

# NUTRITION ASSISTANT APPLICATION

---

## PROBLEM STATEMENT

BY

ANIL PATEL M

SUDAGAR S

NISHOK RR

ANUPAMA A

- Poor nutrition can impair our daily health and wellbeing and reduce our ability to lead an enjoyable and active life.
- People who want to follow dieting needs a guidance over their food habits.
- In the short term, poor nutrition can contribute to stress, tiredness, and our capacity to work, and over time, it can contribute to the risk of developing some illnesses and other health problems.
- Unwanted carbs and fats can cause obesity in a person. A person suffering from obesity is not aware of the amount of fat that he/she is consuming.