

Brainstorm

Write down any ideas that come to mind that address your problem statement.

🕒 10 minutes

V.Pavithra

Impact on balancing a diet

is the time avail for the physical exercise

check to that drinking a plenty of water everyday

having a good food habit everyday

S.Swetha Kumari

To elevate the value of food

Helpful for tracking malnutrition

Intake of low calorie

Proper intake of protein

B.Subashini

Healthy intakes

Monitor dietary patterns

Sticking to diet plan

Proper amount of food intake

S.Mahalakshmi

Improving body metabolisms

Helps in immunity

Simple diet tracking

Limit calorie consumption

P.Pavithra

Follow specific diet plan

Helps to reach dieatry goal

Detailed nutritional analysis

Helps in food related issues

