

NutriScope 360°

Theme

- ☐ Dark
- ☒ Light

Apply Theme (save & restart)

Filters

Search food name

Select foods

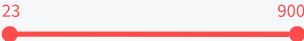
Almonds

Apple

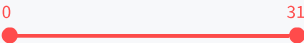
Banana

Beans

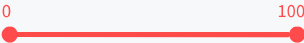
Calories



Protein (g)



Fat (g)



Tip: To change full UI theme permanently, set Streamlit Theme -> Dark in Settings or use config file (see README).

NutriScope 360° — Nutrition Intelligence Dashboard

Interactive visual analyses of Calories, Protein, Carbs and Fat for food items.

Total foods	Selected	Avg Calories	Avg Protein
49	8	191.9	8.5 g

Personalized BMI & Meal Recommendations

Sex

Female

Weight (kg)

60.00

Activity level

Light (1-3 days/wk)

Age (years)

22

Height (cm)

165.00

Goal

Maintain weight

Serving multiplier (use 1 for default serving)

1.00

Calculate and Recommend

BMI: 22.0 — Normal
Estimated maintenance (TDEE): 1870 kcal/day — Target calories: 1870 kcal/day

Meal targets (kcal)

Breakfast	Lunch	Dinner	Snacks
467 kcal	654 kcal	561 kcal	187 kcal

Suggested meal items (servings approximate)

Breakfast — target: 467 kcal

	Food	Servings	Calories	Protein	Fat
0	Chicken	2.0000	330	62.0000	7.2000
1	Cheese	1.1600	466	29.0000	38.2800
2	Beans	1.3500	468	28.4000	1.6200

Lunch — target: 654 kcal

	Food	Servings	Calories	Protein	Fat
0	Chicken	2.0000	330	62.0000	7.2000
1	Cheese	1.6300	655	40.8000	53.7900
2	Beans	1.8800	652	39.5000	2.2560

Dinner — target: 561 kcal

	Food	Servings	Calories	Protein	Fat
0	Chicken	2.0000	330	62.0000	7.2000
1	Cheese	1.4000	563	35.0000	46.2000
2	Beans	1.6200	562	34.0000	1.9440

Snacks — target: 187 kcal

	Food	Servings	Calories	Protein	Fat
0	Chicken	1.1300	186	35.0000	4.0680
1	Cheese	0.4700	189	11.8000	15.5100
2	Beans	0.5400	187	11.3000	0.6480

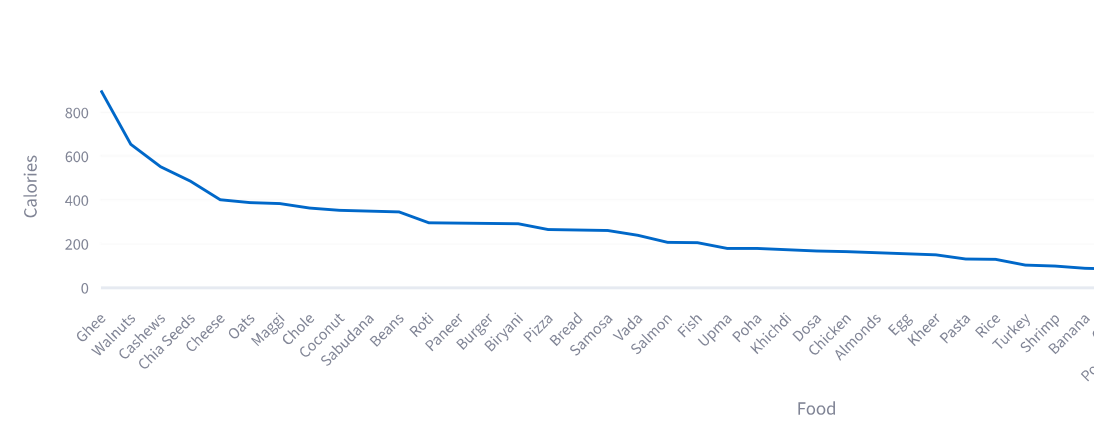
Daily recommendation summary (approx)

Estimated calories from suggested items: 4918 kcal

Estimated protein: 450.8 g

Notes: servings are approximate and use dataset per-serving values. This is a rule-based suggestion for demo/educational use, not medical advice.

