

Your Personal Nutritionist using Fat Secret API

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***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 user 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

I. INTRODUCTION

In this android application I have provided the details about food with their carbs, proteins, and calories with the ingredients and recipes. In today, era health is very important, because of the corona period we gain the value of our health, money is important but not more than health and if health is good then wealth is good. People are conscious about their health so to maintain their health we made one Android application that is related to the health sector. In this, I had given four sections first it shows the food details which help the people to find the right food with the right nutrients and suggest the right food option which is good for their health according to their, in the second section I have provided the sample of diet plan which is very important with reminder section and at what time we have to eat our lunch, dinner, breakfast and prebreakfast. In the third section, I have provided the profile and in the last, I am going to add the youtube section with yoga and meditation videos.

II. LITERATURE SURVEY

In today's generation we are going to reach the height of technology, we are on the top of every sector like health, education, etc. But we are less focused on our health. Health is most important. There is one phrase Health is Wealth. If we keep ourselves healthy then we will live longer without any disease so Now the question arises how do we keep our self-health, In market there are many clinics, websites, and android apps, etc And recommended by doctors but By keeping all this aside if we want save and in a little way if we have less time and less money so the only solution is App which we made using Android Studio. According to the survey, the Android application is more popular because it is hand user based so we can easily access it by sitting at home, office, etc. It has many features which provide good features to keep fit and fine. The existing systems studied are Artificial Intelligence Dietician (AID), and Artificial Intelligence Dietician Using Android (AIDUA).

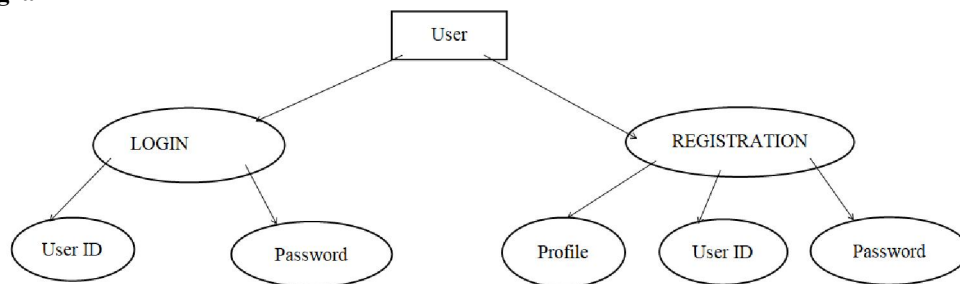
Case Study 1: Artificial Intelligence Dietician Using Android

Based on case study 1, Artificial Intelligence Dietician (AID) is a system that was developed by faculty & B.E student department of information technology engineering, UCOE Mumbai during the 2016-2017 sessions. We implement this in our Android through the Android application interface. It works like AI after putting our all health conditions like diabetes, thyroid, etc so it is all saved in the database then according to that it suggests which food is best for us with their calories, carbs, and proteins. It is the most important feature added. The food shown is from all over the world with their ingredients and recipe details. It is such a responsive dietician who helps us in many ways to keep ourselves healthy.

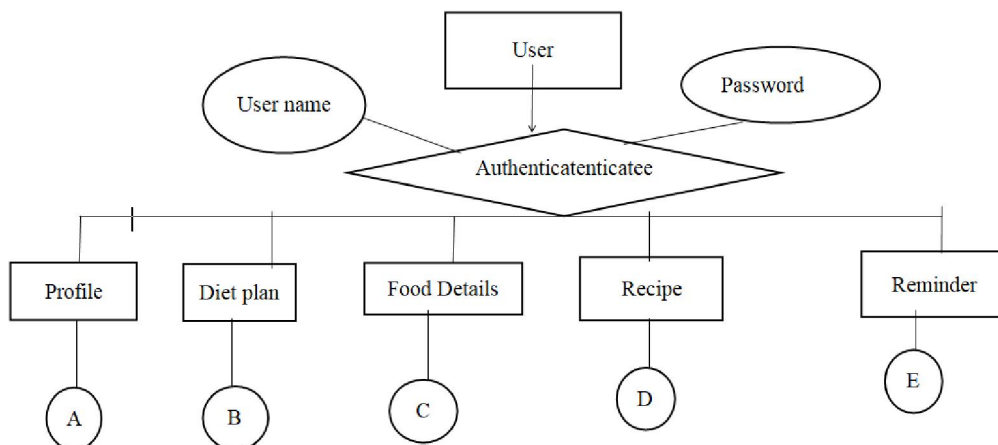
III. METHODOLOGY

- Registration – We have to click on the signup option. We have to fill in all our details like name, surname, weight, height, and age so according to that it will convey to me whether am I underweight or not also calculated my BMI AND BMR.
- Sign in – We have to type our id and password for this which we fill up in the registration
- Recipes – Here all the recipes of food are given the procedure of how to make it and the ingredients.
- Food details- Here all the details of food is available like their carbs, proteins, calories, etc
- Reminder – In this, We have provided the timer section to set the time of food and it will remind us with notification.

