

SUPERFOOD: FOR A HEALTHY SOCIETY

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Abstract - According to World Health Organization Food-related diseases like food allergies, food intolerances, diabetes and obesity are major public health burdens on our country. Study states that reason for such diseases is decrease in major nutritional values that make up 41% of health issues. Now a day's mobile apps are widely used. Many health oriented apps are also available. Best apps can be found in IOS (IPhone operating system) market which is expensive to purchase. We all love our motherland but we forget the motherland cuisine. To keep track of our health food place vital role. Hence we are providing this information in a mobile app which will be beneficial for people suffering from diabetes, obesity, high blood pressure etc.

Key Words: Diabetes, obesity, kidney stone, food centre, food ingredients, finger millet.

1. INTRODUCTION

Health is most important factor in life. Because we all know that HEALTH IS WEALTH. Today our life has changed drastically. Now a day's logical work got importance against physical work. To stay fit physical workout is essential for us. But many people avoid physical activities due to their busy schedule. This leads to many other problems such as obesity, kidney stone, high blood pressure etc. People who are suffering know the actual compromises need to be done in terms of food habits. So to overcome this we are trying to get some relief in terms of food habits. We have a wide collection of health caring food items which will take care of their health.

In parallel with the growth of Smartphone, tablet PCs and other mobile computing devices, the m-health sector is gaining more importance. Now a day's doctor's appointment, prescription, Medical facilities, health updates, health monitoring, health tips are available online because of shortage of time in our life. The British National Health Service (NHS) has encouraged their general practitioners to "prescribe" medical apps to patients choosing from a list of well-proven applications, which support patients in managing chronic diseases, monitor certain body functions or give an overview of medical services in the patient's vicinity [4].

Our mother land has provided us various food ingredients like ragi, wheat and barli which are rich in nutrients, fibers, vitamins and minerals essential for normal functioning of our human body. But our generation is addicted to fast food and junk food which has excess content of glucose and fat.

Glucose and fat when taken in excess quantity is harmful for our body. Glucose increases the sugar level in our body and fat leads to obesity. To avoid this we can gain benefits by consuming food items which are prepared by oats, pearl millet, sorghum, finger millet etc which are healthy and tasty in nature.

2. EXISTING SYSTEM

Food related diseases like food allergies, food intolerances, diabetes and obesity are major public health burdens in all countries. According to a World Health Organization (WHO) report from 2004 (Robertson et al., 2004), diseases with major nutritional determinants makeup 41% of disability-adjusted life years among all diagnosed diseases [1].

In modern Western societies, people suffer from health problems due to stress and hectic eating without the soothing effects of friendly society, but also unhealthy food products provided by an inconsiderate and greedy food industry, marketing dietary dreams that turn out to deteriorate health even further [5].

Cooking is one of the most fundamental activities of human social life [6]. Sharing food and sharing recipes are important aspects of our culture [2]. In existing system lot of apps are available for providing regular health tips, health reminders, online health monitoring system, prescription based medicine providers and healthy food. There are majority of web portals which provide information of foods which are healthy in nature but for that we have to do research which consumes time. Most of the recipes are taste oriented, not health oriented. Most web portals recommend various types of veg salads but in highly populated cities like Delhi, Mumbai and Bangalore but we all know vegetables are contaminated by pesticides. People complain about health problem that happens after eating contaminated food salads.

Along with this we surveyed the popularity of the mobile operating system. Market share of android which was around 2.8% in 2009(initial stage), boosted to 36% till April, 2011 which is almost half the share of the total market [7].

Disadvantages of Existing System are as follows:-

1. In Internet too much of information is available which creates confusion.
2. Most of mobile apps provide information about veg salads.

3. Most of mobile apps suggest strict diet plans which are not suitable for working people.
4. By searching if we get some good apps then we have to pay for it.

3. PROPOSED SYSTEM

The objective behind making this application is to bring the functionalities of a network service provider into a mobile device. According to various survey conducted by apple INC and various different organizations android market has captured largest market space. So we decided to develop this application for all android users.

To get rid of this health problem we have great solution such as use of pearl millet food items in our life, because pearl millet is grown in dry weather conditions, so there is less chances of getting affected by insects. So no need of pesticides. Cultivation of pearl millet and other similar type of millet doesn't need much water. Like this there are many types of grains which are grown. These grains are high in fibre, minerals and proteins. So such food items are beneficial for diabetic patients, like this there are many more food items which we can use in our day to day life. It's difficult to get collection of healthy and tasty food items which are easy to prepare. In rural areas of India this food items are very much popular and easy to prepare, tasty and healthy for people suffering from health problems like high blood pressure and sugar. Not only we have wide range of home remedies which can cure major disease like kidney stone but it will also provide us GPS based location for nearest food centre identification where we may get these food items. Since this is mobile app, all information will be user friendly.

