

NUTRITION-ASSISTANT

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Description:

Personal Nutritionist as the name, the system can act as your personal nutritionist while this system can be used also by nutritionist gaining a lot of information and help in many ways. FatSecret API helps the System to get the information in many ways. The user can get details about a number of nutrients, vitamins etc of a fruit or vegetable. The user can add his recipes or get recepies using the API. The System basically helps the user in what to eat and which is good, what will help him and etc, the system will help him filter things easily. The System also allows the user to make a diet plan and remind him his food timings.

Modules:

1. Quick Answer :

This module is used to get any answer instantly if they need. (For example : How much protein in an apple).

2. Convert Amount :

This module is used to convert the given amount in unit into the required amount in unit. (For example : 2.5 flour is equal to 1 cups).

3. Nutrition By Dish :

This module is used to getting the Nutrition like proteins, calories, carbs and fat by the dish name. (For example : chicken contains protein:6, calories:456, carbs:345, fat:56).

4. Recipe By Calories :

This module is used to getting the dish by entering the calories. (For example : Calories : 2000,then it shows the dish name according to calories).

5. Chillax :

This module is a funny module and used to print the joke based on food and print the food trivia.(For example: eat 3 apples daily).

Software Requirements :

- Windows, Android Studio, Linux etc.,

Hardware Components :

- Processor : i3
- Harddisk : 5GB
- Ram : 1GB

Language used to develop :

- Java Spring Boot for Backend.
- Angular JS for Frontend.

Advantages :

- The user is allowed to make a diet plan with the help of RECIPE-FOOD-NUTRITION API the user can gain a lot of information about a food or eatable.
- The application does not contain login so everyone can make their plan easily.

Disadvantages :

- The system needs active Internet Connection.
- The data may be inaccurate if there is problem with internet.

Applications :

This system is used to help the user to take care of his health by accessing a lot of health by RECIPE-FOOD-NUTRITION API and diet plans.

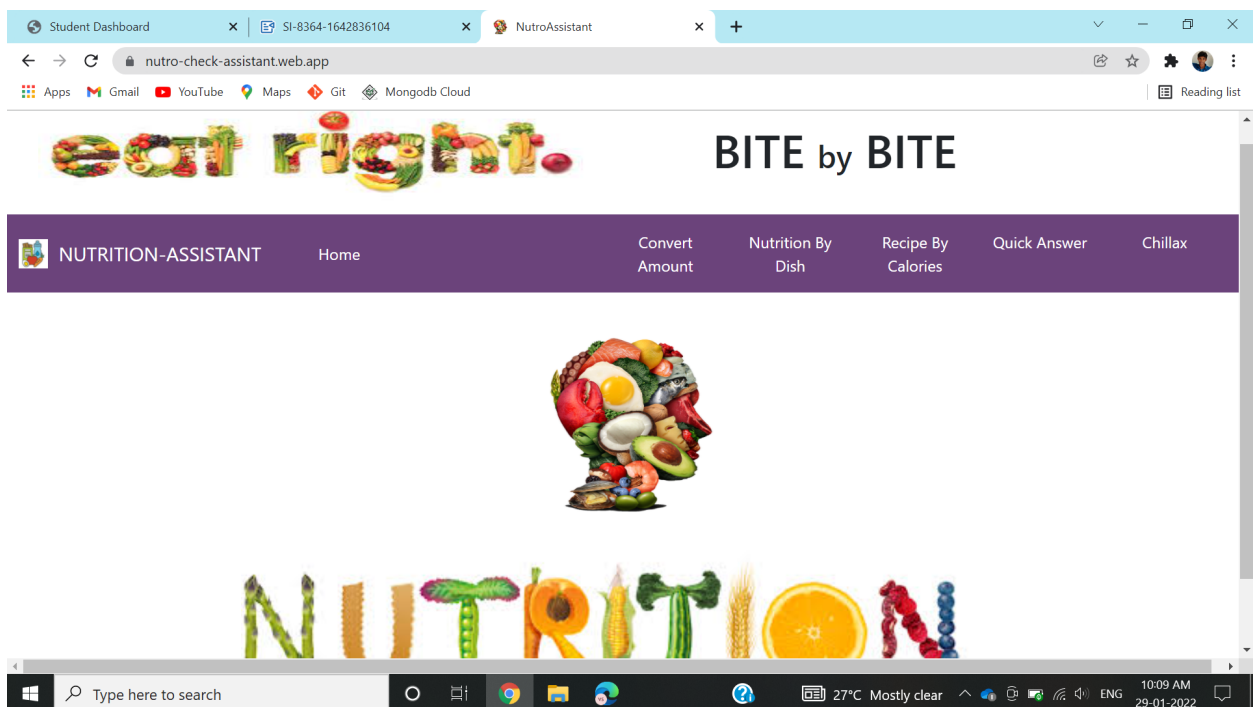
URL OF MY APPLICATION : ["https://nutro-check-assistant.web.app/"](https://nutro-check-assistant.web.app/)

