

## Calorie Intake Tracker

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**Abstract:** Calories intake tracking is important concept to maintain the health as well as healthy lifestyle, calories intake tracker used to managing meals, dite related health it can help to reduce the chances such as obesity and diabetes.

Monitoring caloric intake is essential for maintaining long-term health and preventing metabolic conditions like obesity and diabetes. As digital health adoption grows, users are increasingly turning to web and mobile platforms to manage their dietary habits. This paper provides a functional analysis of the "FatSecret" calorie tracking system, examining its system architecture, underlying algorithms, and operational models. Through a qualitative observation of the platform, the study evaluates its performance in areas of security, portability, usability, and data accuracy. By identifying the strengths of data-driven tracking and its limitations, this research highlights how such systems can assist users in reaching specific milestones—such as weight loss or muscle gain—while suggesting areas for future technical enhancement.

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