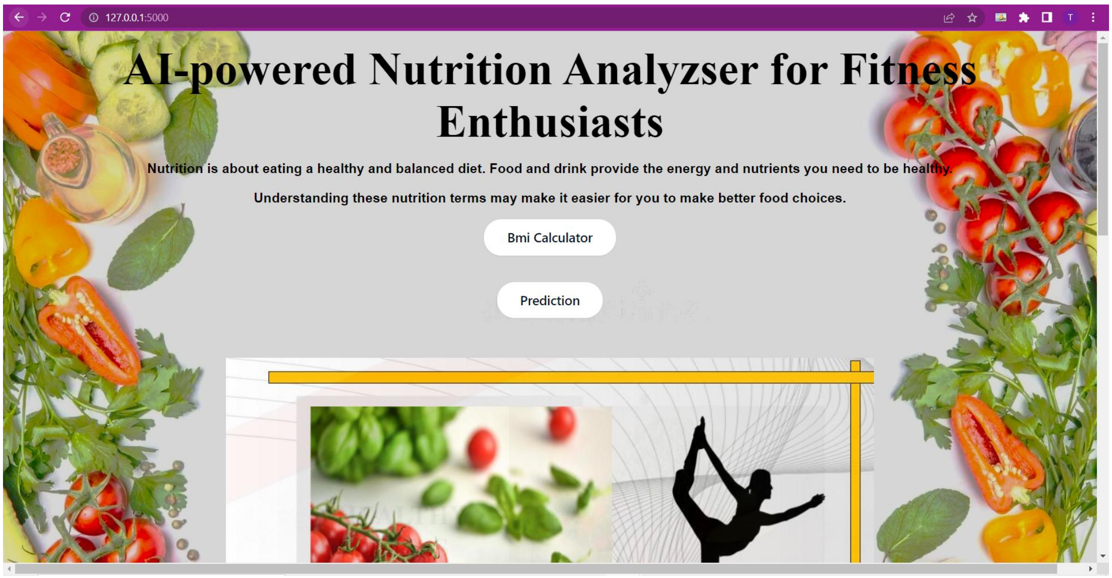
ApplicationScreenshots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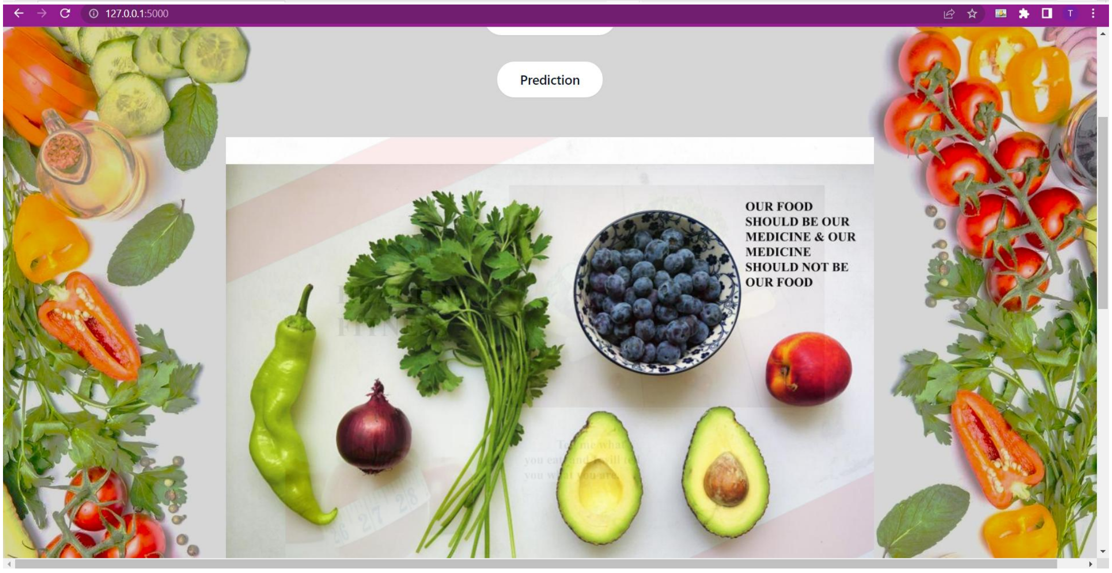
AI-powered Nutrition Analyzser for Fitness Enthusiasts

Nutrition is about eating a healthy and balanced diet. Food and drink provide the energy and nutrients you need to be healthy.

