AI-POWERED NUTRITION ANALYSER
FOR FITNESS ENTHUSIASTS

PROBLEM STATEMENT

Humans should give equal importance to their health as they do towards other things. But in today's fast moving lifestyle, people aren't conscious about their health and follow questionable eating habits. When followed on a regular basis, they can have detrimental effects on the human body and may even be fatal. Thus it is imperative to maintain good health. A person needs to follow a balanced diet, i.e. consume food containing proteins, vitamins and other vital nutrients that are needed by the human body in suggested proportions on a daily basis.

In this project, a system is developed to identify edible products and discern their nutritional information. The users of this system can capture images of the ingredients that go into their food and be informed of their nutritional composition. This way, fitness enthusiasts will be able to keep track of their calorie intake and people will be able to follow a healthy lifestyle of eating.

The work proposed is a simple application that can recognize the raw food items based on the input image and provide information regarding their nutritional value to the user.