Here we will share this precious information in terms of a mobile app for android users.

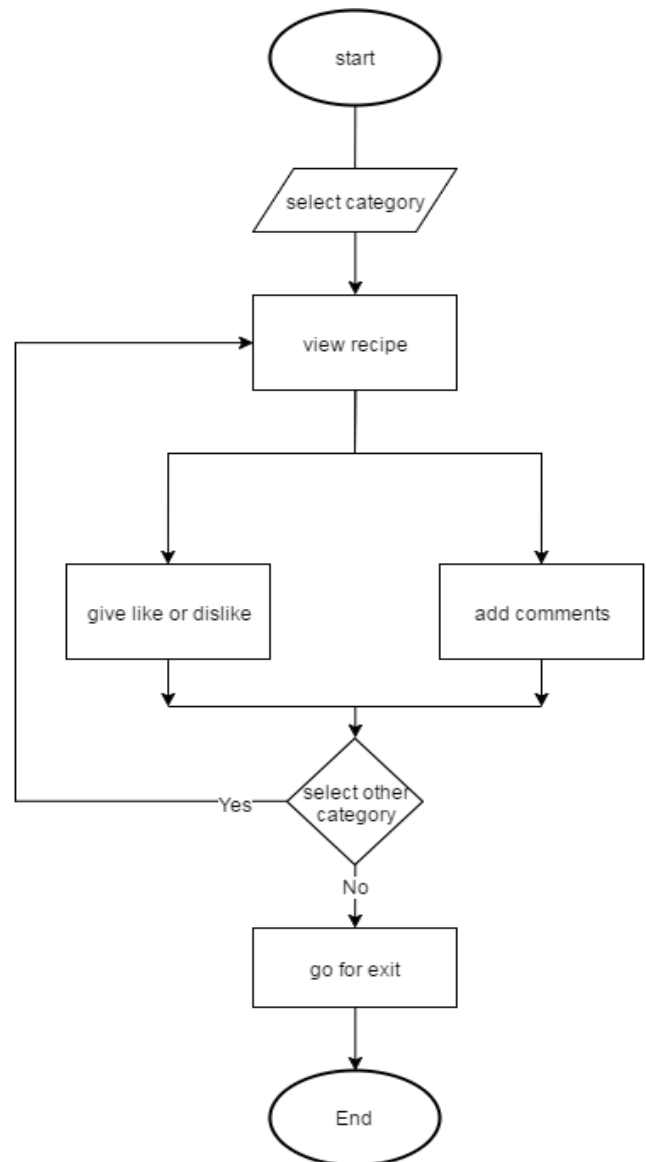
Advantages of proposed System are as follows:-

1. Categorized food recipes.
2. Easy recipes and easy steps to prepare food items.
3. Collection of handpicked health oriented recipes.
4. Categorized diet plans to get rid of major health issues.
5. YouTube video link for each recipe.
6. Prepare each recipe within 10 steps, so process is time saving.
7. GPS based food centre identification system.
8. Comment section for each recipe.
9. Navigation system for food centre identification.
10. Diet charts suggested by expert doctors.
11. The information is available for every android user.
12. User friendly GUI system.

