

Diet Web Application

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Abstract: *In the contemporary era, the prevalence of diet-related health issues such as obesity, diabetes, and cardiovascular diseases has escalated, primarily due to sedentary lifestyles and poor dietary habits. Addressing these challenges necessitates innovative solutions that can guide individuals towards healthier eating patterns. This paper presents the design and development of a comprehensive web-based diet application aimed at facilitating personalized nutrition management and promoting overall well-being.*

The proposed application collects user-specific data, including age, gender, height, weight, activity level, dietary preferences, and health objectives. Utilizing this information, the system generates tailored dietary recommendations, aligning with individual nutritional requirements and goals. Key features encompass daily food intake tracking, nutritional analysis, meal planning, and integration with physical activity monitoring. The application leverages modern web technologies to ensure accessibility across various devices, enhancing user engagement and adherence.

To augment the application's efficacy, machine learning algorithms are incorporated to analyze user behavior and preferences, enabling dynamic adjustments to dietary suggestions. Additionally, image recognition capabilities facilitate the identification of food items and estimation of their nutritional content, streamlining the logging process. These advanced functionalities aim to provide users with real-time feedback and actionable insights, fostering informed dietary choices.

Keywords: Diet

