

AI Based Diet Monitoring Platform

Full Research Paper

Submitted By:

1. Sujal Das (Roll No: 384) – Email: sdas80000@gmail.com,
KDK College of Engineering Nagpur, Dept. of Computer Science And Engineering
2. Saavi Chawke (Roll No: 146) – Email:saavichawke@gmail.com,
KDK College of Engineering Nagpur, Dept. of Computer Science And Engineering
3. Shubhankar Sarkar (Roll No: 382) – Email: shubhankarsarkar906@example.com,
KDK College of Engineering Nagpur, Dept. of Computer Science And Engineering
4. Aadarsh Pillai (Roll No: 147) – Email: aadarshpillai01@gmail.com,
KDK College of Engineering Nagpur, Dept. of Computer Science And Engineering
5. Tejal Bagade (Roll No: 331) – Email: tejalbagade2005@gmail.com,
KDK College of Engineering Nagpur, Dept. of Computer Science And Engineering
6. Akash Patwekar (Roll No: 155) – Email: akashpatwekar500@gmail.com,
KDK College of Engineering Nagpur, Dept. of Computer Science And Engineering
7. Tanushree Ambhore (Roll No: 329) – Email: tanushreeambhore58@gmail.com,
KDK College of Engineering Nagpur, Dept. of Computer Science And Engineering

Guide:

Prof. V. R. Surjuse
KDK College of Engineering Nagpur
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Abstract

This research paper presents the design and implementation of an AI Based Diet Monitoring Platform developed to improve nutrition management, health awareness, and lifestyle tracking through modern digital technologies. In current society, many users struggle with maintaining calorie balance, hydration, fitness discipline, and regular health records because available tools are fragmented or difficult to use.

The proposed platform integrates multiple health management functions such as calorie tracking, hydration monitoring, vitals logging, progress analytics, recipe recommendations, and personalized diet planning into one unified system. The platform is built using full-stack web technologies including React.js, Node.js, Express.js, and MongoDB.

Artificial intelligence plays a major role in the system by generating customized outputs based on user goals, body parameters, and preferences. This reduces manual planning effort and improves user decision-making.

The developed platform demonstrates that intelligent software systems can significantly simplify wellness management while remaining affordable, scalable, and user friendly.

Keywords: Artificial Intelligence, Diet Monitoring, Nutrition, MERN Stack, Health Tracking

1. Introduction

Modern lifestyles create major challenges in maintaining healthy food habits, exercise consistency, hydration balance, and nutritional awareness. Many users fail to maintain records manually because the process is repetitive and time-consuming. Existing systems often provide isolated features such as calorie counting or workout tracking only. This project proposes a centralized AI-powered platform that combines multiple wellness tools in one place.

The AI Based Diet Monitoring Platform helps users manage calories, water intake, vitals, diet planning, recipe generation, and progress history through a single responsive interface. It reduces manual effort, improves convenience, and supports healthier habits through smart recommendations.



2. Aim and Objectives

The primary aim of this project is to design and develop an intelligent web-based platform that helps users manage nutrition, health records, and fitness-related activities efficiently. The system combines artificial intelligence with modern web technologies to simplify diet monitoring and decision-making.

Objectives

- To develop an AI based diet monitoring platform.
- To track calories, hydration, vitals, and progress.
- To generate personalized diet plans.
- To provide a responsive and user-friendly system.
- To store history logs securely.
- To reduce manual effort in health management.
- To improve awareness of healthy habits.
- To create scalable architecture for future expansion.

3. Literature Review and Problem Statement

3.1 The Crisis of “Data Entry Fatigue”

Studies show that users discontinue diet applications mainly because of repetitive manual data entry, low personalization, and poor motivation systems. AI-enabled systems significantly improve retention by reducing friction and increasing relevance.

Traditional systems focused on static reports, whereas modern systems provide interactive dashboards and recommendation engines. Research also indicates growing demand for culturally localized meal planning systems.

3.2 Existing System Limitations

Existing applications focus mainly on calorie counting, workout tracking, or hydration reminders. Many platforms provide only one or two functions and require users to depend on multiple applications for complete wellness management.

Traditional systems often provide static diet plans without considering changing user goals, lifestyle habits, allergies, or regional food preferences. This reduces personalization and long-term user engagement.

AI-driven systems provide better personalization, automation, and user engagement by analyzing user inputs and generating customized recommendations. Recent research shows that intelligent health platforms improve adherence and convenience significantly.

The proposed platform bridges the gap by combining tracking tools with AI-powered recommendations into one integrated ecosystem.

4. Proposed System Architecture

The project followed a structured software development methodology to ensure successful planning, implementation, and testing.

Phase 1: Requirement Analysis

User problems such as poor diet planning, lack of calorie awareness, and fragmented health tools were identified.

Phase 2: System Design

Wireframes, architecture diagrams, database models, and module planning were prepared.

Phase 3: Development

Frontend developed using React. Backend APIs developed using Node.js and Express.js. MongoDB used for data storage.

Phase 4: AI Integration

Recommendation APIs were integrated for generating diet plans, recipes, and insights.

