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An Online Health- Diet Consultation System

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ABSTRACT: These days everyone is increasingly in control over the decisions that influence their health and wellness, and the behaviors they learn throughout childhood and young adulthood can carry on into their adult lives. A balanced diet supplies the nutrients your body needs to work effectively. Without balanced nutrition, your body is more prone to disease, infection, fatigue, and low performance. Children who don't get enough healthy foods may face growth and developmental problems, poor academic performance, and frequent infections. Not everyone has time to visit a nutritionist , so we proposed to develop this system .

KEYWORDS:-Diet consultation , Healthy diet , Body Mass Index , Admin , Dietician , User.

I.INTRODUCTION

We proposed to develop an web application that consults diet plan to the users. Many a times it is not possible to personally meet a doctor , so the user can use this application to know about the diet plans . Here the user adds information and BMI is calculated . According the BMI the patient will be given a diet plan by the admin . There will be three types of modules in it – Admin , and User module . This specifications and requirements are taken into consideration while developing the basic application .

II.LITERATURE SURVEY

Worldwide obesity has nearly tripled since 1975.In 2016, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 650 million were obese.39% of adults aged 18 years and over were overweight in 2016, and 13% were obese.Most of the world's population live in countries where overweight and obesity kills more people than underweight.38 million children under the age of 5 were overweight or obese in 2019.Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016.Obesity is preventable.Many individuals are underweight as well , which makes them lack in confidence . BMI provides the most useful population-level measure of overweight and obesity as it is the same for both sexes and for all ages of adults.

III.COMPONENTS

- I. Hardware requirements
 - 1) Processor -i3
 - 2) Hard disk – 5 GB
 - 3) Memory – 4GB

- II. Software requirements
 - 1) Windows 7 and onwards
 - 2)XAMPP server
 - 3) MySQL .

IV. PROPOSED SYSTEM

Modules

Admin :

- **Login:** Admin can login his account.
- **View User:** Admin can see user detail.
- **BMI :** Admin can calculate BMI of user.
- **Add:** Admin can add dietician for a specific user.
- **Diet Chart:** Admin can upload diet chart .

User :

- **Registration:** User can register his detail including name, Email Id, Contact No., etc.
- **Login:** User login into his account.
- **BMI Calculator:** Based on user provided details, BMI (Body Mass Index) will be calculated.
- **Health Problem:** User can add health problems .
- **Update :**User can update the health problems .
- **Request :**User can send request to admin for a dietician .

Dietician :

- **Diet chart** – Gives diet chart to user .
- **BMI** - Dietician can calculate BMI of the user .

V. RESULTS

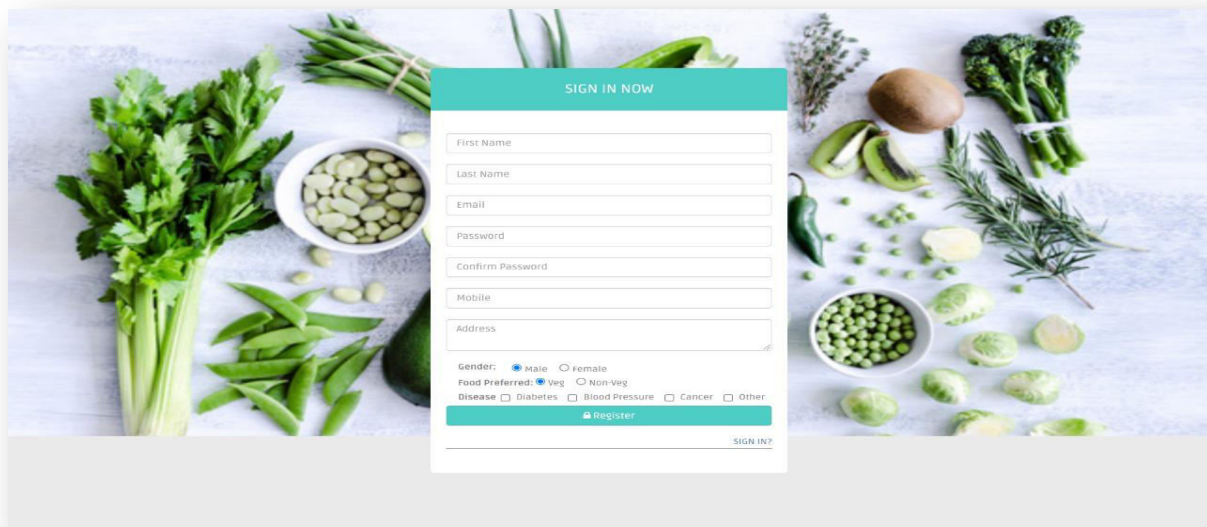


Fig.1 . This is the Sign in page for user .

