

# **Project Report – Nutrition Assistant Application**

## **1. INTRODUCTION**

### **1.1 Overview**

Taking care of yourself has become our primary duty in today's hectic society. As a result, we are having a lot of challenges in our life at an early age. Daily calorie restriction sets everyone off, so we created and made available an app that serves as a nutrition helper for everyone. It aids with diet management. It contains an AI-driven food detection scanner for precise calorie identification of food, which aids in diet balancing.

### **1.2 Purpose**

The project's goal is to develop a dynamic, useful app that is user-friendly for everyone and helps people lead healthier lives. The app can scan food to reveal the components and calories in a dish. It shows your daily caloric intake as well as an analysis graph of your diet's nutrition.

## **2. LITERATURE SURVEY**

### **2.1 Existing problem**

There are several apps available for controlling nutrition and food, but the majority of them require doctors who are connected to the app to analyze the data collected, making fast results impossible.

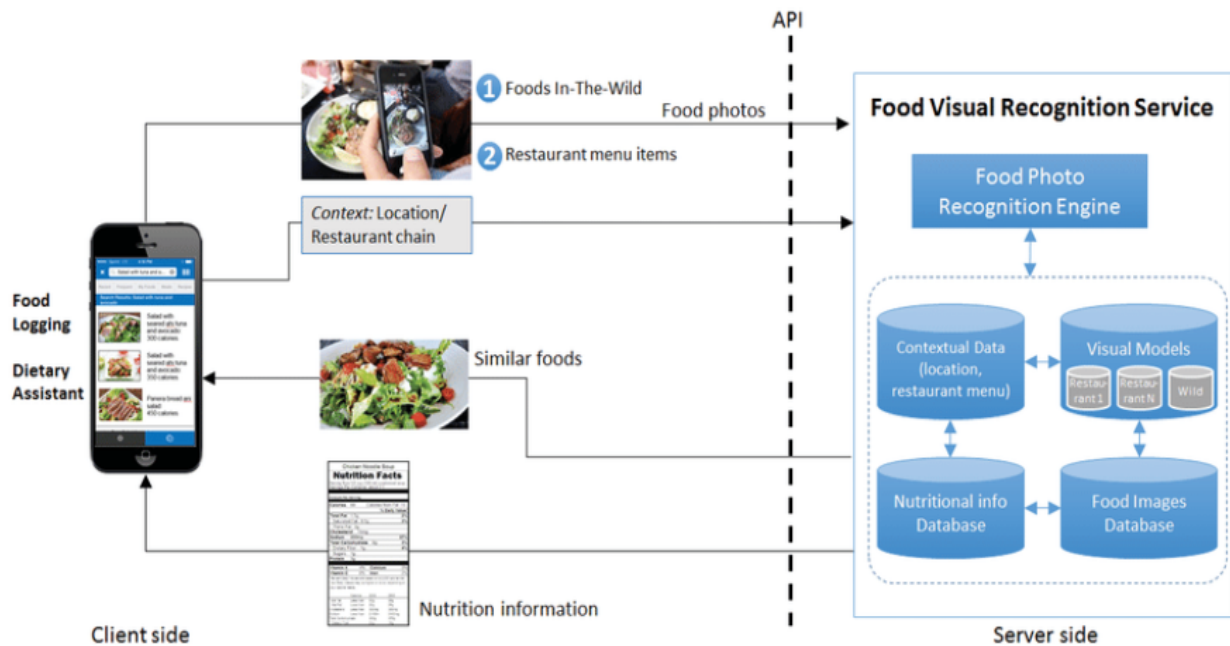
### **2.2 Proposed solution**

A basic app often only provides you with a diet analysis. While our software provides you with daily planning in addition to analysing. In addition to providing you with a graphical depiction of the analysis, it also:

- Displays a planned, well-balanced diet.
- Motivates to have a planned diet.
- Indicates the number of calories consumed.

### 3. THEORITICAL ANALYSIS

#### 3.1 Block diagram



#### 3.2 Hardware / Software designing

This app is very practical and helps with eating habits on any device with internet connectivity and app installation on your mobile.

