Project Development Phase
Sprint 3

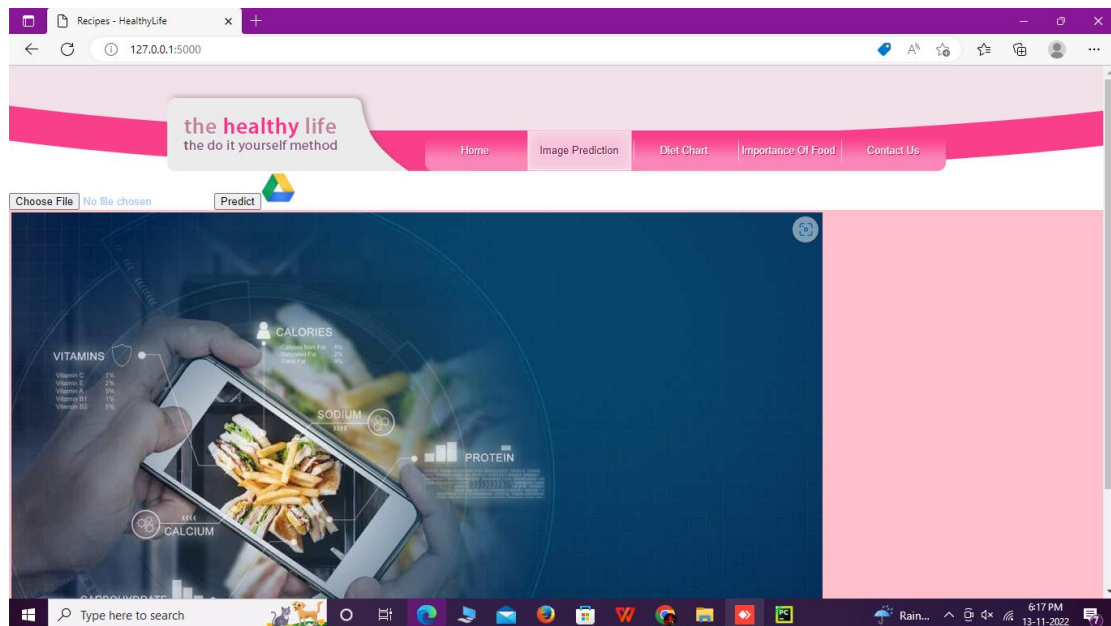| Date	16 Nov 2022
Team ID	PNT2022TMID42545
Project Name	AI - powered Nutrition Analyzer and Fitness Enthusiasts

