

PROBLEM STATEMENT:

Nutrition Assistant Application

In the short term, 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 such as being overweight or obese, tooth decay, high blood pressure, high cholesterol, heart disease and stroke, type-2 diabetes, osteoporosis, some cancers, depression, eating disorders.

What does the problem effect?	<p>If we eat mostly junk foods over many weeks, months, or years, there can be several long-term impacts on health.</p> <p>Frequent consumption of junk foods can also increase the risk of diseases such as hypertension and stroke. Other long-term effects of eating too much junk food include tooth decay and constipation.</p>
What is the issue?	<p>Major nutritional problems include:</p> <ol style="list-style-type: none">1) Maternal nutritional anemia.2) Protein energy malnutrition.3) Vitamin A deficiency.4) Lactation failure.5) Addiction to milk feeding.6) Inadequate preparation and use of artificial milk products.
When does the issue occur?	<p>Eating junk food on a regular basis can lead to an increased risk of obesity and chronic diseases like cardiovascular disease, type 2 diabetes, non-alcoholic fatty liver disease and some cancers.</p>
Where is the issue occurring?	<ol style="list-style-type: none">1) Food Euphoria.2) Lack of sleep.3) Life Habits.4) Stress.
Why is it important that we fix the problem?	<p>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.</p>