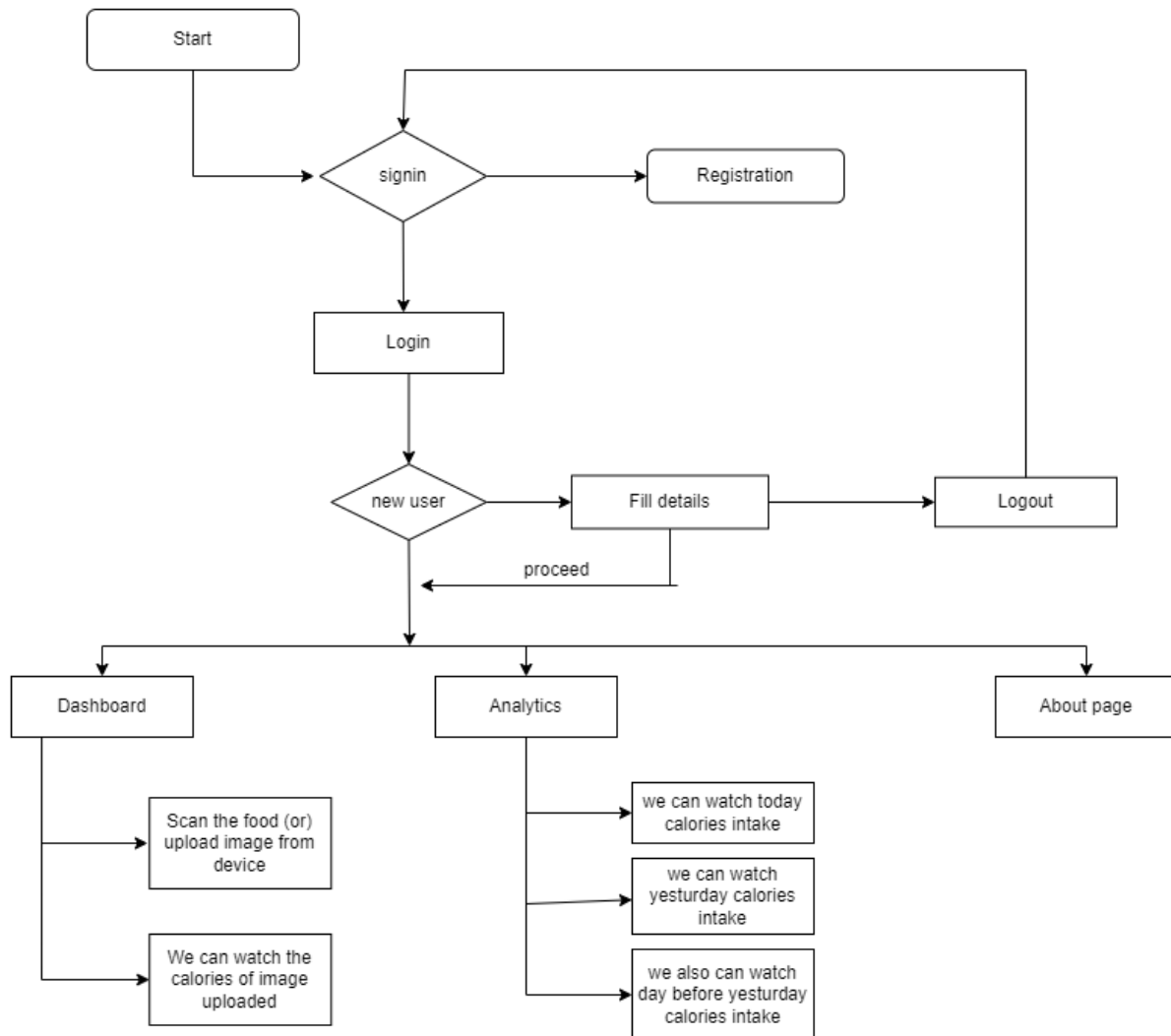
### 4. EXPERIMENTAL INVESTIGATIONS

Following extensive research on the nutrition assistant application.

Applications for nutrition assistants are not always predictable.

The collection that the nutrition assistance application is in can be related to the demand for it.

