

## AI-powered Nutrition Analyzer for Fitness Enthusiasts

### Nutrition Analyzer:

Fruits are an excellent source of essential vitamins and minerals, and they are high in fiber. Fruits also provide a wide range of health-boosting antioxidants, including flavonoids. Eating a diet high in fruits and vegetables can reduce a person's risk of developing heart disease, cancer, inflammation, and diabetes.



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Result: BANANA==> \*Calories 105  
\*Protein 1.39 g \*carbohydrate 279g \*Fats  
0.49g \*Dietary fibre 6.14g \*Sodium 1.2  
mg \*Potassium 422 mg

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Result: APPLE==> \*Calories 96 \*Protein - 0.59g \*Carbohydrate 25g \*Fats -0.39g \*Dietary Fiber 4.4g \*Sugar 14 g \*Sodium 18mg \*Potassium 194.7mg

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Result: WATERMELON ==> \*Calories  
1371 \*Protein 26g \*Fats-7g  
\*Carbohydrate 341g \*Dietary Fiber 18g  
\*Sugar 280g \*Sodium 45.2 mg  
\*Potassium 5060.2 mg



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Result: PINEAPPLE==> \*Calories 452"  
\*Portein-4.99g \*Fats 11g \*Carbohydrates  
-199g \*Dietary Fiber 139g \*Sugar 89g  
\*Sodium 9.1 mg \*Potassium 986.5mg