**NUTRITION ASSISTANT APPLICATION**

**Problem Statement**

In existing system, recent advances in computer vision and machine learning are changing the way food data is analysed. However, due to the large number of food items and the inefficiency of the detection algorithm, food-related images are often difficult to recognise and sluggish to detect. Obtaining a diet plan is also entirely manual. People must contact their Dietician to learn about the recommended diet plan and may have to wait for several hours at times. This makes it difficult for users to obtain their diet plan. When viewed through the eyes of the end user, this is inefficient.

**I am (USER)**

User has to upload the food (fruits and vegetables) image to know the healthy content.

**I am Trying To**

Instead of waiting for a diet expert, users may acquire dietary specifics through this application.

**But**

This might be the result of a human error, such as a lack of quality control, poor customer service, or even a lack to provide healthy suggestions.

**Because**

It is hard, and there is a delay to know about the food details and also awkward for providing our healthy facts.

**Which makes me feel?**

Deep learning algorithms may assist to address these challenges by automating nutrition content assessment. Finally, by analysing the nutritional components in the images, compute the ingredients and calories, fat, carbs, and protein amounts to give a dietary evaluation report. The addition of more food kinds to the dataset will increase the system's efficiency and precision.