

The Nutrition Challenge

People with chronic conditions like diabetes, hypertension, and thyroid disorders struggle daily with food decisions. Without personalized guidance, poor dietary choices undermine disease management and prevention efforts.

73%

**Struggle with
disease-specific
diets**

Patients report
difficulty following
appropriate nutrition
plans

2.5x

**Higher
complications**

Risk increases with
poor dietary
management

68%

**Want
personalized
advice**

Desire tailored food
recommendations for
their condition



What We Learned

The Problem



- Generic diet advice doesn't work
- Medical jargon confuses patients
- No real-time food guidance
- Conflicting online information

The Opportunity



- Users crave instant, personalized answers
- Simple yes/no guidance preferred
- Want to understand the "why" behind recommendations
- Trust science-backed explanations

Our Solution—AI Food Advisor

An intelligent system that provides **instant, personalized dietary guidance** for people managing chronic health conditions. Simply ask about any food, and get clear recommendations tailored to your specific condition.

01

Input Your Condition

Select from diabetes, hypertension, thyroid disorders, or obesity etc..

02

Ask About Any Food

Type the name of any food you're considering

03

Get Instant Recommendations

Receive clear "recommended" or "avoid" guidance with scientific explanations

04

Understand the Why

Learn how the food affects your biomarkers and condition management




Product in Action

User Query

"Is banana good for diabetes?"

AI Response

 **Avoid:** High sugar content may spike blood glucose levels

Detailed Explanation

Glycemic index: 62 (medium-high).
Consider berries instead for better blood sugar control.

Our MVP delivers science-backed food recommendations in seconds, empowering users to make informed dietary choices that support their health goals.



What's Next !!

- Phase 1: Expand Coverage**
Add 500+ foods and 10+ chronic conditions including heart disease and kidney disorders
 - Phase 2: Enhanced AI**
Improve explainability with visual biomarker impact charts and meal planning suggestions
 - Phase 3: Smart Integration**
Connect with wearable devices, grocery apps, and electronic health records for seamless experience
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- Phase 4: Community Growth**
Build user community, gather feedback, and achieve 100K+ active users with clinical partnerships

Ready to transform how people with chronic conditions navigate their dietary choices. Join us in building healthier futures.