## 5. FLOWCHART



## 6. RESULT

### Create Account

Full Name

krishna vamsi

Email

krishnavamsiyadavbonigi@gr

Password

.....

age

19

Weight

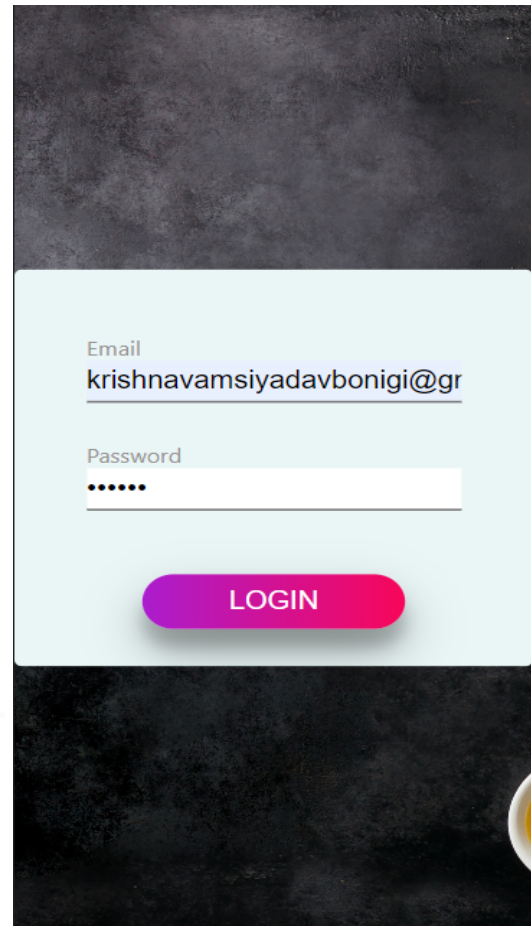
