo_style.css" rel="stylesheet" type="text/css" />
<script language="javascript" type="text/javascript">
                                                    function clearText(field) {

                                                      if (field.defaultValue == field.value)
                                                              field.value = '';
                                                      else if (field.value == '')
```

```
                                                    field.value =
field.defaultValue;


                                                    }
</script>
</head>
<body>
<div id="templatemo_container">
<div class="logos">
FOOD GUIDE
</div>
<!-- end of banner -->
<div id="templatemo_menu">
<ul>
<li><a href="index.html" class="current"><span></span>Home</a></li>
<li><a href="bmical.html"><span></span>BMI Calculator</a></li>
<li><a href="contact.html"><span></span>About Us</a></li>
</ul>
</div>
<!-- end of menu -->
<div id="templatemo_content_wrapper">
<div id="templatemo_content">
<div class="column_w210 fl">
<div class="header_01">
 <img src="images/food.jpg" width="190" height="140"/>
```

```
 <ul>
<li><a href="adminLogin.html" class="current">Admin Login</a></li><br>

<li><a href="customerLogin.html" class="current">Customer Login</a></li>
<br>
<li><a href="customerRegister.jsp" class="current">Customer Registration</a></li> <br>

<br>
<li><a href="dieticianRegister.jsp" class="current">Dietician Register</a></li> <br>

<br>
<li><a href="dieticianLogin.html" class="current">Dietician Login</a></li> <br>
<br></ul>
</div>
<div class="cleaner"></div>
</div>
<!-- end of a column -->
<div class="column_w431 fl vl_divider">
<div class="coloumn_center">
<form action="calculateBMIUser.jsp" method="post" name="form">
<table width="700" align="center">
<tr><center><h2>BMI Calculator</h2></center><hr color="red"></tr>

<tr>
<tr>
<td width="101" height="46" class="paragraping"><font color="#ffffff"
size="3"><strong>Height</strong></font></td>
```

```
<td width="172" class="name"><input type="text" name="height" style="border: 2px #000000 solid;" required="required"></td><td>(Example: 4.0/4.9)</td>


</tr>

<tr>

<td width="101" height="46" class="paragraping"><font color="#ffffff" size="3"><strong>Weight</strong></font></td>


<td width="172" class="id"><input type="text" name="weight" style="border: 2px #000000 solid;" required="required"></td><td>(Lbs)(10=22 Lbs)</td>

</tr>

<tr>

<td width="101" height="46" class="paragraping"><font color="#ffffff" size="3"><strong>Age</strong></font></td>

<td width="172" class="id"><input type="text" name="age" style="border: 2px #000000 solid;" required="required"/></td><td>(Years)</td>

</tr>

<tr>

<td> </td>

<td><input type="submit" class="button2" value="Calculate" style="border: 2px #000000 solid;"></td>

</tr>

</table>

</form>

</div>

</div>

<!-- end of a column -->

<div class="column_w210 fl vl_divider">
```

```
<div class="cleaner"></div>
</div>
<!-- end of a column -->
<div class="margin_bottom_20 h_divider"></div>
<div class="margin_bottom_20"></div>
<div class="column_w920">
<div class="margin_bottom_15"></div>
</div>
<div class="cleaner"></div>
</div>
<!-- end of wrapper 02 -->
</div>
<!-- end of wrapper 01 -->
<!-- end of footer -->
</div>
<!-- end of container -->
<!--  Free CSS Template is provided by www.TemplateMo.com  -->
</body>
</html>
```

ViewBmicalculator.html

```
<!-- OOP, Date: Friday October 19, 2018-->
<html xmlns="http://www.w3.org/1999/xhtml">
<head>
<meta http-equiv="Content-Type" content="text/html; charset=utf-8" />
<title>Calculate BMI (Body Mass Index)</title>
```

```
<meta name="keywords" content="Lin Photo, free website template, XHTML CSS layout" />
<meta name="description" content="Lin Photo, free website template, free XHTML CSS layout provided by templatemo.com" />
<link href="templatemo_style.css" rel="stylesheet" type="text/css" />
<script language="javascript" type="text/javascript">
                                                    function clearText(field) {

                                                      if (field.defaultValue == field.value)
                                                              field.value = '';
                                                      else if (field.value == '')
                                                              field.value =
field.defaultValue;

