AI-powered Nutrition Analyzer for Fitness Enthusiasts

Problem Statement:

The main problem faced by fitness enthusiasts is tracking their daily nutrition intake which is important to stay fit. But in today's bustling society and availability of abundant resources online about fitness, tracking nutrition will become more challenging and inaccurate. Fitness enthusiasts normally follow their diet plans but they struggle tracking nutritional contents of the food. Fruits are rich in vitamins, fibers, and minerals which makes them easily digestible, but over-consumption will result in weight gain and even diabetes as fruit contains natural sugar.

Fitness enthusiasts follow a diet which contains fruits, vegetables, protein rich foods and low carb foods. But tracking their nutritional contents like fiber, protein and essential nutritions will not be an easy task. Some fruits are allergic to some consumers based on their medical condition. Which they need to identify before consuming.

Identifying nutritional values of unknown food and fruit varieties will become impossible without online technologies as they have no prior knowledge about them.