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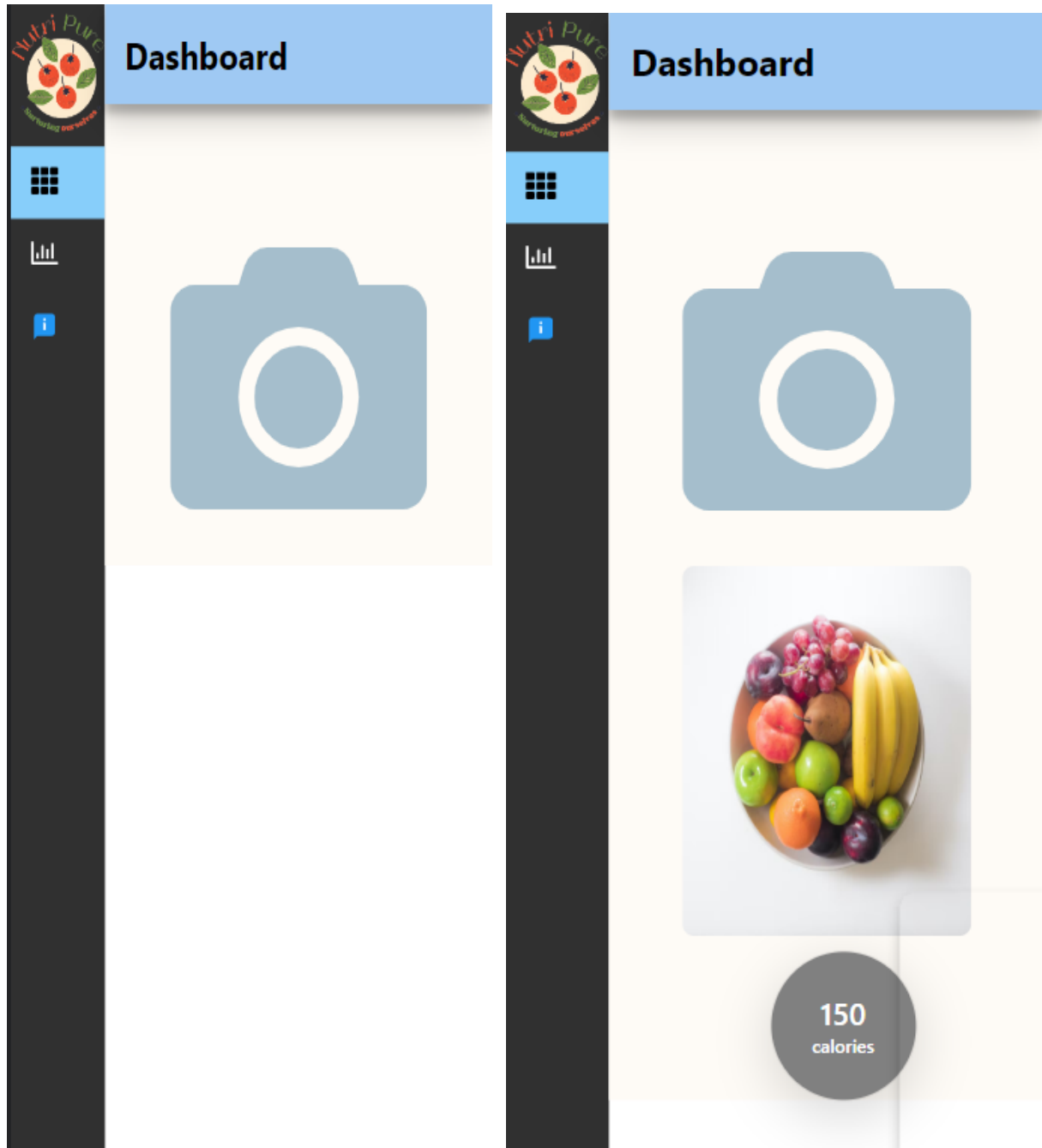
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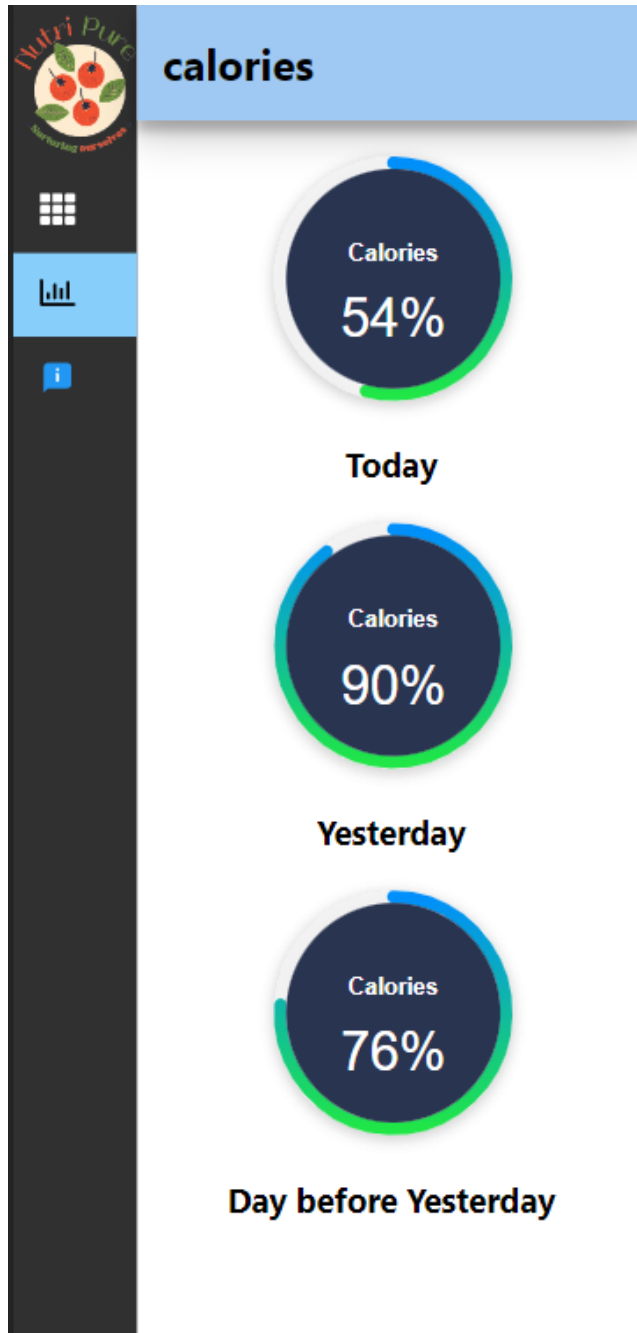
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SIGN UP

