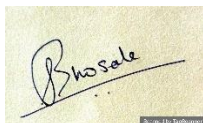


PROFORMA FOR THE APPROVAL PROJECT PROPOSAL

PRN NO: 2019016401982907

ROLL NO: TIT21030

- 1. Name of the students: Sahil Akhil Bhosale**
- 2. Title of the project: Artificial Intelligence Dietician**
- 3. Name of the Guide: Avantika Deshpande.**
- 4. Teaching experience of the Guide:**
- 5. Is this your first submission? Yes ☒ No ☐**

A small rectangular image showing a handwritten signature in black ink on a light-colored background. The signature appears to be 'Sahil Bhosale'.

Signature of the Student

Signature of the Guide

Date :

Date:

Signature of coordinator:

Date:

Artificial Intelligence Dietician

CHAPTER 1

INTRODUCTION

1.1. Background

To maintain health and to have our health in good condition, everyone should take a diet. This is very important for maintaining a good health condition. Now a day's people are taking non healthy food and they got some severe diseases because of their careless behaviour. These diseases are curable but health condition degrades. So every person should take proper diet for his/her own concern. People should follow dietary guidelines as well. This work exactly fulfils this requirement. This work provides a required diet plan to the user by considering different factors. The system measures user's BMI using his or her height and weight. It provides a proper diet plan to the individual considering age, gender, height, weight, disease. We are going to develop an App in which diet plan will be displayed.

1.2. Objectives

The online artificial dietitian is a bot with artificial intelligence about human diets. It acts as a diet consultant similar to a real dietitian. Dietitians are educated with nutrient value of foods. A dietitian consults a person based on his schedule, body type, height and weight. The system too asks all this data from the user and processes it. It asks about how many hour the user works, his height, weight, age etc. The system stores and processes this data and then calculates the nutrient value needed to fill up user's needs. The system then shows an appropriate diet to the users and asks if user is ok with it, else it shows other alternate diets to fill up user's needs. Work provides an intelligent agent which will give a diet plan to user. Eating habits of different person are different therefore their diet plan should be different. Lifestyle of each person is different. The different tensions are there for different professions. Because of this stress a proper diet is essential to follow. This work gives a proper diet which is different for each person. The user has to enter the information about his lifestyle and according to that, the diet plan will be displayed

1.3. Purpose, Scope & Applicability.

1.3.1. Purpose

- No need of consulting doctor for diet plans.
- This system provides full details of the nutrient constitution in body and if required more or not along with the plan by just answering to some queries.
- Saves money and very effective and give accurate results as it is coded with keeping diet chart in mind.
- There are alternative diet chart provided by the system if the user don't like any.

1.3.2. Scope

The designed system is useful for common people to maintain their health by taking proper diet. We can develop a system in which if the user is at a remote place, he/she can get details through SMS and system can send diet plan to user

1.3.3. Applicability

- We should enter height in meter and weight in kg to calculate BMI.
- BMI is calculated as follows $BMI = \frac{\text{weight}}{(\text{height})^2}$
- Enter Age and Gender of User.
- Enter the Disease if any.
- Choose Database according to the input factors given.
- Display the diet on the application and send the diet to the user on the application.

1.4. Achievement

The goal of the project is to provide a proper diet plan and an appropriate exercise plan totally free of cost.

The main goal allocated are:

- Provide a proper diet for the user according to their body type.
- Provide a proper exercise to the user with their diet for bulking as well as cutting.
- As the application is user friendly it will be easier to be used by user of any age.

CHAPTER 2

SURVEY OF TECHNOLOGIES

- a) **AWS:** Amazon Web Services is a subsidiary of Amazon providing on-demand cloud computing platforms and APIs to individuals, companies, and governments, on a metered pay-as-you-go basis.
- b) **Flask:** Flask is a popular Python web framework, meaning it is a third-party Python library used for developing web applications.
- c) **Machine Learning:** Machine learning is an application of artificial intelligence (AI) that provides systems the ability to automatically learn and improve from experience without being explicitly programmed. Machine learning focuses on the development of computer