

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

Date	19 September 2022
Team ID	PNT2022TMID24963
Project Name	Project -Nutrition assistant Application
Maximum Marks	2 Marks

S.No.	Parameter	Description
	Problem Statement (Problem to be solved)	If your appetite and taste have been affected by illness, medications or other health issues, you may have trouble eating and getting proper nutrition. These changes can affect your overall health
	Idea / Solution description	<p>Eat smaller meals and snacks more frequently. Eating six or seven or eight times a day might be more easily tolerated than eating the same amount of food in three meals.</p> <p>Talk to your provider. Sometimes, poor appetite is due to depression, which can be treated. Your appetite is likely to improve after depression is treated.</p> <p>Avoid non-nutritious beverages such as black coffee and tea; instead choose milk and juices. Try to eat more protein and fat, and less simple sugars.</p> <p>Walk or participate in light activity to stimulate your appetite.</p>
	Novelty / Uniqueness	weight loss, improving body image, or calorie counting
	Social Impact / Customer Satisfaction	Consumers may use this information to assess the nutrient contribution of each serving of food to their daily intake.
	Business Model (Revenue Model)	helps community members live in the healthiest manner possible

	Scalability of the Solution	Eat smaller meals and snacks more frequently. Talk to your provider. Avoid non-nutritious beverages such as black coffee and tea; instead choose milk and juices.
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