RECEPIE RECOMMENDATION FOR DIET AND NUTRION MANAGEMENT SYSTEM

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INTRODUCTION:

To propose cooking recipes for diet we introduce there are lot of websites and tools. To consider users schedule in this study we propose a method to recommend cooking recipes for a diet. It is based on the user’s food preferences we have proposed a recipe recommendation method.Using linear programming with the constraints of carbohydrate, protein,salt and to recommend more healthy recipes among the selected recipes. In this context, we focus on a healthy diet and propose a method to achieve it.

PROBLEM DEFINITION:

Humans have existed the problem of how to make good food and take nutritious diet that exists for long time. To suggest the standard systems for rating recipes and better recipes suggestion we use modern technics like machine learning and graph theory

SYSTEM ANALYSIS

When analyzing the system data are collected the available files, decision points and transactions by the present system.

1.The development of a feasibility study, involving determining whether a project is economically, socially, technologically and organizationally feasible.

2. Conducting fact-finding system end-users require span interviews, questionnaires or visual observations to design the existing system.

EXISTING SYSTEM

1.By using fuzzy mathematical programming in terms of nutrition’s the menu of dishes and the number of dished in each food categories to analyze but not recommend recipe and to suggest only recipes that are within database.

2.To generate new recipe substitute as part of the algorithm we have to find healthier alternative recipes that are currently existed in cookbooks.

3.The recipes had a combination of dishes and a bag of ingredients to improve dietary restrictions or personal preferences.

PROPOSED SYSTEM

By using constrained optimization of linear model, we assign various nutrients values. The databases which introduce innovative recipes which are better in healthy and tasty too. To achieve the levels of nutrients, coverage of ingredients they conducted experiments on real world and synthetic data set.Based on the quantity of each ingredient we introduce a method for extracting user’s preferences and to reflect.

FEASIBILITY STUDY

Feasibility study contains technical, economic, operation, behavioral, social, legal and contractual feasibility.

The software requiresa smaller number of processor cycles. The hardware support very minimal and PHP is easily available in online. It is a true cross platform to develop features and independent known as technical feasibility. The free coding language PHP doesn’t involve any hardware; hence it is economically feasible. The PHP and MYSQL server used to develop the system which is high and affordable. It reduces cost effort and time of project called economic feasibility. In the operation feasibility the platform is independent. The processor speed of the machine run high has the order of 2.80GHz, faster execution even it has high value of big size. Behavioral feasibility found to be operationally feasible. To educate the user about the system and make familiar we introduce the level of acceptance and include the process of training the user to use system efficiently called social feasibility. There are no illegal practices which are related to preexisting regulations to new system, the organization also work with Computer Law Association to analyze and to protect the company that are strictly forced called Legal and Contractual feasibility.

SYSTEM REQUIREMENTS

Hardware Specification

Processor : Intel Pentium Dual Core 2.8GHz

Hard Disk :160GB

Monitor : LG 17” Color Monitor

RAM :1GB

Keyboard :104 Keys Multimedia Keyboard

Software Specification

Programming language :PHP 8.0

Database : MySQL, Workbench 8.0

Web Design :HTML5, CSS, Bootstrap

Operating System : Windows 10

OVERVIEW OF PHP

* PHP is a recursive acronym for “PHP: Hypertext Preprocessor”.
* PHP Code is usually implemented as module in web server are as a Common Gateway Interface (CGI).
* It has been widely ported and almost every operating system and platform, free of charge.
* In the year of 1994 RasmusLerdorf introduced the first version of PHP.
* The syntax of PHP language is C-Type
* It’s introduce a large number of major protocols such as POP3, IMAP and LDAP.

ENVIRONMENTAL SETUP

Including Microsoft Internet’s Information Server(IIS), Web Server-PHP will work with all Web server Software. The PHP interpreter executes PHP code within its delimiters. The most common delimiters are? <PHP to open and?> to close PHP sections.

DATA TYPES

PHP stores whole numbers in a platform-independent range 64-bit or 32-bit to C-language type. It specifies floating point notation or two forms of scientific notation.It supports Strings used with single quotes, double quotes, doc or doc syntax.

FUNCTIONS

PHP has vide variety of conventions and had a large array of functions in the core language. Exception of Zero-argument class constructor functions called PHP operator new, in which parenthesis are optional. It is a dynamically typed language.It supports type declarations on function parameters, enforced at runtime.

Web Design contains huge information have text, images, video, graphics, hyperlinks. User can only read the information but can’t do any modification or interact with the information called Static Website. PHP, ASP/ASP.NET, JSP/Servlet, MVC & Python known as Dynamic website.HTML5 is the latest & most enhanced version of HTML. JavaScript is a client-side scripting language and developed by Brendan Eich. Bootstrap includes HTML and CSS based design templates for typography, forms, buttons, images as well as JavaScript plugins. PDO called (PHP DATA OBJECTS) is a common interface and interacting with all supported databases.

