DIET RECOMMENDATION SYSTEM

Group members

- Atharva Kulkarni
- Manas Mohite
- Parin Dodhiya

Abstract

- In the current age, people are too busy to think about their daily nutrition consumption and their overall health.

- There has been an increase in body weight related diseases and health problems. Better health, increased energy and longer life span can be the benefits of a proper diet and regular exercise.

- A healthy diet is very important in daily human life. For maintaining health and immunity, one needs to try to keep a well-balanced diet. Every person needs the appropriate amount of carbohydrates, proteins, vitamins, minerals and fats.

- In this fast moving generation, it is easy to lose track of one's daily nutrition needs. People tend to ignore the nutritional value of the foods they eat and eventually this leads to low immunity, diseases and possibility of being overweight or underweight.

- A diet recommendation system may help users keep track of their daily food intake and also assist in working towards a personal goal of losing or gaining weight.

Objectives

- we will implement a recommender system that helps the users track their calorie goals based on their Body Mass Index and also provide food recommendations based on the user's history and preferences

- All users can view their daily calorie intake and make entries in a food journal that will help them track their progress on a regular basis.

- The goal is to let the users be updated and informed about their nutrition intake and to recommend items that they might be inclined to like, based on their preferences

- The application also takes in consideration the dietary choices of the user which is categorized as vegetarian or non-vegetarian and also filters out any kind of food items that the user may be allergic to.

- This Project will help the user to achieve His / Her fitness goals more effectively and in a more efficient manner.

Benefits for society and environment

- With the help of our project the masses will be able to achieve their fitness goals more efficiently and with an ease

- User doesn't have to keep his diet record anymore as the diet planner will do it for him / her

- This will encourage more and more people to move towards a more fit and healthy lifestyle for their own good

- One of the major advantage of using a diet planner is that it will help to avoid the wastage of food as the planner will recommend only the amount that is required by your body to stay fit. Sticking to what's on the list of the planner also avoids impulse buys at the grocery store.

- Being hungry and realizing you have nothing planned is undoubtedly stressful. Instead of standing in front of your fridge or pantry deciding what to whip up, you can have your healthy meal ready in minutes. This also saves you the hassle of cleaning up after cooking.