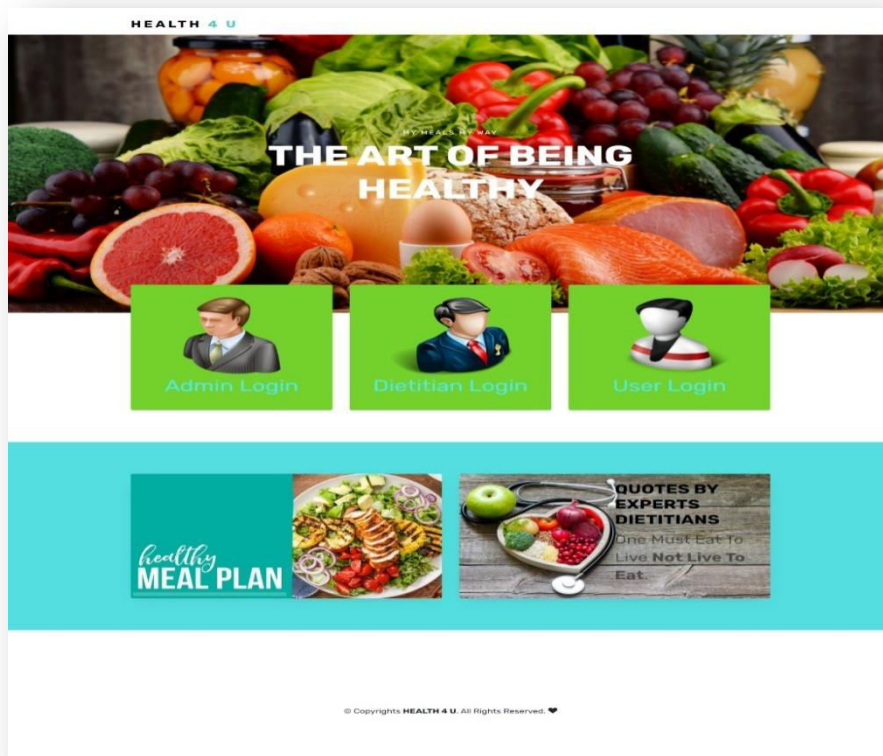


Fig. 2 . Home Page looks like this

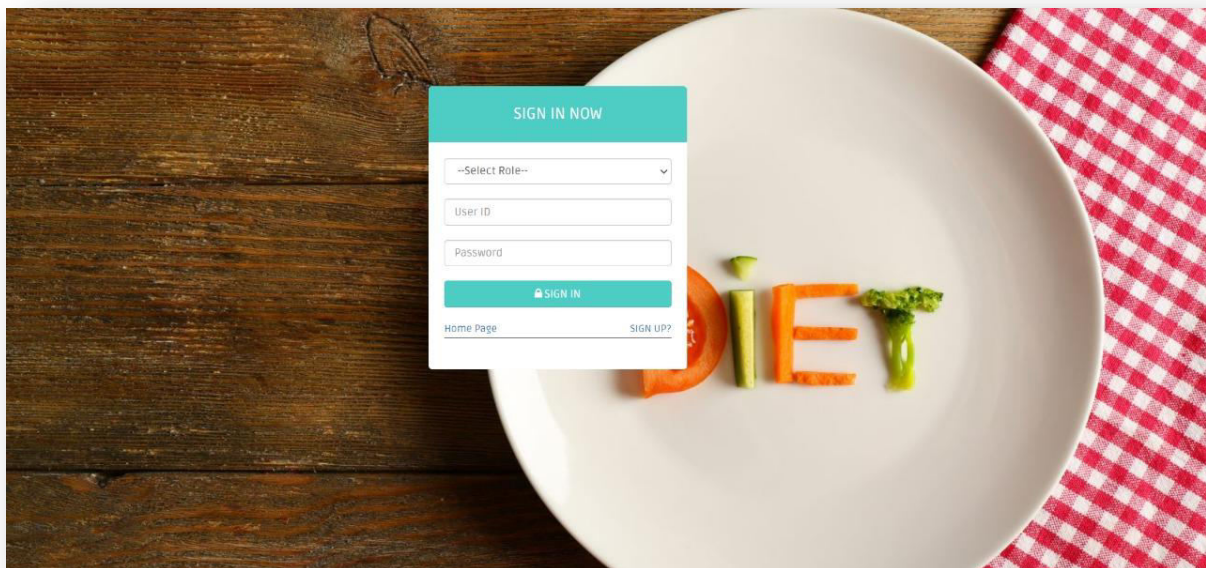


Fig. Sign – in page for admin and dietician is this



VI.CONCLUSION

- This application saves time of both user and dietician .
- It gives diet chart to the user provided by the admin and dietician .
- It provides a way to healthy life to the user.

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