Phase 5: Testing

Functional testing, UI testing, API testing, and responsiveness testing were conducted.

Phase 6: Deployment

Final system prepared for hosting and presentation.

4.1 Proposed Architecture Details

The proposed system follows a client-server architecture integrated with artificial intelligence services. The frontend layer provides an interactive user interface where users can log meals, track water intake, record vitals, and request diet plans. The backend layer processes requests, handles authentication, validates inputs, and communicates with the database and AI services.

Architecture Layers

- Frontend: React.js based responsive dashboard.
- Backend: Node.js + Express.js REST APIs.
- Database: MongoDB for users, logs, and records.

- AI Layer: Recommendation API for personalized outputs.
- Security Layer: Authentication and protected routes.

Working Process

- User enters input from dashboard.
- Frontend sends request to backend.
- Backend processes and stores data.
- AI layer generates recommendations.
- Results displayed to user dashboard.

5. Technical Implementation & AI Integration

5.1 Leveraging Gemini 3.0 gemini pro

- User Registration and Login.
- Access Dashboard.
- Select Desired Module.
- Enter Data such as meals or vitals.
- Backend processes request.
- Database stores records.
- AI generates recommendations.
- Results shown on dashboard.
- User continues or logs out.

6. Detailed Module Analysis

6.1 Core Modules

The platform is divided into multiple functional modules for better usability and maintainability.

Core Modules

- Login / Registration: Secure user access.
- Dashboard: Central control panel.
- Calorie Tracker: Daily food and calorie logging.
- Water Tracker: Hydration monitoring.
- Vitals Module: BP, sugar, SpO2 logs.
- AI Diet Planner: Personalized plans.
- Grocery List: Smart shopping support.
- Recipe Finder: Meal suggestions.
- History Logs: Previous records and analytics.
- Dark Mode: Better user experience.

Module Benefits

Each module works independently but remains connected through a common dashboard, improving efficiency and navigation.



[Insert Module Screenshots Here]

6.2 ER Diagram

The ER diagram represents the relationship between database entities used in the system.

Main Entities

- User
- Calorie Logs
- Water Logs
- Vitals Logs
- Diet Plans
- History Records
- Recipe Records

Relationships

One user can have multiple calorie logs, water logs, vitals entries, and history records. User ID acts as the linking key.

Simple DFD

User → Frontend Interface → Backend Server → Database
User → Frontend Interface → Backend Server → AI Engine → Database
Database → Backend Server → Dashboard Reports → User

Entity Relationship Diagram (ER Diagram)

The ER Diagram of AI Based Diet Monitoring Platform shows the relationship between major entities such as User, Health Logs, Diet Plans, History, and Vitals. A user can have multiple records for calories, hydration, vitals, recipes, and progress history. Each module is connected through the User ID as the primary reference.

Main Entities

- User
- Login Credentials

- Calorie Logs
- Water Intake Records
- Vitals Records
- Diet Plans
- Recipe Records
- Grocery Lists
- History Logs
- Simple ER Diagram

USER
- userId (PK)
- name
- password
USER 1 ---- M CALORIE_LOG
USER 1 ---- M WATER_LOG
USER 1 ---- M VITALS_LOG
USER 1 ---- M DIET_PLAN
USER 1 ---- M HISTORY

CALORIE_LOG
- logId (PK)
- mealName
- calories
- date

WATER_LOG
- waterId (PK)
- quantity
- date

VITALS_LOG
- vitalsId (PK)
- bp
- sugar
- spo2

- date

DIET_PLAN

- planId (PK)

- goal

- generatedPlan

HISTORY

- historyId (PK)

- type

- data

- createdAt

7.3 Software Requirements

- Windows / Linux / macOS
- Visual Studio Code
- React.js
- Node.js Runtime
- Express.js Framework
- MongoDB Database
- Chrome / Firefox Browser
- Git Version Control
- Postman API Testing Tool
- Internet Connection for AI APIs

8. Results and Discussion

The completed system was tested across multiple modules and use cases to evaluate performance, usability, and accuracy. Registration and login

7. Security, Privacy, and Ethical AI

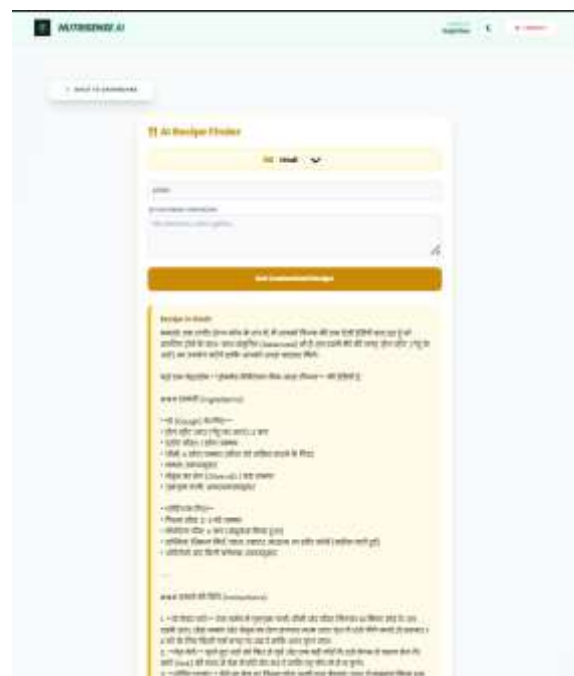
7.1 Hardware Requirements

The project requires standard computing hardware for development and execution.

