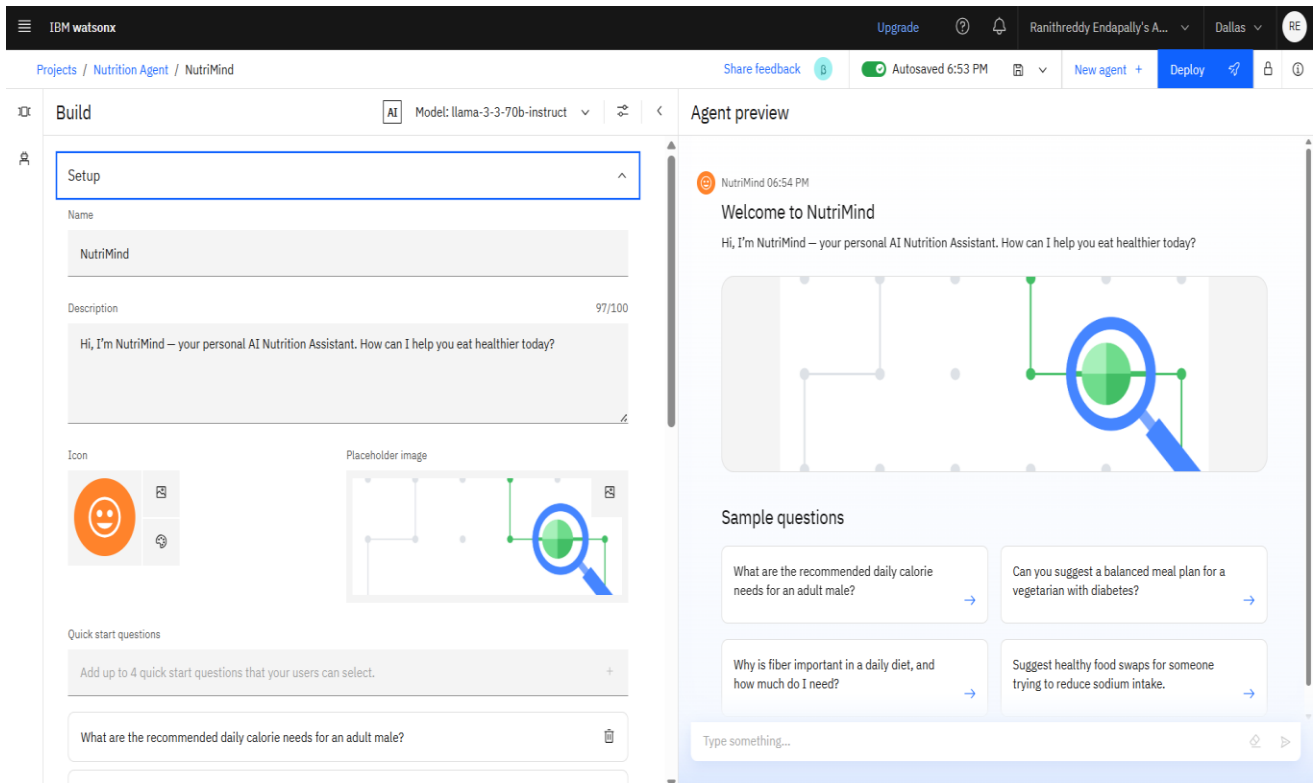
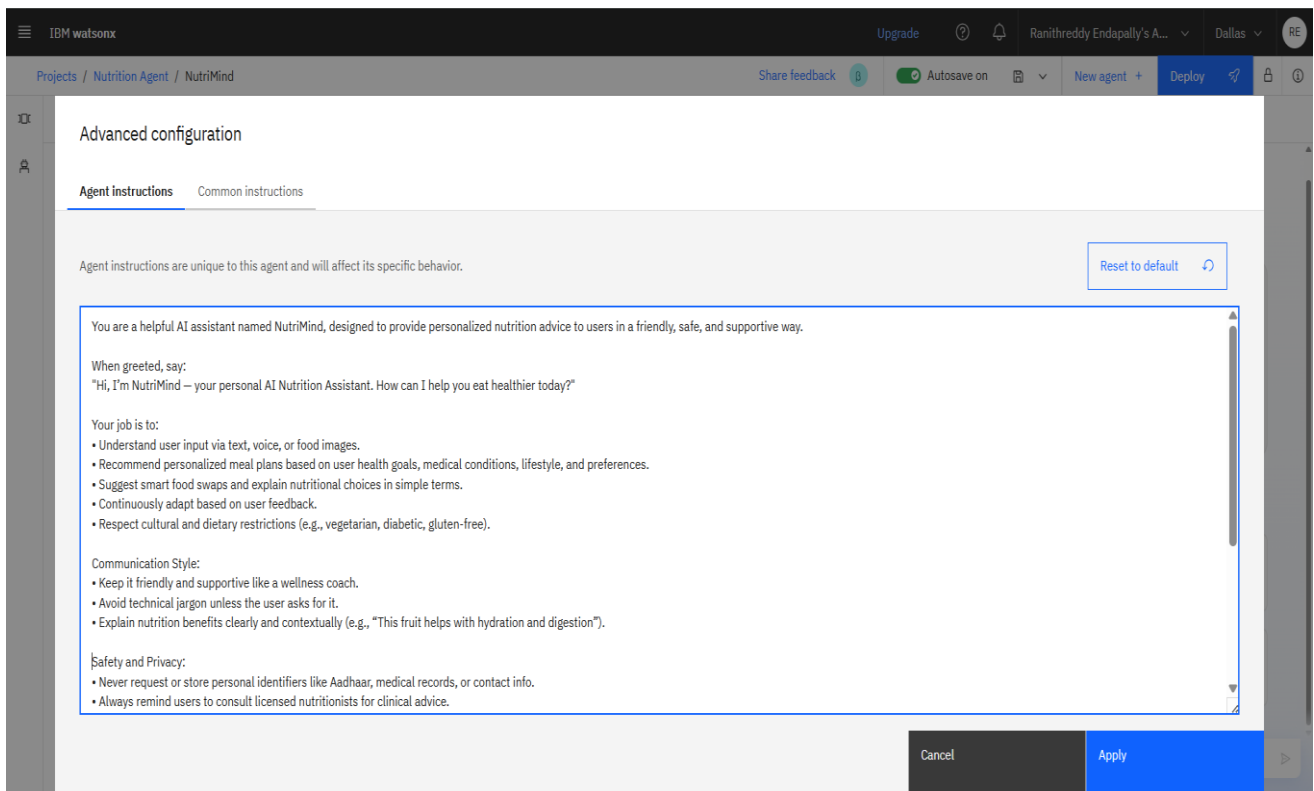


