

Food and nutrition suggestion system

By
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Abstract

Inadequate and inappropriate intake of food is known to cause various health issues and diseases. Due to lack of concise information about healthy diet, people have to rely on medicines instead of taking preventive measures in food intake. Due to diversity in food components and large number of dietary sources, it is challenging to perform real-time selection of diet patterns that must fulfill one's nutrition needs.

Particularly, selection of proper diet is critical for patients suffering from various diseases. this system will intake the weight and height of the multiple users and we will also take the calorie and food intake and it will give the suggestions of food and it will give what to intake and gives the diet plan.

Requirement analysis:

List of tables:

User_details
User intake
diet_plan
calories_spent
Gets
Intake

List of attributes with their domain types:

user_details:

Name-varchar2();
email_id-varchar2();
Gender-varchar2();
Weight-number()
Height-number()
Id-number()
Day-number()

user_intake:

Calorie-number()
Id-number()
food_quantity-number()
food_type-varchar2()

calories_spent:

id-number();

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Activity -varchar();

time_number();

calories_spent:-number();

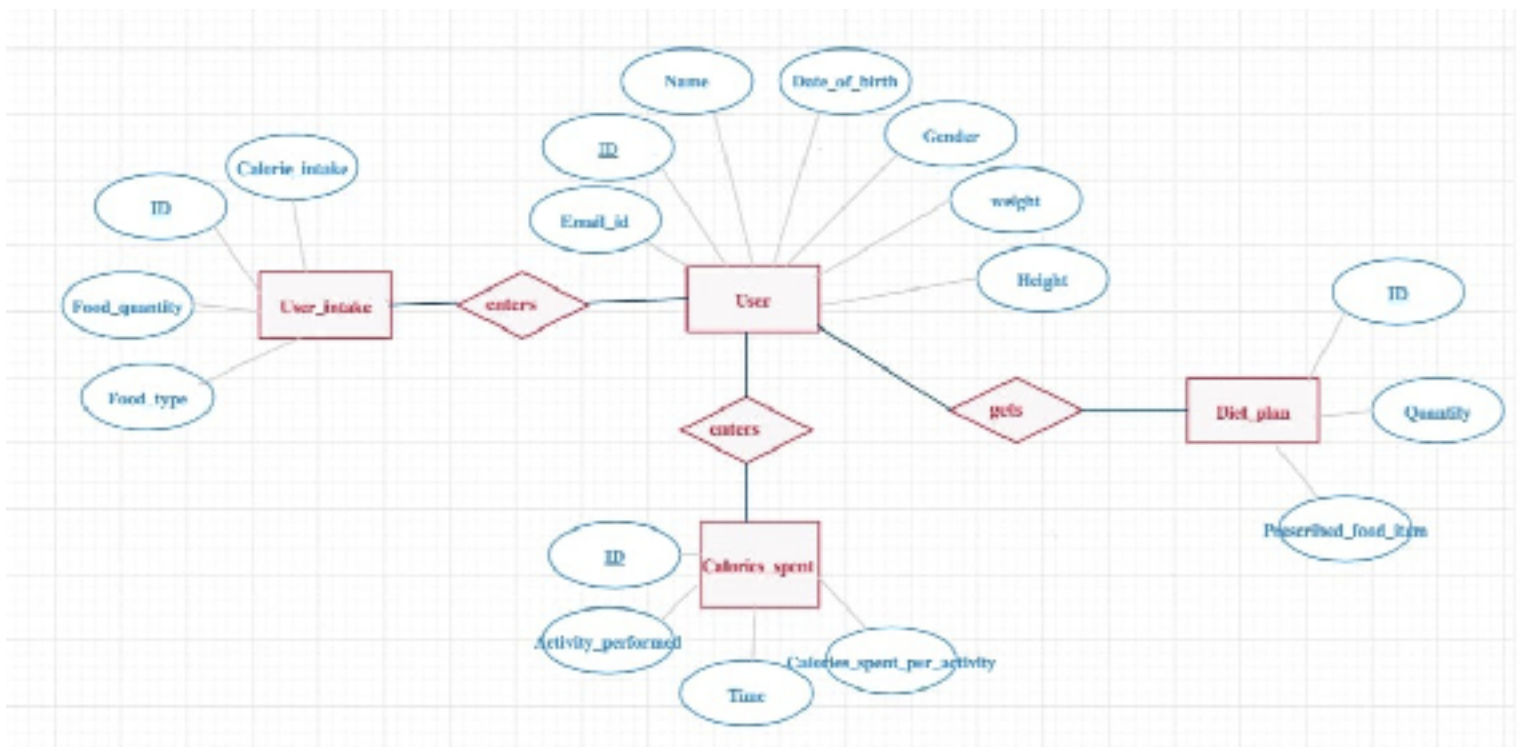
Intake:

Id- number()

user_diet:

id-number()

E-R diagram:



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DDL COMMANDS

```
SQL> create table user_details(  
2  name varchar(10),  
3  email_id varchar(10),  
4  gender varchar(10),  
5  weight number(5,3),  
6  height number(5,3),  
7  id number(5) primary key,  
8  day date);
```

Table created.

```
SQL> create table user_intake(  
2  calorie_intake number(5),  
3  id number(5),  
4  food_quantity number(5),  
5  food_type varchar2(10),  
6  foreign key(id) references user_details);
```

Table created.

```
SQL> create table calories_spent(  
  2 id number(5),  
  3 activity_performed varchar2(20),  
  4 time number(5,3),  
  5 calories_spent_per_activity number(5),  
  6 foreign key(id) references user_details);
```

Table created.

```
SQL> create table diet_plan(  
  2 id number(5),  
  3 quantity number(5,3),  
  4 prescribed_food_item varchar2(10),  
  5 foreign key(id) references user_details);
```

Table created.

```
SQL> create table intake(  
  2 id number(5),  
  3 foreign key(id) references user_details);
```

Table created.

