

NUTRITION
ASSISTANT
APPLICATIONS

IDEATION

SRIMAN NARAYAN M.

1. IDEA NAME: CALORIE CALCULATOR

DESCRIPTION: The app helps to calculate the calorie value of food intake. Ingredients of the food are given, and the calorie value of each ingredient is added together to give the resultant calorie value.

2. IDEA NAME: HEALTH BUDDIES

DESCRIPTION: Social media apps are the most popular apps on the internet. In this app users with similar fitness goals can communicate with each other and share their fitness ideas and can also post their recent achievements in fitness goals and they can also challenge each other in achieving goals.

3. IDEA NAME: SOCIAL PLATFORM APPS

DESCRIPTION: The user needs to be suggested a diet plan by an expert to reach his/her goal. This app connects users with diet & nutrient coaches. These coaches provide them with suggestions and nutrition tips.

4. IDEA NAME: WAGER APP

DESCRIPTION: In this app, the user bets a certain amount of money that he'll achieve a certain weight goal in a certain amount of time. If they lose that much body weight, they get their money back along with coupons otherwise, they will lose the money.

Srivanth A.

1. IDEA NAME: AI-BASED CALORIE PLANNER

DESCRIPTION: They let users record meals and daily intake of water, monitor calories burned and consumed, select a fitness program as per health conditions, and monitor its implementation to get healthy foods.

2. IDEA NAME: CALORIE MONITOR

DESCRIPTION: Checking whether a meal is suitable for correct calorie intake warning to exceed per day calorie intake & high dense fat foods

3. IDEA NAME: RECIPE COOKBOOK

DESCRIPTION: Sometimes, home-cooked food is better than buying outside food. An in-app application recipe cookbook is required where it recommends a food based on the user's data. It also encourages the users to upload their recipes to the application.

4. IDEA NAME: FOOD SUGGESTER

DESCRIPTION: Suggesting food based on a calorie deficit plan of suggestion of food with more quantity and fewer calories.

Tharanibalan S K

1. IDEA NAME: AI-BASED DIAGNOSER

DESCRIPTION: An app that asks basic health survey questions to the user and records their answer. Based on their answer with the help of AI, it predicts possible health issues the user might encounter in the future.

2. IDEA NAME: HEALTH WITH BENEFITS

DESCRIPTION: This app can provide a list of diet plans and the user can choose any plan of his choice to make sure he is following them strictly. The app sets challenges and if the user completes a challenge successfully, the user receives popular fitness products or can provide cash backs on popular UPIs for further motivation.

3. IDEA NAME: AYURVEDA APP

DESCRIPTION: Nowadays many people reach out to Ayurvedic medications for many health problems. This app suggests ayurvedic medicines for an individual's health problems. It can even provide a list of ingredients and recipes to make those medicines.

4. IDEA NAME: MEAL PLANNER

DESCRIPTION: The app helps to generate the weekly plan for eating food. The users are required to fill in data such as desired weight, diet, and food preferences.

Sahithyan S

1. **IDEA NAME:** SUPERMARKET ASSISTANT

Description: This application is used for rating products based on ingredients and nutritional value, which makes the user choose the right ingredient for creating a nutritious dish.

2. **IDEA NAME:** VEGGIE VEGAN

Description: This application is made for vegans. It gives plant-based recipes that use fresh produce, unprocessed grains, healthy fats, legumes, and spices. Also, ideal if you're gluten or dairy-free. It has filters to make finding your new fav meal even easier.

3. **IDEA NAME:** FOODAHOLIC

Description: This application lets you make a shopping list based on the recipe and create a recipe box to easily access your favourite items later. It also allows you to note food allergies, restrictions, tastes, and preferences, making it an easy way to find the right food based on user requirements.

4. **IDEA NAME:** VERDURE FITNESS

Description: Lose Weight Without Dieting and a quickly growing nutrition and dieting app that keeps things simple and streamlined. There is a database of food that you can add to which is admittedly tricky, but the rest of the application seems to work well.

OUR TOP THREE IDEAS

- **IDEA NAME:** CALORIE CALCULATOR

DESCRIPTION: The app helps to calculate the calorie value of food intake. Ingredients of the food are given, and the calorie value of each ingredient is added together to give the resultant calorie value.

- **IDEA NAME:** CALORIE MONITOR

DESCRIPTION: Checking whether a meal is suitable for correct calorie intake warning to exceed per day calorie intake & high dense fat foods. This application can be used to differentiate between healthy food and non-healthy food.

- **IDEA NAME:** MEAL PLANNER

DESCRIPTION: The app helps to generate the weekly plan for eating food. The users are required to fill in data such as desired weight, diet, and food preferences. This can be extended for a month based on the user's choice.