**Project Title: NUTRITION ASSISTANT APPLICATION Project Design Phase-I** - **Solution Fit TemplateTeam ID:**PNT2022TMID50324

Interviews patients and takes diet histories. Reviews patient medical charts for dietetic and nutritional information. Assists nutrition therapist in determining appropriate nutritional care of patients. Gives individual diet instructions to patients with normal and modified diets, as directed by a nutrition therapist.

**AS**

**5. AVAILABLE SOLUTIONS**

Which solutions are available to the customers when they face the problem

What constraints prevent your customers from taking action or limit their choices

of solutions?

Healthy nutrition contributes to preventing non-communicable and ... we want to determine the limitations of our system for future work.

**CC**

**6. CUSTOMER CONSTRAINTS**

**CS**

**1. CUSTOMER SEGMENT(S)**

Who is your customer? A patient population into distinct groups—each with specific needs, characteristics, orbehavior llow care delivery and policies to be tailored for these groups.

**Explore AS, differentiate**

**Define CS, fit into CC**

**Focus on J&P, tap into BE, understand RC**

**Explore AS, differentiate**

**Deﬁne CS, ﬁt into CC**

Talk to your provider.

1. Avoid non-nutritious beverages such as black coffee and tea; instead choose milk and juices.
2. Try to eat more protein and fat, and less simple sugars.
3. Walk or participate in light activity to stimulate your appetite.
4. Eat smaller meals and snacks more frequently.

**BE**

**7. BEHAVIOUR**

What does your customer do to address the problem and get the job done?

**RC**

**9. PROBLEM ROOT CAUSE**

What is the real reason that this problem exists? What is the back story behind the need to do this job?

Nutrition services provide patients with education and counseling on their diet. Nutrition services may focus on overall health and well-being or may be a part of treatment for specific diseases.

**J&P**

**2. JOBS-TO-BE-DONE / PROBLEMS**

Nutrition assistants help dieticians with providing proper nutrition at healthcare facilitie**s**.

They determine patients' nutritional needs, assess risk factors, and plan meals and menus.

**Focus on J&P, tap into BE, understand RC**

**Focus on J&P, tap into BE, understand RC**

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| **Identify strong TR & EM** | **3. TRIGGERS TR**  What triggers customers to act?   provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency. | **10. YOUR SOLUTION SL**  If you are working on an existing business, write down your current solution ﬁrst, ﬁll in the canvas, and check how much it ﬁts reality.  The key messages for a healthy lifestyle include: Eat a variety of nutritious foods. Eat more vegetables and fruits.  Eat less processed foods that are often fatty, salty, and sugary. | 1. **CHANNELS of BEHAVIOUR CH**   **Identify strong TR & EM**   * 1. **ONLINE**   What kind of actions do customers take online? It's a way to look at goal-setting as specific, measurable, attainable, realistic and time-bound. In other words, it's just a smart (or, in this case, S.M.A.R.T.) approach to running nutrition.   * 1. **OFFLINE**   What kind of actions do customers take ofﬂine? Interviews patients and takes diet histories. Reviews patient medical charts for dietetic and nutritional information. Assists nutrition therapist in determining appropriate nutritional care of patients. Gives individual diet instructions to patients with normal and modified diets, as directed by a nutrition therapist. |  |
| **4. EMOTIONS: BEFORE / AFTER EM**  How do customers feel when they face a problem or a job and afterwards?  Before: poor nutrition can contribute to stress, tiredness and our capacity to work, and over time, it can contribute to the risk of developing some illnesses and other health problems .  After:Regulates our blood flow for decision-making. Improves our brain's communication with immune system. Helps improve feedback to the brain. Reduces stress and anxiety levels. |