Calories by Food (sorted)

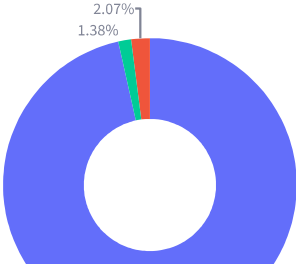


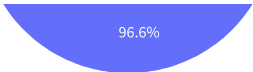
Macronutrient Donut

Choose a food

Apple

▼



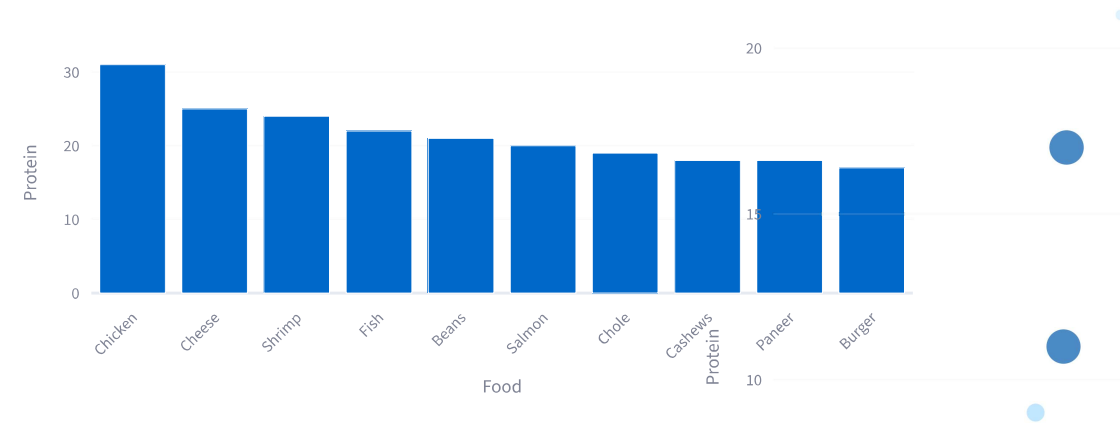


Top Protein (bar)

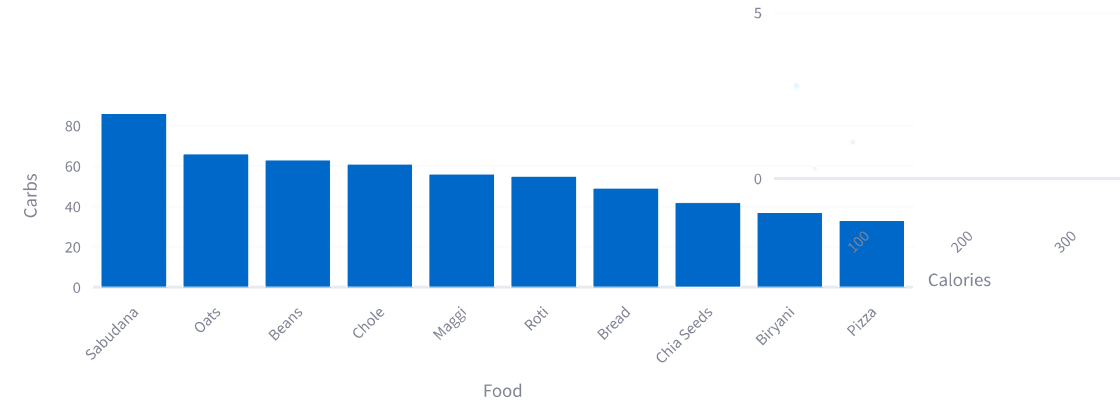
Top N foods for bars



Protein vs Calories (color = Fat)

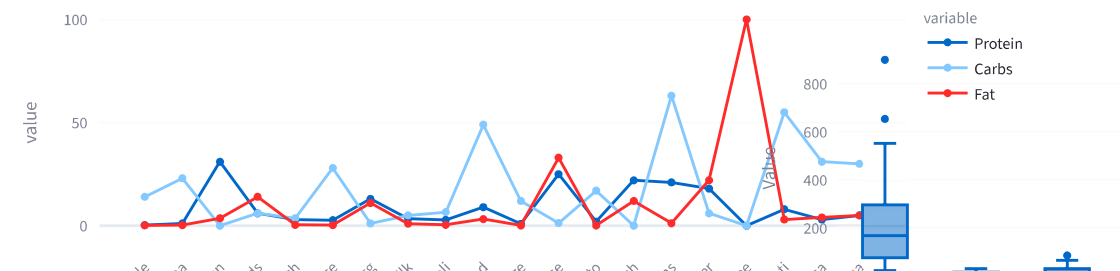


Top Carbs (bar)



Protein, Carbs & Fat (first 20)

Nutrient Distributions





Filtered Data

	Food	Calories	Protein	Carbs
0	Apple	52	0.3	
1	Banana	89	1.1	
2	Almonds	161	6	
3	Broccoli	34	2.8	
4	Bread	265	9	
5	Beans	347	21	
6	Burger	295	17	
7	Biryani	292	11	