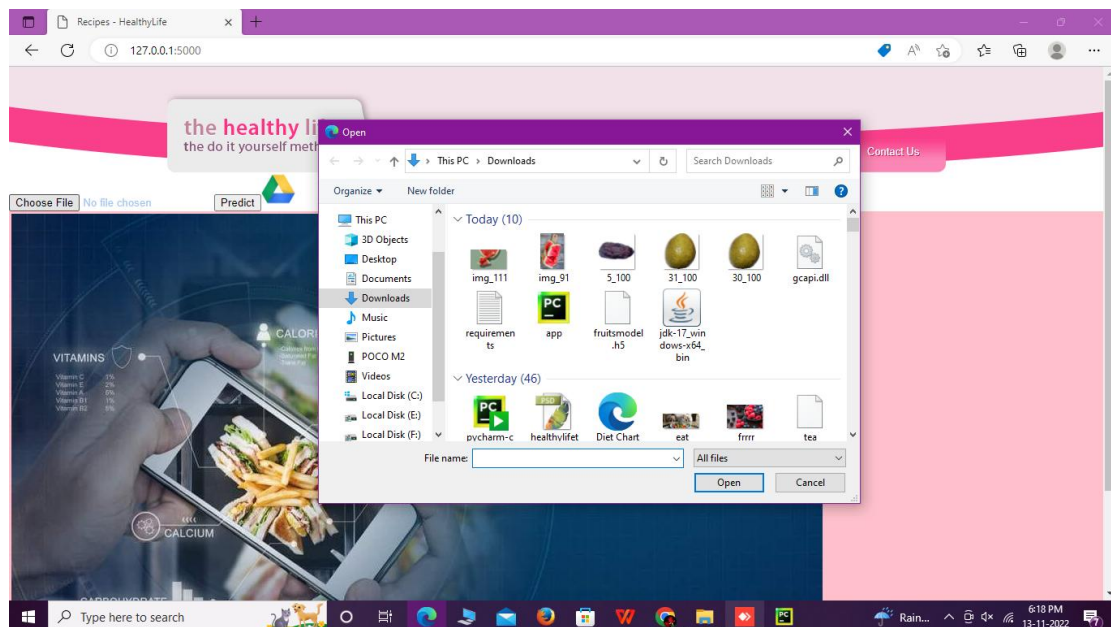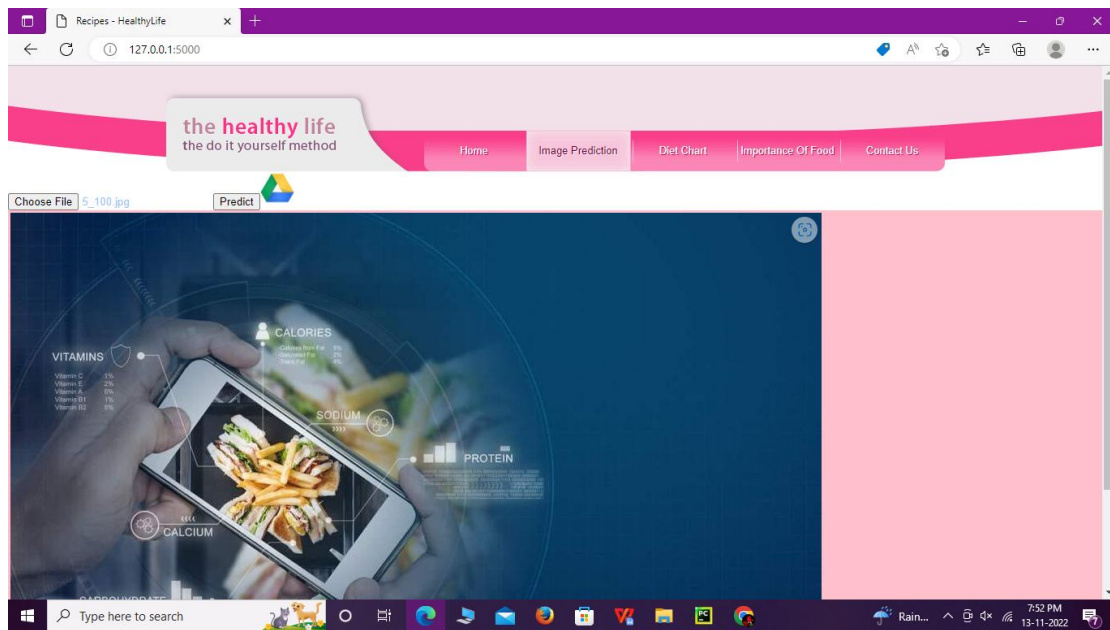## Local Deployment

(Running App! - Flask)

