NUTRITION ASSISTANT APPLICATION

Nutrition apps can help make life easier for individuals who need to track their food intake for health reasons. These apps can also help people find restaurants that are suitable for their dietary needs. Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.

