**IDEATION PHASE**

**Nutrition Assistant App**

It is an application that provides assistance to the users on the maintenance of their dietary intake on an hourly, daily, or monthly basis. Like smart watches counting your steps and physical activities, these apps count the nutrition that one consumes in each meal.

These apps do not only help one in losing weight, but also give them aid in improving their lifestyle, food habits, etc. One can get a personalized nutrition intake schedule based on the kind of foods they consume in a day. These apps can be very helpful to those who are cautious about what they are eating in each meal. It helps users create a daily calorie goal and consume food only according to it.

The app also allows users to scan the barcode on an edible product to get a count on the number of calories it contains. All in all, it is an app that can save your entire data regarding your diet and offer your assistance in consuming healthy food timely.

Diet and Nutrition App assist users in tracking their eating habits, counting the number of calories consumed/burned, controlling fluid balance, body weight/mass, and so on. Users can adjust personal goals, create shopping lists, and now even fetch recipes with a wide variety of diet apps.

They could also have some user-engaging elements or gamification elements, such as scoreboards or slimming competitions. Because they track your nutrition habits, nutrition and diet apps can even be considered activity tracking apps. The distinction is that they include more specialized functionality.