AI POWERED NUTRITION ANALYZER FOR FITNESS ENTHUSIASTS

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Team ID	PNT2022TMID46670
Project Name	AI-Powered Nutrition Analyzer for Fitness Enthusiasts

Problem Statement

- The basics of nutrition including macronutrients, micronutrients, specific nutrition and supplements.

- To learn that by managing our nutrition you will largely enhance the outcome of our exercise efforts.

- To learn how to determine our own nutrition strategy, rehydration requirements and supplement needs.

- To learn that a rock-solid nutrition strategy is not only about eating the RIGHT foods. It's also about WHEN to eat them.

- To learn what whole foods you should eat to meet your macro and micronutrient requirements.

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