

Personalize Diet Finder

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Abstract: *In Today's busy life healthy body is dream for everyone to have a proper balanced diet. A balanced diet is important because your organs and tissues need proper nutrition to work effectively.*

Without good nutrition, your body is more prone to disease, infection, fatigue, and poor performance. Children with a poor diet run the risk of growth and developmental problems and poor academic performance, and bad eating habits can persist for the rest of their lives. At the core of a balanced diet are foods that are low in unnecessary fats and sugars and high in vitamins, minerals, and other nutrients.

The following food groups are essential parts of a balanced diet. Calories play a vital role in our growth and energy. A good diet can help you manipulate calorie intake based on your requirements. The proposed application will provide the user with a user-friendly User-Interface where they can create an account, manage their account and get the diet by the click of just one button. If the user is allergic to some kind of food, it also has the feature to contact an actual dietitian to consult. And there's also a page where the user can just read some interesting facts on health and human body. This application will save a lot of user's time by not actually visiting a dietitian and getting everything done on their phone

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