

Nutrition Assistant Application

Problem statement:

Wellness and healthy lifestyles have become mainstream. Interest in fitness applications and revenue from them grow as fast as the number of people striving to be fit.

People today tend to have less time for themselves and the daily tasks necessary for their well-being.

One of these tasks is cooking their own food, which being an essential task for survival, is of enormous importance for the health of the human being. With this lack of time, the incidence in resort to fast food and take-away restaurants.

Many times this method does not satisfy the rule of a balanced diet.

The spoonacular Nutrition, Recipe, and Food API allow you to access over 365,000 recipes and 86,000 food products.

You can automatically calculate the nutritional information for any recipe, analyse recipe costs, visualise ingredient lists, find recipes for what's in your fridge, find recipes based on special diets, nutritional requirements, or favourite ingredients, classify recipes into types and cuisines, convert ingredient amounts, or even compute an entire meal plan.