SOLUTION FIT:

- A balanced diet is a diet that contains an adequate quantity of the nutrients that we require in a day. A balanced diet includes sixmain nutrients, i.e. Fats, Protein, Carbohydrates, Fiber, Vitamins, and Minerals.All these nutrients are present in the foods that we eat. Different food items have different proportions of nutrients present in them. The requirements of the nutrients depend onthe age, gender, and health of a person.

- "Your diet is a bank account.Good food choices are good investments."
- As mentioned above the diet is important part of our life and this app allow the user to meet their nutrients easily.
- Because nowadays in a world where people prefer fast food and have no time, it is very important that everyone in general must be in track with their nutrition and provide them with the right options in order to maintain a healthy diet and a good lifestyle.

- Nutritional Analysis detects the exact nutritional value of any given food item.

- It determines the percentage of macro and micronutrients present in that food item as well as the presence of inhibitors, toxic chemicals, or any other new component.

- It is also important in nutrition mapping where a variety of food items are regularly being tested and included in the standardized book of Nutritive Value of Indian Foods by the Indian Council of Medical Research.

- Each disease has specific dietary needs and measurements to be followed strictly. These strict guidelines include the specific type of foods, specific way of preparation, and their edible portion size. The proper research-based nutritional analysis is the only way to formulate such crucial diets.

- Many people are concerned about the long-term nutritional effects of such changes on their health, wondering if they should add any supplements or more nutritious food to their diet.

- Nutrition based analyser focused artificial intelligence models can help answer such questions and support people's desires for healthier nutrition in their lives with less chronic disease