Ideation Phase
Define the Problem Statements

Date	20 September 2022
Team ID	PNT2022TMID14661
Project Name	AI-Powered Nutrition Analyser for Fitness Enthusiasts
Maximum Marks	2 Marks

Food is a necessity for human life and has been addressed in numerous medical conventions. Modern dietary evaluation and nutrition analysis technologies give consumers more possibilities to explore nutrition patterns, comprehend their daily eating habits, and keep up a balanced diet.

The biggest challenge for fitness lovers is keeping track of their daily nutrition intake, which is crucial for staying in shape. But with today's busy world and the abundance of internet fitness resources, keeping track of your nutrition will become increasingly difficult and inaccurate. Fitness fanatics typically stick to their diet programmes, but they have trouble keeping track of the food's nutritional value. Fruits are easily digestible since they are high in vitamins, fibre, and minerals, but eating too much of them can cause weight gain and even diabetes because fruit contains natural sugar.

Fitness aficionados eat a diet high in fruits, vegetables, foods high in protein, and low in carbohydrates. However, it is difficult to identify and keep track of the nutritional components of unknown foods, such as fibre, protein, and nutrition.