Project Report

For

Atificial Intelligence Dietician

CA Project: INT404 (Artificial Intelligence)

LOVELY PROFESSIONAL UNIVERSITY

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Abstract

As people across the globe are becoming more interested in watching their weight, eating more healthy food and avoiding junk food, a system that can measure calories and nutrition in every day meals can be very useful for maintaining our health. Food calorie and nutrition measurement system is very beneficial for dietitians and patients to measure and manage the daily food intake. The proposed system is a responsive a program which contains the knowledge and data regarding the fitness of a person. We also referred data required to develop the project , from gym exercise book which makes the project a unique one. This system asks the users to maintain good health by doing some workouts and by eating some food products which includes calories, proteins and carbohydrates etc. Also contains user login such as Admin and User.This system acts as a diet consultant similar to a real dietician.

Dieticians are educated with nutrient value of foods. A dietician consults a person based on his schedule, body type, height and weight. The system too asks all this data from the user and processes it. It asks about how many hour the user works, his height, weight, age etc. The system stores and processes this data and then calculates the nutrient value needed to fill up users needs.

Overview Of Project

The Artificial intelligence Dietitian project is to provide an program which suggests diet plan based on user's height, weight and eating habits. The system measures a user's body mass index using his/her height and weight. The system has been trained with large data set of food varieties and their nutritional values. Once the system has the user's body mass index, it needs to know eating habit of the user. The user has to provide information about the timings he eats. Timings for breakfast, lunch, snacks and dinner are entered by the user. Once the system has this data, it suggests the user a diet plan as per the user's body mass index. If the user doesn't like the diet plan the system modifies the diet plan keeping nutritional value the same. This is done to ensure that the user likes the diet suggested to him. Thus

the need to travel to a Dietitian to know the diet plan can be removed. The users can get a diet plan based on their body mass index if they know their height and weight. No need to pay a visit to local Dietitian any more.

Introduction

Now a days, a human being suffering from many health problems such as fitness problem, maintaining proper diet problem, etc. Therefore we are developing this project for providing special dietician information and proper knowledge for normal persons . The effective personal dietary guidelines are very essential for managing our health, preventing chronic diseases and the interactive diet planning helps a user to adjust the plan in an easier way. The project is to be produced on Artificial Intelligence and Dietician. The user fills the registration form accorind to the information asked . After the user has filled his/her personal information including age, weight, height, gender and exercise level. For calculatingBMI age, weight, height, gender and exercise level are necessary. On the basis of calculated BMI (Body Mass Index) Artificial Dietician will display the proper dietician for

current user.This application suggests the user to what to do eat in diet.

Aim

The major for develing this project was to get rid of the existing Dietitian System which used to be completely manual. People need to visit their local Dietitian physically to know the suggested diet plan. The user has to wait for their appointment with the Dietitian. The user might have to wait for long hours some times. This makes it very inconvenient for the users to get their diet plan. They have to wait just to get the information about what they should eat. This is not efficient when looked from an end user’s point of view.

Scope

The scope of our project will be that it will give user an online an Dietitian System which will be having artificial intelligence of diet plans. The systemwill measurethe user's body mass index based on his/her height and weight. The user has to then enter his eating timings and the system presents him/her the diet plan that would be best for that particular user. All the food items along with the quantity is shown to the user. If the user doesn't like the current diet plan, the system modifies food items keeping the total nutritional value same

Applications Of Our Project

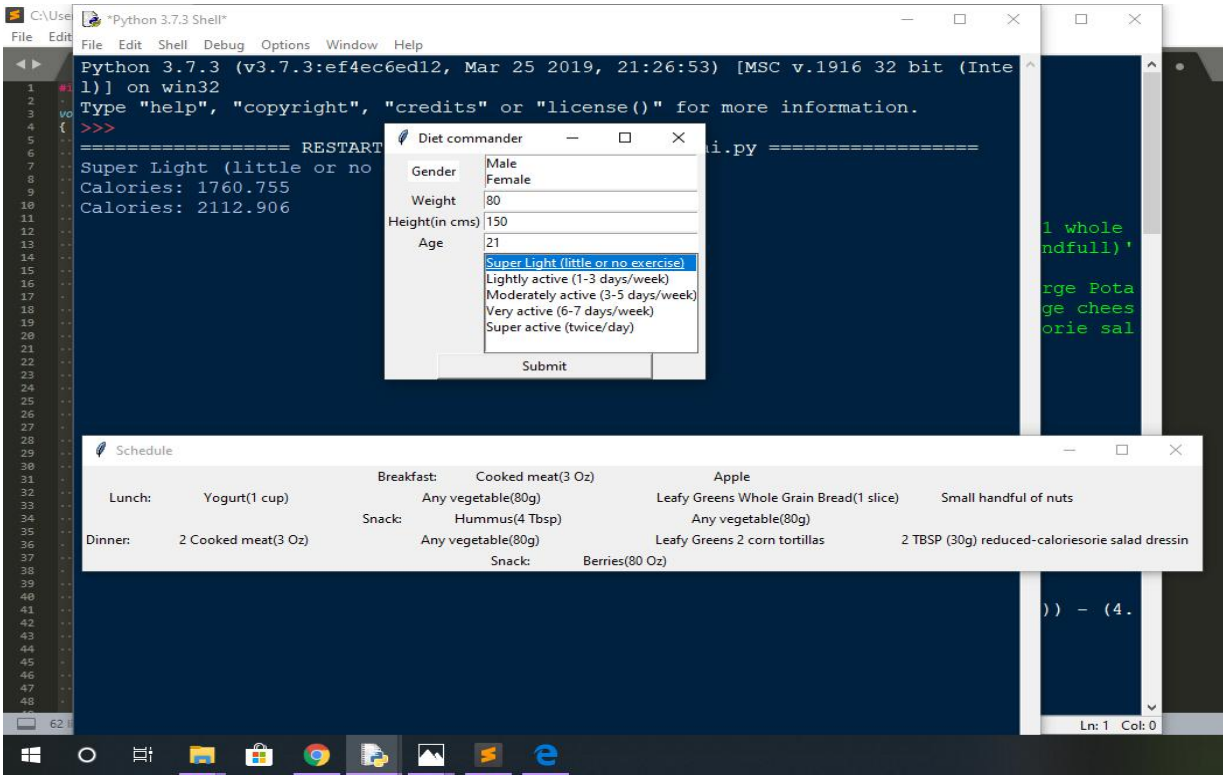
*This system can be very well used in medical colleges for teaching and practicing purposes so that student can learn from it.

*This system can also be utilized in gym particularly for calculating the customers' calories and diet plans.

* Individual can also use this project especially for themselves in home.

* Dietitians can use this system to make sure what they recommend patients.

Implementation Of Code



Conclusion

“Artificial Intelligence Dietician” allow the user to know about his/her actual diet information i.e. how much user had calories in their body on this basis system displays workout and food suggestions. This project package is a strong enough to withstand regressive facility for all Peoples across the globe. This project reduces the time span and cost for expert advices for diet. This porgram is exceptionally valuable to wellbeing cares and dietician. This porject diminishes the time compass and cost for master advices for eating routine.

References

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3.