

**Diet Recommendation System - Svasthya**

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**Eat a healthy meal to help your body heal!**

Lately, there is an upsurge in the number of ailments and the number of people being affected by these. A major reason for this upsurge is an unhealthy lifestyle.

As our elders say, Food is Medicine. Thanks to the increasing awareness of a healthy lifestyle, people are migrating towards eating fit. With everyone moving towards eating healthy, Fitness has now become a trend. What if our very own Indian food can help us meet these fitness goals.

Our project- Diet Recommendation system, titled Svasthya is an aim to promote a healthy lifestyle through Indian cuisine.

Rather than queuing up to consult a nutritionist and browsing the web for hours wondering what to eat, a customized daily diet plan can be generated in just a few clicks through our website. And that too, entirely based on Indian cuisine.

Once a user logs into our website and creates an account, he/she is requested to complete his/her profile, which includes his/her height, weight, age, gender, allergy information, disease information, diet choice, and activity level.

Once the user completes his/her profile, the user can expect to view his/her ideal calorie intake per day and also a detailed daily diet plan -Breakfast, Lunch, Dinner.

The daily diet plan is generated based on various machine learning and deep learning approaches.

The diet plan details the number of calories and the carbohydrates, protein and fat content in each recommended food item. The diet plan also provides information about the major ingredients present in the food item and their respective quantities.

Our application also provides facts and suggestions to lead a healthy and fit lifestyle.

Through this project of ours, we hope to do our bit in transforming India into a healthy and fit nation.