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Chapter 1: Introduction

Abstract

The food we eat will have a profound effect on our health. Everybody has a strong opinion, diverse assertions about What is Healthy Nutrition. Changes in diet help many health problems including obesity, diabetes and certain risk factors for cancer and heart disease. Diet is the science of how food and nutrition effect on human health. Therefore, People around the world seeking to maintain their weight by limiting junk foods and eating more nutrient foods. For this an automated Dietitian is required to help people improve their health.

Smart dietician bot is a AI system that can gather daily intake of calories, weight, body type, height, age, working hours (Activity Level) and analyze the given data and consult as a real dietician. Most importantly this dietician can take health condition (like diabetes or cardiac patients) into account and suggest their meal plans and suitable workout routines. Furthermore, this provides full details of the nutritional formula required for the body and necessary amount of calories to burn fat/maintain BMI, Increase with the plan by answering some queries.

This is appropriate for users who need to improve their health. Also appropriate for users who need to prevent from certain risk factors and to have care and consultation. Also people can be in touch with the nutritional formula required for their body.

Artificial intelligent bot become visible as an important research area in recent past. Study about existing work on dietician Artificial intelligent bot useful for construct, a new solution.

1.1: Project Background