Understanding these nutrition terms may make it easier for you to make better food choices.

Bmi Calculator
Prediction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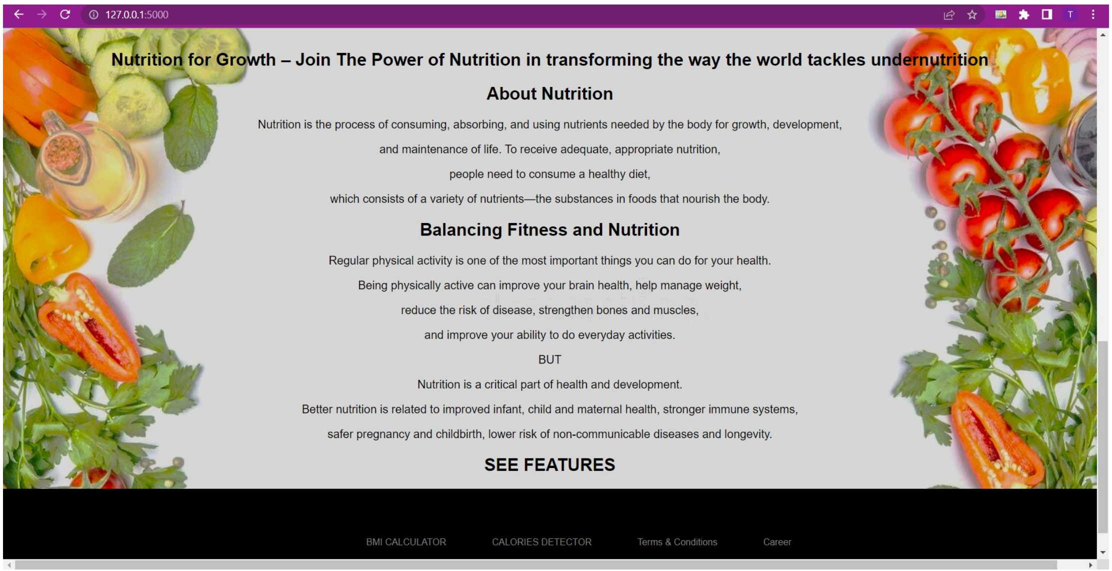
Prediction
OUR FOOD SHOULD BE OUR MEDICINE & OUR MEDICINE SHOULD NOT BE OUR FOOD



Nutrition for Growth – Join The Power of Nutrition in transforming the way the world tackles undernutrition

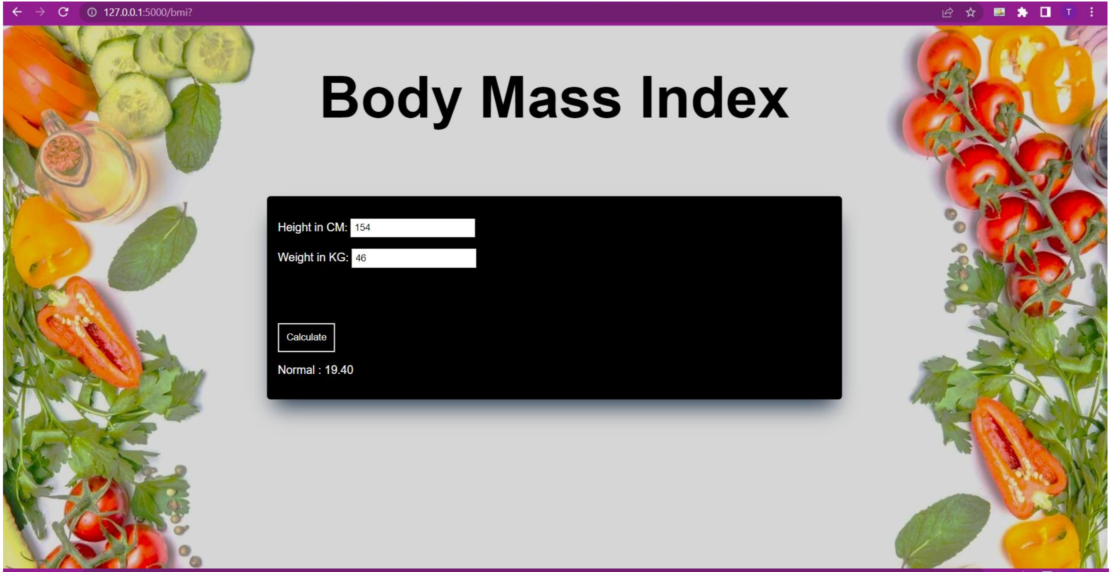
About Nutrition

Nutrition is the process of consuming, absorbing, and using nutrients needed by the body for growth, development,
and maintenance of life. To receive adequate, appropriate nutrition,
people need to consume a healthy diet,
which consists of a variety of nutrients—the substances in foods that nourish the body.

