

```
(/home/codespace/sb/venv) @Anushree-R →~/sb (main) $ streamlit run app.py
```

Collecting usage statistics. To deactivate, set browser.gatherUsageStats to false.

You can now view your Streamlit app in your browser.

Local URL: <http://localhost:8501>
Network URL: <http://10.0.3.144:8501>
External URL: <http://4.240.39.196:8501>


ⓘ Your application running on port 8501 is available. [See all forwarded ports](#) ⚙️ ×

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Gemini Health App

Input Prompt:

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Analyze Meal



Uploaded Image.

Analyze Meal

FitGen-Ai Analysis

The image contains a bowl of vegetable fried rice. It is difficult to determine the exact quantities of each ingredient, so the calorie and nutritional breakdown is an estimation based on a typical serving size of vegetable fried rice.

Item 1: Fried Rice - 350 calories Health Status: **Unhealthy** - While the vegetables in fried rice offer some nutrients, the high amount of oil and sodium used in the cooking process makes it an unhealthy choice. Nutritional Breakdown: Protein: 10% Fat: 40% Carbohydrates: 45% Fiber: 5%

Total Calories: 350 calories

Conclusion:

The fried rice is primarily composed of carbohydrates and fat, with a lower percentage of protein and fiber. This meal lacks a good balance of nutrients and is not recommended for regular consumption. The high fat and sodium content contribute to a less healthy dietary choice. For a healthier alternative, consider substituting white rice with brown rice, using less oil in the cooking process, and incorporating more protein sources like tofu or lean meat.

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