

ARTIFICIAL INTELLIGENCE DIETICIAN

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Abstract: In today's world due to busy schedule people cannot take care or concentrate on their health. The proposed system is a responsive website which contain the knowledge regarding fitness of a person.so there is a need to suggest a diet plan which help the persons to maintain fitness. Food calorie and nutrition measurement system is very important for patients to measure their food intake as per daily basis. This website considers the user interface which is displayed openly on the website. Which will make the website differ from others. AI and dietician paper abstract give a complete overview on the modules of the website. The online artificial intelligence is a bot with artificial intelligence about human diet plans. Dietician contain complete knowledge about the nutrient and vitamins in the foods. The dietician consults a person based on his body type, height, weight, age etc. it will contain the entire data about his/her costumer about her working hours and others useful data which will help the system to calculate the nutrients values to fill up the user needs. I work as a proper dietician to maintain the health of its customers and aware them about the need of nutrients for their good health.

Keywords: Virtual Studio, BMI.

I. INTRODUCTION

Now a day's people suffering from various health problems and they can't maintain their health properly due to very busy schedule. Due to which they need a proper diet structure after consulting with a dietician. That's why we are developing a website which will help them to take care of their health and fitness by consulting with a dietician without spending a lot of time on it. We are creating a website which will help to providing them a proper diet information. The effective personal dietary guidelines are very essential for managing our health. In this the user need to create his/her account to login and first they need to fill the registration form by mentioning their body type, height, weight etc. on the basis of this information the bot uses the BMI (Body Mass Index) to calculate the proper diet structure for the customers. Artificial intelligence dietician will display the proper dietician for logged user. This application suggest the user to what to do for example – Exercises tips, fitness training online, Diet plans etc.



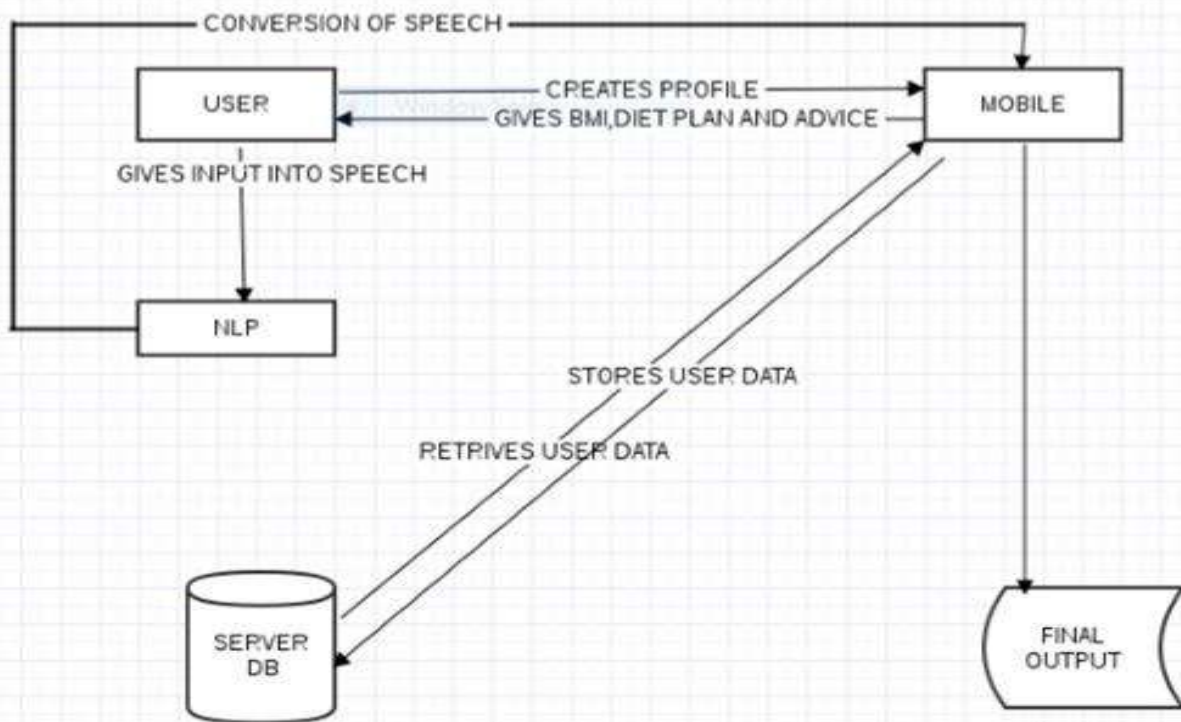
II. EXISTING SYSTEM

In the previous format system diet charts are usually generated using conditioning algorithms and data mining which hypes the use of database and completely depends upon the database which leads to enter the data continuously and also it does not focus on health condition Existing system takes in account the users height weight and gives a diet chart without conducting their daily routine health conditions types of food they can eat into account which is a very serious problem .AI domain provides a edge of generating a proper diet plan which lacks in system as the domain and has the same Drawbacks-

- IT will not take users health condition (like blood pressure or cardiac patients) into account.
- Majority of system will not use AI as their domain term.

III. PROPOSED SYSTEM

In this site the first landing page incorporates administrations, offices, about us, get in contact, and so on. By using this customers can aware about various fitness patterns for example, Aerobics, Yoga, power yoga, fundamental activity, and so forth from the administration. After that client can easily and efficiently 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 way through which it can provide awareness and proper diet and fitness instruction. Very few use of data base and algorithms and more use of AI in it for proper functioning. 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 their customers need for fitness.
- This system can be very well used in medical colleges to aware students about fitness and good health.
- This system can also be utilized in gym particularly for monitoring their health, calories, etc.
- Individual can also utilize this software at home to save time.

VI. CONCLUSION

“Artificial Intelligence Dietician” allow the user to aware 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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