**Project Initialization and Planning Phase**

| Date | 12July2024 |
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| Team ID | SWTID1720159923 |
| Project Name | Nutrition App Using Gemini Pro |
| Maximum Marks | 3 Marks |

**Nutrition App Using Gemini Pro : Your Comprehensive Guide to Healthy Eating and Well-being"**

**Project Description**

Nutritionist AI is a innovative mobile application created to offer customized dietary recommendations and nutritional advice, utilizing the advanced features of the Gemini Pro model. This app employs artificial intelligence to examine user data, dietary preferences, and health objectives, providing personalized meal plans, nutritional insights, and wellness tips. The main goal of Nutritionist AI is to encourage healthier eating habits and enhance overall well-being through smart, data-driven recommendations.

**Scenario 1:Muscle Gain and Fitness Improvement**

John, a 32-year-old aiming to gain 10 pounds of muscle and improve his overall fitness, turns to Nutritionist AI for support. As an omnivore with a high activity level, he inputs his dietary preferences, fitness goals, and current workout regimen into the app. Nutritionist AI generates a high-protein, nutrient-dense meal plan tailored to his needs, ensuring he gets the right balance of macronutrients to support muscle growth. John logs his meals by taking photos or scanning barcodes, and the app provides real-time feedback on his protein intake and overall nutritional balance, suggesting necessary adjustments. By syncing his fitness tracker, the app integrates his workout data, offering comprehensive insights to help John optimize his diet and exercise routine, ensuring he stays on track with his muscle gain goals while maintaining proper nutrition.

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**Scenario 2:Heart Health Management**

Edward, a 50-year-old with a history of heart disease, uses Nutritionist AI to manage his condition through a heart-healthy diet. He inputs his dietary preferences and cardiovascular health goals into the app, which generates meal plans that focus on low sodium, healthy fats, and high fiber content to support his heart health. Edward logs his meals by taking photos , receiving immediate feedback on their suitability for his heart condition. Detailed nutritional breakdowns highlight sodium levels, saturated fat content, and essential heart-healthy nutrients, aiding Edward in making informed food choices. Additionally, the app provides educational resources about managing heart disease through diet, keeping Edward well-informed and empowered to handle his condition better.

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**Scenario 3: Weight Loss Journey**

Sophia, a 25-year-old with a goal to lose 15 pounds, uses Nutritionist AI to aid her in her weight loss journey. As a vegetarian with a moderate activity level, she inputs her dietary preferences and health goals into the app. Nutritionist AI creates a calorie-controlled, nutrient-dense meal plan tailored to her vegetarian diet. Sophia logs her meals by taking photos or scanning barcodes, and the app provides feedback on her calorie intake and nutritional balance, suggesting necessary adjustments. By syncing her fitness tracker, the app integrates her physical activity data, offering comprehensive insights to help Sarah stay on track with her weight loss while maintaining proper nutrition

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