AI-powered Nutrition Analyzer for Fitness Enthusiasts

PROBLEM STATEMENT

The importance of a balanced diet cannot be nullified in one's life, it promotes healthy living by providing us with adequate caloric needs of the body, carbohydrates, proteins, essential fats, minerals, vitamins, all micro and macronutrients required by the body to perform activities at each stage of life. The diet plan program will be dependent on data analytics and machine learning to create a comprehensive plan of meals for a person based on its actual metabolic need.An AI-based Diet planning model is based on the experience of nutritionists in combination with the most recent scientific findings in this field for which data is available. Diet planning does not only rely on counting calories rather it acquires all the data relevant to your physical characteristics along with your dietary patterns, hunger, sleep patterns, habits, and so many other metrics.our App is considered an appropriate AI-based Meal planner and food macro counter app that simply counts calories automatically. You must share a photo of the food and it will share the calories this food can contribute, it recognizes thousands of foods including fruits, vegetables, pulses, cereals, beverages, and many more. This app also can read the barcode of packaged foods and complex cuisines.This app is simple to use that asks some basic questions to determine anthropometrics, lifestyle, and calorie goals and then provide calorie level to achieve the target weight loss. It uses food recognition to calculate calories contributed through carbohydrates, proteins, and fats in any food. It also keeps you aware of meal frequency, exercise time, and water intake. For the judgment of your exercise, it offers a motion tracker to count steps.Another attribute of this app is that it not just collects the data, but algorithms constantly assess the trend out of this data and make informed changes targeting the fitness of the client through nutrients supplied in the suggested diet plan.

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