

# Healthy Foodie



*Go Daddy Web Build-A-Thon*

Name: -Shubham Gupta

Indore, Madhya Pradesh

Acropolis Institute of technology  
and research

*Category-Food and Drinks*

# Chapter 1:-INTRODUCTION

## 1.1 Overview

The website HEALTHY FOODIE has been developed on WordPress with the help of our mentors at Smartness. Have you ever been taunted by people for eating from the devils plate .

Well , I love food and if you do to then Its completely possible for you to be a foodie and eat healthy, we here at healthy foodie recommend the best diet plans that involve common Indian recipes. These recipes are considered harmful for health but we suggest recipes collected from different resources that provide them with a healthy twist.

## 1.2 Purpose

You can't enjoy wealth if you're not in good health.

By using our website the customer/user can get his/her hands on different types of diet plans which they can follow and advance towards a healthy life.

We also have various recipes provided by health care's and professional chefs that have the same taste as a normal dish but with a healthy twist. These healthy small twists can affect a person's life up to a large extent. Being a foodie myself, I know it's hard to completely change your diet and follow a strict diet plan .Also these plans are generally followed for a short period of time and we loose interest in them . That is why at healthy foodie we recommend things based on daily recipes.

# Literature Survey

## Existing problem

**India** has the second highest number of **obese** children in the world, with 14.4 million reported cases, according to a new study published in The New England Journal of Medicine.

I think a person's desire to take care of their health is in their own hands. All others can do is to guide you towards the right path. Our website also aims to guide everyone towards a healthy change and start a new lifestyle process.

## Proposed solution

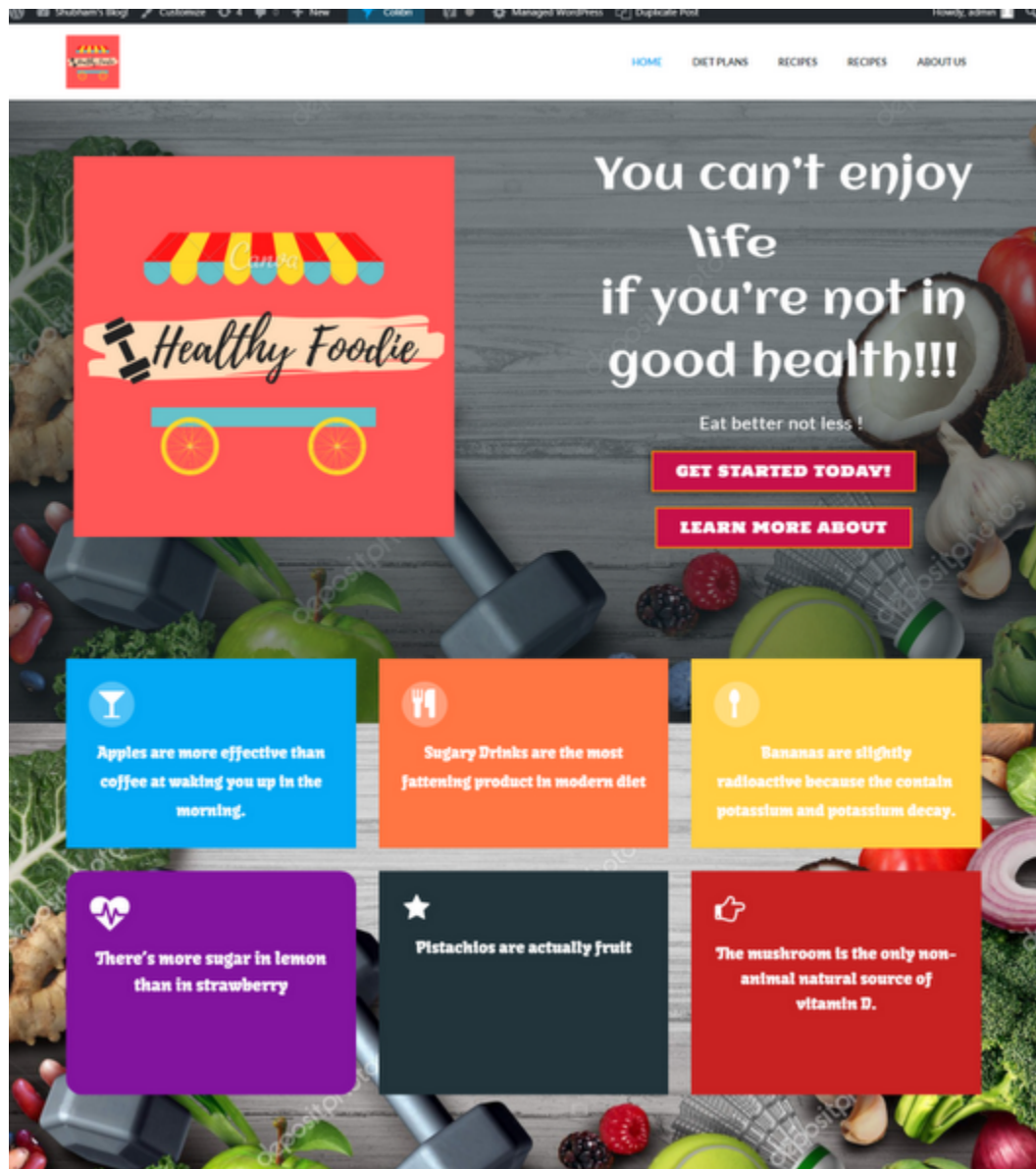
Making gradual small changes in our daily lifestyle that ultimately become a habit .

