Date	19 September 2022
Team ID	PNT2022TMID08799
Project Name	Project - AI-powered Nutrition Analyzer for Fitness Enthusiasts
Maximum Marks	2 Marks

PROBLEM STATEMENT

The analysis of one's daily dietary intake is something that many individuals do on their own, either through a technique or an app, because they believe it to be one of the most important aspects of sustaining physical health and is one of the many steps towards fitness. It is a good habit to keep track of one's daily nutritional intake, but because many people don't know how to do it and there aren't any apps that respect their privacy or that have predefined plans based on the actual nutritional information found in different foods, they either give up or use less effective methods. There is a constant struggle to accurately identify the quantity of nourishment needed and the amount we consume due to the lack of a comprehensive tracking system, and how much we will need overall until the conclusion of a given time.

Who does the problem affect?	People who want to stay fit
What is the issue?	Google search cannot tell us the nutritional content of any food we consume. Knowing each food item's nutrition by browsing and examining numerous websites takes a lot of time. By visiting random websites, we occasionally even learn erroneous information.

When does the issue occurs?	When people struggle to make decisions about what foods to eat and what to avoid in order to gain or lose weight depending on their needs. for those who cannot find the information they need through an internet search. People who are too busy with their professions to exercise frequently choose to follow a specialized diet by avoiding foods that contain fat and consuming foods high in specific nutrients.
Where is the issue occurring?	The problem arises when the individual is unable to monitor their daily dietary consumption.
Why is it important that we fix the problem?	By finding a solution to this problem, these folks will be able to select a diet strategy that will help them maintain their desired level of fitness.