**NUTRITION ASSISTANT APPLICATION**

**Proposed Solution**

To recognise and find food items from the given photographs, develop an automated nutrition analysis system for the proposed system. By locating promising locations and classifying them with deep neural networks, you may create a three-step process only for detecting various cuisines in photographs. From the provided photos, the automatic algorithm initially generates a large number of suggestion regions. Then, it aggregates each region of ideas by placing them on feature maps, categorising them into different food groups, and identifying their locations in the original photos. Finally, by analysing the nutritional elements in the photographs, determine the quantities of calories, fat, carbs, and protein to generate a dietary evaluation report. The system's effectiveness and accuracy will also be increased by expanding the dataset to cover a larger variety of food kinds.

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| **S. No.** | **Parameter** | **Description** |
|  | Problem Statement (Problem to be solved) | Due to the uncountable food items as well as the inefficiency of details, usually hard to recognize which food is healthy |
|  | Idea / Solution description | Digitalized process might be useful to users and fitness people analyze the ingredients for healthy and diet plan |
|  | Novelty / Uniqueness | Provide sustenance such as protein, fat, carbs, vitamin and ingredients etc., |
|  | Social Impact / Customer Satisfaction | Accurate findings increase people's satisfaction and health. |
|  | Business Model (Revenue Model) | - |
|  | Scalability of the Solution | Capable of detecting and providing food contents |