

Ideation Phase

Problem Statement

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Team ID	PNT2022TMID01747
Project Name	Nutrient Assistant Application

Problem Statement :

The unhealthy food habits are being practiced or being followed now a days due to the fast moving world, It makes humans to lead a unhealthy lifestyle which leads to health issues such as being overweight or obese, tooth decay, high blood pressure, high cholesterol, heart disease and stroke, type-2 diabetes, some cancers, depression, eating disorders and so on. People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity. However, although food packaging comes with nutrition (and calorie) labels, it's still not very convenient for people to refer to App-based nutrient dashboard systems which can analyse real-time images of a meal and analyse it for nutritional content which can be very handy and improves the dietary habits, and therefore, helps in maintaining a healthy lifestyle. 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.