

# **NUTRITION ASSISTANT APPLICATION**

**DOMAIN : CLOUD APPLICATION**

## **PROBLEM STATEMENT:**

- If we eat mostly junk foods over many weeks, months, or years, there can be several long-term impacts on health. Frequent consumption of junk foods can also increase the risk of diseases such as hypertension and stroke. Other long-term effects of eating too much junk food include tooth decay and constipation.
- Eating junk food on a regular basis can lead to an increased risk of obesity and chronic diseases like cardiovascular disease, type 2 diabetes, non-alcoholic fatty liver disease and some cancers.
- If your appetite and taste have been affected by illness, medications or other health issues, you may have trouble eating and getting proper nutrition. These changes can affect your overall health.
- This project aims at building a web App that automatically estimates food attributes such as ingredients and nutritional value by classifying the input image of food. This project allows one to follow a healthy lifestyle by suggesting the nutritional value of the food they in-take.