PROJECT DESIGN PHASE - I
PROPOSED SOLUTION TEMPLATE

Date	29.09.2022
Team ID	PNT2022TMID34980
Project Name	Nutrition Assistant Application

Proposed Solution Template:

S.No.	Parameter	Description
1.	Problem Statement (Problem to be solved)	It can be very helpful and improve eating habits to develop app-based nutrient dashboard systems that can evaluate real-time photographs of meals and assess them for nutritional content. The health tracking platform must, like any other nutrition app, have a specific capability set as well as a number of fundamental elements that assist users in bettering their physical condition and set it apart from other apps currently on the market. Diet services can provide more than just calorie counting, food intake monitoring, and physical activity tracking. In addition, it offers a food diary, a nutrition plan, a bodybuilding diet plan, a vegan nutrition plan, diet tracking, and a health activity tracker.
2.	Idea / Solution Description	A user-friendly and practical nutrition assistant application has been created as an app. People's disregard for healthy eating practices contributes to rising obesity rates. Therefore, by consuming healthier foods, people need to limit their calorie intake. This app-based tool analyzes user eating patterns and aids in the creation of a healthy meal plan. This project aims at building a web App that automatically estimates food attributes such as nutritional value by classifying the input image of food. Our method employs Clarifai's AI-Driven Food Detection Model for accurate food identification to give the nutritional value of the identified food.

3.	Novelty / Uniqueness	The Photography solution has been deployed as a new dietary assessment tool. This approach lessens the difficulty of gathering dietary information, and the food images allow people to recall their dietary habits. With food detected estimated for each food, information about the nutrient and energy content of the food can be retrieved from a dietary database.
4.	Social Impact / Customer Satisfaction	It is really amazing when users come to know that nothing is better than a blog to share useful information related to fitness, diet and nutrition within your app. Also, you can integrate a user forum or thread into your app or other supported devices to share healthy eating habits. In this feature When a customer selects a recipe, the ingredients and materials of this recipe get added by default. However, the shoppers can add the materials on their own as well. Special diet apps are launched for pregnant women, diabetic patients. that will help you to develop, monitor, and analyze diet plans for all the patients. They also track the progress of pregnant women and keep them healthy. These types of special diet apps target a certain audience and are highly effective. A nutrition planner app that provides a virtual diet. All of these can enable users to fill in the healthy meal habits that let them create the best diet plan.
5.	Business Model (Revenue Model)	Gyms are playing an important position in today's trend. However, now no one is having sufficient time to be part of the fitness center and doing sports over there. For such people, the weight loss tips and health app is a helpful tool. The app assists the users to comply with a right weight loss program and to test on their calorie intake. Even Though a few apps are already supporting their customers at best. However, this Nutrition Assistant Application can be one of the betterment to the users. to stay healthy and keep immunity strong and minimize blood sugar levels, allow customers to exercise through live virtual sessions of health experts via mobile device.Such experts will offer excellent diet tips to the users which will eventually improve their health and fitness.

6.	Scalability of the Solution	Instead of developing a common diet and nutrition app, you can narrow down your app niche to target a specific customer segment. Diet modification for dialysis patients is challenging due to the complexity of the renal diet. Such diet modification requires a substantial amount of patient self-management skills to integrate and implement the complex dietary recommendations over the course of one's lifetime.