

Problem Statement No.8- Nutrition Agent

The Challenge - In an era where health awareness is growing, individuals increasingly seek personalized nutrition guidance. However, most existing tools provide generic diet plans, lack real-time adaptability, and fail to consider a person's holistic lifestyle, cultural preferences, allergies, and evolving health conditions. Furthermore, dietitians and nutritionists face limitations in scaling personalized consultations due to time and resource constraints.

Generative AI presents a groundbreaking opportunity to revolutionize this space by enabling an intelligent, interactive, and adaptive virtual nutrition assistant. By leveraging natural language processing (NLP), multimodal understanding, and large-scale dietary databases, an AI-powered assistant can generate dynamic meal plans, recommend smart food swaps, and explain nutritional choices—all tailored to the individual.

This project aims to develop **“The Smartest AI Nutrition Assistant”** using state-of-the-art generative AI models that:

- Understand user inputs via text, voice, or image (e.g., food photos, grocery labels)
- Generate personalized meal plans based on health goals, medical conditions, fitness routines, and preferences
- Offer contextual explanations (e.g., “Why is this food better?”)
- Adapt suggestions dynamically with continuous feedback

By integrating health data, food databases, and LLM-powered reasoning, the solution will bridge the gap between one-size-fits-all diet apps and in-person nutrition counselling—delivering an AI that thinks, learns, and cares like a real nutrition expert.

Technology - Use of IBM cloud lite services /IBM Granity is mandatory.