TITLE: Nutritional advice and meal planning based on user dietary requirements and preferences chatbot

Team No:14

Department:ECE   Section:2B

Problem Statement:People can face challenges about which nutrition diet is the best so chatbot that can provide personalized diet based on user preferences.

This project is all about creating a chatbot that helps people find nutrition diet. With so many options out there, it can be tough to decide whatnutrition food should be taken. The chatbot makes this easier by giving you suggestions based on what you like.

The way it works is pretty simple. When you chat with the bot, it asks you questions to learn about your preferences. It uses artificial intelligence (AI) to understand what you enjoy. Over time, the more you interact with it, the better it gets at recommending things because it remembers what you like and dislike. To build this chatbot, we use tools like Python, which is a programming language, and some smart algorithms that can figure out patterns in what people like. The chatbot also pulls information from online databases, to find the best suggestions.

The proposed chatbot aims to empower users by providing them with the tools and knowledge they need to make informed decisions about their diet. By offering personalized meal plans and nutritional advice, the chatbot can help users achieve their health goals, improve their overall well-being, and maintain a balanced diet tailored to their individual needs. This solution can also reduce the time and effort required for meal planning, making healthy eating more accessible and sustainable for a broader audience.

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