- Intel i3 / Ryzen 3 or above processor.
- Minimum 4GB RAM (8GB recommended).
- 128GB storage minimum.
- Stable internet connection.
- Keyboard and mouse.
- Browser enabled desktop or laptop.
- Smartphone support for testing responsive design.
- Full HD display recommended.

7.2 Software Specifications Table

Software	Purpose
React.js	Frontend UI
Node.js	Runtime
Express.js	API Layer
MongoDB	Database
VS Code	Development
Postman	Testing
Chrome	Browser



modules successfully handled user authentication. Dashboard navigation remained smooth and responsive.

The calorie tracker accurately stored meal logs and daily intake records. Hydration tracker maintained water consumption progress. Vitals modules stored BP, sugar, and oxygen readings correctly.

The AI recommendation engine generated personalized diet plans, healthy meal suggestions, and recipe ideas according to user goals such as weight loss, maintenance, or muscle gain.

Database operations including create, read, update, and delete functions were successfully executed. Historical records allowed users to review previous progress.

Overall testing confirmed that the platform meets project objectives and can be extended for commercial or healthcare use.

Result Highlights

- Functional integrated platform.
- Accurate tracking modules.
- Smooth UI/UX.
- Real-time recommendations.
- Strong future scalability.

9. Conclusion and Future Directions

The AI Based Diet Monitoring Platform was successfully designed and developed as a smart health management solution. It combines calorie tracking, hydration monitoring, vitals management,

AI diet planning, recipe generation, and progress history into one centralized system.

The project demonstrates practical implementation of full-stack development concepts along with artificial intelligence integration. It provides convenience, personalization, and better health awareness for users.



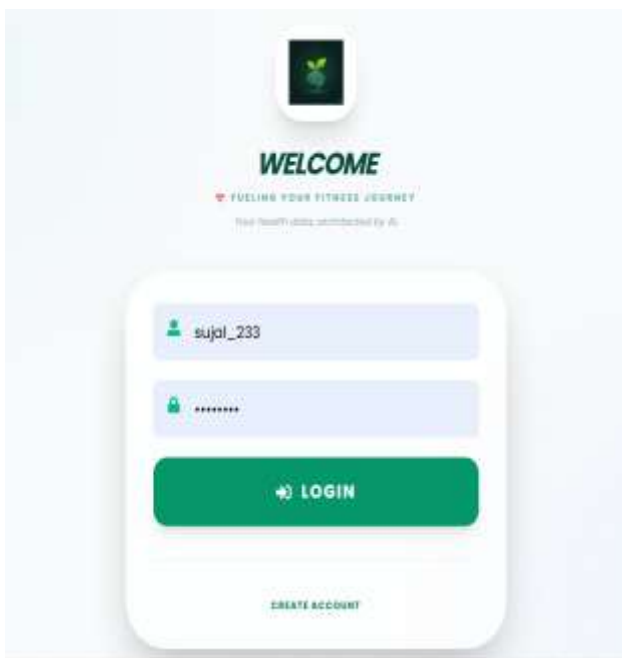
The system is scalable, user-friendly, and suitable for future enhancements such as mobile apps, wearable integrations, and predictive healthcare solutions. It stands as a strong example of how technology can positively impact daily wellness management.

9.1 Bulk Calculation / Output Processing

The platform can process multiple health records together for report generation. Bulk calorie totals, hydration averages, weight trends, and macro ratios can be calculated automatically for weekly and monthly summaries.

Example Calculations:

- $\text{Total Calories} = \text{Sum of Daily Calories}$
- $\text{Average Water Intake} = \frac{\text{Total Water}}{\text{Days}}$
- $\text{Weight Change} = \text{Final Weight} - \text{Initial Weight}$



- $\text{Protein Percentage} = \frac{\text{Protein Calories}}{\text{Total Calories}} \times 100$

- Full Stack Web Development References.
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9.2 Future Scope

- Mobile App for Android and iOS.
- Wearable Integration with smartwatches.
- Voice Assistant for hands-free logging.
- Predictive Analytics for health risks.
- Telemedicine consultation support.
- Meal image recognition.
- Community challenges and gamification.
- Advanced multilingual support.

9.3 Limitations

Although the platform achieved its objectives, certain limitations remain. AI outputs depend on quality of user input. Internet connectivity is required for API communication. Some advanced health recommendations may still require professional medical supervision.

9.4 Impact of Proposed Work

The project can positively impact students, professionals, and fitness users by simplifying wellness management. It promotes healthy habits, saves time, and improves nutritional awareness through intelligent automation.

10. References

- React Official Documentation.
- Node.js Official Documentation.
- Express.js API Guide.
- MongoDB Official Manual.
- Google AI / Gemini API Documentation.
- Research Papers on AI in Healthcare.
- Journals on Nutrition Monitoring Systems.