4. SYSTEM DESIGN

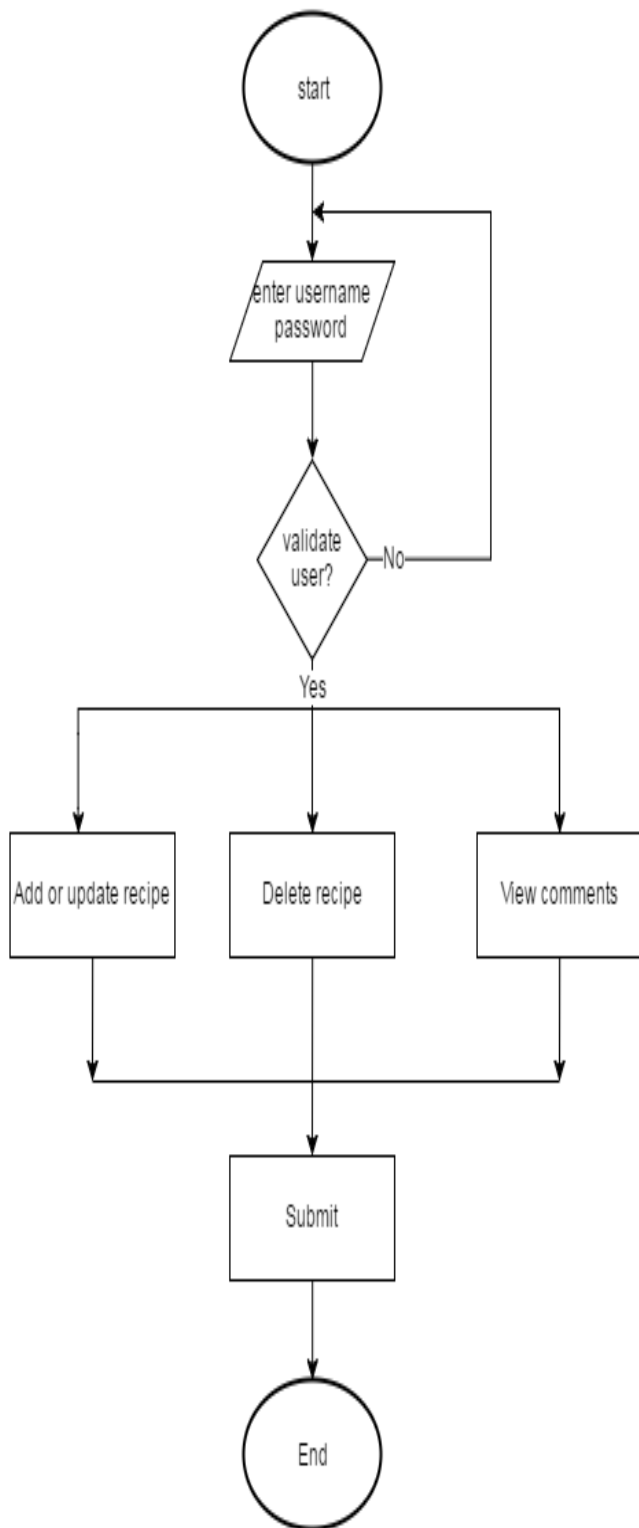
Flow chart of the System

a. User



The operation of user is shown in diagram. Here first user starts this system. User selects user section. Here user first selects the category which he/she want to select (Diabetes, Obesity, High blood pressure, Kidney stone, Teenager etc). After selection of a category user selects a recipe from list of recipes. Then user can view full details of recipe like image, ingredients, methods, description and videos etc. After that user can post reviews of that recipe or like or dislike the recipe on that system. This data will be stored in database.

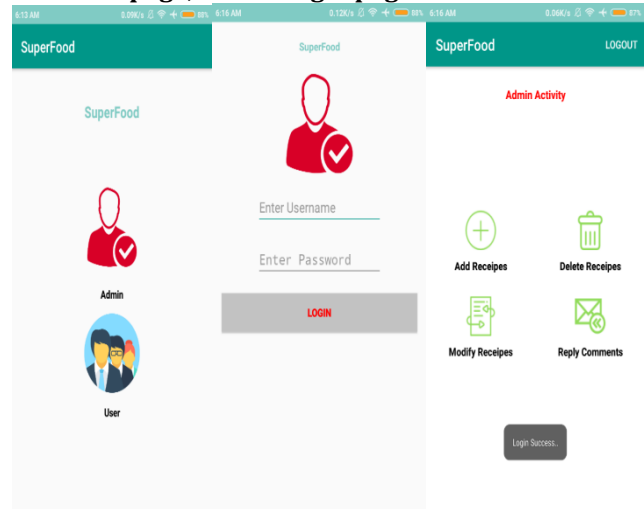
b.Admin



This graphical representation shows the functions of Admin. Here admin has to authenticate him/her self. Then Admin can Add/Modify and Delete Information's present in this system. Admin can also view comments and reply comments. All data is stored data database. This data is accessible by admin.

5. RESULT ANALYSIS

5.1. Main page, Admin login page and Admin activities



Here there are sections of this system as shown in snapshots. User select admin/user panel as per user's need. Here user selects admin section. After selection user has to authenticate himself by providing credentials. After successful login admin can perform four basic operations.

a. Add new recipes.

Here admin can add new recipes based on category. While adding details user add information regarding title of recipe, Ingredients, Method, description, Video link and GPS location of a food centre(Food centre means any anganwadi Kendra or Poli bhaajiKendra).

b. Delete new recipes.

On clicking this section Admin gets list of recipes. Admin just holds the recipe name for 4-5 seconds which he/she wants to delete. Then a confirmation message is asked to admin "Do you really want to delete?". After clicking on OK the data gets removed from system.

