AI-POWERED NUTRITION ANALYZER FOR FITNESSENTHUSIASTS

Team Members:

1. ASVANTH R
2. ASWATH VISHNU GR
3. SHRERAM S P
4. PREMJITHKUMAR

PROBLEM STATEMENT:

Having a fit and healthy body is everyone's dream, but it has somehow not been everyone's cup of tea. Health is the most important aspect of our life.There is nothing more crucial than health for any human being. Food is essential for human life and has been the concern of many healthcare conventions.The food patterns and diet are important factors to improve the lifestyle by preventing diseases. Nowadays new dietary assessment and nutrition analysis tools enable more opportunities to help people understand their daily eating habits, exploring nutrition patterns and maintain a healthy diet. Nutritional analysis is the process of determining the nutritional content of food.

The aim is to design fitness AI software with personalized training regimens for each individual and allows the users to keep track of their diet and exercise regime, take expert advice and connect to other fitness enthusiasts thus equipping them to maintain a healthy lifestyle. It is a vital part of analytical chemistry that provides information about the chemical composition, processing, quality control and contamination of food. With the right data, reach your fitness goals faster, get personalized coaching and work with greater efficiency.