

# Organic Diet for Sustainable Future (Orgo-Farm)

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**Abstract:** The broad utilization of synthetic compounds and anti-infection agents in inorganic food conception innovation has constrained health-conscious individuals to investigate and promote organic farming. The study reveals that the food created utilizing natural strategies tastes better and contains a superior equilibrium of nutrients and minerals than ordinarily developed food. Day by day utilization of organic food extensively decreases coronary failures, strokes, malignant growth, entrail malignancy, and numerous different sicknesses. In this paper, we come up with an approach of health analysis of users. As a part of this approach, we concentrate on common health problems faced in daily life. Consequently, we introduce techniques that can constrain these problems. We develop the data set that contains the data of the sattvic food as diet plan along with respective diseases data and health data. Further, we suggest the users with a suitable organic foods along with sattvic diet plan. Users must first complete a questionnaire that we give. Secondly, we collect the data chosen by the user, and the diet plan is generated with help of the CSV data and PANDAS library. Additionally, we provide an online organic e-commerce website to users to buy organic foods in suggested diet plans. Next, we suggest alternatives to unhealthy food habits and daily routines for a strong immunity system. Our approach mainly concentrates on the healthy diet of the user and suggests good organic foods along with a sattvic diet plan. We designed a dashboard that renders various services for the users.

**Keywords:** Conventional farming, Genetically Engineered (GE) Seeds, Organic Farming, Biological Fertilizers, Nitrogen-Fixing Cover Crops, Organic Foods, Sattvic Food

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