Project Demonstration Link :

["https://drive.google.com/file/d/1HR6C3LBH2pljrBIA6bCA6ck47ub-zpE/view?usp=sharing"](https://drive.google.com/file/d/1HR6C3LBH2pljrBIA6bCA6ck47ub-zpE/view?usp=sharing)

Screenshot of my application :

Home Page :



Convert Amount Page :

Student Dashboard x SI-8364-1642836104 x NutroAssistant x +

← → ↻ nutro-check-assistant.web.app/convertamount

Apps Gmail YouTube Maps Git MongoDB Cloud Reading list

NUTRITION-ASSISTANT Home Convert Amount Nutrition By Dish Recipe By Calories Quick Answer Chillax

Enter Your Question Below:

flour

grams

cups

2.5

Get Amount

Your Answer here:

2.5 cups flour are 312.5 grams.

Type here to search 27°C Mostly clear 10:09 AM 29-01-2022

Nutrition By Dish Page :

Student Dashboard x SI-8364-1642836104 x NutroAssistant x +

← → ↻ nutro-check-assistant.web.app/nutbydish

Apps Gmail YouTube Maps Git MongoDB Cloud Reading list

eat right **BITE by BITE**

NUTRITION-ASSISTANT Home Convert Amount Nutrition By Dish Recipe By Calories Quick Answer Chillax

Enter Your Question Below:

pizza

Get Amount

Your Answer here:

CALORIES	PROTIENS
513	19
CARBS	FAT
50	22

Type here to search 27°C Mostly clear 10:09 AM 29-01-2022

Recipe By Calories Page :

Student Dashboard x SI-8364-1642836104 x NutroAssistant x +

nutro-check-assistant.web.app/resbycal

Apps Gmail YouTube Maps Git MongoDB Cloud Reading list

ENTER THE CALORIES

Get List of recipes

Some Recipes for you

ID	TITLE	READY IN (MINS)	NO.OF.SERVINGS	LINK TO RECIPE
14440	Endive "Chips" with Blue Cheese Dip and Bacon Dust	15	10	http://www.myrecipes.com/recipe/endive-chips-blue-cheese-dip-50400000117809/
944548	Roasted Old Bay Shrimp	22	14	http://jeanetteshealthyliving.com/roasted-old-bay-shrimp-recipe/
1646901	Grilled Scallops With Peach Sweet Chili Sauce	45	4	https://www.bonappetit.com/recipe/grilled-scallops-with-peach-chili-sauce

Windows Type here to search 27°C Mostly clear 10:10 AM 29-01-2022

Quick Answer Page :