Balancing Fitness and Nutrition

Regular physical activity is one of the most important things you can do for your health.
Being physically active can improve your brain health, help manage weight,
reduce the risk of disease, strengthen bones and muscles,
and improve your ability to do everyday activities.
BUT
Nutrition is a critical part of health and development.
Better nutrition is related to improved infant, child and maternal health, stronger immune systems,
safer pregnancy and childbirth, lower risk of non-communicable diseases and longevity.

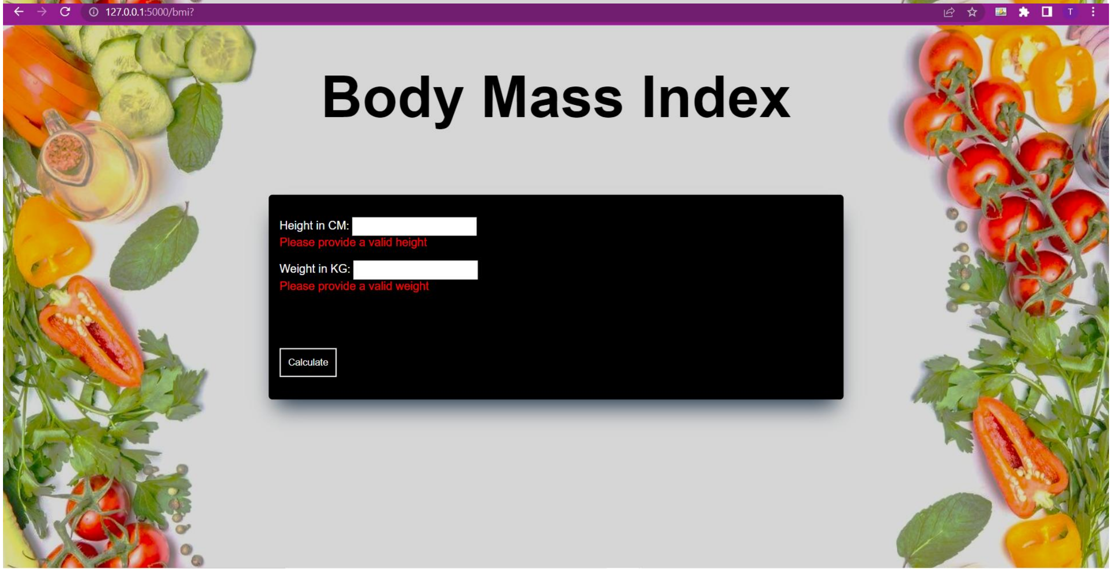
SEE FEATURES



Body Mass Index

