

Problem Statement

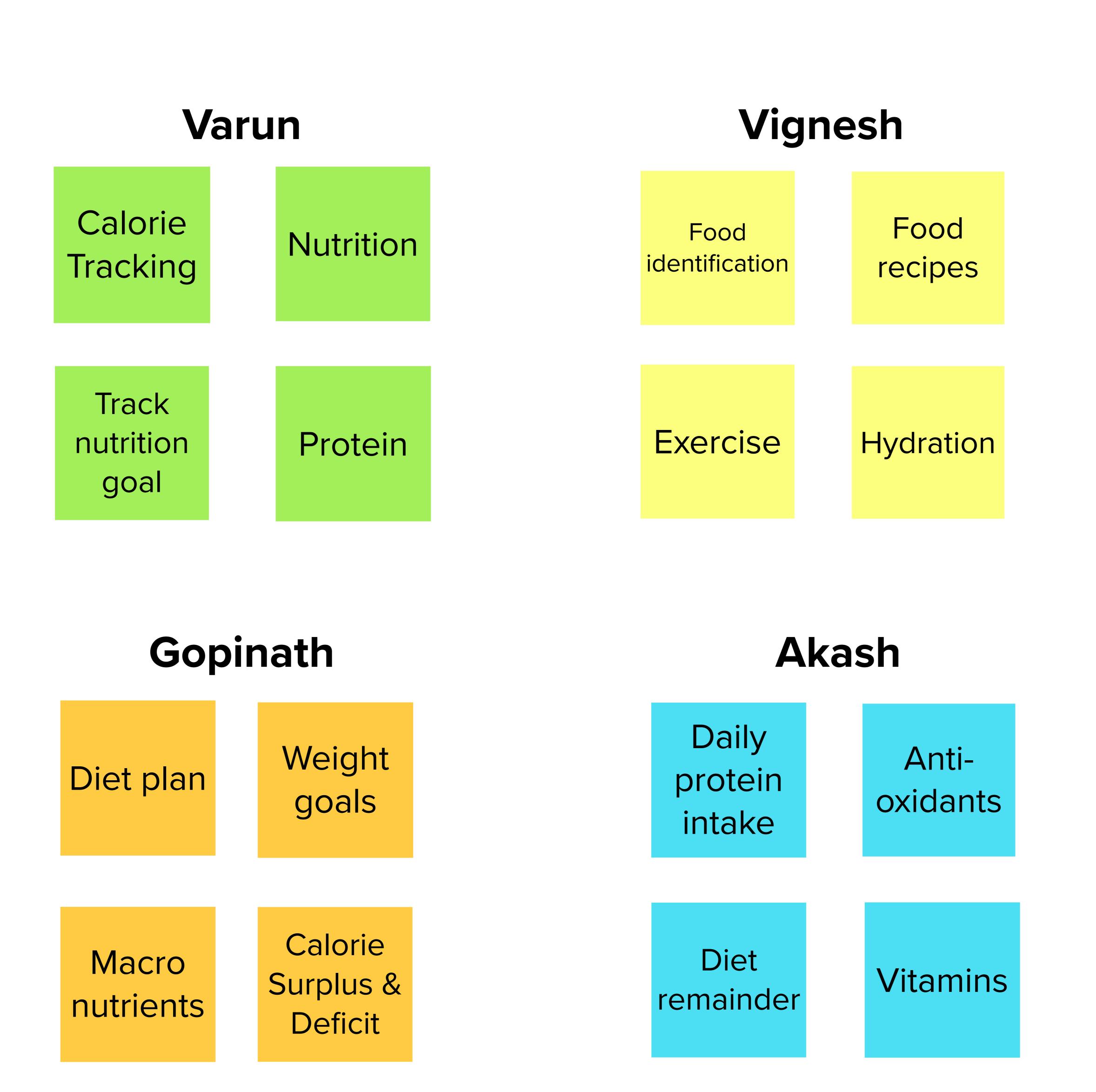
High-Calorie food intake can be harmful and result in obesity, which is a preventable medical condition that causes abnormal accumulation of fat in the body. It can result in numerous diseases such as obesity, diabetes, cholesterol, heart attacks, blood pressure, and other diet-related ailments. In order to deal with such problems, people are inclined towards making a difference in their diet plans by paying more attention to what type of food they are consuming. Diet management is a key concern among individuals belonging to different age groups. However, one major challenge in diet management is maintaining a balance between what one eats and how one monitors his/her food consumption. The immense increase in ailments such as high cholesterol, blood pressure, strokes, etc. demands nutritional and diet management for which people resort to expensive nutrition therapies.



Brainstorm

Write down any ideas that come to mind that address your problem statement.

① 10 minutes





Group ideas

Take turns sharing your ideas while clustering similar or related notes as you go. Once all sticky notes have been grouped, give each cluster a sentence-like label. If a cluster is bigger than six sticky notes, try and see if you and break it up into smaller sub-groups.

① 20 minutes