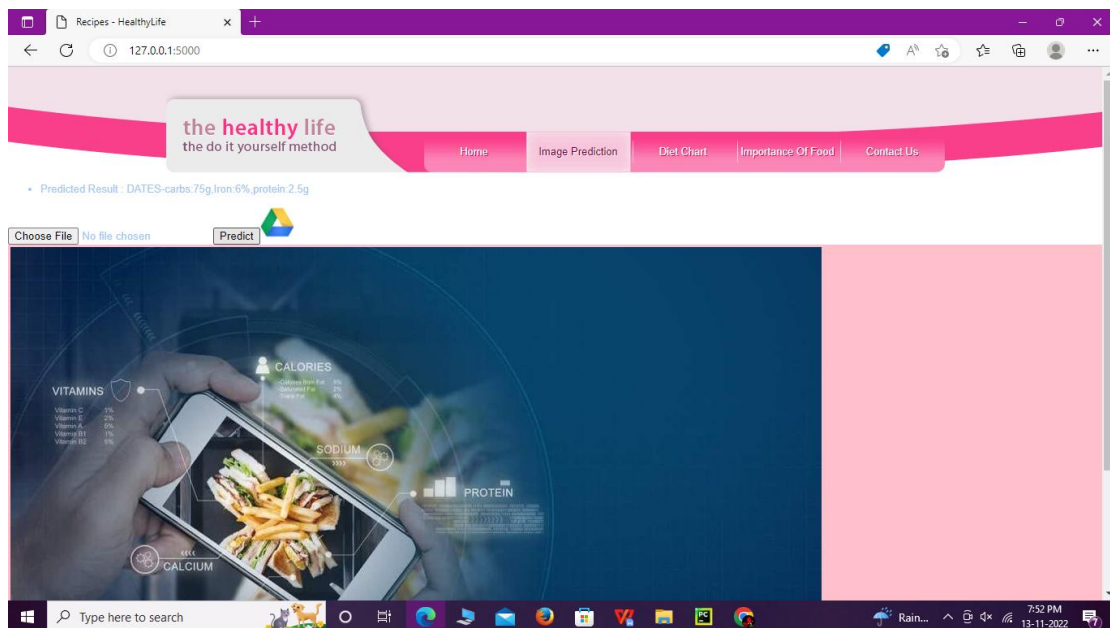**UI Application Opens successfully!**
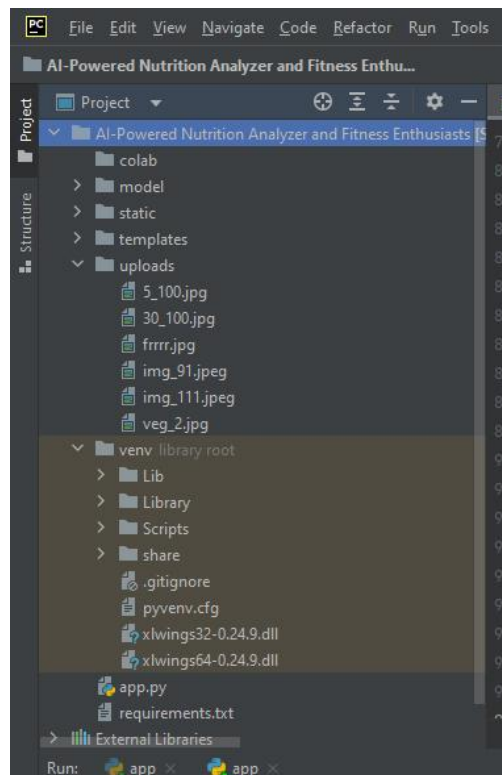
Image Prediction

(Click choose to upload files)

(Image is uploaded - Click predict button to predict)

Result is predicted

(Uploaded image is stored)

Diet Chart

the **healthy** life
the do it yourself method

Home | Image | Diet Chart | Importance Of | Contact Us

Importance of Food in Our Daily Life-How Eating Healthy Affects Our Health?

The importance of food is obvious and essential. Healthy food provides us the nutrients and energy to develop and grow, be active and healthy,to move, play, work, think and learn. Foods are directly related to our body and mental and social health because each food or liquid contain particular nutrition such as carbohydrates, protein, vitamins, minerals, fats, etc, which are very necessary for our physical and mental growth. Food and water are the main sources of nutrition and strengthening the body, but many of the foods we eat do not have any nutritional values. On the contrary, they lead to health problems such as diabetes and heart disease. Therefore, you should choose healthy and balanced foods that can provide enough nutritional value for the body.

Importance of Food

WHAT IS FOOD?