Already have an account? [Login](#)

A vertical rectangular mockup of a mobile app login screen. The background is a dark, textured grey. A light blue rectangular panel is centered vertically. Inside this panel, the text 'Email' is above the email address 'krishnavamsiyadavbonigi@gr'. Below that, the text 'Password' is above a password field containing six dots. At the bottom of the light blue panel is a rounded rectangular button with a pink-to-purple gradient and the word 'LOGIN' in white capital letters. The top and bottom of the mockup show dark, textured areas, suggesting a phone's display and home indicator area.





The "About" page features a vertical sidebar on the left with the Nutri Pure logo at the top, followed by a grid icon, a bar chart icon, and an information icon. The main content area has a light blue header with the word "About". Below the header, the text "OUR NUTRI FOOD" is displayed. This is followed by the section "YOUR DAILY NEED PRODUCTS" and a paragraph of text: "Greetings from Nutri Pure. Our software is committed to educating you about the truth behind the trends so you can concentrate on improvement rather than perfection. Delicious healthy meal planned by our website that provides guidance on how to choose healthy diets to burn calories. We respond to your most common inquiries about nutrition and fitness with verified, factual responses." Below this is another paragraph: "We serve as a dependable source of current knowledge on all aspects of fitness and nutrition that are important to your health and vitality. We put a lot of effort into developing and perfecting our 500+ collection of well curated, thorough, fact-checked material." The final paragraph states: "Fruit is often low in calories and high in fibre, both of which may aid in weight loss. As we approach our centennial, we see numerous opportunities in our industry that build on our strengths in".

## About

### OUR NUTRI FOOD

#### YOUR DAILY NEED PRODUCTS

Greetings from Nutri Pure. Our software is committed to educating you about the truth behind the trends so you can concentrate on improvement rather than perfection. Delicious healthy meal planned by our website that provides guidance on how to choose healthy diets to burn calories. We respond to your most common inquiries about nutrition and fitness with verified, factual responses.

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## **7. ADVANTAGES & DISADVANTAGES**

### **Advantages**

- All of the dashboards are real-time and are updated hourly; • Simple to use and comprehend dashboard user interface.
- Piechart explanations and a brief rundown of everything pertaining to speedy information are given to users.

### **Disadvantages**

- It keeps the current date and a two-day diet plan.

## **8. APPLICATIONS**

To maintain a healthy lifestyle, people can use app-based nutrient dashboard systems that can evaluate real-time photographs of a meal and determine its nutritional composition. These systems are quite useful and can help people improve their eating habits.

Metabolic syndrome rates are rising alarmingly quickly as a result of people's lack of knowledge about appropriate eating practises, which reflects the hazards to their health.

By identifying the supplied food image, this project attempts to create a web application that automatically calculates food qualities like ingredients and nutritional value. Our approach uses Artificial intelligence-Driven Food Detection Model for precise food identification and Food API's to provide the recognised food's nutritional information.

## **9. CONCLUSION**

This project focuses on the modern nutrition of the populace and will be very practical for daily use on mobile devices. Because the software is AI-driven, updates happen quickly. Inform them of the recommended caloric intake based on the food items they have scanned. The AI food scanner provides precise food recognition results.

## **10. FUTURE SCOPE**

The Nutri Pure app has a wide range of applications since it assists people in their daily nutrition plans and is highly convenient to use anytime, anywhere. As the world and people become busier, there is less time for individuals to focus on themselves.

## **11. BIBILOGRAPHY Research**

<https://nftgo.io/analytics/market-overview>

<https://opensea.io/>

<https://www.binance.com/en/blog/nft/metrics-to-guide-your-nft-buy-and-sell-strategy421499824684903642>

**API and tools** <https://nftgo.io/data-api/>

<https://cryptoslam.io/products/api>

<https://apipheny.io/>

<https://www.progress.com/datadirect-connectors>

[https://www.ibm.com/in-en/products/cognos-analytics?utm\\_content=SRCWW&p1=Search&p4=43700056107800350&p5=e&gclid=CjwKC](https://www.ibm.com/in-en/products/cognos-analytics?utm_content=SRCWW&p1=Search&p4=43700056107800350&p5=e&gclid=CjwKC)

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## 12. APPENDIX



