



Output ScreenShot:


Nourish Nutri Aid:

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We have always heard the word 'health' and 'fitness'. We use it ourselves when we say phrases like 'health is wealth' and 'fitness is the key'. What does the word health really mean? It implies the idea of 'being well'. We call a person healthy and fit when he/she function well physically as well as mentally.

Factors Affecting our Health and Fitness Good health and fitness is not something which one can achieve entirely on our own. It depends on their physical environment and the quality of food intake. We live in villages, towns, and cities. In such places, even our physical environment affects our health. Therefore, our social responsibility of pollution-free environment directly affects our health. Our day-to-day habits also determine our fitness level. The quality of food, air, water all helps in building our fitness level. Role of Nutritious Diet on our Health and Fitness The first thing about where fitness starts is food. We should take nutritious food. Food rich in protein, vitamins, minerals, and carbohydrates is very essential. Protein is necessary for body growth. Carbohydrates provide the required energy in performing various tasks. Vitamin and minerals help in building bones and boosting our immune system. However, taking food in uneven quantity is not good for the body. Taking essential nutrients in adequate amount is called a balanced diet. Taking a balanced diet keep body and mind strong and healthy. Good food helps in better sleep, proper brain functioning and healthy body weight. Include vegetables, fruits, and pulses in daily diet. One must have a three-course meal. Having roughage helps in cleaning inner body organs. Healthy food habit prevents various diseases. Reducing the amount of fat in the diet prevents cholesterol and heart diseases. Get the huge list of more than 500 Essay Topics and Ideas Impact of Exercise on our Health Routine exercise helps improve our muscle power. Exercise helps in good oxygen supply and blood flow throughout the body. Heart and lungs work efficiently. Our bones get strong and joints have the pain free movement. We should daily spend at least twenty minutes in our exercise. Daily morning walk improves our fitness level. We should avoid strenuous Gym activities. Exercise burns our fat and controls the cholesterol level in the body. Various outdoor games like cricket, football, volleyball, etc keeps our body fit. Regular exercise maintains our body shape.





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Watson Assistant

Yes

No

Enter your age...!

Choose any one from below...

Exercise plan

Nutritious food

Diet Plan

Diet Plan

Are you looking for the best Indian Diet Plan to lose weight?

The rules are simple.

All you need to do is start eating right food. However, in India, this can feel like an insurmountable challenge, given our food culture and dietary habits. For instance, a typical Indian meal is high in carbohydrates and...

Type something...

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Nutritious Assistant

Stop/Start

Capture

Detect

By identifying the supplied food image, this project aims to create a web application that automatically calculates food quantities like ingredients and nutritional values. For precise food recognition and to determine the nutritional value of the recognized items, our solution uses a food detection model and food

1. First click on stop and start for starting
2. then click on capture to take a image which accuracy you want to know
3. click on detect button for see the nutrients list
4. The health issues most of the time depends on our diet and nutrition.

Assistant

**Our model said that it is a Dessert
and Nutrients present is Dessert are following**

Quantity: 25 g; Energy: 78 cal; Protein: 1.14 g; Carbohydrates: 8.7 g; Unsat: 5 Na; Fiber: 0.03 g; Fat: 2.381 g; Cholesterol: 7.35 mg; Unsat: 9 Na; Vitamin A: 29.16 mcg; Vitamin B1: Na; Unsat: 12 Na; Vitamin B2: Na; Unsat: 14 Na; Vitamin B3: Na; Unsat: 16 Na; Vitamin C: 0.1 mg; Vitamin E: 0.02 mcg; Calcium: 31.08 mg; Iron: 0.05 mg; Magnesium: 3.96 mg; Unsat: 22 Na; Phosphorus: 26.16 mg; Unsat: 54 Na; Sodium: 1.01 mg; Potassium: 18.85 mg; Unsat: 37 Na; Zinc: 0.10 mg; Note: Data: type: object



Nutritious Assistant

Stop/Start

Capture

Detect



By identifying the supplied food image, this project attempts to create a web application that automatically estimates food quantities like ingredients and nutritional values. For precise food recognition and to determine the nutritional value of the recognized item, our solution uses a food detection model and food

1. First click on stop and start for starting
2. then click on capture to take a image which records you want to know
3. click on detect button for see the nutrients list
4. The health issues exist of the time depends on our diet and nutrition

Assistant

**Our model said that it is a Meat
and Nutrients present is Meat are following**

Quantity: 100 g; Energy: 173 cal; Protein: 13 g; Carbohydrates: NaN Unnamed: 3 NaN Fiber: NaN Fat: 13 g; Cholesterol: NaN Unnamed: 9 NaN Vitamin A: NaN Vitamin B1: NaN Unnamed: 12 NaN Vitamin B2: NaN Unnamed: 14 NaN Vitamin B3: NaN Unnamed: 16 NaN Vitamin C: NaN Vitamin E: NaN Calcium: 60 mg Iron: 2 mg Magnesium: NaN Unnamed: 22 NaN Phosphorus: 120 mg Unnamed: 24 NaN Sodium: NaN Potassium: NaN Unnamed: 27 NaN Zinc: NaN Niacin: NaN Mass: NaN, dtype: object

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