

# NUTRITION ASSISTANT APPLICATION USING CLOUD APPLICATION DEVELOPMENT

## Problem Statement:

Due to the ignorance of healthy food habits, obesity rates are increasing at an alarming speed, and this is reflective of the risks to people's health. This project aims at building a web App that automatically estimates food attributes such as ingredients and nutritional value by classifying the input image of food.

1. What are the problems associated with high quantity of nutrition?	1. High cholesterol 2. Being overweight 3. Heart disease and stroke
2. What causes poor nutrition?	Malnutrition is caused by a lack of nutrients, either as a result of a poor diet or problems absorbing nutrients from food. Certain things can increase your risk of being malnourished.
3. What is the issue?	1. Unlimited intake of food which contains mainly carbohydrates. 2. Poor diet quality.
4. When does the issue occur?	1. Not following the proper dietary plan. 2. Consuming large amount of food but do not burn off the energy through exercise and physical activity.

5. Why it is important to maintain a balanced diet?	A proper meal plan helps to attain ideal body weight and reduce the risks of chronic diseases like diabetes, cardiovascular and other type of diseases.
6. How to improve your nutrition?	<ol style="list-style-type: none"> <li>1. Keep your daily calorie intake to a reasonable amount.</li> <li>2. Try to eat more grains, fruits and vegetables</li> <li>3. Enjoy your food but eat less.</li> </ol>
7. When does the issue occur?	It occurs during the childhood days and adolescent period because of not taking proper food at correct time.