PROJECT ID	PNT2022TMID51263
PROJECT TITLE	**AI POWERED NUTRITION ANALYZER FOR FITNESS ENTHUSIASTS**
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ABSTRACT:

AI Powered Nutrition Analyzer For Fitness Enthusiasts suggests using an intelligent agent to create diet regimens depending on the user's inputs. Using information about a person's lifestyle and health requirements, the system generates a food plan. A system with artificial intelligence that understands human nutrition is known as an online artificial dietician.

People are taking different approaches to their health and food because of the modern lifestyle, careless attitude, and materialism. People now frequently experience various health issues and fitness issues, which is mostly attributable to an unbalanced diet. Health, wealth, and time are traded off in the current situation.

They frequently lack knowledge of the ideal nutrient balance for a healthy body.Therefore, a need for software that can offer diet consultations to the people at their preferred time and via mobile phones without having to visit a dietician arises in order to facilitate them with a proper

diet chart along with light exercises according to their lifestyle and cope up with their busy schedule.

The main goal of the software is to provide the user with a list of all feasible diet plans, along with the nutritional value of the food items, based on his or her lifestyle, taking into account the user's height, weight, working hours, and eating habits as inputs.