

**Project Design Phase-I**  
**Proposed Solution Template**

Date	19 September 2022
Team ID	PNT2022TMID03158
Project Name	Nutrition assistant application
Maximum Marks	2 Marks

**Proposed Solution Template:**

Project team shall fill the following information in proposed solution template.

S.No.	Parameter	Description
1.	Problem Statement (Problem to be solved)	Poor eating habits include under- or over-eating, not having enough of the healthy foods we need each day. Poor nutrition can impair our daily health and wellbeing and reduce our ability to lead an enjoyable and active life. However, although food packaging comes with nutrition (and calorie) labels, it's still not very convenient for people on comparing 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
2.	Idea / Solution description	Choosing healthier foods (whole grains, fruits and vegetables, healthy fats and protein sources) and beverages. Limiting unhealthy foods (refined grains and sweets, potatoes, red meat, processed meat) and beverages (sugary drinks) Increasing physical activity. Limiting television time, screen time. IDEA : Make available all kind of food for different users like some of user are heart patient, affected by any health issues. and includes learning to automatically identify & quantify thousands of food categories and pair the food items with the relevant nutritional information for individuals to monitor and maintain the level of calorie intake.
3.	Novelty / Uniqueness	People are interested in calculating amounts of sugar and fat they consume you need to create a diet and nutrition app with a sugar and fat tracker. This tracker may go in connection with automatically generated recommendations that fit individual cases.

4.	Social Impact / Customer Satisfaction	Teenagers gets more benefited since they worry more about their looks to be flawless this also makes them live longer. Parents benefits since they no need to worry about their kids being unhealthy from an earlier age.
5.	Business Model (Revenue Model)	Nutrition assistant application Website
6.	Scalability of the Solution	Healthy nutrition contributes to preventing diseases. Knowledge about the effects of the long term provision of health-aware recommanendations in real-life situation is made possible.