Student Dashboard x SI-8364-1642836104 x NutroAssistant x +

nutro-check-assistant.web.app/quickanswer


Apps Gmail YouTube Maps Git MongoDB Cloud Reading list

ENTER YOUR QUESTION

Get Answer

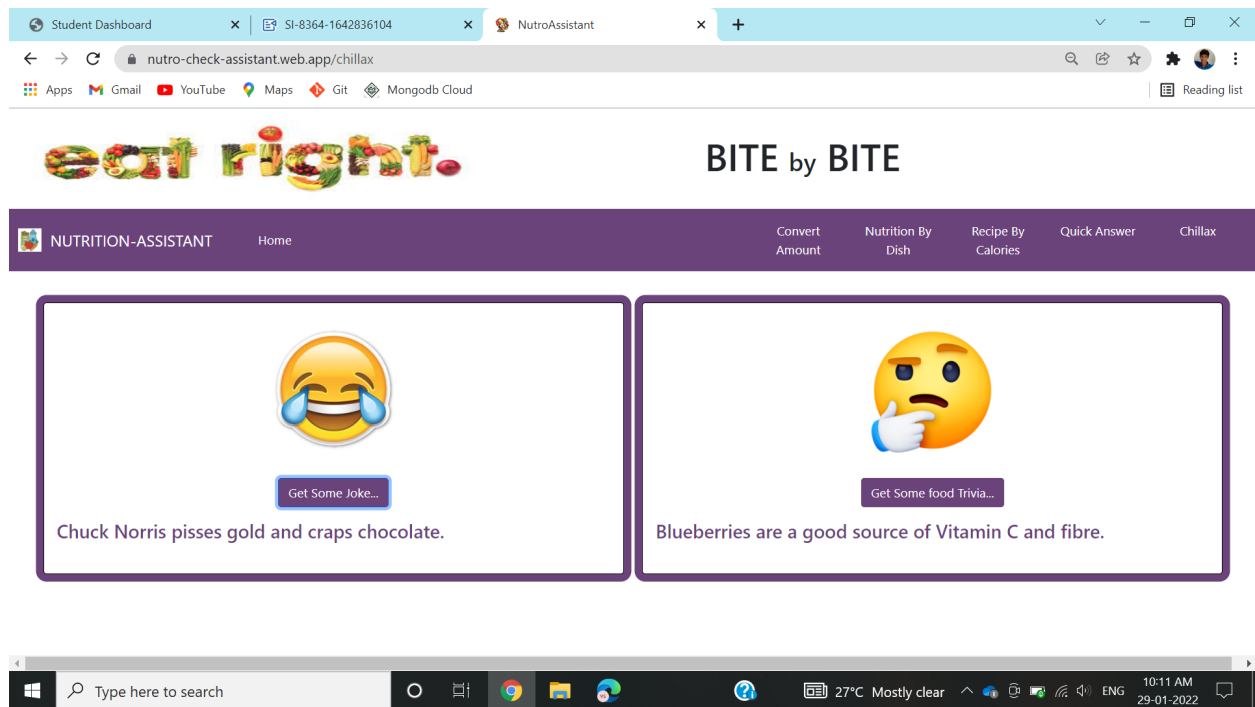
Your Answer here:

There are 0.16 g of Protein in 1 serving how much in apple. This covers about 0% of your daily needs of Protein.



Windows Type here to search 27°C Mostly clear 10:11 AM 29-01-2022

Chillax Page :



Student Dashboard x SI-8364-1642836104 x NutroAssistant x +

nutro-check-assistant.web.app/chillax


Apps Gmail YouTube Maps Git MongoDB Cloud Reading list

eat right.

BITE by BITE


NUTRITION-ASSISTANT Home

Convert Amount Nutrition By Dish Recipe By Calories Quick Answer Chillax



Get Some Joke...

Chuck Norris pisses gold and craps chocolate.



Get Some food Trivia...

Blueberries are a good source of Vitamin C and fibre.

Type here to search

27°C Mostly clear 10:11 AM 29-01-2022

Thank You