Food is the third most important thing for living beings to provide energy and development, maintain life, or stimulate growth after air and water In fact, it is one of the most complicated sets of chemicals. Food plays an important role in the promotion of health and disease prevention.In general, it consists of essential nutrients, such as carbohydrates, proteins, fats, minerals and vitamins which are consumed to provide nutritionalsupport for an organism and ingested by an organism and assimilated by the organism's cells to sustain health. These nutritious foods are in the form of grains, pulses, fruits, vegetables, oils, etc. We must know that the terms 'food' and 'nutrition' are
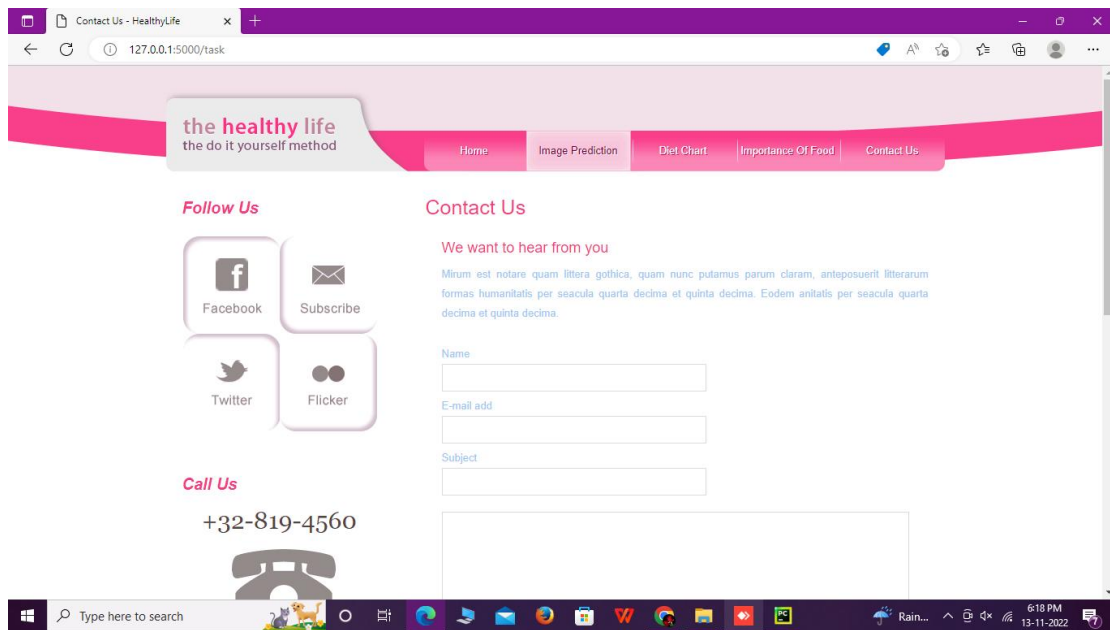
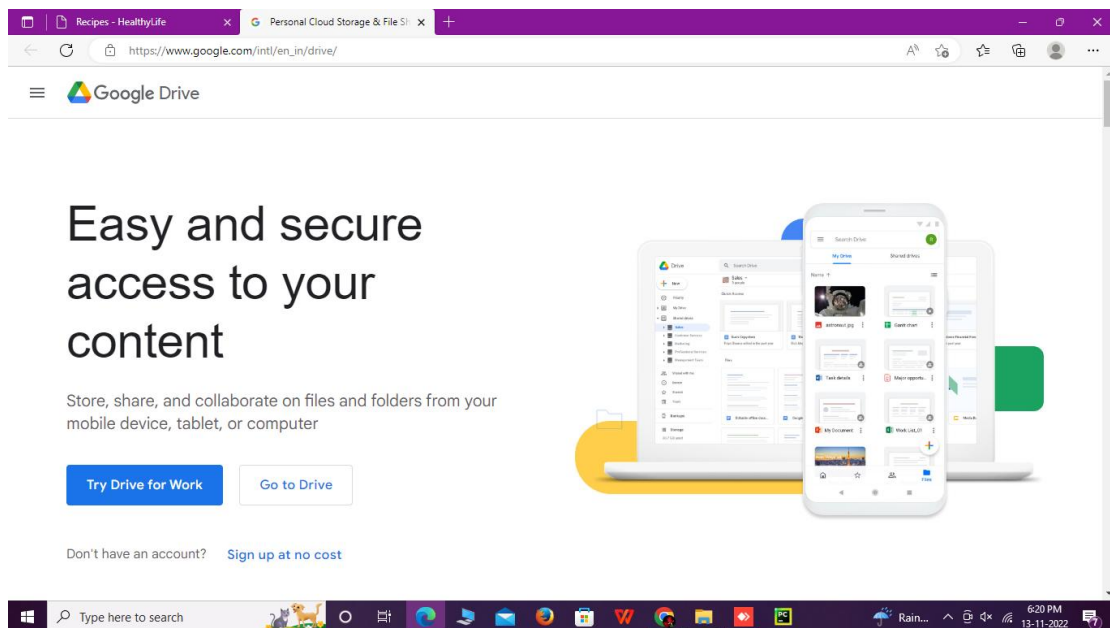**Contact Us**

(Click Google Drive Button For Sharing Purposes)