

DIET - Recall Application

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Abstract: *This is a mobile application which helps users to track their diet and to manage their calories intake. Busy schedules make people forget about their health. This application provides an efficient way to take an overview of health status. There are many applications in the market for diet management but they forget some key points about Indian diets and Indian Ayurveda, which are included in this application. 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.*

Keywords:

1. Dietary Intake: Refers to the food and beverages consumed by an individual over a specific period, often measured in terms of quantity, type, and nutrient content.
2. Food Logging: The process of recording or documenting the foods eaten by an individual throughout the day, typically for the purpose of monitoring dietary habits and nutritional intake.
3. Nutrition Tracking: Involves keeping track of the nutritional content of foods consumed, such as calories, macronutrients (carbohydrates, proteins, fats), and micronutrients (vitamins, minerals).
4. Meal Tracking: The practice of logging information about meals, including meal times, portion sizes, and food composition, to monitor eating patterns and habits.
5. Calorie Counter: An application or tool that helps individuals track their calorie intake by recording the calories consumed from various foods and beverages.
6. Dietary Assessment: The process of evaluating an individual's dietary intake, often through methods like food diaries, recalls, or food frequency questionnaires.
7. Nutrition Diary: A journal or log where individuals record details about their food and beverage consumption, as well as other relevant information such as physical activity and health status.
8. Meal Planner: An application or tool that helps individuals plan and organize their meals based on dietary goals, preferences, and nutritional needs.
9. Healthy Eating Tracker: A tool or application that assists individuals in monitoring their adherence to healthy eating guidelines or dietary recommendations.
10. Reminder: This process will remind when to get the intakes and the followings

I. INTRODUCTION

In recent years, the increasing prevalence of lifestyle-related diseases has highlighted the importance of maintaining a balanced and nutritious diet. Mobile applications have emerged as powerful tools to assist individuals in tracking their dietary habits, promoting health-conscious decisions, and ultimately leading to improved overall well-being. This report evaluates a Diet Recall Android Application designed to facilitate users in monitoring their daily food intake and fostering healthy eating habits. In our fast-paced modern society, where convenience often takes precedence over mindful eating,

maintaining a healthy diet has become a significant challenge. Unhealthy dietary habits contribute to a plethora of health issues, including obesity, diabetes, cardiovascular diseases, and nutritional deficiencies. Recognizing the vital role that diet plays in overall well-being, technological innovations have paved the way for solutions that empower individuals to take control of their nutrition. The Diet Recall Android Application emerges as a beacon of health in the digital landscape, offering users a sophisticated yet user-friendly platform to track, analyze, and improve their dietary choices. As the world becomes increasingly interconnected through smartphones and applications, harnessing the power of mobile technology to promote healthier living has never been more pertinent. This report delves into the heart of the Diet Recall Android Application, exploring its features, benefits, and potential impact on individuals' lives. By leveraging cutting-edge technology and nutritional science, this application stands at the intersection of health consciousness and digital innovation. As we navigate an era where preventive healthcare is gaining precedence, this application not only addresses the immediate need for healthier eating habits but also aligns with the broader global initiatives promoting wellness and longevity. In the following sections, we will dissect the application's features, evaluate its advantages, and envision its future trajectory, emphasizing its pivotal role in shaping a healthier, more informed society

