

NUTRITION ASSISTANT APPLICATION

PROBLEM STATEMENT

Problem Statement:

Due to the ignorance of healthy food habits, obesity rates are increasing at an alarming speed, and this is reflective of the risks to people's health. People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity. However, although food packaging comes with nutrition (and calorie) labels, it's still not very convenient for people to refer to App-based nutrient dashboard systems which can analyze real-time images of a meal and analyze it for nutritional content which can be very handy and improves the dietary habits, and therefore, helps in maintaining a healthy lifestyle.

The problem is people don't consider their health due to their busy schedule that leads to various health related issues. Our objective is to create an app to monitor their eating habits and suggest healthy foods and recipes according to their body condition

1. Who does the problem affect?

The problem affects all age group people who are careless about their health due to their busy schedule and high-calorie diet. This leads to an unhealthy lifestyle because of their eating habits. Thus leads to many health issues like obesity, heart attack, diabetics and rise in cholesterol level.

2. What are the boundaries of the problem?

The boundaries will be based on the user's previous medical report and current health condition of their body. Based on the information collected from the user's, If the user is diagnosed with diabetes/Heart attack/obesity then the application provides information about diet. Body Mass Index(BMI) is taken as a boundary provided the user's height and weight.

The application sets some boundaries on the user's food habits to maintain their diet and improve their health condition. The boundaries are set on the age group of people like elderly persons who have some problems with digestion so they will be provided with that information. The application set some boundaries on taking clear snap of food which nutrition content information to be known.

3. What is the issue?

The user's are struggling to find if the packed food is good for their health or not and having conflict with themselves. They don't know about the ingredients used in that dish and the calories present in them. User's have their own choice of food but they are concerned about their health is the major issue of this problem. To help them to solve this problem they can take a clear picture of the food and know its nutritional value or search for the food recipes which are suitable for them.

It is easy to fall into a trap of eating unhealthy foods, as they are quick, convenient and taste great. They may not immediately affected by a regular intake of fat foods, but over time it could contribute to many different health issues including heart disease, obesity and diabetes. Unhealthy foods they are top heavy in calories with little, to no nutritive value, meaning it does not benefit your body in any way. It can be quick and convenient, but once the nutritional value is replaced by foods high in sugar, bad fats and salt it can be hard to then turn it around.

4. When does the issue occur?

The issue occurs when people eat unhealthy food which is packed or fast foods because they are busy with their work and they are not concerned about their health and food habits. When people want to try western culture food habits which are not suitable for our country. Some others like stressed people who tend to eat a lot and food lovers who want to taste different dishes without knowing its effects on their health. This leads to obesity and other health problems.

5. Where is the issue occurring?

As the packed/fast food is convenient and time saving people who work in the IT industry start to eat it. Slowly the intake of this food will cause to increase in insulin level and cholesterol level which causes diabetes and heart attack and eating food not at an appropriate time. This mostly occurs in developed or in developing countries.

6. Why is it important that we fix the problem?

It is important to fix the problem because it helps users to improve their health and switch to a healthy lifestyle. To know the ingredients and their calorie in the food they are consuming is suitable for their body condition. This application is used to control the serious health issues before it becomes fatal. It reduces the risk of heart disease, stroke, obesity, and type 2 diabetes. A person may also boost their mood and gain more energy by maintaining a balanced diet.