

DATE	04.11.2022
TEAM ID	PNT2022TMID44824
PROJECT NAME	<b>AI-powered Nutrition Analyzer for Fitness Enthusiasts</b>
MAXIMUM MARKS	2MARKS

The objective is to equip the community with basic messages on food and nutrition through their contact point, namely, field level functionaries belonging to various sectors of the Government concerned with providing nutrition, health and other welfare services. Preface Acknowledgement introduction . The goal of nutrition education is contribute **to** to reinforce specific nutrition-related practices or behaviours to change habits that poor health; this is done by creating a motivation for change among people, to establish desirable food and nutrition behaviour for promotion and protection of good health.

Eating smart and being active have similar effects on our health. These include: Reduce the risk of chronic diseases, such as diabetes, heart disease, high blood pressure, stroke, and some cancers and associated disabilities. Prevent weight gain and/or promote weight loss Nutrition can help enhance athletic performance. An active lifestyle and exercise routine, along with eating well, is the best way to stay healthy. Eating a good diet can help provide the energy you need to finish a race, or just enjoy a casual sport or activity.