

## NutriScope 360°

Theme

- Dark
- Light

Apply Theme (save & restart)

### Filters

Search food name

Select foods

- Almonds ×
- Apple ×
- Banana ×
- Beans ×



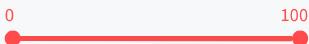
Calories



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

467 kcal

Lunch

654 kcal

Dinner

561 kcal

Snacks

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

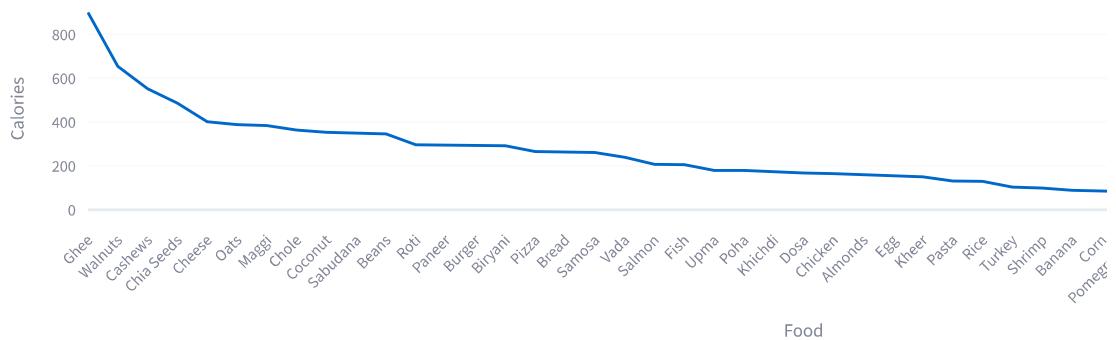
## Daily recommendation summary (approx)

**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.

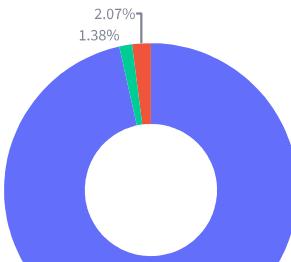
## Calories by Food (sorted)

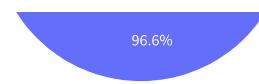


## Macronutrient Donut

Choose a food

Apple

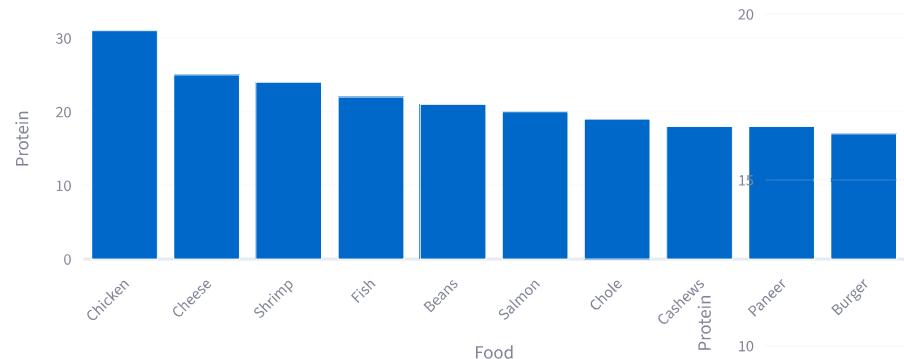




## Top Protein (bar)

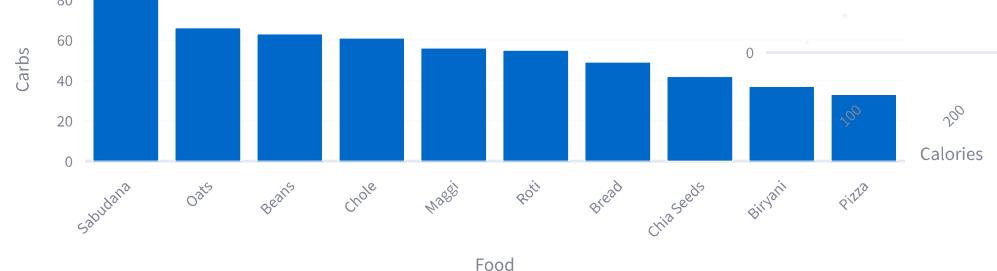
Top N foods for bars

10



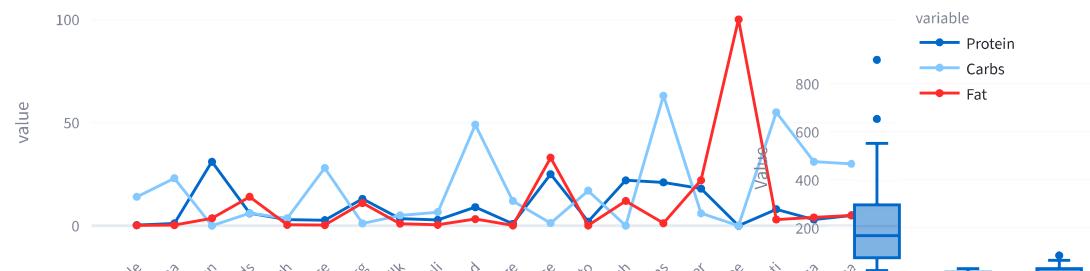
## Protein vs Calories (color = Fat)

## 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	

NutriScope 360° — built with Streamlit & Plotly