







templates > Home.html > html > body > div.search > div.details > div.col-lg-6 > h3

```
1 <!DOCTYPE html>
2 <html lang="en">
3 <head>
4   <meta charset="UTF-8">
5   <meta http-equiv="X-UA-Compatible" content="IE=edge">
6   <meta name="viewport" content="width=device-width, initial-scale=1.0">
7   <link rel="stylesheet" href="{{url_for('static',filename='css/style.css')}}">
8   <title>IBM_AI</title>
9 </head>
10 <body>
11   <nav>
12     <h1>Nutrition Analyser</h1>
13   </nav>
14   <div class="search">
15     
16   <div class="details">
17     <div class="col-lg-6">
18       <h2>Nutrition For Fitness Enthusiastic</h2>
19       <h3>What you eat, and when, has a big impact on your energy level and how well you recover from a workout.
20
21       Not getting enough vitamins, minerals and other nutrients can compromise your health and your performance.
22
23       Yet fueling up for activity is as easy as following the well-established rules of a healthy diet: Eat
24
25       Give your body the energy it needs to do the job you want – even if you are trying to lose weight.
26
27       Skipping on nutrition can reduce muscle mass, lower bone density and cause fatigue. This puts you at risk.
28
29       Make sure your diet plan supplies enough nutrient-dense calories so you can exercise and stay injury-free.
30     </h3>
31     <form action="/getdata" method="post" enctype="multipart/form-data">
32       <button type="submit" name="Classify-btn" class="Classify-btn">Classify</button>
33     </form>
```

Upload the Image!!

Choose File Image\_1.jpg

Submit



apple

**A medium Apple with a diameter of about 3 inches is equal to 1.5 cups of fruit and offers the following nutrients:-Calories – 95.Fiber – 4grams.Carbohydrates – 25grams.Protein – 0.3 grams.Sugar – 10.4 grams.Fat – 0.2 grams.Vitamin C – 14 percent of the RDI (Reference Daily Intake)Vitamin K – 5 percent of the RDI.**



Upload the Image!!

Choose File Image\_7.jpg

Submit



**capsicum**

Some of the most prevalent nutrients found in capsicum are vitamin C, vitamin A, vitamin B6 and folate. Red capsicums are one of the most vitamin C-rich foods in the world. Just 100g gives you 213% of your daily recommended intake.12 Jul 2022





## Nutrition For Fitness Enthusiastic

**What you eat, and when, has a big impact on your energy level and how well you recover from a workout. You might be surprised how many active adults overlook the importance of nutrition basics — and then run short on key nutrients. Not getting enough vitamins, minerals and other nutrients can compromise your health and your performance. Yet fueling up for activity is as easy as following the well-established rules of a healthy diet: Eat plenty of fruits and vegetables, consume lean proteins, eat healthy fats, get your whole-grain carbohydrates, and drink plenty of fluids, especially water. Give your body the energy it needs to do the job you want — even if you are trying to lose weight. Skimping on nutrition can reduce muscle mass, lower bone density and cause fatigue. This puts you at risk of injury and illness, increases recovery time, causes hormonal problems, and, for women, menstrual issues. Make sure your diet plan supplies enough nutrient-dense calories so you can exercise and stay injury-free and healthy.**

Classify