PROJECT DESCRIPTION

Modules:

1. Registration, Login
2. Recipe Candidate
3. Nutrition Estimation
4. Food Evaluation
5. Recipe Recommendation
6. Recommended Recipe

The software component or part of the program in a module contains one or routines. It provide some sort of credentials to the registered users in the system by the form of “username” and matching “password”. The objective term are selected from the database based on values. The applications of system theory defines a architecture, modules, interfaces and data for a system. The purpose of the system design process is to provide architectural entities defined in models and views of system architecture.

UML Stands for Unified Modeling Language used to define a way to visualize the design and similar to blueprint used in various fields. It has both subject and non-subjective aspects in project description. Entity relationship(ER)-Diagram, Dataflow diagram(DFD) are the tools and technics used in system designing.

The input is designed in such a way so that it provides security and ease of use with retaining the privacy. The data entry screen is designed in such a way that all the data are manipulated can be performed.

1. Designing computer output should proceed in an organized, well thought out manner.
2. The right output must be developed while ensuring that each output element is designed so that people will find the system can use easily and effectively.

3.When analysis design computer output, they should identify the specific output that is needed to meet the requirements

4.Select methods for presenting information.

5.Create document, report, or other formats that contains information produced by the system.

Other Server software, such as windows server,requires a commercial license Apache also supports multiple platforms,including Linux, Windows, and Macintosh Operating Systems.Since many Linux distributions are also open-source ,the Linux/Apache combination has become the most popular web hosting configurations .

SYSTEM ARCHITECTURE

**New User**

**Logout**

**Food Evaluation**

**DB**

**Recipe**

**Recommendation**

**Recommended**

**Recipe**

**Recipe Candidate**

**Login**

**DB**

**Registration**

**Nutrition Estimation**

**Authentication**

TESTING

Testing can be stated as the process of verifying and validating that a software and application is bugfree technical requirements guided by design and development.

Black Box Testing, White Box Texting,Functional Testing,Unit Testing, Integration Testing,System Testing, Acceptance Testing,Beta Testing,Alpha Testing,Regression Testing,Performance Testing are the methods of testing.

SOURCE CODE

log.php

<?phpsession\_start();

<?php

$conn=new my SQL (“localhost”,”root”,””,”project”);

If($conn->connect error)

{die(“connection failed:”$conn->connect\_error);}

else {

$E\_Mail=$Password=””;

$Emailer = $Password Err=””;

if(empty($\_POST[“Email”]))

{$E\_MailErr=”E\_Mail is required”;}

else if(empty($\_POST[“Password”]))

{$PasswordErr=”Password is required”;}

Else {

$E\_Mail=test\_input($POST[“E\_Mail”]);

$Password=test\_input($\_POST[“Password”]);

$SQL=”select\*from reg\_login where E\_Mail=”’$E\_Mail.”’and Password=”’$Password.””’;

$result=$conn->query($SQL);

if($result->num\_rows>0) {

while($row=$result->fetch\_ Assoc()){

$email=$row[‘E\_Mail’];

$un=$row[‘User\_Name’];

$role=$row[‘Role’];

#echo”Login OK”;

Header(“Location: Main. PHP”);

$\_SESSION[“email”]=$email;

$\_SESSION[“user\_Name”]=$un;

$\_SESSION[“role”]=$role;

exit;

}}

Else

{

$msg=”Invalid Email/Password”;

Echo’<a her=”Login.html”>click Back to login page</a’;

echo”<script type=’text/JavaScript’>alert(‘$msg’);</script>”;

#header(“Location:Login.html”;

}}}$conn->close();

Function test\_input($data){

$data=trim($data);

$data=strips lashes($data);

$data= htmlspecialchars($data);

Return $data;

}

?>

MY SQL QUERY

Create Database Project1:

Use project1;

drop database project1:

Create Table Student

(

Id int,

Reg\_No varchar(50)Primary Key,

Student\_Name varchar (50) not null,

Dob Date,

Gender CHAR(1),

Score Double,

Mobile Bigint unique,

Constraint Gen CHECK (Gender=’M’ OR Gender=’F’)

);

Drop table Student;

Insert into Student values(1,’101’,’Amalesh’,’2021/02/07’,’M’,90.9444444444);

truncate table Student;

select\* from Student;

update Student set Student\_Name=’Amalesh’,Score=95 where Reg\_No=’101’;

delete from student where Reg No=’101’;

CONCLUSION

PHP fully meets the objectives of the system “RECIPE RECOMMENDATION FOR A DIET AND NUTRITION MANAGEMENT SYSTEMS “is developed.

By this project, we didn’t recommend simple recipes which reduces the calorie intake and user’s personal every day activities. On the other hand, there are still many points where should we improve our method for practical use.

For the future work, it can recommend the recipes to improve the health condition of people like metabolic syndrome,high blood pressure etc…