NUTRITION ASSISTANT APPLICATION

PROBLEM STATEMENT:

PROBLEM:

People are suffering from obesity and a wide range of other illnesses, including diabetes, thyroid, and others, which may be caused by dietary deficiencies.

REASONS FOR PROBLEM:

In today's society, eating junk food has become a need. Even if it doesn't have many impacts when consumed in little amounts, over use of the same could result in a number of different health problems. Exercise might assist to counteract these negative impacts, but modern workplace cultures have discouraged such practises as well.

ISSUES:

Diabetes, thyroid issues, and other conditions are common. By adhering to a healthy eating plan, these people may have a chance to live their lives free from illness. These days, obesity is a problem that affects over a thousand people, mostly children. Exercise has become so infrequent in today's culture, and not everyone is motivated or has the time to pursue it. So, the only way they can maintain their health is by eating healthfully. Our civilization would flourish and reach tremendous heights when all men and women were strong, healthy, and in good physical condition. An environment populated by ill and unhealthy individuals will eventually collapse. Therefore, it is crucial to protect the health of our species.

IMPORTANCE OF FIXING THE PROBLEM:

A robust, healthy civilization is never supposed to experience collapse. Therefore, it is essential to ensure that everyone is in good health. By utilising our software, the user will be able to keep track of their calorie intake and avoid overindulging in junk food. When many individuals learn about the app's real purposes, they tell their friends and family about it, which leads to an increase in the number of users.

TECHNOLOGY IN NUTRITION ASSESSMENT:

Throughout the present life, individuals have begun stressing a better way of life because of mindfulness as opposed to cultural generalizations. Greater part of individuals need to begin eating food varieties with more healthy benefit however are caught in a pit of "where to begin". The answer for this issue is to construct a nourishment examination framework utilizing Computerized reasoning and AI that targets giving dietary information of any food thing with a fair accuracy. Fitness applications are blossoming in the present innovation market. Alongside exercise proposals, these applications likewise assist clients with interfacing with nutritionists from one side of the planet to the other who work on recommending a legitimate eating routine timetable for the clients. The obstacle these nutritionists face is that there are countless food things and it is beyond the realm of possibilities for one to know the subtleties of all such food things. This has a significant impact in their work and the objective is to assemble an application utilizing Man-made brainpower and AI that could evaluate food things and give how much supplements it contains.