

Project Design Phase-I**Proposed Solution Template**

Date	23 September 2022
Team ID	PNT2022TMID40549
Project Name	Project – Nutrition Assistant Applications
Maximum Marks	2 Marks

Proposed Solution Template:

Project team shall fill the following information in proposed solution template.

S.No.	Parameter	Description
1.	Problem Statement (Problem to be solved)	Heartburn can occur for many reasons, including overeating, eating certain foods taking medicines or as a result of surgery.
2.	Idea / Solution description	Avoid foods that caused heartburn before. Some foods commonly associated with heartburn are highly seasoned foods, beverages that contain caffeine (coffee, tea and soft drinks).
3.	Novelty / Uniqueness	Gastroesophageal reflux disease (GERD) is a common esophageal disorder that is characterized by troublesome symptoms associated with increased esophageal acid exposure. Cornerstones of therapy include acid suppressive agents like proton pump inhibitors (PPI) and lifestyle modifications including dietary therapy, although the latter is not well defined.
4.	Social Impact / Customer Satisfaction	To investigate the impact of heartburn and regurgitation on the quality of life among patients with gastroesophageal reflux disease GERD patients with heartburn or regurgitation predominant had similar demographics, but those with

		heartburn predominant had more severely impaired daily activities and lower general health scores.
5.	Business Model (Revenue Model)	Besides your 9-to-5 job as a nutritionist, you can invest your time and energy in these business ideas. Visualization, determination and consistency are the key. So keep working towards your goal.
6.	Scalability of the Solution	<p>Eat a ripe banana.</p> <p>Chew sugar-free gum.</p> <p>Keep a food journal and avoid trigger foods.</p> <p>Resist the urge to overeat or eat quickly.</p> <p>Avoid late meals, snacking before bed and eating before exercising.</p>