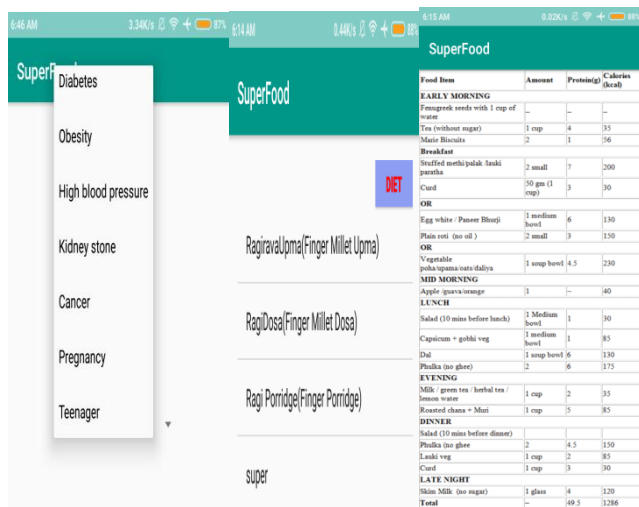
c. Modify new recipes.

Here admin can change the details of recipe of existing recipes as per need. Just after selecting proper category Admin has to select recipe in which he/she wants changes. After that field wise information is displayed in textboxes. Here Admin can make changes and submit the data.

d. Reply comments.

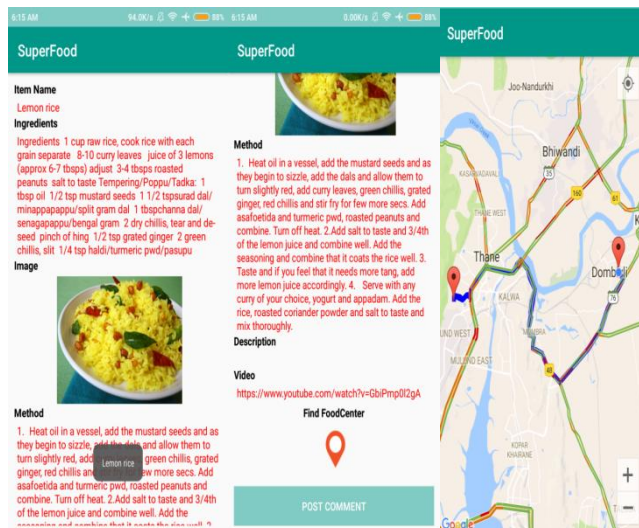
Here admin can view comments posted by user. Admin can use users contact details like mobile number or email-id to contact/reply them.

5.2. User panel



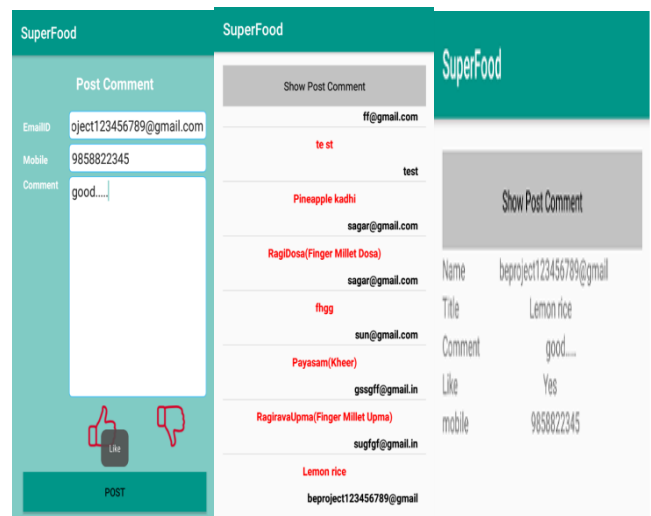
This is the snapshots of user section. Here user don't have go through Authentication procedure. User selects any one category at a time. After selection of a category numbers of recipes get displayed as shown. After that user selects one recipe from it. Then user can view details of recipe. There are few categories where patient has to follow strict diet plans. The category named diabetes; obesity and pregnancy have to follow strict diet. In this category user can view diet-charts provided by expert-doctors

5.3. Recipe Info



After selection of a recipe from list of recipes entire information of that recipe will get displayed as shown in snapshots. In this system user can locate Food centre near his/her GPS location. User can track this path to find food centre for getting required food item.

5.4. Comment section for User and Admin



In post-comment section user can post comments, like, dislike the recipes and he/she can also give feedbacks. Here Admin can view details of comments posted by user. On which recipe user posted comments. Whether user had liked/disliked, contact details of user etc. Further admin can use these details for further betterment of the system.

7. CONCLUSION

As we have implemented the project entitled "SUPERFOOD" Android Mobile application, this application gives information regarding most precious recipes which will definitely keep us healthy from all aspects.

This mobile app is implemented to overcome the drawbacks of existing system. This system is highly needed for our society and our main aim is to make our society healthy. We believe that the simple system can make big changes.

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