

## AI-POWERED NUTRITION FOR FITNESS AND ENTHUSIAST

### PROPOSED SOLUTION

S.No.	Parameter	Description
1.	Problem Statement (Problem to be solved)	<p>Poor eating habits include under- or over-eating, not having enough of the healthy foods we need each day, or consuming too many types of food and drink, which are low in fiber or high in fat, salt and/or sugar.</p> <p>These unhealthy eating habits can affect our nutrient intake, including energy (or kilojoules) protein, carbohydrates, essential fatty acids, vitamins and minerals as well as fiber and fluid.</p>
2.	Idea / Solution description	<p><b>Use AI-Powered Nutrition For Fitness &amp; Enthusiast Application</b></p> <p>Have a good variety of healthy foods from the five food groups each day. For more information see the Healthy eating for different ages and stages and Healthy Eating tips sections.</p> <p>Aim for two serves of fruit and five serves of vegetables each day. Only occasionally eat sugary, fatty or salty food, and then only in small amounts. Drink fresh, clean tap water instead of sugary drinks.</p> <p>Switch over to healthy recipes that look and taste good. Plan your meals ahead and shop for healthy ingredients. Enjoy cooking and eating healthy food with family or friends and without distractions such as the television.</p>
3.	Novelty / Uniqueness	<p>Nutrition can help enhance athletic performance. An active lifestyle and exercise routine, along with eating well, is the best way to stay healthy. Eating a good diet can help provide the energy you need to finish a race, or just enjoy a casual sport or activity.</p> <p>You are more likely to be tired and perform poorly during sports when you do not get</p>

		<p>enough:</p> <ul style="list-style-type: none"> <li>• Calories</li> <li>• Carbohydrates</li> <li>• Fluids</li> <li>• Iron, vitamins, and other minerals</li> <li>• Protein</li> </ul>
4.	Social Impact / Customer Satisfaction	<p>Largest database available in a diet tracker includes many restaurant foods.</p> <p>Users can download recipes online and calculate the calorie content of each serving.</p> <p>Ability to quick add calories when you don't have time to log the whole meal.</p>
5.	Business Model (Revenue Model)	<p>First, it is a lifestyle tracker calorie counter.</p> <p>Second, is their social feed, which allows the user to find their kind of people with similar goals and problems.</p> <p>The third, and most innovative aspect is technology augmented coaching, which uses a combination of artificial intelligence and human trainers to help users stay healthy and engage with the app.</p>
6.	Scalability of the Solution	<p>The modern AI-based apps are your fitness assistants. They instantly connect you to a nutritionist, provide customized workouts based on your health data, and offer solutions for all your fitness needs.</p> <ol style="list-style-type: none"> <li>1. Collective health analysis</li> <li>2. Improved health and fitness plans</li> <li>3. Increased gadget connectivity</li> <li>4. Smart Assistants</li> <li>5. Movement tracking</li> <li>6. Impeccable nutritional evaluation</li> </ol>