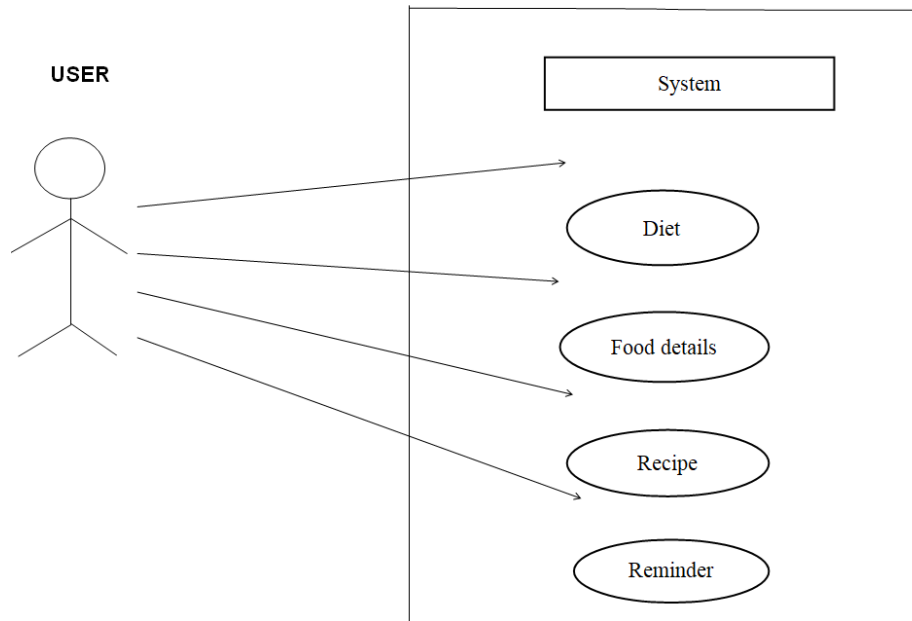
Data flow diagram



USER DATA FLOW DIAGRAM



USE CASE DIAGRAM



IV. RESULT

In this Android App, We have successfully implemented the API which is the Android Application Interface for food where users can search foods all over the world also many different types of dishes with the information of their carbs, proteins, and calories. In the profile, it will also calculate the BMI and BMR of the person and show the result. also indicate the person is underweight and overweight. The other section Food Recipes is there with the procedure making and ingredients and the reminder section which will remind us to take our lunch, dinner, and breakfast on time.

V. FUTURE SCOPE

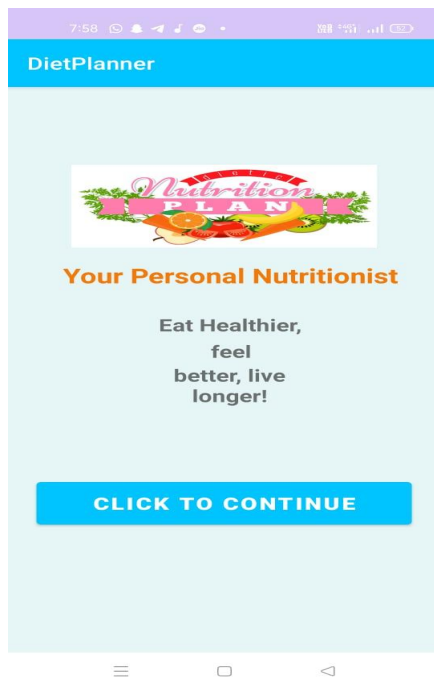


Figure 1. Welcome Page

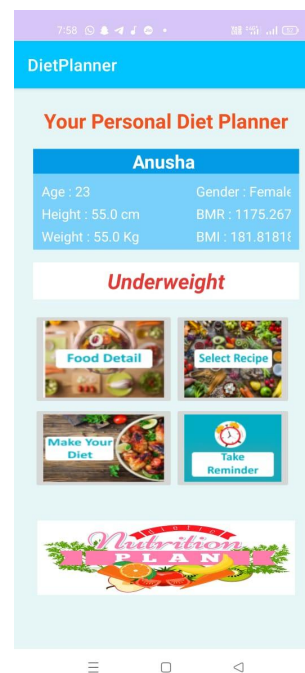


Figure 2. Dashboard Page

The Personal nutritionist is developed using Andriod Studio. I have provided the section of API with all the necessary details. The diet recipes and reminder section. In the future, I am going to add a section of youtube channels through which I am going to add meditation and yoga videos that work by accessing the internet. I am also going to add the tracker system which takes data on our daily food taken such as breakfast, lunch, and dinner then it will show how many calories we had taken also will show how much we have to burn, etc.



