

# **Nutrition Assistant Application**

## **Problem Solution**

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## Problem-Solution Fit canvas

Purpose / Vision To help the people to maintain a nutritious diet

Version:

Define CS, fit into CL	<b>1. CUSTOMER SEGMENT(S)</b> <b>CS</b> People of all age group careless about their health due to their busy schedule, unaware and intake of high-calorie diet.	<b>6. CUSTOMER LIMITATIONS</b> <b>CL</b> <small>EG. BUDGET, DEVICES</small> The customer should provide a clear image for knowing the nutrition content about the food. The app can't provide accurate result if the image is not clear. In some cases, the recipes may be allergic to their health.	<b>5. AVAILABLE SOLUTIONS</b> <b>AS</b> <small>PLUSES &amp; MINUSES</small> Although the food packaging comes with nutrition (and calorie) labels, it's still not very convenient for people to refer to App-based nutrient dashboard systems.	Explore AS, differentiate
	<b>2. PROBLEMS / PAINS + ITS FREQUENCY</b> <b>PR</b> The problem and pains of the user are obesity, fear of getting health related issues. Cardiac related issues, blood related issues, vitamin deficiency, vitamin excess, hormonal imbalance. Can be caused by this imbalanced diet.	<b>9. PROBLEM ROOT / CAUSE</b> <b>RC</b> It is easy to fall into a trap of eating unhealthy foods which is heavy in calories. Once the nutritional value is replaced by foods high in sugar, bad fats and salt it leads to various health issues so users need to control their daily calorie intake to lead a healthy lifestyle.	<b>7. BEHAVIOR + ITS INTENSITY</b> <b>BE</b> The behavioral changes in users reflect in their day-to-day life such as they will maintain a proper diet and follow the daily routine in eating and intake of healthy food. So, that it helps them to improve their health, they can visibly find in their mental stability and weight management.	
Identify strong TR & EM	<b>3. TRIGGERS TO ACT</b> <b>TR</b> Desire to live a healthy lifestyle. By knowing the success story of people who achieved their goal. By seeing people who are fit and healthy.	<b>10. YOUR SOLUTION</b> <b>SL</b> The solution is user can get the nutritional content of the food they are having, by uploading a picture of the food in the app. Clarifai's AI-Driven Food Detection Model is used for getting accurate food identification and APIs to give the nutritional value of the identified food. Finally the nutrition value is shown to the user.	<b>8. CHANNELS of BEHAVIOR</b> <b>CH</b> <b>ONLINE</b> The application provides a user-friendly environment that enables users to interact through chatbot to clarify their queries and a dashboard is displayed to know the activities.	Extract online & offline CH of BE
	<b>4. EMOTIONS</b> <b>EM</b> <small>BEFORE / AFTER</small> They scared of declining health, so they get motivated towards eating healthy foods and move to healthy lifestyle.		<b>OFFLINE</b> Connecting all the users through offline meeting and giving some complimentary gifts. Conducting offline session by nutrition expert.	



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Designed by Daria Nepriakhina / [IdeaHackers.nl](https://ideahackers.nl) - we tailor ideas to customer behaviour and increase solution adoption probability.

