NUTRITION ASSISTANT APPLICATION

PROBLEM STATEMENT

Nutrition is about eating a healthy and balanced diet.The Effective management of food intake and nutrition are both key to good health.Obesity rates are increasing at an alarming speed,due to the ignorance of the proper Nutrition foods, and this leads to risks in people's health. People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity.However,some food packaging has an added nutrition and calorie values,but it's not very comfortable to refer. So the App-based nutrient assistant which can scan real-time images of a food and examine it's nutritional content which will improves the dietary habits.Smart nutrition and foods can prevent diseases.Energy intake (calories) should be in balance with energy expenditure.To avoid unhealthy weight gain,total fat should not exceed 30% of total energy intake.It is difficult to balance a calories without any assistant, this application will automatically estimates food attributes such as ingredients and nutritional value by classifying the input image of food.