NUTRITION ASSISTANT APPLICATION

PROBLEM STATEMENT

Due to the ignorance of healthy food habits, obesity rates are increasing at an alarming speed, and this is reflective of the risks to people's health. People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity. However, although food packaging comes with nutrition (and calorie) labels, it's still not very convenient for people to refer 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.

Who does the problem affect?	People want to maintain health and body fit but doesn't have anyone to guide for regular diet
What is the issue?	People who intake poor nutrition can lead to many illnesses and they don't know about the ingredients used in the dish and the calories present in them
When does the issue occurs?	The issue occurs when the people does not eat the right amount of nutrition dishes
Where is the issue occurring?	The issue occurs in person's health due to lack of nutrition
Why is it important that we fix the problem?	It is important to fix the problem because it helps users to improve their health and switch to a healthy lifestyle.By solving this issue,people can track their health.