NUTRITION ASSISTANT APPLICATION

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PROBLEM STATEMENT :

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People are suffering with obesity and many other various ailments such as diabetes, thyroid etc .which may be due to deficiency in nutrients.

REASONS FOR PROBLEM

Nowadays junk food has become an inevitable part of people's lives. Even though it doesn't cause much effects with minimal intake, an excessive consumption of the same might lead to various health disorders. Exercise would help to keep these ill effects at bay, but the work culture these days has limited such habits too.

ISSUES

A lot of people suffer with diabetes, thyroid, etc. These people may have a chance of living their life without being sick by following a healthy food regime.There are over thousands of people, mainly kids, suffering due to obesity these days. In today's world exercise has become so sporadic and not everyone is keen nor have the time to pursue the same. So the only way for them to stay healthy is by having a healthy diet. When all men and women are hale, hearty and healthy our society would achieve great heights and success. An ecosystem filled with sick and unhealthy people is bound to have a downfall. So it is very much important to ensure the wellness of our species.

IMPORTANCE OF FIXING THE PROBLEM

A hale, hearty and healthy society is never meant to face a downfall. So it is crucial to make sure all human beings are in good shape. On using our app, the customer would be facilitated to have a note of their calorie consumption and hence, do not go overboard with the junk. When a lot of people get to know about the true intentions of the app, they recommend the same to their peers and family, thus, resulting in an expansion of customer base.

TECHNOLOGY IN NUTRITION ASSESSMENT

In today's life, people have started emphasizing a healthier lifestyle due to self-awareness rather than societal stereotypes. Majority of people want to start eating foods with more nutritional value but are stuck in a pit of "where to start". The solution to this problem is to build a nutrition analysis system using Artificial Intelligence and Machine Learning that aims at providing nutritional data of any food item with a decent accuracy.

Fitness apps are blooming in today's technology market. Along with workout recommendations, these apps also help users to connect to nutritionists all around the world who work on suggesting a proper diet schedule for the users. The hurdle these nutritionists face is that there are a huge number of food items and it is impossible for one to know the details of all such food items. This plays an important part in their job and the goal is to build an application using Artificial Intelligence and Machine Learning that could assess food items and provide the amount of nutrients it contains.