



Diet Recall Application

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ABSTRACT: -

Dietary assessment and monitoring are essential steps to measure dietary intake and provide tailored advice that can improve dietary management and health. The dietary assessment methods currently used have inherent challenges including reliance on memory, the time-consuming conceptualization of portion sizes, the requirement of literacy or skilled staff, coding burden, knowledge of foods, and other time-consuming tasks. It has been suggested that data analysis integrating mobile technologies allows the improvement of accurate assessment of dietary intake and customized feedback.

Since users have become advanced, so have these applications allowing them to integrate their fitness bands with these apps. This way, they can always be able to log their food intake and physical activities done on a daily basis.

This feature allows them to connect with diet experts who make specific diet plans depending on their eating habits and food habits. This is how they get diet charts.

This is a special feature that ensures that the users get the latest information on any update in the app or any changes that can help them avail of any sort of discount on the services offered by the mobile application.

This is one of the most important features that helps user make their decision. Based on the feedback of other users and the ratings given by them, they should be able to make a better decision of either using or abandoning the application.

This allows the users to seek suggestions regarding their diet from diet experts.

Key-Words: - Health, Body, Fitness, Gym, Food, Nutrition, Diet, Intake, Recipe, Time Table, Schedule, Charts, Supplements.

Introduction

A multidisciplinary team including dietitians, nutrition professionals, and software engineers worked collaboratively to design and develop a mobile dietary self-monitoring app, providing two key functions: (1) logging consumed foods or dietary supplements by text-searching, and (2) real-time dietary feedback. Through the administration page, users' data are accumulated and food and recipe databases can be revised. The food database is sourced from the database of the "Diet Evaluation System (DES)" (and comprises two databases: a food composition database and a food recipe database. The food composition data are comprised of a list of dietary supplements and foods, that is, the ingredients of recipes. The recipe database has information about recipes and ingredients. Per each food recipe, ingredients retrieved from the food composition database and their amounts for standard serving size (e.g., 1 cup or 1 small bowl) are archived. Dietitians regularly update the food composition and recipe databases for the app based on the open-source food composition databases from the Ministry of Food and Drug Safety. The app provides real-time dietary feedback on daily energy, carbohydrates, protein, total fat, sodium, saturated fat, fiber, sugar, calcium, vitamin C, riboflavin, and food groups of the diabetic exchange list. The adequacy of the users' nutrient intakes is evaluated based on the Dietary Reference

Problem Formulation

We have taken this project because of the following reasons:

The World Health Organization (WHO) reported that non-communicable diseases (NCDs) accounted for 71% of deaths worldwide each year, identifying unhealthy diets, smoking, and lack of exercise as major risk factors for NCDs. The Global Burden of Disease Study 2016 reported inadequate intakes of fruits, vegetables, legumes, whole grains, nuts and seeds, milk, red meat, processed meat, sugar-sweetened beverages, fiber,

calcium, seafood omega-3 fatty acids, polyunsaturated fatty acids, trans fatty acids, and sodium as dietary risk factors for NCDs.

Literature Review

Users of the can log what they eat, including dietary supplements and receive real-time feedback. Administrators of the can maintain and modify food and recipe databases and track users' dietary intake. Further intervention studies are warranted to examine whether generates reliable and valid estimates of nutrient intakes and promotes a healthful diet.

Methodology

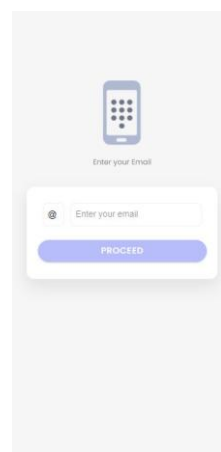
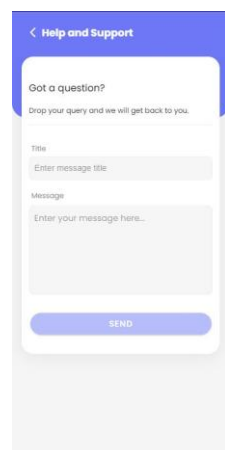
The user interface design consists of the following 13 interface categories: sign up and profile input, log-in, main page, logging meals, food data creation, recipe data creation, favorite foods, logging dietary supplements, supplement data creation, supplements package data creation, display of foods and supplements consumed, diet feedback, and nutritional report.

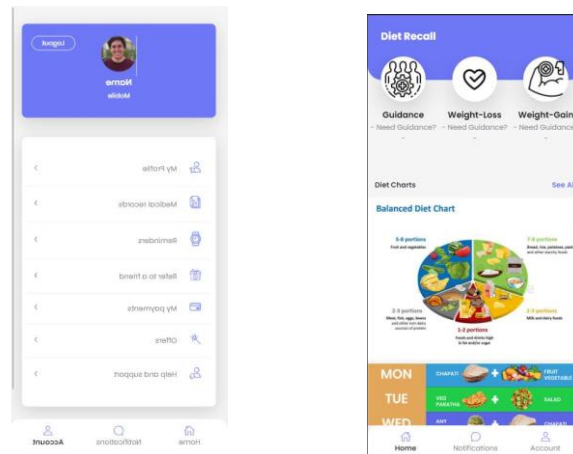
It was not easy to set a perfect plan at one time therefore we adopted Agile Methodology. As this Methodology is a practice that promotes continuous iteration of development and testing throughout the software development lifecycle of the project. In the Agile model in software testing, both development and testing activities are concurrent, which make it easy to bring a change into whenever required according to the need. Therefore, we put idea into theory and then get into the implementation, as if the implemented concept doesn't satisfy us up to mark, we again try to get into a new idea of presenting and because of which it is more of practice and execution concept into working model.

Result Discussions

24HRs provide quantitative estimates of individual food consumption and nutrient intake.Can structure survey—and analyses—to include information on food sources and preparation methods.Can account for foods consumed together that may enhance or inhibit micronutrient absorption.

- To Track Food Intake
- To facilitate Weight Loss
- To facilitate Weight Gain
- To make users healthy through different dietary features
- To obtain detailed information about all foods and beverages consumed on a given day.
- To Give feedback.





Conclusion

The health status of living being is a necessary factor for a long life. Without good health, a person is always missing something good from his life. In today's era, no one is taking care of their health due to the time shortage in life. To solve this problem, this app is best fit for all human being who wants to take care of their health. This app monitors diet record and also reminds the user what type of food user has to consume. It monitors the health and provides reports of different intervals to the user. This application is user-friendly, easy to use, and gives significant results to the user's health.

Acknowledgment

The satisfaction and euphoria that accompany the successful completion of any task would be impossible without the mention of the people who made it possible, whose constant guidance and encouragement crowned our efforts with success. I have great pleasure in expressing my deep sense of gratitude to our guide Prof. Shivshakar Rajput. I take this opportunity to express my profound gratitude to Prof. Shivshakar Rajput, for her constant support and encouragement and would also like to thank Prof. Kamal Sethi, Professor and Head, Department of Computer Science and Engineering, for his support and lastly, we would like to thank our institution for giving us this opportunity to learn even more apart from our curriculum.

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