INTEGRATE NUTRITION API

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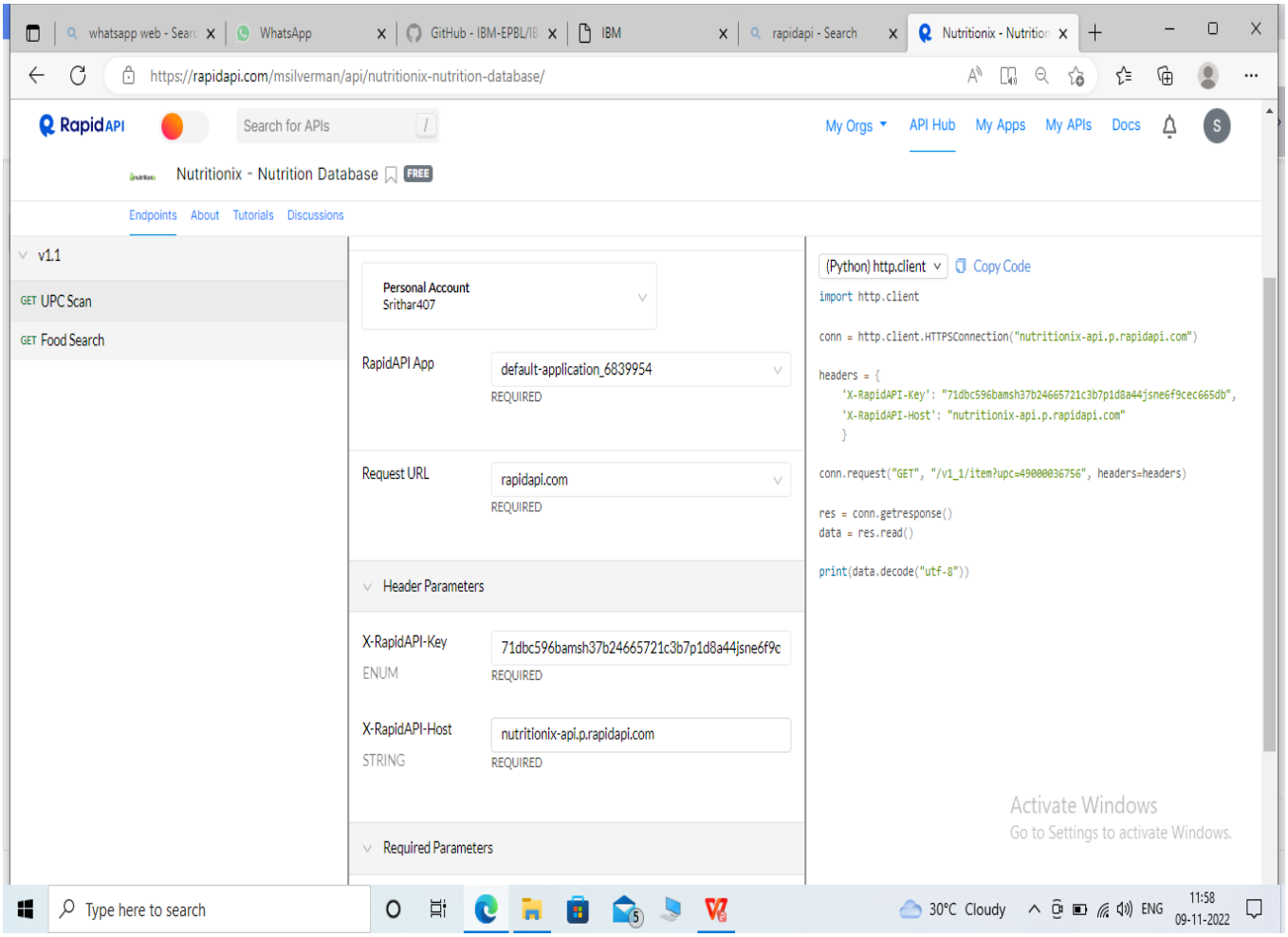
TEAM ID	**PNT2022TMID38229**
PROJECT NAME	**NUTRITION ASSISTANT APPLICATION**

INTEGRATE NUTRITION API:

IN IBM Project workspace there is a website link is there to create an account in the Nutrition API using those resource we have created an account in Nutrition API.

SHORT NOTE ABOUT NUTRITION API (FROM RESOURCE) :

The most important component of an effective weight-management program must be the prevention of unwanted weight gain from access body fat. Overweight and obesity are clearly the result of a complex set of who among genetic, behavioral, and environmental factors. The percentage of individuals who lose weight and successfully maintain the loss has been estimated to be as small as 5 kilogram per month. Every year, at least 2.8 million people die due to complications related to excess due to obesity. A simple way to create a meal plan to make sure that each meal consists of 50% fruit and vegetables. 25% whole grains and 25% protein. Total fiber intake should be 25 to 30 grams. Self-monitoring is a critical factor in successfully losing weight. People can use our mobile or dedicated website to record every item of food that they day. They can also measure their progress by recording their weight on a monthly basis.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REQUIRED
X-RapidAPI-Host
STRING
nutritionix-api.p.rapidapi.com
REQUIRED
Required Parameters
(Python) http.client
Copy Code
import http.client
conn = http.client.HTTPSConnection("nutritionix-api.p.rapidapi.com")
headers = {
'X-RapidAPI-Key': "71dbc596bamsh37b24665721c3b7p1d8a44jsne6f9cec665db",
'X-RapidAPI-Host': "nutritionix-api.p.rapidapi.com"
}
conn.request("GET", "/v1_1/item?upc=49000036756", headers=headers)
res = conn.getresponse()
data = res.read()
print(data.decode("utf-8"))
Activate Windows
Go to Settings to activate Windows.
Type here to search
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ENG
11:58
09-11-2022