AI-POWERED NUTRITION ANALYZER FOR FITNESS ENTHUSIASTS

Problem Statement 0
Domain : Artificial Intelligence.
Title : AI powered nutrition analyzer for fitness.

1)Who does the problem affect?
It affects the people with malnutrition with lack of
nutrition.
Threatening obesity.

2)What is the issue?
● Inadequate or inappropriate food intake.
● Poor dentition.
● Poor social circumstances.
● Stress , tiredness and illness.

3)What is the impact of the issue?
● Stronger immune system.
● Preventing dictionary dietary deficiency
diseases.
● Promoting optimal functionality.
● Averting malnutrition.

4)What would happen if we didn't solve the problem?
Untreated malnutrition leads to unplanned weight
loss , low BMI and vitamin and mineral deficiencies even
untreated obesity leads to high blood pressure and abnormal
cholestrol leads ultimately leads to heart diseases and stroke.

5)What would happen when it is fixed?
● Good cholesterol is boosted.
● High density lipoproteins.
● Enhances smooth flow of blood.

6)Why is it important that we fix the problem?
Fixing or treating nutrition deficiency.Obesity and
malnutrition gives visible results in the health conditions.It helps
to maintain a attractive physique.Prevents many diseases.It
helps to lead a healthy life cycle.

Problem statement-1
Shivani was a former boxer. Due to her hectic timeline in an IT finance-based company, she couldn't maintain her sturdy body for a couple of months. Right now she quit her 9-5 job to teach her students boxing full-time. But now she needs a proper diet without a trainer to get back to her old boxing form.

Problem statement-2
Karthik is currently slacking himself as a habit of the COVID situation. He
has gained an extra 9Kgs within 6 months beyond his BMI index calculations.
Now he is worried but doesn't know where and how to start working out.

Problem statement-3
Recently there's been a slight increase in people adopting vegan culture.

Nola is one such person who has recently adopted this principle. Now she requires systemized and heritage vegan diets for her body but excluding peanuts which she is allergic to.

Problem statement-4

Lilian is a gym freak as well as a medical student. He used to work out in a gym that is 50 miles away. He always jogs and reaches his destination. Now it's monsoon season and he can't work out risking his health in that bad condition.Now all he needs is a home workout certified by his gym trainer.

Problem statement-5

Ms. Gloria is a middle-aged woman with symptoms of approaching menopause and acute diabetes. She isn't very knowledgeable about mobile phones but now she wishes to reduce her weight and look smart. But now she needs user-friendly software with chat box facilities.

Problem statement-6

Arun is currently following a diet plan given by his/her doctor. He/She is conscious about their health and can't call or visit the doctor often but they want to know the dietary food benefits so as to help them feel better about their intake.

Problem statement-7

Shila is a school going girl who is constantly getting bullied by her peers after she attained her puberty. She has faced a lot of problems regarding her overweight and needs proper guidance and consultation .

Problem statement-8

A bachelor guy was hospitalized due to consumption of spoiled fruits & vegetables kept in the fridge for a prolonged period of time. Now he needs scientific guidance for proper storage of edibles with the account of time duration.

Problem statement-9

Vinod suffers from acute color blindness which makes it tedious for him to find raw and ripe fruits & vegetables. He needs specialized equipment to detect and help him identify his preferences.

Problem Statement 10

In Today's busy life healthy body is dream for everyone to have a proper balanced diet. A balanced diet is important because your organs and tissues need proper nutrition to work effectively. Without good nutrition, your body is more prone to disease, infection, fatigue, and poor performance. Children with a poor diet run the risk of growth and developmental problems and poor academic performance, and bad eating habits can persist for the rest of their lives. At the core of a balanced diet are foods that are low in unnecessary fats and sugars and high in vitamins, minerals, and other nutrients. The following food groups are essential parts of a balanced diet. Calories play a vital role in our growth and energy. A good

diet can help you manipulate calorie intake based on your requirements. The proposed application will provide the user with a user-friendly User-Interface where they can create an account, manage their account and get the diet by the click of just one button. If the user is allergic to some kind of food,it also has the feature to contact an actual dietitian to consult. This application will save a lot of user's time by not actually visiting a dietitian and getting everything done on their phone.

Problem Statement 11
Due to the modern lifestyle, carefree attitude and being materialistic, people are taking their health and diet otherwise. Therefore, to facilitate them with a proper diet chart according to their lifestyle and cope up with their busy schedule, a need for an app emerges that can provide diet consultancies to the people at their preferred time and mobile phones without having to visit a dietician. The users can take advantage of the app by registering themselves, entering the basic details and signing in with a username and password.
The ever increasing problem today is obesity. Youth is stressed about how to lose weight healthily without starving or spending lumps on money on a gym membership.