Your Personal Nutritionist using Fat Secret API

Prof. Tejrao Marode, Anusha Wankhade, Vaishnavi Kharche, Poonam Kolhe, Dyaneshwari Nare
Department of Electronics and Telecommunication
Shri Sant Gajanan Maharaj College of Engineering, Shegaon, Maharashtra

Abstract: *Many technologies are emerging in every second of human life. In addition, people are depending on those technologies to do their daily activities easily. Because now this world purely depends on digital works. Digital data has been used in all areas of the world and no one depends on any paper works as possible. This emerging digital world changes the life of humans in a high manner. Thus it reduces manual work and errors which helps to acquire effective work. Even though this digital work helps people to minimize their rate of work, it has serious disadvantages. Physical fitness is very important for everyone to lead a healthy life. But everyone who wants to be fit is not succeeding when it comes to maintenance. Maintenance in the sense to have healthy eating based on nutrition, enough weight, etc….Then Stress management also be important to get a good life. Due to stress, people are spoiling their health. Now a day's everyone needs the presence of a nutritionist to maintain a better life. Thus Fat Secret API has been developed to act as the nutritionist for a particular user. This personal nutritionist API will pave the way for humans to interact with applications regarding their diet and health. This Personal Nutritionist application may be Android or Windows-based. It also includes getting information about the object entered by a user. That object may be fruits, vegetables, raw foods; etc…With the help of this application, the use can able to get the details of the particular object that has been entered. Overall, The review named Your Nutritionist Using Fat Secret API brings out an Application Programming Interface to act as a personal nutritionist for users. This System uses the API called Fat Secret to provide various health tips which make the user lead a healthy life.*

Keywords: Fat Secret API, BMI, BMR, fat percentage, food recommendation

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