

NUTRITION ASSISTANT APPLICATION

PROBLEM STATEMENT

- ☆ Soundar who goes to gym regularly, suffers from emaciation , wants to gain weight and doesn't have any proper source of guidance concerning his fitness.
- ☆ Chandran is a professional trainer who wants to maintain the fitness of his trainees doesn't have any proper communication to evaluate their fitness on daily basis.
- ☆ Gokul is a software engineer ,who rarely walks, suffers from obesity and heart problems and wants to reduce his body fat to keep his health on check.
- ☆ Kaarthiik who is an alcoholic and a drunkard skips his food at all times and wants to monitor his food habit but he doesn't have any proper guidance

SOLUTIONS

- ❖ Avoid foods that have caused heartburn before. Some foods commonly associated with heartburn are highly seasoned foods, greasy or fried foods, chocolate, alcohol and beverages that contain caffeine (coffee, tea and soft drinks).
- ❖ Eat five or six smaller meals a day instead of three large meals. Decreasing the amount of food in your stomach eases digestion and reduces the chances of heartburn. Remain standing or sitting for at least two hours after eating.
- ❖ If you lie down, keep your upper body raised at a 45-degree angle. Eat your last meal several hours before going to bed. Take an antacid one hour after meals to relieve heartburn. You can also try taking antacids before going to bed.
- ❖ If you take antacids frequently, tell your doctor or dietitian. How food tastes often determines what you like to eat. If food begins to taste different — if it becomes too sweet, too bland, bitter or metallic-tasting — your appetite can be affected. Medicines often cause these taste changes.