

# BMI DIET PLANNER WEBSITE

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## Abstract

The traditional Indian diet emphasizes a high intake of plant foods like vegetables, lentils (legumes) and fruits, as well as a low consumption of meat. However, obesity is a rising issue in the Indian population. With the growing availability of processed foods, India has seen a surge in obesity and obesity-related chronic diseases like heart disease and diabetes. This diet chart explains how to follow a healthy diet that can promote weight loss, weight gain, for fit. It includes suggestions about which foods to eat and avoid and a sample menu for one week.

**Keywords:** Web Application, weight, height, routine, Calculate, Diet chart.

## I. Introduction

It is a application help the member to make their diet plan. A diet is all that we consume in a day. And a balanced diet is a diet that contains an adequate quantity of the nutrients that we require in a day. Hence, to make their fitness path a bit smoother and to enhance their experience, I have created an Personal Dietician to provide a broader approach in providing a better living through nutritious and fit diet plan to the users.

## II. Problem Statement

The aim is to make the Diet plan web-application based on BMI and Calories , that provide reliable diet chart.

### Objectives

1. Calculate BMI of person, either male or female.
2. Display BMI chart
3. Calculate Calories of person.
4. Help to make Diet plan
5. Easy to use.
6. Beneficial for users.
7. Healthy Lifestyle.

### Architecture

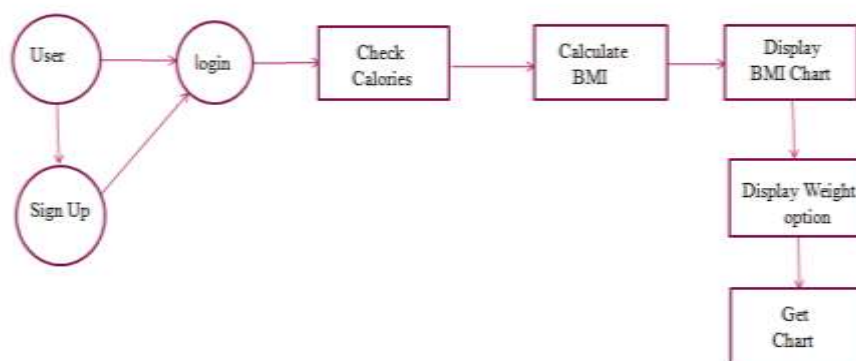


Fig 1: Proposed System Diagram

## IV. RESULT AND DISCUSSION

This project uses many tables:

Login:

Here user login and fill there profile detail like height, weight, exercise level , etc

Users:

Login Table:

Field Name	Data Type	Description
Id	Int	Id for users
User name	String	Login Id for users
password	Varchar	For login

Users Table:

Field Name	Data Type	Description
User_id	Int	Id of user
User_name	String	Login Id for user
Password	Varchar	for Login

### Requirement Analysis

#### Hardware:

1. RAM: 2 GB
2. Storage: 8 GB
3. Mobile – Android 5+ OS

#### Software:

1. VS Code
2. internet browser
3. Xampp Server

### FEATURES

1. Calculate the BMI index.
2. It provide the proper diet plan.
3. It also gave the fitness status according to world health BMI fitness index.

### CONCLUSION

Food is the most important thing in our lives besides water. Moreover, healthy eating means eating a variety of food that gives you the nutrients you need to maintain your health, feel good, and have energy. These nutrients include protein, carbohydrate, fat, water, vitamin, and minerals.

In this Website, I got an opportunity to learn the detail process of developing Diet plan using PHP. Also learn about Database Connectivity

### REFERENCES

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