Health & Nutrition Analyzer

1 BMI Calculator

Weight (kg):

e.g., 70

Please fill out this field.

Height (cm):

e.g., 175

Analyze Health

2 Report Analysis (Placeholder)

To analyze a real lab report, a server would need to process the file using **OCR (Optical Character Recognition)** and **AI**. For this client-side demo, we skip this step and focus on BMI.

3 Personalized Meal Suggestions

Your Meal Plan | Goal: Maintenance (Balanced Diet)

Based on your **Normal Weight** BMI, here is a suggested macro-level plan:

Meals: Breakfast: Oatmeal and fruit. | Lunch: Whole-grain sandwich and side salad. | Dinner: Lean protein stir-fry with brown rice.

🤖 **AI Assistant (Simulated Chat)**

AI Assistant: Hello! Based on your Normal Weight status, how can I help with your meal plan?

e.g., What about a snack?

Ask

Health & Nutrition Analyzer

1️⃣ BMI Calculator

Weight (kg):

50

Height (cm):

150

[Analyze Health]

BMI: 22.22
Category: Normal Weight
Interpretation: This is a key metric used to assess health risks.