

## Project Design Phase-I

### Proposed Solution

Date	23 September 2022
Team ID	PNT2022TMID15581
Project Name	Nutrition Assistant Application
Maximum Marks	2 Marks

#### Proposed Solution Template:

S.No	Parameter	Description
1.	Problem Statement (Problem to be solved)	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 such as being overweight or obese, tooth decay, high blood pressure, high cholesterol, heart disease and stroke, type-2 diabetes, osteoporosis, some cancers, depression, eating disorders.
2.	Idea / Solution description	The proposed solution helps the user to create their own meal/diet plan according to their healthy intake activities. It can give the accurate value of the calories of the food which helps the user to know the nutrition value. It also stores the data or images that user upload and can easily fetch the data next time.
3.	Novelty / Uniqueness	This nutrition assistant application is an web based application so we can use it on any device like mobile phones, laptop etc. It can also recommend some of the healthy diet plans that can help the user with no knowledge about the diet. The application also generate reports on their diet plans on weekly/monthly basis so user can know about his / her health details.

4.	Social Impact / Customer Satisfaction	It will help people with providing proper nutrition and helps in maintaining a healthy lifestyle. App-based nutrient dashboard systems which can analyse real time images of meal and analyse it for nutritional content can be very handy and improve the dietary habit. Those who are having obesity problem with no knowledge about how to overcome obesity they can follow basic diet plan in the application.
5.	Business Model (Revenue Model)	Social media is the best way to spread the word about our application. And with the influencers we can attract the normal people. Clustering and targeting the fitness people with the help of local gyms.
6.	Scalability of the Solution	Malnutrition and stunting impair growth and development in children as a result of poor nutrition, repeated infection, and inadequate psychosocial stimulation. Affecting 35 percent of Zambian children under age 5, stunting can cause poor cognition and educational performance along with other harmful lifelong effects. This type of application can prevent or the reduce the percentage of the children or teenagers to fall the risk of obesity. Since they can use the application without any assistance. Increasing this type of application can bring a major change in obesity rates.