

DineWise AI-Transforming how India eats

Ever tired of thinking about what to eat for your next meal? Are you sick of worrying about whether the last meal you ate was consistent with your diet plan or was it way too unhealthy? DineWise AI is a meal planning application which can plan your meals for you based on your age, height, weight, target weight, gender and physical activity levels. If you have any medical conditions, that can be taken into account as well! So if you are irritated by the contradictory advice health professionals give, DineWise AI can make your life easier and ensure that you eat healthy, easy to cook meals.

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Features-



1. **Personalized Nutrition:** This app analyses the user's profile and preferences to create a nutrition plan tailored to their needs.
2. **Live Dietary Monitoring:** The user can input their daily food intake and receive feedback based on that. AI also learns from this data and can make more accurate recommendations.
3. **Nutrient Tracking and meal suggestion:** AI tracks various nutrients (like protein, fat, sugar and calories), making sure that your dietary goals are aligned with the food the user eats and suggests meals accordingly.
4. **Goal oriented planning and inclusion of medical history:** The user can enter their specific goal- like Muscle-Building, Weight Loss etc to get specific meal recommendations. Knowledge of the user's medical history helps in excluding some meals which may not be suited to their condition.

Societal Impact



In today's fast paced world, many of us have little time to think about our diet. Even after most infectious diseases have been brought under control, we are staring at a new health crisis. With heart disease, diabetes and cancer claiming so many lives each year, it is our responsibility to eat healthy. DineWise AI carries out the task of tracking your nutrient intake , and based on your preferences and your profile so you don't have to! It generates healthy meals based on your preferences, keeping your dietary goals in mind. Ingredients are also displayed to make your task even easier. Using this application, you need not worry about tracking your food consumption and can focus on other more enjoyable tasks while still being healthy as ever. We hope that this application can serve the society and create a healthier tomorrow for all of us.