



## ARTIFICIAL INTELLIGENCE DIETICIAN

HITESH PRUTHI, HARDIK PARVADIYA, VARUN RAWOOL, JOEL PHILIP

<sup>1</sup>B.E Student, Dept. of Information Technology Engg., UCOE Mumbai ,

<sup>2</sup>Faculty, Dept. of Information Technology Engg., UCOE Mumbai

**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 website which contains the knowledge and data regarding the fitness of a person. We also referred data required to develop the website, from gym exercise book which makes the website a unique one. This website consist the user interface which will be publically displayed on the website i.e. the basic information regarding the fitness such as how 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. Artificial Intelligence and Dietician paper abstract will give overview on modules developed in this website. The online artificial dietician is a bot with artificial intelligence about human diets. It 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.

### I. 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 website for providing special dietician information and proper exer-cise knowledge for normal persons and for handicap peoples also. 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 website is to be produced on Artificial Intelligence and Dietician. Here there are two persons, the admin and user. The user fills the registration form and then login to the website. After login users have to fill personal information including age, weight, height, gender and exercise level. For calculating BMI 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 logged user.

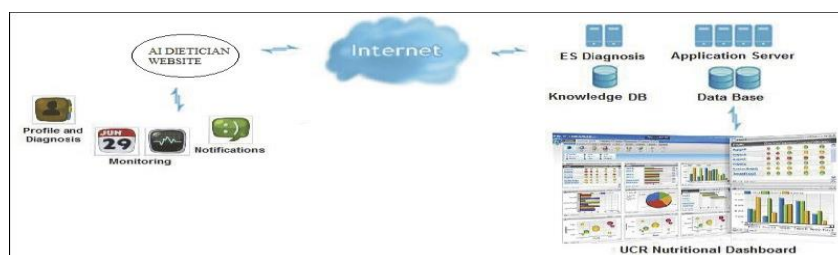


Fig 1.

This application suggests the user to what to do for example diet tips, Exercises, Online Training, etc. Here we are included different exercises like Yoga, Gym exercises, Aerobics, Cardio, Basic workouts, etc. The user can also fire a query to the admin on his/her health related problems to maintain his/her fitness and the admin can give solutions on users problems.

## II. EXISTING SYSTEM

In the previous system diet charts are usually generated using conditioning algorithms and data mining which hypes the use of database and purely depending on the database which leads to entering of data again and again and also it doesn't focus on health condition

Existing system takes in account the users height weight and gives a diet chart without taking his/her daily routine health conditions types of food they can eat into account which was a serious issue. AI domain gives an edge of generating a proper diet plan which lacks in other system as the domain is not the same

Drawbacks-

- IT doesn't take users health condition (like diabetes or cardiac patients) into account.
- It does not ask user about his daily routine and food choices.
- Majority of systems don't use AI as their domain

## III. PROPOSED SYSTEM

In this site the first landing page incorporates administrations, offices, about us, get in contact, and so on. This serves to client; client can get data of various sort of workouts, for example, Aerobics, Yoga, power yoga, fundamental activity, and so forth from the administration and offices. After that client can specifically login to site. On the off chance that client has officially enrolled generally client needs to make a record utilizing Registration Form. The client can fill data like Name, Address, Email-Id, Password, and so forth. From utilizing Email-Id and Password he can login to site. After effectively login client visits to BMI count structure, client needs to enter individual data like age, tallness, weight. By weight the BMI and BMR is acquired. On the premise of BMI result will be as workout proposal and sustenance recommendation will be acquired from BMR. By the most widely recognized individuals with a BMI under 18.5 are considered too thin, BMI more than 25 are overweight, BMI in the middle of 18.5 and 25 are have sound weight and those with a BMI more than 30 are viewed as corpulent. In the event that client's BMI is under 18.5 then he got recommendation about weight pick up and on the off chance that it is more than 25 he got weight reduction proposal generally client got sound proposals. The workout recommendation will be Online Training it gives exercise recordings to put on or misfortune weight of client. After going to the site the client can likewise send his input about site utilizing Feedback frame or can fire an inquiry identified with client's wellbeing or consume less calories utilizing Query Form and step by step it will demonstrate the outcomes as per the eating routine. On the off chance that client wouldn't like to send input can straightforwardly logout from site. At the administrator side, the administrator enroll the sustenance subtle elements and transfers recordings utilizing Video Upload Form and administrator send answer to client's question through Admin Query Form. Administrator handles all points of interest of client or database recovered from Registration Form, Login Form and BMI Calculation Form.

## IV. FUTURE SCOPE

The future scope in this application are going to be the improved GUI of this application. A proper workout schedule and routine will be provided to the user for a better fit life. Less use of data base and conditioning algorithms and more use of Artificial Intelligence. This is a web base application which can also be developed as a Android and IOS application

## V. APPLICATION

- Dietitians can use this system to make sure what they recommend patients.
- 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 software especially for themselves in home.

## VI. 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 software package is a strong enough to withstand regressive facility for the Handicapped Peoples. This software reduces the time span and cost for expert advices for diet. This site is exceptionally valuable to wellbeing cares and dietician. This product diminishes the time compass and cost for master advices for eating routine.

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