

# AI-Powered Nutrition Analyzer for Fitness Enthusiasts

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## **Aim:**

To develop a Nutrition Analyzer for Fitness Enthusiasts powered by Artificial Intelligence which take camera captured images of fruits.

## **Problem Statement:**

The main aim of the project is to build a model that displays nutrition content in a fruit depends on the fruit's color, shape, texture. Balanced Nutrition and healthy diets are important factors to improve the lifestyle by preventing diseases and ageing. Hence Food is essential for a human being but food industry comprises complexities and challenges to preserve the nutrition in the food and leads to evolution of CNCD (chronic non-communicable diseases), including, cardiovascular diseases, depression, and obesity. Further, product ideas and advanced packaging demand thorough data collection, testing, and certification before approaching consumers. If this work is performed manually, it brings high possibilities of errors that ultimately lead to time and money wastage with no beneficial outcomes. Here AI in nutrition plays a significant role in offering the extraordinary potential for preventing diseases and better treatment methods.

Traditional data recording and calculation methods were tedious and not free from human errors; luckily, disruptive digital technologies stepped in to record data and calculated mission-based statistics effectively. Transformation offers a strong basis to use previous data to better the next generation. Artificial intelligence and machine learning in nutrition use raw data and extract competitive features that are advantageous for predicting better dietary plans.