

AI-Powered Nutrition Analyzer For Fitness Enthusiasts

Problem Statement:

Fitness enthusiasts who are not taking sufficient nutrition. The issue is fitness freaks work more but do not get proper nutrients which leads to bad metabolism and causes health-related issues. If we don't fix this issue it may cause various health related issues that include weight loss, lack of nutrition, and vitamin and mineral deficiency. These issues lead to low BMI levels. On the other hand, untreated obesity leads to high blood pressure, and excess cholesterol ultimately leads to heart diseases. If we fix them, immunity level will increase, blood pressure will be normal and rich metabolism levels. New dietary assessment and nutrition analysis tools enable more opportunities to help people understand their daily eating habits, exploring nutrition patterns and maintain a healthy diet. Nutritional analysis is the process of determining the nutritional content of food. It will helps in identifying of nutritious foods and increasing fitness level of human beings.

