

Project Design Phase-I

Proposed Solution

Date	19 September 2022
Team ID	PNT2022TMID43019
Project Name	Project – Nutrition Assistant Application
Maximum Marks	2 Marks

Proposed Solution:

S.No.	Parameter	Description
1.	Problem Statement (Problem to be solved)	<p>Problem:</p> <ul style="list-style-type: none"> ➤ 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. <p>Solution:</p> <ul style="list-style-type: none"> ➤ Choosing healthier foods (whole grains, fruits and vegetables, healthy fats and protein sources) and beverages. Limiting unhealthy foods (refined grains and sweets, potatoes, red meat, processed meat) and beverages (sugary drinks) Increasing physical activity. Limiting television time, screen time, and other "sit time"
2.	Idea / Solution description	<p>Idea:</p> <ul style="list-style-type: none"> ➤ Make available all kind of food for different users like some of user are heart patient, affected by any health issues.
3.	Novelty / Uniqueness	<p>Uniqueness:</p> <ul style="list-style-type: none"> ➤ Uncontrolled sugar consumption is one of the main causes of obesity and diabetes. Since today more people are interested in calculating amounts of sugar and fat they consume you need to create a diet and nutrition app with a sugar and fat tracker. This tracker may go in connection with automatically-

		generated recommendations that fit individual cases.
4.	Social Impact / Customer Satisfaction	Social impact: Kids who ate healthier diets showed more friendliness and social play than kids who didn't. If you are prone to social anxiety, limit caffeine, which can really fuel anxiety symptoms and alcohol, which can also interfere.
5.	Business Model (Revenue Model)	<ul style="list-style-type: none"> ➤ Nutrition assistant application ➤ Website
6.	Scalability of the Solution	<ul style="list-style-type: none"> ➤ Healthy nutrition contributes to preventing non-related diseases. ➤ Knowledge about the effects of the long term provision of health-aware recommendations in real-life situation is limited.