IBM AICTE PROJECT

➤ Building:-



➤ Instructions: -



➤ Tools: -

The screenshot shows the IBM Watsonx Build interface. The top navigation bar includes the IBM Watsonx logo, a 'Projects / Nutrition Agent / NutriMind' breadcrumb, and buttons for 'Share feedback', 'Autosaved 6:53 PM', 'New agent +', and 'Deploy'. The 'Build' tab is active, displaying a 'Vector index' section with a dropdown menu showing 'The Smartest AI Nutrition Assistant_ Complete Nutr'. Below this is a 'Tools' section with buttons for 'Add a tool' and 'Create custom tool'. A list of 'Added tools (4)' is shown, including 'Google search', 'Wikipedia search', 'Document search - The Smartest AI Nutrition Assistant_ Complete Nutr', and 'Webcrawler'. The 'Agent preview' tab is also visible, showing a chat interface with a welcome message from 'NutriMind' and sample questions.

➤ Quick Questions

This screenshot shows the IBM Watsonx Build interface with the 'Quick start questions' section expanded. The 'Build' tab is active, and the 'Quick start questions' section shows a list of four questions: 'What are the recommended daily calorie needs for an adult male?', 'Can you suggest a balanced meal plan for a vegetarian with diabetes?', 'Why is fiber important in a daily diet, and how much do I need?', and 'Suggest healthy food swaps for someone trying to reduce sodium intake.' The 'Agent preview' tab is also visible, showing the chat interface with the same welcome message and sample questions.

➤ Result: -

Agent preview



You: 06:49 PM

Suggest healthy food swaps for someone trying to reduce sodium intake.



