

## AI -POWERED NUTRITION ANALYZER FOR FITNESS ENTHUSIASTS

### **PROBLEM STATEMENT**

Many people, have their own method or app to analyze their daily intake of nutrition , which they feel is one of the main factor for maintaining a healthy body and one of the important steps among many towards fitness. It is a good habit for a person to record daily intake of nutrition but due to unawareness and lack of proper applications to suit their privacy, lacking proper predefined plans based on actual data of nutrition present in various food, they tend to either give up, or use methods which are not that much helpful. Due to lack of a complete tracking system, there is a constant struggle to properly know the necessary amount of nutrition needed and the amount we intake, then the total estimation till the end of a certain period.

Who does the problem affect?	People who want to stay fit
What is the issue?	We can't use google search to know the nutritional value of each food we eat. It consumes a lot of time to know each food item's nutrition by searching and checking a lot of sites. Sometimes, we even get false information by opening random websites.
When does the issue occurs?	When people have trouble on deciding what food they want to eat and what they want to avoid to lose or gain weight according to their needs. For people who are unable to get the information they want by searching on the internet. For people who are busy with their jobs to exercise regularly, so they decide to follow a specific diet by eating food rich in particular nutrition and avoid foods which contain fat.
Where is the issue occurring?	The issue occurs when the person is unable to track their daily nutrition intake.
Why is it important that we fix the problem?	By solving this issue, these people can properly decide on their diet plan to achieve the desired result of staying fit.