

# NutriScope 360°

Theme

- ☐ Dark
- ☒ Light

Apply Theme (save & restart)

## Filters

Search food name

Select foods

Almonds ×

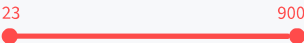
Apple ×

Banana ×

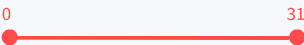
Beans ×

× ▼

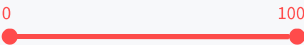
Calories



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

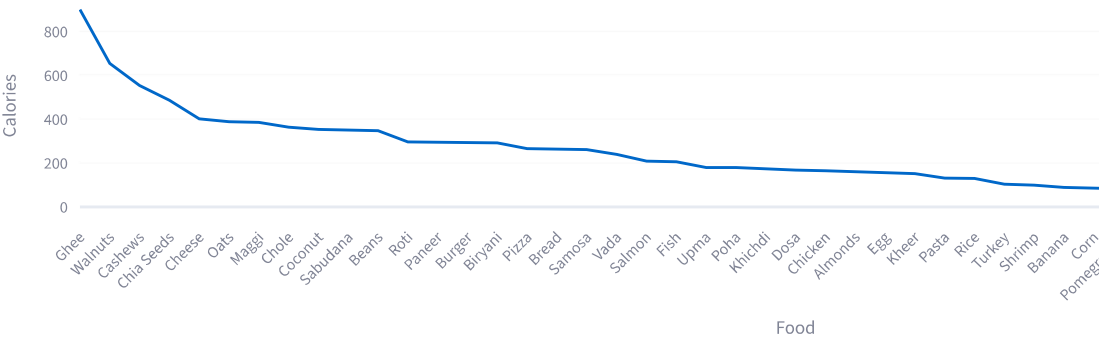
Maintain weight ▼

Serving multiplier (use 1 for default serving)

1.00 - +

Calculate and Recommend

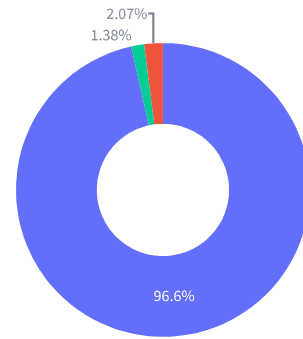
## Calories by Food (sorted)



## Macronutrient Donut

Choose a food

Apple ▼

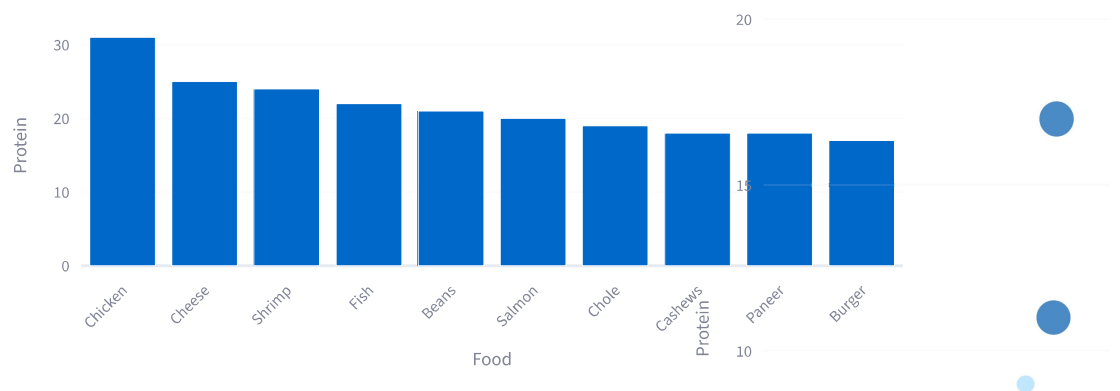


## Top Protein (bar)

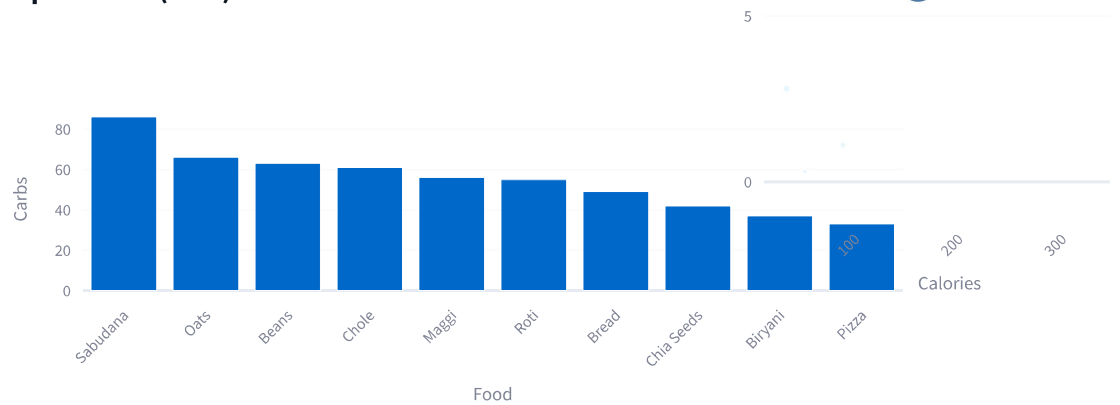
Top N foods for bars



## Protein vs Calories (color = Fat)

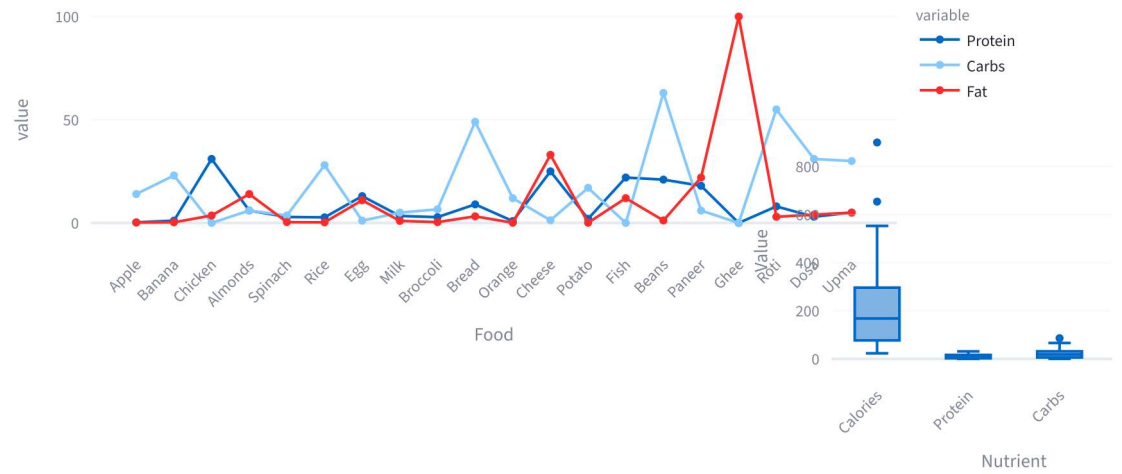


## Top Carbs (bar)



## 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      |       |