POSTER PRESENTATION

IEEE UP SECTION (INDIA)

GL BAJAJ Institute of Technology & Management — FIND YOUR SPARK

Group ID:2CSE_F2G9: NutriTell: Nutrition Tracker

Team Members:
- VISHANT KUMAR RAI (2301920100360)
- YASHDEEP (2301920100370)

MENTOR:
Ms. Anju Joshi

Problem Statement:

Despite the growing focus on nutrition, individuals in India often face challenges finding accurate nutritional information for local, everyday foods. Existing resources mainly cater to global or packaged foods, leaving a gap in guidance for traditional Indian dishes. NutriTell bridges this gap by providing detailed nutritional content for common Indian foods, empowering users to make health-conscious choices based on accurate, locally relevant data.

Motivation:

- **Empowering Nutritional Awareness**: Enhancing users' understanding of their dietary choices by providing accurate nutritional information tailored to local foods

- **Supporting Healthy Lifestyles**: Facilitating users' health goals by offering tools to track and analyze their nutrient intake, encouraging consistency and accountability.

- **Fostering Community Engagement**: Creating a supportive environment where users can share their experiences and successes, motivating each other towards better health.

Objectives:

- ★ Provide accurate nutritional information for **commonly consumed Indian foods**.

- ★ Allow users to **track their daily nutrient intake** based on these local foods.
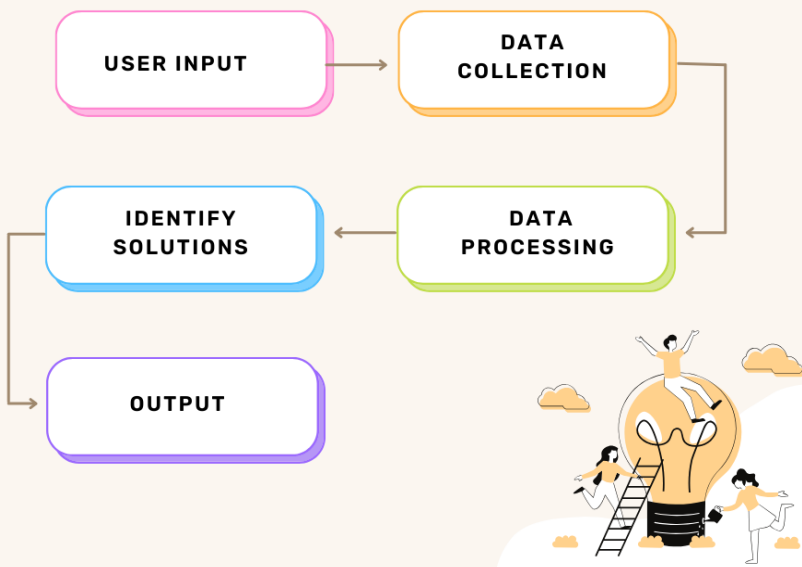
- ★ Enable users to log meals and **monitor their daily nutrient** consumption.

- ★ Facilitate **easy logging** of meals and ingredients to help users monitor their nutrition effortlessly.

Proposed Idea/Solution:

FLOWCHART

USER INPUT → DATA COLLECTION → DATA PROCESSING → IDENTIFY SOLUTIONS → OUTPUT

Technologies Used:

HTML5, JavaScript, CSS3, node.js, USDA, MySQL

Solution Environment

Promoting Plant-Based Diets: NutriTell can encourage users to choose plant-based foods, which have a lower environmental impact, by highlighting their nutritional benefits and providing recipes.

Waste Reduction Tips: The app can educate users on minimizing food waste with meal planning tools and recipes that use leftovers, promoting efficient resource use and reducing environmental harm.

Local and Seasonal Food Suggestions: NutriTell can recommend locally sourced and seasonal foods, reducing the carbon footprint associated with food transportation and encouraging sustainable sourcing practices.

Impacts and benefits

IMPACTS

1. Encourages users to adopt plant-based and locally sourced diets, significantly reducing their carbon footprint and resource consumption.

2. Promotes the consumption of local and seasonal foods, which strengthens community economies and supports sustainable agricultural practices

BENEFITS

1. Users gain access to personalized nutrition information, leading to better dietary choices and overall health improvements.

2. Acts as a platform for learning about nutrition and sustainable practices, empowering users to make informed decisions.

Sustainability Goals

SUSTAINABILITY GOALS

01 **Mindful Eating Practices** — enhance users' connection with their food and encourage healthier choices.

02 **Support Local Agriculture** — aiming to increase the consumption of local and seasonal foods by a defined metric

03 **Improving Quality of Life** — Eating healthy foods regularly can improve your overall quality of life.

Roadmap for Design and Implementation

- RESEARCH & PLANNING
- FRONTEND DEVELOPMENT
- TESTING & ITERATION
- WIREFRAMING & PROTOTYPING
- BACKEND DEVELOPMENT
- DEPLOYMENT & LAUNCH