DBMS
Recipe & Nutritional Analysis
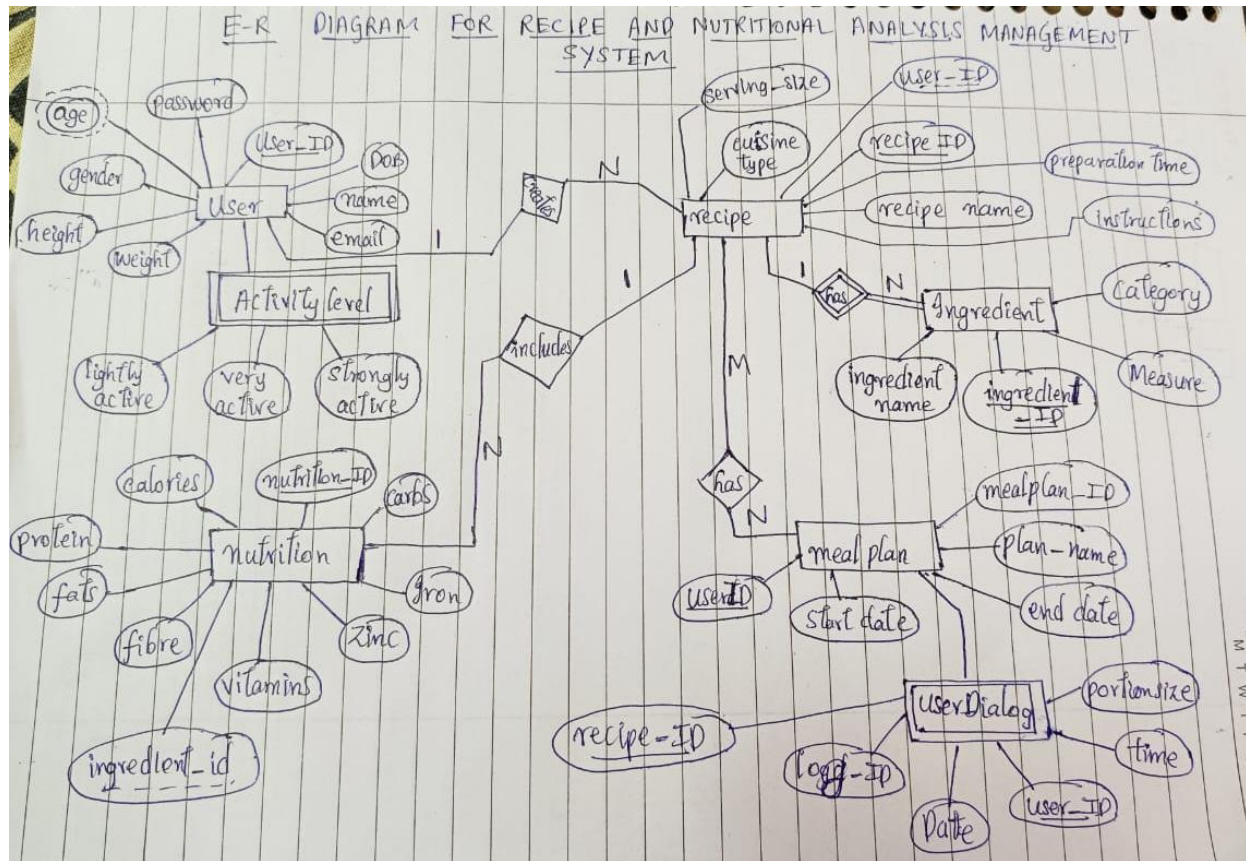
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INTRODUCTION :

The Recipe and Nutrition Analysis Management System is designed to manage users, recipes, ingredients, nutrition details, meal plans, and diet logs. Users can create recipes, which consist of multiple ingredients linked to their nutritional values, while meal plans help organize recipes over specific periods. Diet logs track what a user eats, along with portion size and timing, making it easier to analyze dietary habits and nutritional intake. Overall, the system supports healthy eating, personalized meal planning, and nutrition monitoring.

ER DIAGRAM :

E-R DIAGRAM FOR RECIPE AND NUTRITIONAL ANALYSIS MANAGEMENT SYSTEM

Relational Schema Diagram :

RELATIONAL SCHEMA DIAGRAM :-

① User
PK

User_ID	Name	email	password	Age	Gender	Height	Weight	[Activity_level]

lightly active	very active	strongly active

② Recipe
PK

Recipe-ID	Recipe Name	Description	cuisine_type	Preparation_time	serving_size	instructions	user-ID
FK

③ Ingredient PK

Ingredient_id	Ingredient name	Measure	Category

④ Nutrition FK   PK

Ingredient_id	Nutrition_Id	Calories	Carbs	proteins	fats	Fiber	Minerals	Vitamins

⑤ Meal plan

Mealplan-ID	user_ID	Plan Name	Start Date	End Date	User Dialog
PK	FK				

FK

recipe-id	portion size

log-id	Date	time	user-ID
FK