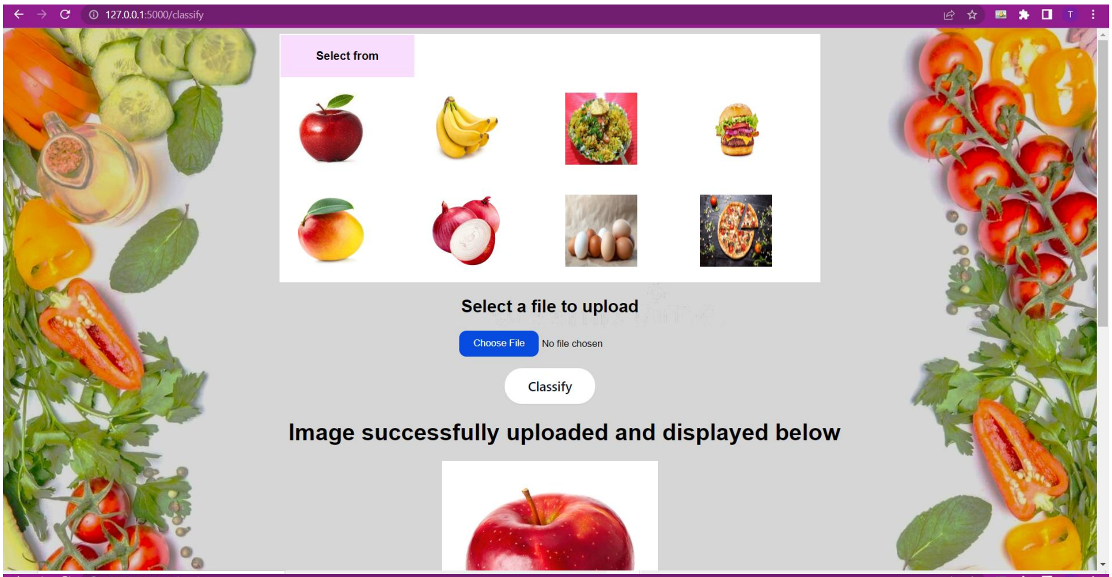
Height in CM: 154
Weight in KG: 46

Normal : 19.40



Body Mass Index

Height in CM:
Please provide a valid height
Weight in KG:
Please provide a valid weight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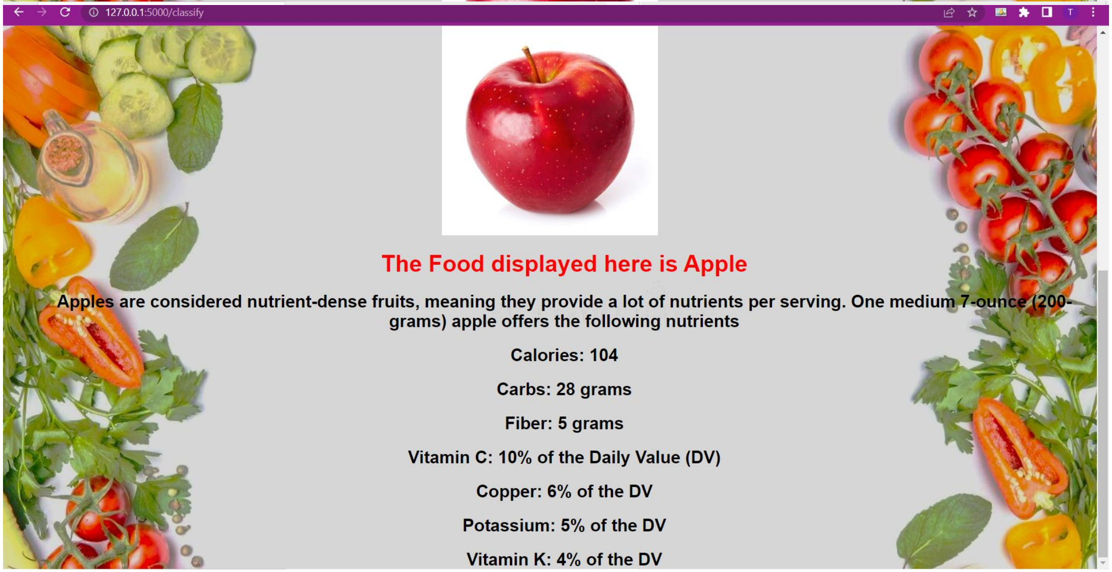
Select from
Choose File
No file chosen
Classify

Select a file to upload

Image successfully uploaded and displayed below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The Food displayed here is Apple

Apples are considered nutrient-dense fruits, meaning they provide a lot of nutrients per serving. One medium 7-ounce (200-grams) apple offers the following nutrients

