**NUTRITION ASSISTANT APPLICATION**

**PROBLEM STATEMENT**

**WHY DO WE NEED A NUTRITION ASSISTANT APPLICATION?**

A nutritious diet is encouraged by the nutrition assistant application because it supports normal aging, growth, and development, helps people keep healthy body weight, and lowers their chance of developing chronic diseases, all of which contribute to their general health and well-being.

**OUR PLANS FOR THE NUTRITION ASSISTANT APPLICATION :**

* To load an image, the user interacts with the web application.
* The image is sent to the server application, which analyses it using Clarifai's AI-Driven Food Detection Model Service and provides nutritional data about it using the Nutrition API.
* The analyzed image's nutritional data is provided to the app for display.

**ABSTRACT :**

Obesity rates are rising alarmingly quickly as a result of people's lack of knowledge about appropriate eating practices, which reflects the hazards to their health. The simplest way to prevent obesity is for people to limit their daily calorie consumption by eating healthier meals. It's still not very convenient for people to use app-based nutrient dashboard systems, even though food packaging includes nutrition (and calorie) labels. These systems can analyze real-time images of a meal and analyze it for nutritional content, which can be very handy and improve dietary habits and subsequently help with maintaining a healthy lifestyle.

By identifying the supplied food image, this project attempts to create a web application that automatically calculates food qualities like ingredients and nutritional value. Our approach uses Food APIs to provide the nutritional information of the recognized food and Clarifai's AI-Driven Food Detection Model for precise food recognition.