Figure 3 . Recipes of food

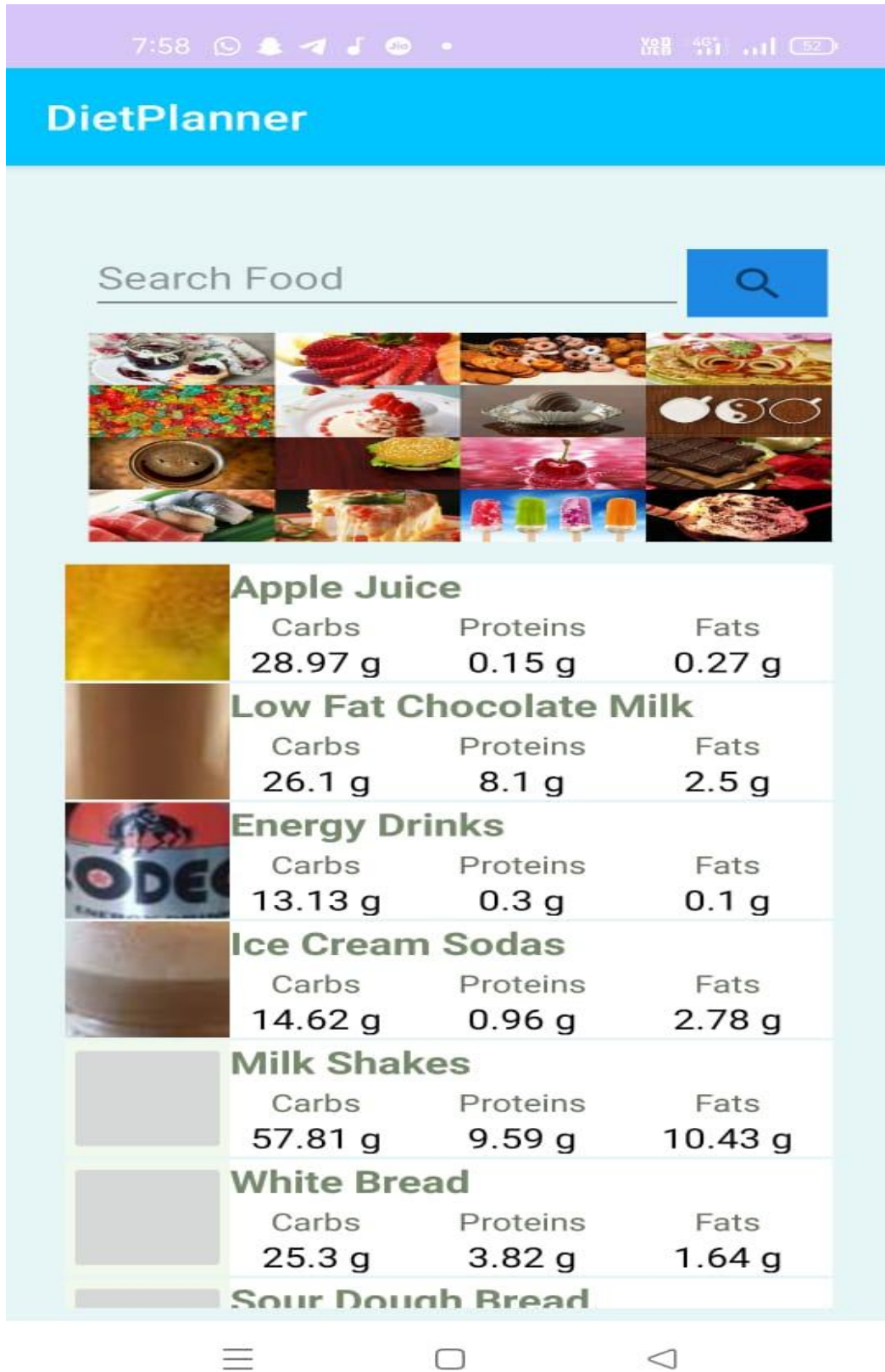


Figure 4. Food with carbs, proteins, and fats

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