Calories: 104

Carbs: 28 grams

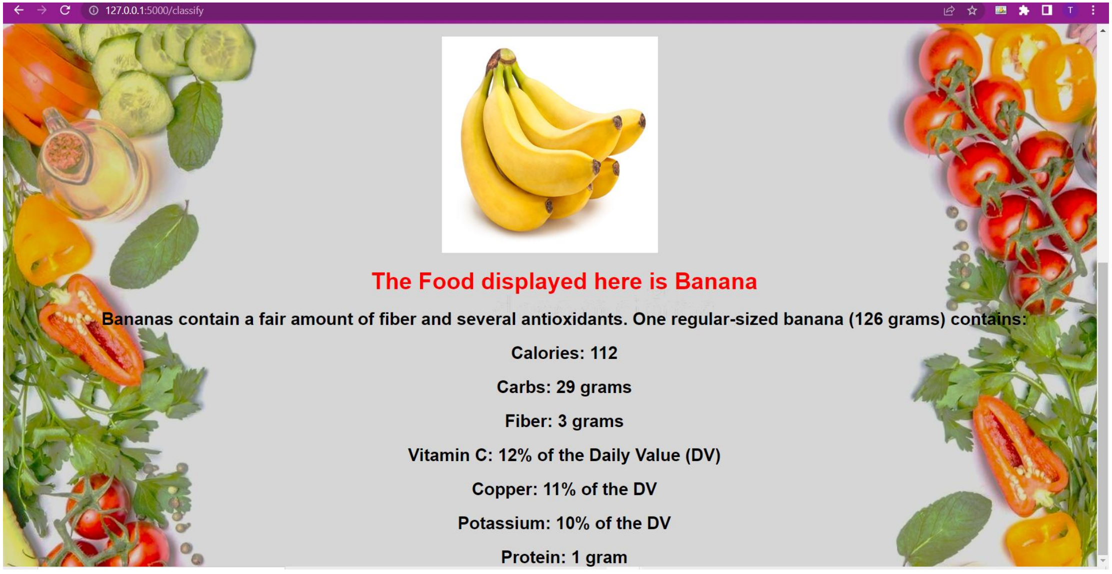
Fiber: 5 grams

Vitamin C: 10% of the Daily Value (DV)

Copper: 6% of the DV

Potassium: 5% of the DV

Vitamin K: 4% of the DV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The Food displayed here is Banana

Bananas contain a fair amount of fiber and several antioxidants. One regular-sized banana (126 grams) contains:

Calories: 112

Carbs: 29 grams

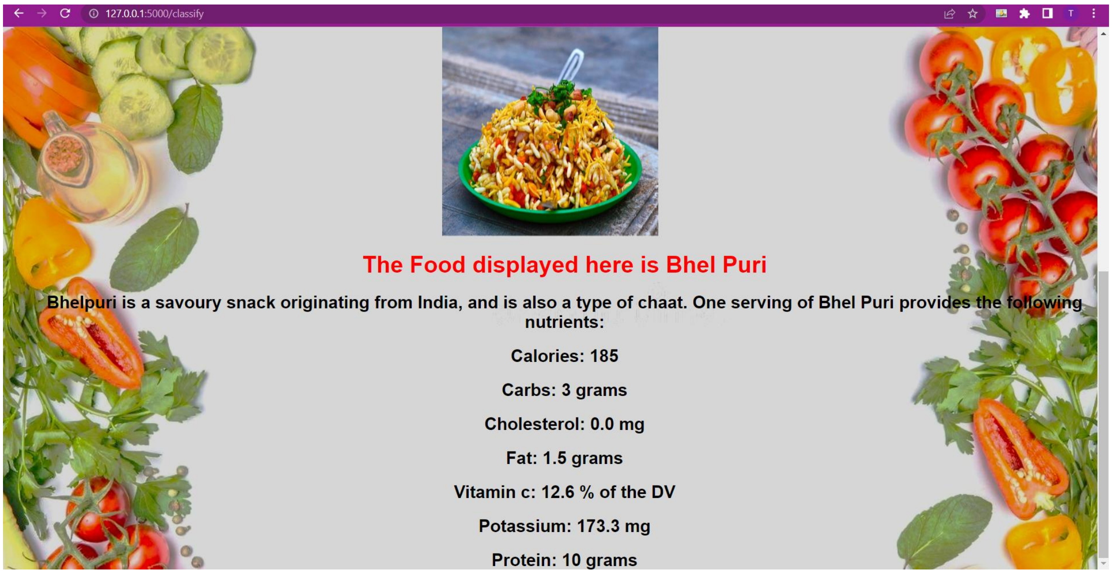
Fiber: 3 grams

Vitamin C: 12% of the Daily Value (DV)

Copper: 11% of the DV

Potassium: 10% of the DV

Protein: 1 gram



The Food displayed here is Bhel Puri

Bhelpuri is a savoury snack originating from India, and is also a type of chaat. One serving of Bhel Puri provides the following nutrients:

