

## **Proposed Solution**

Due to the ignorance of healthy food habits, obesity rates are increasing at an alarming speed, and this is reflective of the risks to 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, although food packaging comes with nutrition (and calorie) labels, it's still not very convenient for people to refer to app-based nutrient dashboard systems which can analyze real-time images of a meal and analyze it for nutritional content which can be very handy and improves the dietary habits, and therefore, helps in maintaining a healthy lifestyle. This project aims at building web app that automatically estimates food attributes such as ingredients and nutritional value by classifying the input image of food. Our method employs Clarifai's AI-Driven Food Detection Model for accurate food identification and food API's to give the nutritional value of the identified food.

Nutrition apps can help make life easier for individuals who need to track their food intake for health reasons. No nutrition app works for everyone, and some may trigger certain issues. This app compiles recipes, suggests ingredients, and assembles favourite meals in one location, so a person has a

greater variety of meals using healthy ingredients at their disposal. If someone needs to lose weight for health reasons, they may initially struggle to manage their calorie intake and portion sizes. Additionally, the app has tips for cooking healthy meals and printout recipes. People recovering from eating disorders may find using apps beneficial for staying healthy. The app offers more information and advice about the recovery process.