***New Abstract***

**Abstract**

People cannot pay the attention on over nutrition, malnutrition, exercises, food wastage, food preparation and etc due to the busy schedules. For solve these problems 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 and 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) helps the customer to select the recipe according to their desires and it can manage the inventory of the Keells Super Company. Users of the system areCustomer, System Admin, Authorized staff, Accountant.Input 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 customer requirement. Requirement of the system areNCCDB data, PHP, MySQL, jQuery, AJAX, Dietary reference intakes tables.

Today researchers have been discovered more than 160 nutrients. Nutrition Analyzer calculates and records calories and 90 nutrients components only. The system represent nutrient data using bar graphs, pie charts, and several comparing reports because of that user can easily identify the consumed nutrients and burnt nutrients to understand on health condition.