Calories: 185

Carbs: 3 grams

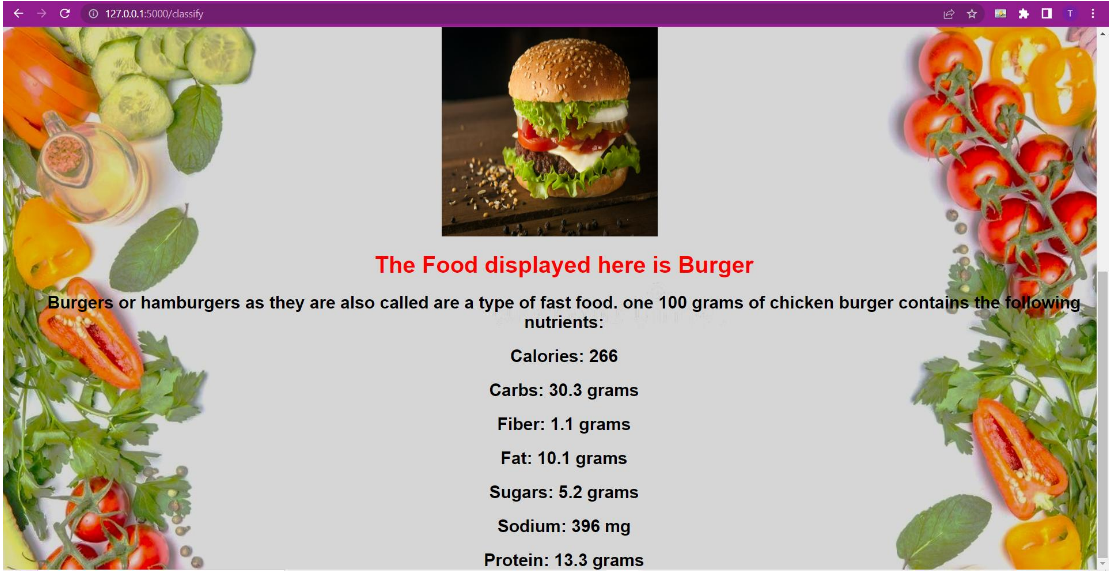
Cholesterol: 0.0 mg

Fat: 1.5 grams

Vitamin c: 12.6 % of the DV

Potassium: 173.3 mg

Protein: 10 grams



The Food displayed here is Burger

Burgers or hamburgers as they are also called are a type of fast food. one 100 grams of chicken burger contains the following nutrients:

Calories: 266

Carbs: 30.3 grams

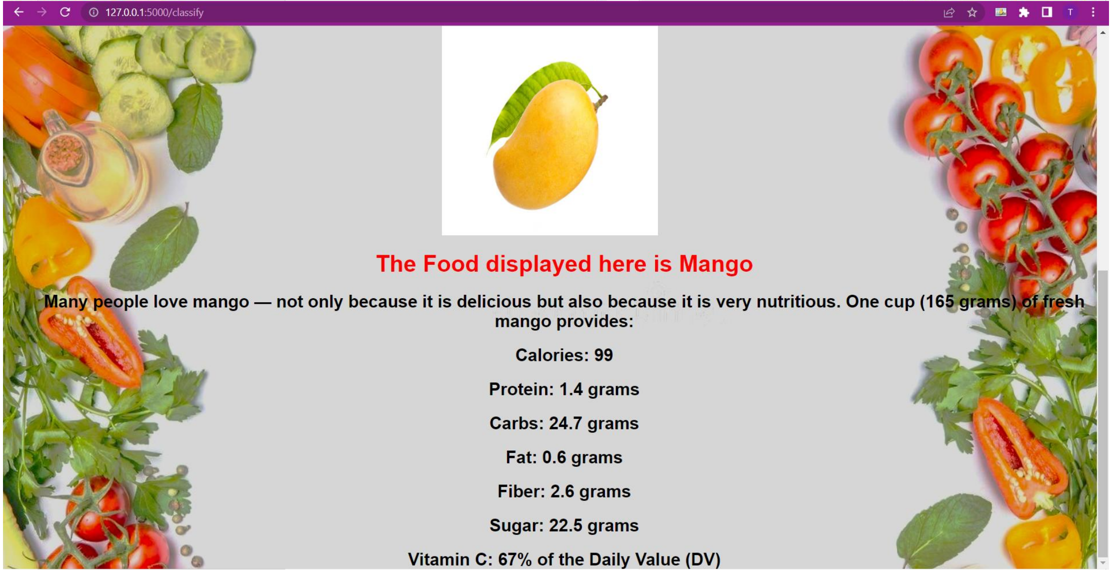
Fiber: 1.1 grams

Fat: 10.1 grams

Sugars: 5.2 grams

Sodium: 396 mg

Protein: 13.3 grams



The Food displayed here is Mango

Many people love mango — not only because it is delicious but also because it is very nutritious. One cup (165 grams) of fresh mango provides:

