

NUTRITION ASSISTANT APPLICATION

PROBLEM STATEMENT

Team ID:PNT2022TMID12789

- ✧ Regular gym-goer Soundar wants to put on weight but is emaciated and lacks access to reliable resources for fitness advice.
- ✧ Although Chandran is a qualified trainer, he lacks the essential channels of communication to regularly assess his students' fitness.
- ✧ Gokul is a software engineer who rarely walks, is obese, has heart issues, and wants to lose weight to maintain good health.
- ✧ Kaarthiik, an alcoholic and a drinker, consistently skips meals. He wants to change this behaviour but lacks the right support.

SOLUTIONS

- ❖ Eat less of the meals that previously gave you heartburn. Highly seasoned foods, greasy or fried foods, chocolate, alcohol, and caffeine-containing beverages are some items that are frequently linked to heartburn (coffee, tea and soft drinks).
- ❖ Instead of three substantial meals throughout the day, eat five or six smaller ones. Reducing the amount of food in your stomach helps with digestion and lowers your risk of experiencing heartburn. After eating, spend at least two hours either sitting or standing.
- ❖ Keep your upper body lifted at a 45-degree angle if you're lying down. Before going to bed, have your final meal many hours earlier. To treat heartburn, use an antacid one hour after meals. Taking antacids before bed may also be an option.
- ❖ Inform your physician or dietician if you routinely take antacids. What you want to eat is frequently influenced by how food tastes. Your appetite may be impacted if food starts to taste different, such as when it becomes overly sweet, too bland, bitter, or metallic-tasting. Medications frequently induce these alterations in flavour.