

# AI-powered Nutrition Analyzer for Fitness Enthusiasts

## Problem Statement:

Food is essential to human life and has been discussed at several medical meetings. Modern nutritional analysis and dietary evaluation tools give people additional alternatives today for understanding their daily eating patterns, researching nutrition trends, and maintaining a balanced diet. Finding out a food's nutritional makeup is done through nutritional analysis. Information about the chemical make-up, processing, quality assurance, and contamination of food is a crucial component of analytical chemistry. The main goal of the project is to build a model that can be used to categorise fruits based on their various characteristics, such as colour, shape, texture, and so forth. Here, the user can take pictures of various fruits, and the images will be given to trained model. The algorithm analyses the image and determines the fruit's nutritional makeup as (Sugar, Fiber, Protein, Calories, etc)