Calories: 99

Protein: 1.4 grams

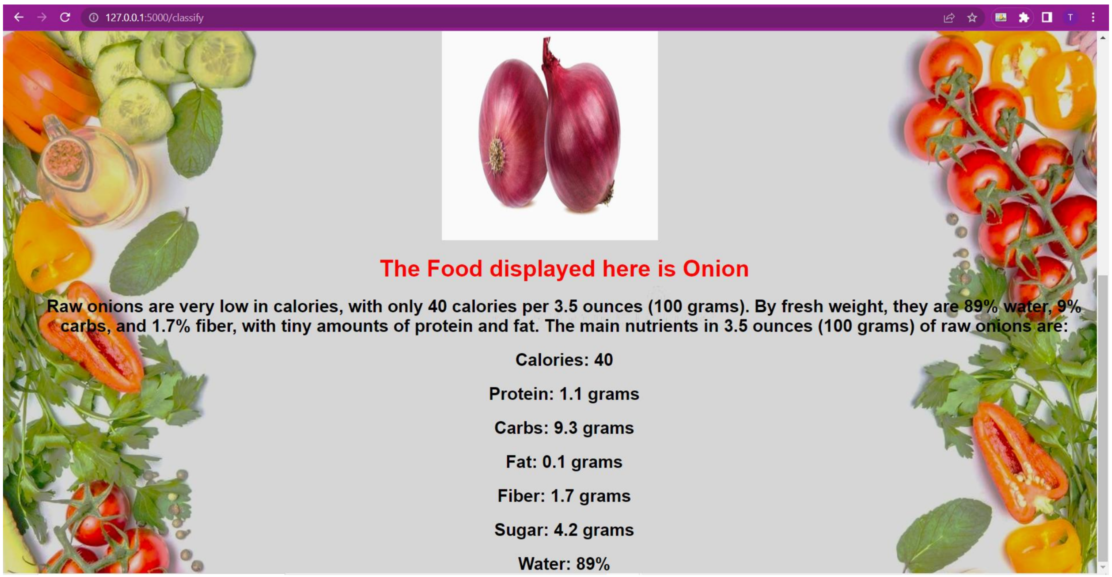
Carbs: 24.7 grams

Fat: 0.6 grams

Fiber: 2.6 grams

Sugar: 22.5 grams

Vitamin C: 67% of the Daily Value (DV)



The Food displayed here is Onion

Raw onions are very low in calories, with only 40 calories per 3.5 ounces (100 grams). By fresh weight, they are 89% water, 9% carbs, and 1.7% fiber, with tiny amounts of protein and fat. The main nutrients in 3.5 ounces (100 grams) of raw onions are:

