

# **AI-Powered Nutrition Analyzer for Fitness Enthusiasts**

## **AIM :**

To develop Nutrition Analyzer for Fitness Enthusiasts by Artificial Intelligence.

## **PROBLEM STATEMENT :**

In this era, people are becoming more health-conscious than before. However, there is a lack of knowledge about different fitness and wellness aspects of food. Food patterns and diet are important factors to improve the lifestyle by preventing diseases. The food industry comprises complexities, and the journey for innovation in the food industry is long, from idea generation to commercialization. It is reported that diet significantly influences the evolution of **CNCD (chronic non-communicable diseases)**, including, cardiovascular diseases, depression, and obesity. Further, product ideas and advanced packaging demand thorough data collection, testing, and certification before approaching consumers.

Traditional method includes are wherein the trainer speaks about a topic and trainees take notes for future references. Collection of datas and calculation methods were tedious and not free from human errors, luckily, disruptive digital technologies stepped in to record data and calculated mission-based statistics effectively. But in our proposed method, Artificial intelligence and machine learning in nutrition use raw data and extract competitive features that are advantageous for predicting better dietary plans. Notification and reminders from fitness apps keep reminding you about your health goals, thus keeping you motivated