                                                    }
</script>
</head>
<body>
                                                    <body>
                                                    <div id="templatemo_container">
        <div class="logos">
           FOOD GUIDE
        </div>
                                                      <!-- end of banner -->

                                                      <div id="templatemo_menu">
                                                              <ul>
```

```
                                                    <li><a
href="index.html" class="current"><span></span>Home</a></li>
                                                    <li><a
href="bmical.html"><span></span>BMI Calculator</a></li>
                                                    <li><a
href="contact.html"><span></span>About Us</a></li>
                                                        </ul>
                                                </div>
                                                <!-- end of menu -->



<div id="templatemo_content_wrapper">


<div id="templatemo_content">
                                                <div class="column_w210 fl">
                                                <div class="header_01">
<img src="images/food.jpg" width="190" height="140"/>
<ul>
<li><a href="adminLogin.html" class="current">Admin Login</a></li><br>

<li><a href="customerLogin.html" class="current">Customer Login</a></li> <br>

<br>
<li><a href="customerRegister.jsp" class="current">Customer Registration</a></li> <br>

<br>
<li><a href="dieticianRegister.jsp" class="current">Dietician Register</a></li> <br>
```

```
<br>
<li><a href="dieticianLogin.html" class="current">Dietician Login</a></li> <br>
<br></ul>
</div>
<div class="cleaner"></div>
</div>
<div class="column_w431 fl vl_divider">
<div class="coloumn_center">
<form action="calculateBMIUser.jsp" method="post" name="form">

<table width="700" align="center">
<center> <tr>  BMI Calculator</tr><hr color="red"></center>

<tr>

<td width="101" height="46" class="paragraping"><font color="#ffffff"
size="3"><strong>Height</strong></font></td>

<td width="172" class="name"><input type="text" name="height" style="border: 2px #000000
solid;" required="required"></td><td>Feet.Inches(Example: 4.0/4.9)</td>

</tr>
<tr>

<td width="101" height="46" class="paragraping"><font color="#ffffff"
size="3"><strong>Weight</strong></font></td>

<td width="172" class="id"><input type="text" name="weight" style="border: 2px #000000
solid;" required="required"></td><td>(Lbs)(10=22 Lbs)</td>
```

```
</tr>

<tr>

<td width="101" height="46" class="paragraping"><font color="#ffffff"
size="3"><strong>Age</strong></font></td>

<td width="172" class="id"><input type="text" name="age" style="border: 2px #000000 solid;"
required="required"/></td><td>(Years)</td>

</tr>

<tr>

<td> </td>

<td><input type="submit" class="button2" value="Calculate" style="border: 2px #000000
solid;"></td>

</tr>

</table>

</form>

</div>

</div>

<!-- end of a column -->

<div class="column_w210 fl vl_divider">

<div class="cleaner"></div>

</div>

<!-- end of a column -->

<div class="margin_bottom_20 h_divider"></div>

<div class="margin_bottom_20"></div>

<div class="column_w920">
```

```
<div class="margin_bottom_15"></div>

</div>

<div class="cleaner"></div>

</div>

<!-- end of wrapper 02 -->

</div>

<!-- end of wrapper 01 -->

<!-- end of footer -->

</div>

<!-- end of container -->

<!--  Free CSS Template is provided by www.TemplateMo.com  -->

</body>

</html>
```

Customerlogin.html

```
<html xmlns="http://www.w3.org/1999/xhtml">

<head>

<meta http-equiv="Content-Type" content="text/html; charset=utf-8" />

<title>Artificial Intelligent Dietician</title>

<meta name="keywords" content="Lin Photo, free website template, XHTML CSS layout" />

<meta name="description" content="Lin Photo, free website template, free XHTML CSS layout
provided by templatemo.com" />

<link href="templatemo_style.css" rel="stylesheet" type="text/css" />

<script language="javascript" type="text/javascript">

                                                    function clearText(field) {

                                                      if (field.defaultValue == field.value)
```

```
                                        field.value = '';
                                    else if (field.value == '')
                                        field.value =
field.defaultValue;
                                    }
</script>
</head>
<body>
   <body>
                                    <div id="templatemo_container">
        <div class="logos">
           FOOD GUIDE
        </div>
                                    <!-- end of banner -->