Calories: 40

Protein: 1.1 grams

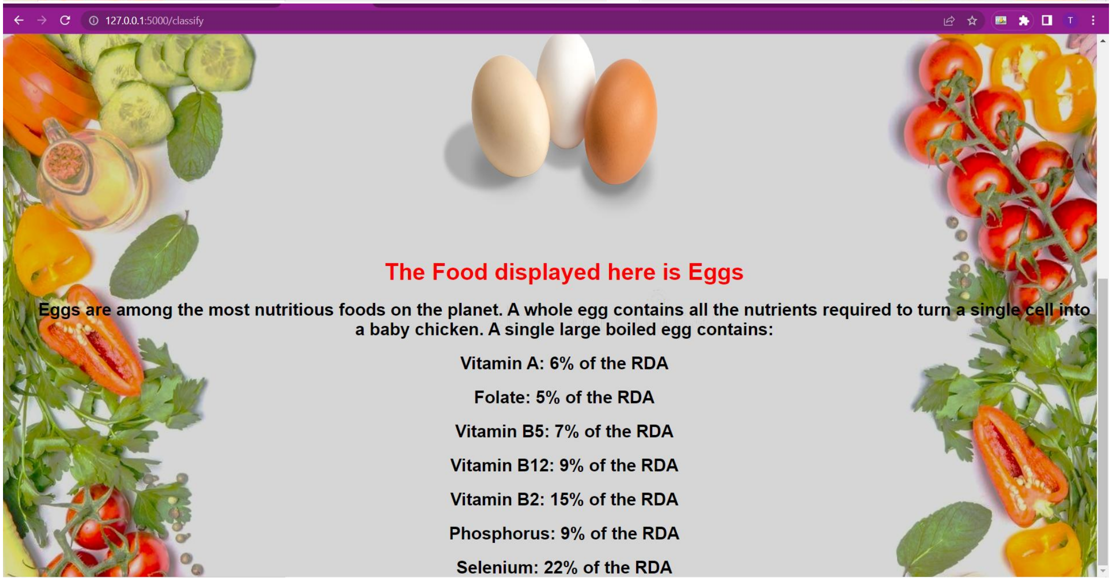
Carbs: 9.3 grams

Fat: 0.1 grams

Fiber: 1.7 grams

Sugar: 4.2 grams

Water: 89%



The Food displayed here is Eggs

Eggs are among the most nutritious foods on the planet. A whole egg contains all the nutrients required to turn a single cell into a baby chicken. A single large boiled egg contains:

Vitamin A: 6% of the RDA

Folate: 5% of the RDA

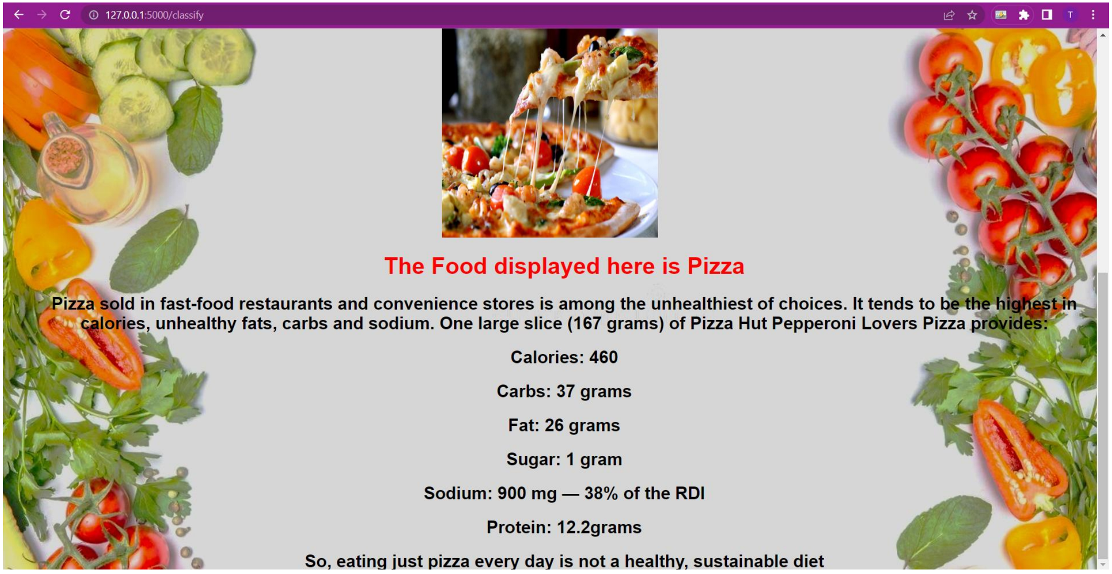
Vitamin B5: 7% of the RDA

Vitamin B12: 9% of the RDA

Vitamin B2: 15% of the RDA

Phosphorus: 9% of the RDA

Selenium: 22% of the RDA



The Food displayed here is Pizza

Pizza sold in fast-food restaurants and convenience stores is among the unhealthiest of choices. It tends to be the highest in calories, unhealthy fats, carbs and sodium. One large slice (167 grams) of Pizza Hut Pepperoni Lovers Pizza provides:

Calories: 460

Carbs: 37 grams

Fat: 26 grams

Sugar: 1 gram

Sodium: 900 mg — 38% of the RDI

Protein: 12.2grams

So, eating just pizza every day is not a healthy, sustainable diet