**Project Design Phase-I**

**Proposed Solution**

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

| **S.No.** | **Parameter** | **Description** |
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|  | 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 | 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.  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.  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.  Walk or participate in light activity to stimulate your appetite. |
|  | 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. |