                                    <div id="templatemo_menu">
                                        <ul>
                                            <li><a
href="index.html" class="current"><span></span>Home</a></li>
                                            <li><a
href="bmical.html"><span></span>BMI Calculator</a></li>
                                            <li><a
href="contact.html"><span></span>About Us</a></li>
                                        </ul>
                                    </div>
                                    <!-- end of menu -->
```

```
<div id="templatemo_content_wrapper">
<div id="templatemo_content">
<div class="column_w210 fl">
<div class="header_01">
<img src="images/food.jpg" width="190" height="140"/>
<ul>
<li><a href="adminLogin.html" class="current">Admin Login</a></li><br>

<li><a href="customerLogin.html" class="current">Customer Login</a></li> <br>

<br>
<li><a href="customerRegister.jsp" class="current">Customer Registration</a></li> <br>

<br>
<li><a href="dieticianRegister.jsp" class="current">Dietician Register</a></li> <br>

<br>
<li><a href="dieticianLogin.html" class="current">Dietician Login</a></li> <br>
<br></ul>
</div>
<div class="cleaner"></div>
</div>
<!-- end of a column -->
                                                                    <div
class="column_w431 fl vl_divider">
                        <div class="coloumn_center">
```

```
<table width="366" align="center">

<form action="customerLoginSbt.jsp" method="post" name="form">

   <tr>

<center><h2> Custemer Login</h2><hr color="red"></center>

</tr>

<tr>


<td width="101" height="46" class="paragraping"><font color="black"
size="3"><strong>Id</strong></font></td>


<td width="172" class="id"><input type="text" name="id" style="border: 2px #000000 solid;"
required="required"/></td>

</tr>

<tr>


<td width="101" height="46" class="paragraping"><fontcolor="black"
size="3"><strong>Password</strong></font></td>


<td width="172" class="name"><input type="password" name="pass" style="border: 2px
#000000 solid;" required="required"/></td>

</tr>

<tr>


<td></td>


<td><input type="submit" class="button2" value="    Login    " style="border: 2px #000000
solid;"/>


<input type="reset" name="reset" class="button2" value="   Clear    " style="border: 2px
#000000 solid;"/></td>
```

```
</tr>
</form>
</table>
</div>
</div>
<!-- end of a column -->
<div class="column_w210 fl vl_divider">
<div class="cleaner"></div>
</div>
<!-- end of a column -->
<div class="margin_bottom_20 h_divider"></div>
<div class="margin_bottom_20"></div>
<div class="column_w920">
<div class="margin_bottom_15"></div>
</div>
<div class="cleaner"></div>
</div>
<!-- end of wrapper 02 -->
</div>
<!-- end of wrapper 01 -->
<!-- end of footer -->
</div>
<!-- end of container -->
<!--  Free CSS Template is provided by www.TemplateMo.com  -->
</body>
```

```
</html>
```

Dieticianlogin.html

```
<html xmlns="http://www.w3.org/1999/xhtml">
<head>
<meta http-equiv="Content-Type" content="text/html; charset=utf-8" />
<title>Artificial Intelligent Dietician</title>
<meta name="keywords" content="Lin Photo, free website template, XHTML CSS layout" />
<meta name="description" content="Lin Photo, free website template, free XHTML CSS layout provided by templatemo.com" />
<link href="templatemo_style.css" rel="stylesheet" type="text/css" />
<script language="javascript" type="text/javascript">
                                                    function clearText(field) {
                                                      if (field.defaultValue == field.value)
                                                              field.value = '';
                                                      else if (field.value == '')
                                                              field.value =
field.defaultValue;
                                                    }
</script>
</head>
<body>
   <body>
                                                    <div id="templatemo_container">
        <div class="logos">
           FOOD GUIDE
        </div>
```

```
                                                    <!-- end of banner -->


                                                    <div id="templatemo_menu">
                                                        <ul>
                                                            <li><a
href="index.html" class="current"><span></span>Home</a></li>
                                                            <li><a
href="bmical.html"><span></span>BMI Calculator</a></li>
                                                            <li><a
href="contact.html"><span></span>About Us</a></li>
                                                        </ul>
                                                    </div>
                                                    <!-- end of menu -->