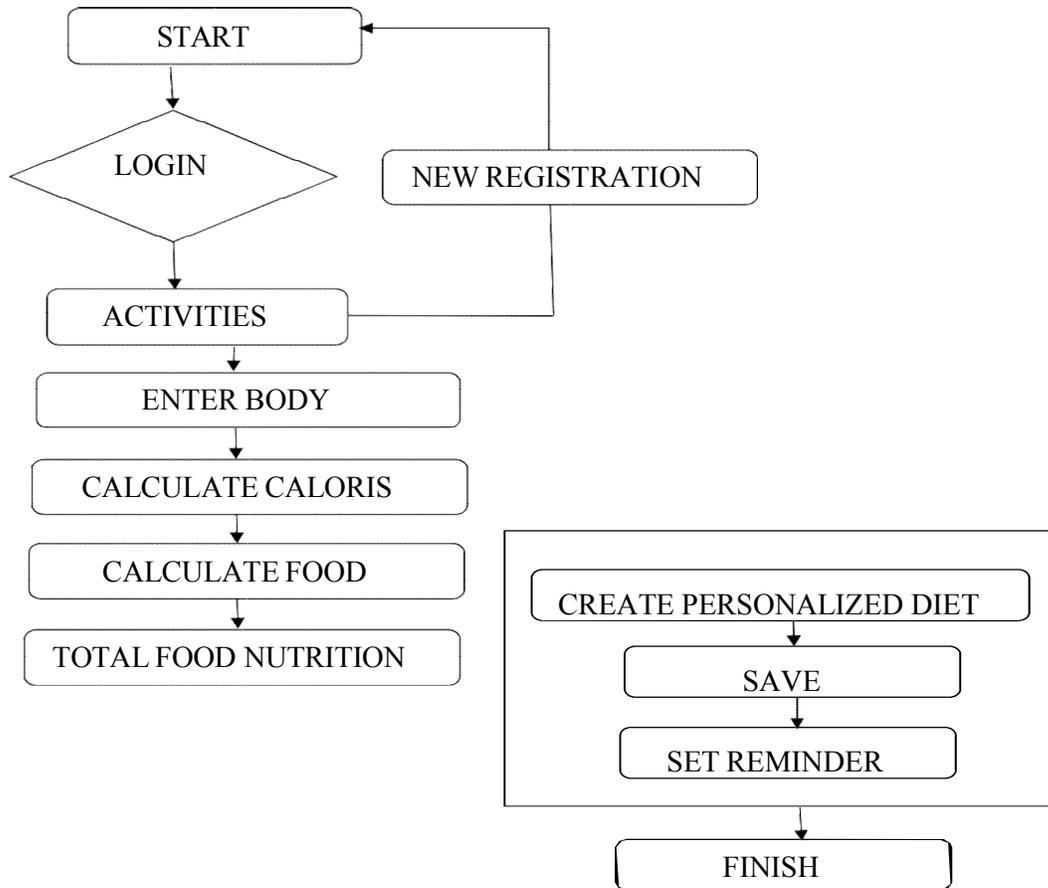


Fig. 1 Flow chart of diet - recall application

II. OBJECTIIVE

- **Accurate and Convenient Tracking:** The application should provide users with tools to easily and accurately record their daily dietary intake, including meals, snacks, beverages, and portion sizes, utilizing features such as barcode scanning, food databases, and manual entry options.

- **Promotion of Healthier Eating Habits:** The application should educate and motivate users to make healthier food choices by offering insights into their dietary patterns, highlighting nutritional deficiencies or excesses, and suggesting alternatives for improving overall diet quality.
- **Facilitation of Nutritional Awareness:** The application should enhance users' understanding of the nutritional content of foods, including macronutrients, micronutrients, calories, and other relevant nutritional information, to foster greater awareness and informed decision-making regarding dietary choices.
- **Support for Personalized Dietary Management:** The application should support users in setting and tracking personalized dietary goals, whether related to weight management, specific nutrient targets, dietary restrictions, or health conditions, and provide tailored recommendations and feedback based on individual preferences and needs.
- **Integration and Accessibility:** The application should seamlessly integrate with users' lifestyles, allowing for easy access and use across various devices, platforms, and environments, ensuring accessibility and convenience for users to track their dietary intake wherever they go.
- **Data Analysis and Insights:** The application should offer comprehensive data analysis capabilities, enabling users to visualize their dietary data over time, identify trends or patterns, and gain actionable insights into their eating behaviors and nutritional status, empowering them to make meaningful changes for better health outcomes.

III. PROPOSED SYSTEM

The proposed diet-recall application aims to empower users to track their dietary habits, make informed food choices, and achieve their health goals through personalized recommendations and intuitive features. Key Features

Personalized Profile: Users will create profiles with relevant information such as age, gender, weight, height, dietary preferences, and health goals.

- **Food Logging:** The application will allow users to easily log their meals by manually entering food items, scanning barcodes, or selecting from a comprehensive database.
- **Nutritional Analysis:** Users will receive detailed nutritional information for logged foods, including calorie counts, macronutrient breakdowns, and micronutrient content.
- **Meal Planning:** The application will offer personalized meal plans and recipe suggestions based on users' dietary preferences and health goals.
- **Goal Setting:** Users can set specific health goals such as weight loss, muscle gain, or maintenance, and track their progress over time.
- **Activity Tracking Integration:** Integration with wearable devices or smartphone sensors will enable users to track their physical activity levels and calorie expenditure.
- **Reminders and Notifications:** The application will send reminders and notifications to encourage users to log their meals, stay on track with their dietary goals, and celebrate milestones.

System Architecture

The application will be developed as a cross-platform mobile application using technologies such as React Native for frontend development and Node.js for backend services.

A cloud-based database will store user profiles, food databases, nutritional information, and activity tracking data, ensuring scalability and reliability.

Integration with third-party APIs for food databases, barcode scanning, activity tracking, and wearable devices will enhance the application's functionality and user experience.

The application's user interface will be designed with a focus on simplicity, intuitiveness, and accessibility, ensuring ease of use for users of all demographics. Implementation and Testing

The application will undergo iterative development and testing phases to ensure functionality, usability, and reliability.

