

Ideation Phase
Define the Problem Statements

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| Team ID | PNT2022TMID06323 |
| Project Name | AI Powered Nutrition Analyst for Fitness Enthusiasts. |
| Maximum Marks | 2 Marks |

Problem Statement:

The person's appetite and taste have been affected by illness, medications or other health issues, he may have trouble eating and getting proper nutrition. These changes can affect your overall health. Lack of appetite, or decreased hunger, is one of the most troublesome nutrition problems he can experience.

Although it's a common problem, its cause is often unknown. He is affected by heartburn, it can occur for many reasons, including overeating, eating certain foods, taking medicines or as a result of surgery.

Many people become frustrated when they know they need to eat to get well but they aren't hungry, or when they gain weight because they are fatigued and unable to exercise. It describes a nutritional problem.

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| I am | The Nutrition Analyst, who is in need of an assistance to choose my best health to eat smaller meals and snacks more frequently. |
| I'm trying to | Try to eat more protein and fat, and less simple sugars. Avoid non-nutritious beverages such as black coffee and tea; instead choose milk and juices. |
| But | Drink beverages after a meal instead of before or during a meal so you do not feel as full. Try eating the high-calorie foods in your meal first. |
| Because | Don't waste his energy eating foods that provide little or no nutritional value (such as potato chips, candy bars, colas and other snack foods). |
| Which makes me feel | Choose foods that are easy to prepare and eat. Make eating a pleasurable experience not a chore. Use colorful garnishes such as parsley and red or yellow peppers to make food look more appealing and appetizing. |

