

Health and Nutrition

By

Muhammad Atiq 01-235151-015

Syed Basit Hassan 01-235151-018

Group ID: IT-S18-05



Bachelor of Science in Information Technology

Supervised By: Ms. Anum Kaleem

Department of Computer Science,

Bahria University, Islamabad

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Abstract

We have developed a web-based application which is going to help users in following a balanced, nutritious and a healthy diet, our website can calculate the body mass of our users by taking in certain inputs such as height weight and their routine. Through our web-based application our users can create their own diet plan, customize it according to their likes and can remove anything they dislike. They can also select the diet plan they want to follow in order to lose their weight, gain weight or keep it stable at the same point. All of this is done by an efficient algorithm. Users can make an appointment with or panel of different doctors that are available to give guidance and consult with our users if they need any guidance or consultations. Not just this doctor also has the authority to change the diet plan or the food items in it and select what is more suitable for their patients.

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