HEALTHY COOKING ASSISTANT CHATBOT

THE PROBLEM :

These days people are becoming lethargic and as a result, many people are inclining towards eating junk food which harms their health in the long run.

THE SOLUTION:

The simple solution is to promote healthy eating by guiding the users with a meal plan and tracking their calorie intake to create a sense of confidence within the user to take the right steps toward eating healthy. This solution is provided by this chatbot which has been designed using the free version of the ChatGPT API in the python language.

TARGET AUDIENCE:

The target audience is, for a number of reasons, the youth and young adults. This part of the population is particularly intent on eating food which will impact them in a poor manner in the long run. By using this chatbot, the primary aim of promoting healthy eating is served successfully.

FEATURES:

- → TAKES USER INPUTS.
- → PROVIDES HEALTHY MEAL SUGGESTIONS.
- → ALL MEALS SUCH AS BREAKFAST, LUNCH, SNACKS AND DINNER.
- → TRACKS CALORIE INTAKE AND COMPARES TO AVERAGE CALORIE INTAKE.
- → CREATES A LIST OF ALL DISHES EATEN IN THE DAY.

USAGE OF CHAT GPT API:

The free version of the CHAT GPT API is effectively used in the program to provide AI responses. The ChatGPT API is integral to the program's functionality, enabling dynamic interactions between users and the Healthy Cooking Assistant. By integrating the ChatGPT API, the program responds to user inquiries and provides personalized meal recommendations based on dietary preferences, profession, and age. Additionally, it offers real-time calorie tracking, assisting users in maintaining a balanced diet. This API-powered conversational interface enhances the program's user experience, making it a versatile and user-friendly tool for individuals seeking dietary advice and meal planning.

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