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```
SQL> create table user_spent(  
  2 id number(5),  
  3 foreign key(id) references user_details);
```

Table created.

```
SQL> create table user_diet(  
  2 id number(5),  
  3 foreign key(id) references user_details);
```

Table created.

```
SQL> desc user_details;
```

Name	Null?	Type
NAME		VARCHAR2(10)
EMAIL_ID		VARCHAR2(10)
GENDER		VARCHAR2(10)
WEIGHT		NUMBER(5,3)
HEIGHT		NUMBER(5,3)
ID	NOT NULL	NUMBER(5)
DAY		DATE

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SQL> desc user_intake;

Name	Null?	Type

CALORIE_INTAKE		NUMBER(5)
ID		NUMBER(5)
FOOD_QUANTITY		NUMBER(5)
FOOD_TYPE		VARCHAR2(10)

SQL> desc diet_plan;

Name	Null?	Type

ID		NUMBER(5)
QUANTITY		NUMBER(5,3)
PRESCRIBED_FOOD_ITEM		VARCHAR2(10)

SQL> desc calories_spent;

Name	Null?	Type

ID		NUMBER(5)
ACTIVITY_PERFORMED		VARCHAR2(20)
TIME		NUMBER(5,3)
CALORIES_SPENT_PER_ACTIVITY		NUMBER(5)

SQL> desc intake;

Name	Null?	Type
------	-------	------

ID		NUMBER(5)
----	--	-----------

SQL> desc user_spent;

Name	Null?	Type
------	-------	------

ID		NUMBER(5)
----	--	-----------

SQL> desc user_diet;

Name	Null?	Type
------	-------	------

ID		NUMBER(5)
----	--	-----------

DML commands:

SQL> insert into user_details

values(' &name', '&email_id', '&gender', &weight, '&height', &id, '&day');

Enter value for name:pradeep

Enter value for email_id:p@gmail.com

Enter value for gender:male

Enter value for weight:65

Enter value for height:5.7

Enter value for id:88

Enter value for day:08-jul-2000

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1 row created

```
SQL> insert into user_details
values('&name','&email_id','&gender','&weight','&height','&id','&day');
Enter value for name:malli
Enter value for email_id:mgmail
Enter value for gender:male
Enter value for weight:70
Enter value for height:5.7
Enter value for id:96
Enter value for day:09-sep-2000
```

1 row created

```
SQL> insert into user_details
values('&name','&email_id','&gender','&weight','&height','&id','&day');
Enter value for name:ai
Enter value for email_id:saigmail
Enter value for gender:male
Enter value for weight:74
Enter value for height:5.4
Enter value for id:90
Enter value for day:08-jan-1999
```

1 row created

```
Select * from user_details;
```

```
SQL> alter table user_diet add(day date);
```

Table altered.

```
SQL> insert into intake values(&id,&day');
```

Enter value for id: 88

Enter value for day: 12-feb-2020

```
old 1: insert into intake values(&id,&day')
```

```
new 1: insert into intake values(88,'12-feb-2020')
```

1 row created.

```
SQL> /
```

Enter value for id: 96

Enter value for day: 12-feb-2020

```
old 1: insert into intake values(&id,&day')
```

```
new 1: insert into intake values(96,'12-feb-2020')
```

1 row created.

```
SQL> /
```

Enter value for id: 90

Enter value for day: 12-feb-2020

```
old 1: insert into intake values(&id,&day')
```

```
new 1: insert into intake values(90,'12-feb-2020')
```

1 row created.

```
SQL> select * from intake;
```

ID	DAY
----	-----

88	12-FEB-20
----	-----------

96	12-FEB-20
----	-----------

90	12-FEB-20
----	-----------

```
SQL> insert into user_spent values(&id,&day');
```

Enter value for id: 88

Enter value for day: 13-feb-2020

old 1: insert into user_spent values(&id,'&day')

new 1: insert into user_spent values(88,'13-feb-2020')

1 row created.

SQL> /

Enter value for id: 96

Enter value for day: 13-feb-2020

old 1: insert into user_spent values(&id,'&day')

new 1: insert into user_spent values(96,'13-feb-2020')

1 row created.

SQL> /

Enter value for id: 90

Enter value for day: 13-feb-2020

old 1: insert into user_spent values(&id,'&day')

new 1: insert into user_spent values(90,'13-feb-2020')

1 row created.

SQL> select * from user_spent;

ID DAY

88 13-FEB-20

96 13-FEB-20

90 13-FEB-20

QL> insert into user_diet values(&id,'&day');

Enter value for id: 88

Enter value for day: 13-feb-2020

old 1: insert into user_diet values(&id,'&day')

new 1: insert into user_diet values(88,'13-feb-2020')

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1 row created.

SQL> /

Enter value for id: 96

Enter value for day: 13-feb-2020

old 1: insert into user_diet values(&id,&day')

new 1: insert into user_diet values(96,'13-feb-2020')

1 row created.

SQL>

Enter value for id: 90

Enter value for day: 13-feb-2020

old 1: insert into user_diet values(&id,&day')

new 1: insert into user_diet values(90,'13-feb-2020')

1 row created.

SQL> select * from user_diet;

ID DAY

88 13-FEB-20

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96 13-FEB-20

90 13-FEB-20

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