<div id="templatemo_content_wrapper">
<div id="templatemo_content">
<div class="column_w210 fl">
<div class="header_01">
<img src="images/food.jpg" width="190" height="140"/>
<ul>
<li><a href="adminLogin.html" class="current">Admin Login</a></li><br>

<li><a href="customerLogin.html" class="current">Customer Login</a></li> <br>

<br>
```

```
<li><a href="customerRegister.jsp" class="current">Customer Registration</a></li> <br>

<br>
<li><a href="dieticianRegister.jsp" class="current">Dietician Register</a></li> <br>

<br>
<li><a href="dieticianLogin.html" class="current">Dietician Login</a></li> <br>
<br></ul>
</div>
<div class="cleaner"></div>
</div>
<!-- end of a column -->
                                                                    <div
class="column_w431 fl vl_divider">
                        <div class="coloumn_center">
<table width="366" align="center">
<form action="customerLoginSbt.jsp" method="post" name="form">
   <tr>
<center><h2> Custemer Login</h2><hr color="red"></center>
</tr>
<tr>

<td width="101" height="46" class="paragraping"><font color="black"
size="3"><strong>Id</strong></font></td>

<td width="172" class="id"><input type="text" name="id" style="border: 2px #000000 solid;"
required="required"/></td>
</tr>
```

```
<tr>

<td width="101" height="46" class="paragraping"><fontcolor="black"
size="3"><strong>Password</strong></font></td>

<td width="172" class="name"><input type="password" name="pass" style="border: 2px
#000000 solid;" required="required"/></td>

</tr>

<tr>

<td></td>

<td><input type="submit" class="button2" value="    Login    " style="border: 2px #000000
solid;"/>

<input type="reset" name="reset" class="button2" value="   Clear    " style="border: 2px
#000000 solid;"/></td>

</tr>

</form>

</table>

</div>

</div>

<!-- end of a column -->

<div class="column_w210 fl vl_divider">

<div class="cleaner"></div>

</div>

<!-- end of a column -->

<div class="margin_bottom_20 h_divider"></div>
```

```
<div class="margin_bottom_20"></div>
<div class="column_w920">
<div class="margin_bottom_15"></div>
</div>
<div class="cleaner"></div>
</div>
<!-- end of wrapper 02 -->
</div>
<!-- end of wrapper 01 -->
<!-- end of footer -->
</div>
<!-- end of container -->
</body>
</html>
```

11. SQL QUERIES

Create: The SQL CREATE table statement adds a table to a database .using this statement , one can specify the names of the columns in the new table and the types of data each column can store.

Syntax: Create table table_name (col1 datatype, col2 datatype, col3 datatype, col4 datatype, col5 datatype, col6 datatype);

Query: Create table Customer (id int, name varchar(20), pwd varchar(20), email varchar(20) ph no int, address varchar(20);

Insert: Insert statement is a DML (Data manipulation language) statement which is used to insert data into MySQL table. Using insert we can add one or more rows in the table.

Syntax: Insert into table table_name (col1,col2,col3,col4,col5);

Query: Insert into table Customer(01, abc, abc0123.., abc@gmail.com, 987654321, b'lore);

Update: The SQL Update Query is used to modify the existing records in a table. "where" clause is used to update query to update selected rows, otherwise the rows will be affected. It may be used to update a single row based on a condition, all rows or set of rows based on the condition given by the user.

Syntax: Update table_name set column_name=value;

Query: Update Viewdietplan set disease="covid";

Delete: Delete statement removes one or more records from a table . A subset may be defined for deletion using a condition

Syntax: Delete from table_name where condition;

Query: Delete from Dietician where name="johnny";

12 CONCLUSION

The Health and Wellness System is a web-based application. The purpose of this application has been to provide an efficient and useful method to develop resource tools within one platform. The web application has been developed to provide a user-friendly interface that can be easily navigated through a mobile device or computer.

Students do not need to be experts to use this application as the many with no knowledge in technology are easily able to access the application. Web-based health and wellness is the new era of personal lifestyle decisions. This application results in the completion of the mission to provide an exceptional online system that improves awareness of the health of the community.

The H&W System can help any individual gain more insights into how they can make wise food choices, and support staying healthy. This weight gain can contribute to a risk of being overweight and obese later in life. Due to the difficulty associated with weight loss, strategies are needed to combat weight gain in college students.It’s important to advise food choices according to health.