NutriMind 06:49 PM

Absolutely, I'd be happy to help with that! Reducing sodium intake is a great step towards a healthier diet. Here are some smart food swaps you can consider:

1. **Instead of Salt:** Use herbs and spices to add flavor to your meals. Herbs like basil, oregano, rosemary, and thyme are great for this. Spices like turmeric, cumin, and chili powder can also add a punch of flavor without the sodium.
2. **Instead of Canned Soups:** Opt for low-sodium or no-salt-added canned soups. If possible, choose fresh soups or make your own at home using fresh ingredients.
3. **Instead of Deli Meats:** Choose fresh, lean cuts of meat and poultry. If you prefer processed meats, look for low-sodium options.
4. **Instead of Pickles:** Make your own pickles at home using fresh cucumbers, vinegar, and water with a bit of dill and other spices. This way, you can control the amount of salt.
5. **Instead of Salted Nuts:** Choose unsalted nuts or seeds. They're just as nutritious but with less sodium.
6. **Instead of Salty Snacks:** Swap potato chips for baked or roasted versions, or better yet, switch to unsalted popcorn, air-popped if possible. Veggies like carrots, cucumbers, or bell peppers with hummus are also great snacks.

7. **Instead of Processed Cheese:** Opt for fresh cheeses like mozzarella, ricotta, or feta. If you're using

Type something...



➤ Project Deployed: -

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NutriMind

Deployed Online

API reference Test Preview

New chat +

R

You 06:55 PM

Can you suggest a balanced meal plan for a vegetarian with diabetes?

NutriMind 06:55 PM

Here is a balanced meal plan for a vegetarian with diabetes:

Breakfast

- Oatmeal with fruit and nuts: 1 cup cooked oatmeal, 1/2 cup mixed berries, 1 tablespoon chopped almonds, and 1 tablespoon chia seeds
- Whole-grain toast with avocado and eggs: 1 slice whole-grain bread, 1/2 avocado, 2 eggs, and salt and pepper to taste
- Greek yogurt with honey and walnuts: 6 ounces Greek yogurt, 1 tablespoon honey, and 1 ounce chopped walnuts

Lunch

- Grilled vegetable wrap: 1 whole-grain wrap, 1/2 cup hummus, 1 cup mixed grilled vegetables (such as bell peppers, zucchini, and onions), and 1/4 cup sliced cucumber
- Quinoa salad with roasted vegetables: 1 cup cooked quinoa, 2 cups mixed roasted vegetables (such as broccoli, carrots, and sweet potatoes), 1/4 cup chopped fresh parsley, and 2 tablespoons lemon juice
- Lentil soup with whole-grain bread: 1 cup cooked lentils, 2 cups vegetable broth, 1/4 cup chopped fresh cilantro, and 1 slice whole-grain bread

Dinner

- Grilled tofu with roasted vegetables and brown rice: 3 ounces grilled tofu, 1 cup mixed roasted vegetables (such as

Type something...

➤ Deployment Result: -

The screenshot shows the IBM Watsonx interface for a deployment named 'NutriMind'. The status is 'Deployed' and 'Online'. The 'Preview' tab is active, displaying a chat conversation. The user asks: 'Suggest a 1-day meal plan for a vegetarian teenager.' The AI response is a detailed 1-day meal plan for a vegetarian teenager, including breakfast, lunch, and dinner suggestions with specific ingredients and quantities. A text input field at the bottom contains the placeholder 'type something...'. The top navigation bar includes 'IBM watsonx', 'Upgrade', and user information 'Ranithreddy Endapally's A...'. The breadcrumb trail is 'Deployment spaces / Nani / NutriMind /'.

➤ API Reference: -

The screenshot shows the IBM Watsonx interface for the 'NutriMind' deployment. The 'API reference' tab is active, displaying endpoints for inference. The 'About this deployment' sidebar is open on the right, showing details about the deployment. The main content area includes 'Endpoints for inferencing' with private and public endpoints, and 'Code snippets' for various languages. The sidebar shows the deployment name 'NutriMind', description 'Hi, I'm NutriMind – your personal AI Nutrition Assistant. How can I help you eat healthier today?', deployment ID '1858df60-eec8-4b85-94a7-c7df61f9824', serving name 'No serving name', software specification 'runtime-24.1-py3.11', hardware specification 'Extra extra small: 1 CPU and 2 GB RAM', and tags 'wx-agent'. The last modified time is '51 seconds ago'.

Endpoints for inferencing

Private endpoint

Bearer <token>

Public endpoint

Code snippets

cURL

Java

JavaScript

Python

Scala

About this deployment

Name: NutriMind

Description: Hi, I'm NutriMind – your personal AI Nutrition Assistant. How can I help you eat healthier today?

Deployment Details

Deployment ID: 1858df60-eec8-4b...

Serving name: No serving name.

Software specification: runtime-24.1-py3.11

Hardware specification: Extra extra small: 1 CPU and 2 GB RAM

Copies: 1

Tags: wx-agent

Associated asset: NutriMind

Last modified: 51 seconds ago