

NUTRITION ASSISTANT APPLICATION

PROBLEM STATEMENT :

QUESTION	DESCRIPTION
Who does the problem affect ?	People with various ailments such as diabetes, thyroid, etc. People suffering with obesity might also find this app very useful.
What are the boundaries of the problem ?	Nowadays junk food has become an inevitable part of people's lives. Even though it doesn't cause much effects with minimal intake, an excessive consumption of the same might lead to various health disorders. Exercise would help to keep these ill effects at bay, but the work culture these days has limited such habits too.
What is the issue ?	<p>A lot of people suffer with diabetes, thyroid, etc. These people may have a chance of living their life without being sick by following a healthy food regime.</p> <p>There are over thousands of people, mainly kids, suffering due to obesity these days. In today's world exercise has become so sporadic and not everyone is keen nor have the time to pursue the same. So the only way for them to stay healthy is by having a healthy diet. When all men and women are hale, hearty and healthy our society would achieve great heights and success.</p>

	<p>An ecosystem filled with sick and unhealthy people is bound to have a downfall. So it is very much important to ensure the wellness of our species.</p>
<p>When does the issue occur ?</p>	<p>A number of diseases such as high BP, cholesterol, diabetes, thyroid, etc., are mainly caused because of an unregulated food schedule and excessive intake of junk food. In such cases it is better to ensure that we have a proper diet and take nutrition rich food supplements to keep our body away from these kinds of problems.</p>
<p>Where is the issue occurring ?</p>	<p>Obesity and other ailments such as cholesterol and high BP are found among individuals of various age groups. Children of age nine are also suffering with diabetes today. People aged above 65 are also suffering with obesity and are having a really tough life.</p>
<p>Why is it important to fix the problem ?</p>	<p>A hale, hearty and healthy society is never meant to face a downfall. So it is crucial to make sure all human beings are in good shape. On using our app, the customer would be facilitated to have a note of their calorie consumption and hence, do not go overboard with the junk. When a lot of people get to know about the true intentions of the app, they recommend the same to their peers and family, thus, resulting in an expansion of customer base.</p>

