# Diet Recommender system

There are many people out there with different diseases as they have to restrict certain food not to eat in their daily lives so that they can live normally in their life. When they get new food, they don’t whether to eat that food or not? For example, a person suffering from diabetes cannot eat sugar enriched food.

**Problem**

The problem is there are many foods outside and most of the people don’t what it provides to our body. It might be dangerous to the person who is having certain diseases. There should be dietician hired who should have the proper knowledge of foods and can tell the person whether he should eat that food or not. There are many sites which can provide information about such foods but it is not so relevant to go online and watch every food details before we eat them. This system will contain all the foods database and their constituents and information regarding the food can be eaten by certain diseased person.

**Knowledge**

To make the system, we should make database of the foods and information regarding them. The database might be huge, so we should use the data compression technique to store the data consuming less space. Then the user must get the instant results so we should use the searching technique. User must provide the system food where he is eating day by day. System will recognize the most number of entered data and built a system so that it can recommend similar kind of food to the person.

**Production Rules**

The production rules for the system are –

* The user provides the food name to the system
* After receiving the food name, the system implements search which must be faster so that user don’t get distracted.
* User receives the information regarding the foods and can decide whether to eat that food or not.
* The system can recommend about the daily tips for the specified diseased person.

**Conclusion**

Searching technique and prediction algorithm must be implemented for the system. This can be helpful to the person who find difficulty in choosing the diet for themselves.