IV. RESULT



Fig. 2. login page

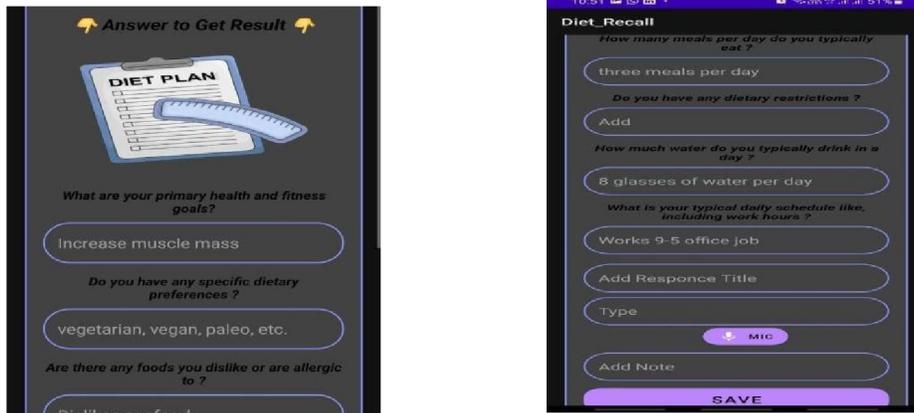
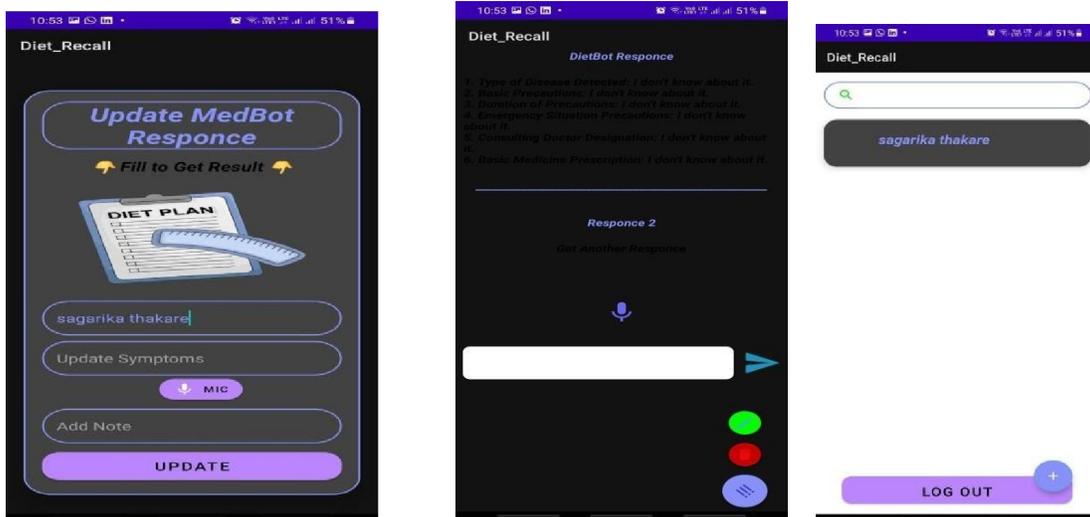


Fig. 3. Nutrition intake form



IV. LITERATURE REVIEW

This application starts with an login page without login the application is not accesible. After moving forward The application throw the user a form where the user have to fill the form as per there choices and need and have to specify each details regarding the nutrition meals and everything which is related to the health for forming a dietary plan This

application not only view the user nutrition form but also gives the whole analysis as per there information thrown in the form now it generate the analysis by chatbot and the user will get all the plan according to it not only the plan the user will reach to a reminder where the app will remind the user that this time the user have to take this meal and follow the belonging dietary

But the only thing about this app is that it requires the proper internet connectivity

V. CONCLUSION

Technology offers people a potential solution to track their daily intakes and self monitor their diet. With the help of our mobile application users will be able to manage their diet and nutrition for their fitness goal and will have a good knowledge about their body states i.e. vatta, pitta and kapha state. It also helps users to interact with dietitians via question and answer sessions. The app also motivates the user by providing points on completing each task and recommending some more additional information which will be useful for the user. 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 todays 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 remind the user what type of food user has to consume. It monitor the health and provide report of different intervals to user. This application is user-friendly, easy to use and give significant result to the user health. The Diet Recall Android Application presents a valuable solution for individuals seeking to improve their dietary habits and overall health. Its intuitive interface, coupled with robust features, fosters nutritional awareness, encourages healthy eating, and promotes a sense of community among users. By addressing challenges and incorporating user feedback, the application has the potential to further enhance its impact, contributing significantly to the realm of mobile health applications.

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