## Theoretical analysis



- Disk Space: 1GB+
- Web Server: Apache or Engine.
- Database: MySQL version 5.0. 15 or greater or any version of MariaDB.
- RAM: 512MB+
- PHP: Version 7.3 or greater.
- Processor: 1.0GHz+

Screenshots:





ABOUT US

# Healthy Foodie

Its completely possible to be a foodie and eat healthy , we here at healthy foodie recommend the best diet plans according to your needs and also

GET STARTED

99

Health is the greatest of human blessing.



HIPPOCRATES

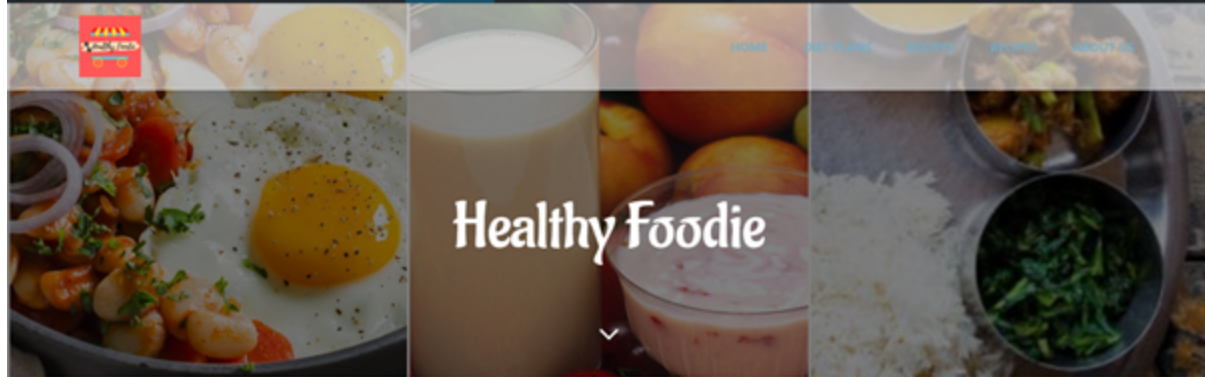
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It is health that is real wealth not pieces of gold and silver



MAHATMA GANDHI





## Lets Calculate your BMI

### BMI CALCULATOR

Based on your BMI we have prepared two diet plans for you



If your BMI is under 18.5, you're considered underweight.

BMI < 18.5

[CLICK HERE](#)



If your BMI is under 25-29.9, you're considered overweight.

BMI = 25-29.9

[CLICK HERE](#)



#### ABOUT

## What is BMI?

Body Mass Index (BMI) is a person's weight in kilograms divided by the square of height in meters. A high BMI can be an indicator of high body fatness. BMI can be used to screen for weight categories that may lead to health problems but it is not diagnostic of the body fatness or health of an individual.

## More Diets

Some more diet plans based on different nutritions



### Vegan Diet Plan India

**Veganism is a type of vegetarian diet that excludes meat, eggs, dairy products, and all other animal-derived ingredients**

[CLICK HERE](#)



### Keto Diet Indian

**The ketogenic diet is a high-fat, adequate-protein, low-carbohydrate diet .**

[CLICK HERE](#)



### Advantages:

- One of the main reasons people eat a healthy diet is to maintain a healthy weight or to lose weight. A healthy weight has a plethora of benefits on its own, but we won't get into that here.
- A healthy diet rich in fruits, vegetables, whole grains and low-fat dairy can help to reduce your risk of heart disease by maintaining blood pressure and cholesterol levels.
- Healthy eating habits can improve your heart health and common prevent heart diseases
- A healthy diet can help individuals make sure they have strong teeth and bones now and, in the future, thus preventing teeth decay and osteoporosis.
- “You are what you eat.” If you eat a healthy, balanced diet, you will feel better and more energized. Furthermore, if you eat properly, then it means your body is getting all of the nutrients it needs to function properly, which will improve your energy levels. Avoid sugary foods and drinks to prevent sugar highs and crashes.
- Eating healthy increases blood flow to the brain, which help

prevent brain diseases like Alzheimer's, dementia, and cognitive decline.

### **Disadvantages:**

- My project is still under constant growth and is not perfect yet, also these diet researches were done personally by me , for future I'll consider recommendations from health practitioners .

### **Applications**

The solution can be applied in daily life. The website is mainly designed and developed for people who are looking for diet plans and healthy recipes with a twist.

### **Conclusion and Future Plans**

#### **Future Plan:**

- Adding more diet plans and making the website more attractive.
- Adding live conversations with health practitioners.

#### **Conclusion:**

Good nutrition promotes not only better physical **health** and reduced susceptibility to disease, but has also been demonstrated to contribute to cognitive development and academic success. Left to their own devices, children will not automatically select **healthy foods**.

## **Bibliography**

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