

Nutrition Assistant Application

PROBLEM STATEMENT

Nutrition Assistant Application

Sarvesh k

Thaanya S

Sushmitha s

Sheik Sameera Sabrin W

If your appetite and taste have been affected by illness, medications or other health issues, you may have trouble eating and getting proper nutrition. These changes can affect your overall health.

A variety of medical problems can affect your appetite. Your illness, medicines or surgery can cause these problems. Many people become frustrated when they know they need to eat to get well but they aren't hungry, or when they gain weight because they are fatigued and unable to exercise.

Lack of appetite, or decreased hunger, is one of the most troublesome nutrition problems you can experience. Although it's a common problem, its cause is often unknown. Appetite-stimulating medicines are available.

This deficiency majorly occurs when an individual is facing a lack of some specific essential nutrients. This condition can get resolved through the intake of proper foods or supplements for providing the nutrients.

Solution:

- Eat smaller meals and snacks more frequently. Eating six or seven or eight times a day might be more easily tolerated than eating the same amount of food in three meals.
- Avoid non-nutritious beverages such as black coffee and tea; instead choose milk and juices.
- Try to eat more protein and fat, and less simple sugars.
- Plan meals to include your favorite foods.
- Try eating the high-calorie foods in your meal first.