

Artificial Intelligence Dietician

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. 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. The system then shows an appropriate diet to the users and asks if user is ok with it, else it shows other alternate diets to fill up users needs.

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 asks user about his daily routine and food choices.
- Majority of system don't use AI as their domain

PROPOSED SYSTEM

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.

ADVANTAGES

- No need of consulting doctor for diet plans.
- This system provides full details of the nutrient constitution in body and if required more or not along with the plan by just answering to some queries.
- Saves money and very effective and give accurate results as it is coded with keeping diet chart in mind.
- There are alternative diet chart provided by the system if the user don't like any.

Modules:

- User login
- Online Chatting Ability
- Diet Data processing
- User nutrition counseling
- Efficient user handling

System Requirements:

Software Components:

- Operating System : Windows Xp, Windows 7(ultimate, enterprise)
- Query Language : Sql 2005
- IDE : Visual studio 2008

Hardware Components:

- Processor : Pentium - III
- Hard Disk : 5 GB
- Memory : 1GB RAM