



# ARTIFICIAL INTELLIGENCE DIETICIAN

<sup>1</sup>Darshini B , <sup>2</sup> Dr R Vijayashree

<sup>1</sup>Student, <sup>2</sup>Assistant Professor

<sup>1</sup>ICT & Cognitive Systems,

<sup>1</sup>Sri Krishna Arts and Science College, Coimbatore, India

**Abstract:** AI Dietician is a artificial intelligence dietician which provides proper diet plan to the user. A meal plan can be made taking into account a person's lifestyle and specific medical requirements. The experts advise consuming a wide variety of meals, such as fruits,vegetables,spinach,whole grains, non-fat or low-fat dairy products,herbs and home remedies. A dietician, however develops a meal plan for each client based on their specific nutritional needs and health concerns. This web application on human diet is called the artificial intelligence dietician which uses artificial intelligence. A person must provide the dietician with certain information in order to learn about the diet plan.It acts as a diet consultant similar to a real dietitian.

**Keywords - Diet-consultant-products**

## I. INTRODUCTION

The main purpose of this project is that it acts as a nutritionist just like a real nutritionist and helps the user to easily find herbs and fruits that are beneficial for the user's health depending on their health problems or diseases. is suffering This system helps the user to significantly reduce the search time by allowing the user to enter their health problem and search accordingly. The admin can add fruits and herbs to the system and its data. This system also allows the user to see a description of the selected fruit or herb, which describes how the fruit or herb helps improve the user's health. This system also allows the user to place an order that adds the products to the user's cart and pays for them. Thus, this system helps to cure the disease of the user to a great extent. Most people are concerned about what they eat every day. People tend to search for information about what they eat or what has to do with their diet. Today, there are systems that help people manage their diets. However, the systems do not focus specifically on the user's own needs. This web-based application system helps the user to get information about their nutrition. The user receives nutritional recommendations based on what he needs. It focuses more on the user and their own needs, instead of making general recommendations for all users. This website enables users to get instant guidance on their health issues through a smart healthcare system. It works as a nutritionist like a real nutritionist. The system also requests all information from the user and processes it. The system stores and processes this information and then calculates the nutritional value needed to meet users' needs. The system then shows users a suitable diet and asks if it suits the user, otherwise it shows other alternative diets that meet the user's needs. This system is an online portal that offers and sells health products such as herbs, Ayurvedic medicines, pain relievers, homeopathic medicines, fruits and vegetables. Our application provides registered users with home remedies for health problems and diet plans. As society becomes more and more aware of the benefits of staying healthy and eating healthy, we hope to develop a comprehensive system that everyone can use. By combining an intuitive graphical user interface, use specific nutrition/exercise plans and a robust data warehouse, we hope to recommend, track and monitor a user's diet to improve their overall health and well-being.

## II. RELATED WORK

The current method for purchasing health products takes a long time and more man power. Second, the offline method for purchasing health products is only accessible in the local region and during set hours. All data administration tasks, including looking for products, billing, and creating reports, are completed manually, which takes a lot of time.

### III. DRAWBACKS

The drawbacks of related works are time consuming. More man power required. Customer Records are not maintained properly. Product stock, description, product name are maintained as paper work. Does not provides home remedies for all health related problems. Does not provides diet plans.

### IV. PROPOSED WORK

Our application provides diet plans for all registered users. User can get their bmi details, home remedies details, Dietplanner details, and can ask the admin if they have any doubts regarding any health issues. User can Order the diet food products. The suggested online health product purchasing system is a web-based program used to buy fruits, veggies, homoeopathic medications, herbs, ayurvedic medicine, pain relievers, and other health products. is simple to follow the status of a purchase at any moment. Our application allows users to buy health goods from any place.

### V. BENIFITS

Proper diet plan is suggested. The products ordered by the dealer are saved safely in the database. User friendly. Requires less paperwork. Sells the Products online. Provides home remedies for all health related problems. The admin can add and update the products. Less time and space is required.

### VI. RESEARCH METHODOLOGY

This system has various modules. User: When a person is logged in the website, he/she becomes a user and can now get their diet plan and remedies ,check for products, make payments, and comment. Dietician: Here the user is suggested with his/her diet plan and home remedies by the user. Shopping basket: This module allows the user to add, remove, and change the items in cart. The payment module will then be accessed after this purchasing basket module. Payment: The programme is made in such a way that it won't save the payment information.

### VII. RESULTS

Following are the results of the project



Fig 1.1 (Web page)



Fig 1.2 (User sign in page)



Fig 1.3 (BMI Calculator)



Fig 1.4 (Diet planner page)



Fig 1.5 (Products page)



Fig 1.6 (Order page)

**VIII. CONCLUSION**

The Artificial Intelligence Dietician is a web based system which acts as a diet consultant similar to a real dietician. The user is suggested with diet plans and home remedies based on their body problem. This system also provides online shopping options we can purchase the products based on the user need. This system saves the users time. This web-based application system will help user to get information about their dietary intake. Most people are concern about what they eat every day. People tend to search information about the things that they eat or what related to their diet. Nowadays, there are systems which help people to manage their diet. However, the systems are not specifically focusing on the user's own needs.

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