***Previous Abstract***

**Abstract**

Due to busy schedules of the people they cannot pay the attention on over nutrition, malnutrition, exercises, food wastage, food preparation and etc as a solution for these problems we introduce Nutrition Analyzer. Here customer can enter the height, weight, age, gender, activity level and can calculate the basal metabolic rate and calorie calculator helps them to count the consumed calories according to the food items. For that they have to select & enter food category and amount of food they consumed. In recipe calculator customer have to enter the number of servings and can calculate the consumed calories. Online recipe delivering system using FIFO method (fist in first out method) help the customer to select the recipe according to their desires and it cause to manage the inventory of the Keells Super Company.

Users of the system areCustomer, System Admin, Authorized staff, AccountantInput of the system areClient name, BMR data, food category, address, recipe, amount, no of servings, paying methods ,Output of the system are BMR value, consumed calories nutrient data, price, calorie consumed, calorie calculation, nutrient amount according to the requirement

System requirement of the system areNCCDB data, PHP, MySQL, jQuery, AJAX, Dietary reference intakes tables.