

AI-POWERED NUTRITION ANALYZER FOR FITNESSENTHUSIASTS

Team Members:

- 1.Shanthosh. P
- 2.Varun kumar
- 3.Velakshay
- 4.Vishnu kumar

PROBLEM STATEMENT:

Health is a state of complete harmony of the body, mind and spirit. where the human body has been designed to resist an infinite number of changes and attacks brought about by its environments. The food patterns and diet are important factors to improve the lifestyle by preventing diseases. Food is essential for human life and has been the concern of many healthcare conventions. Nowadays new dietary assessment and nutrition analysis tools enable more opportunities to help people understand their daily eating habits, exploring nutrition patterns and maintain a healthy diet. Nutritional analysis is the process of determining the nutritional content of food.

The main purpose of this inventions is to design fitness AI software with personalized training regimens for each individual and also it allows the users to check and maintain the fitness and diet process and exercise regime, take the expert consult and connect to the respective fitness enthusiasts thus equipping them to maintain a healthy lifestyle. It is a software which act as a vital part of analytical chemistry that provides information about the chemical composition, processing, quality control and contamination of food. With the right data, reach your fitness goals faster, get personalized coaching and work with greater efficiency.