

# Final Year Project Report

**Dr. Food Dietitian**



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University of Management & Technology

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*“In The Name of ALLAH, The Beneficent,  
The Merciful”*

*“Read (Proclaim!) In the Name of your Lord Who Created”*

*“Created man, out of a clot (of congealed blood).”*

*“Read (Proclaim), and your Lord is the Most Generous,”*

*“Who taught by the Pen,”*

*“Taught man that which he knew not.”*

Surah‘Alaq, Verses 1-5  
(HOLY QURAN)

## **Statement of Plagiarism**

I/We declare that this Project is our own innovative idea and work. It is not copied from any other person's work. Copying other's work is not appropriate and submitting their identical is Plagiarism.

I/We also confirm that I/We are aware of University's policy about the submission of work and rules of disciplinary committee. Limitations have followed in the making of this project and will never breach rules and regulations as described by Advisor and University.

## **ACKNOWLEDGMENT**

I/We would like to express our deep gratitude and obligation to all of them who gave us the hope to complete this Project and supported us morally. Especially I/We would like to thanks our Final Year Project Advisor Ma'am Emmen Farooq whose exceptional suggestions and encouragement helped us a lot in the making of this Project.

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I/We would also like to acknowledge and thanks with much appreciation the role of our University Staff and members like IPC workers for providing the required things to us for different tasks.

## **Final Approval**

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## Revision History

<b>Name</b>	<b>Date</b>	<b>Description</b>	<b>Version</b>
Salman Ali Khan	01-11-15	Start of Project	0.1
Umer Shafqat	01-11-15	Start of Project	0.1
Salman Ali Khan	01-02-16	Documentation Completed	0.2
Umer Shafqat	01-02-16	Documentation Completed	0.2
Salman Ali Khan	20-06-16	Project Completed	0.3
Umer Shafqat	20-06-16	Project Completed	0.3

## **Abstract**

In today's time humans are suffering through many unknown diseases inside their body due to the unhygienic or unnecessary food they eat. Nutrition is basically not only necessary for living the life; actually it is for living the healthy life. There's always a connection between the things we eat and how they made us feel.

Purpose behind making of this Project is to let the people know what to eat and what not to eat. Different ways are made in this project which could help people to choose the right path for their daily nutrition dose like in their selection and usage.

## **Introduction**

Food is much important for sound and healthy life. These intakes should have to be examined through different scales so that one can prevent himself from any harm. Quality of life as it is dependent on medical health, in a same way it is also much dependent on physical health of a person. For maintaining all these like proper food and health we need to know what's right for us and what is wrong. We are here building a platform from where people can get answer of their many such questions and guide themselves positively. There are many researches on these all things available but they are not on a single platform, purpose of this project is to combine them all in a single piece so that it would become easy to access. In these cases most of the people require more output with less input, for these things we will here provide the ways for them to achieve their goals with minimum required effort, a knowledgeable person can bring a huge helpful way for a person who doesn't have knowledge in that particular field.