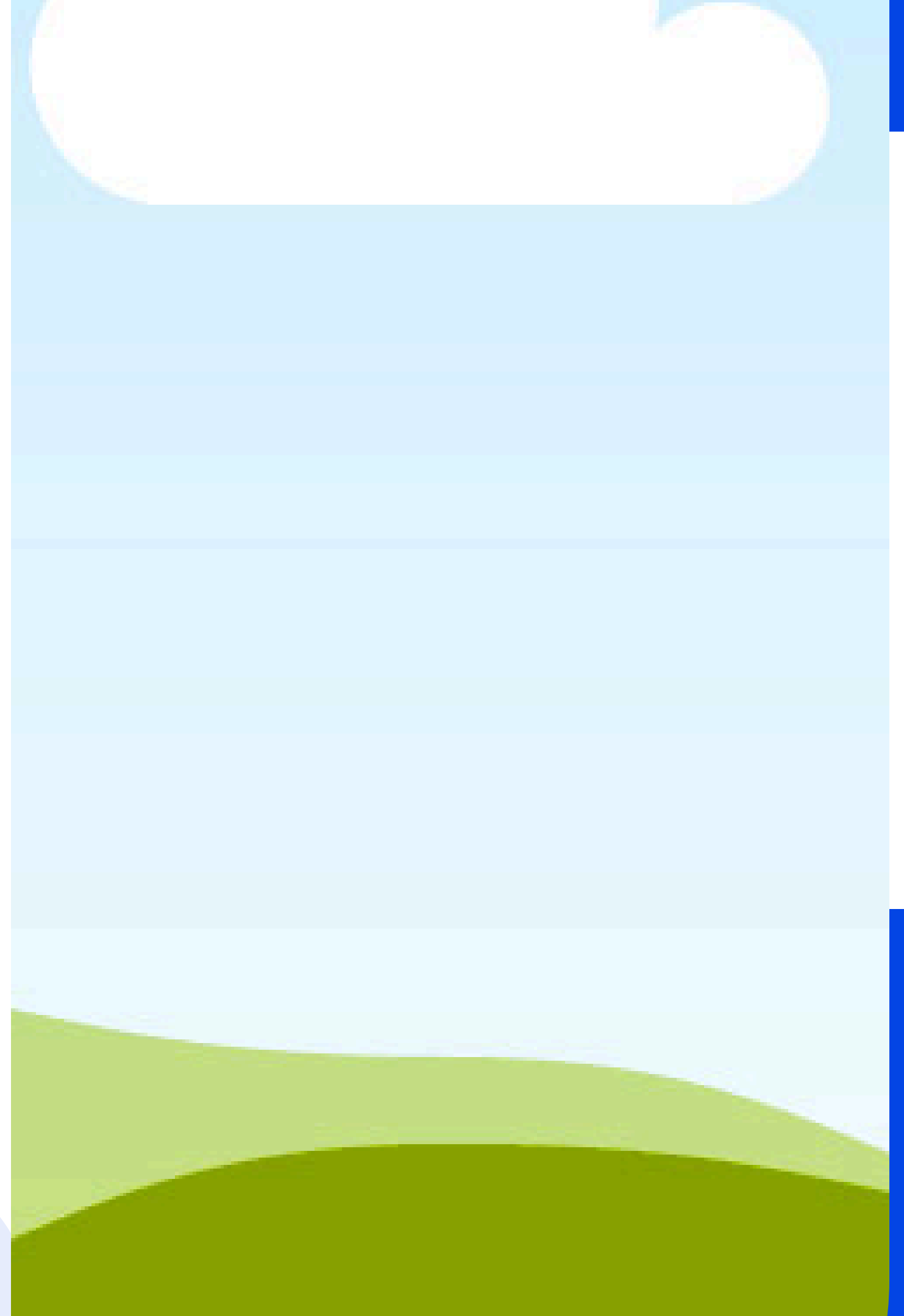
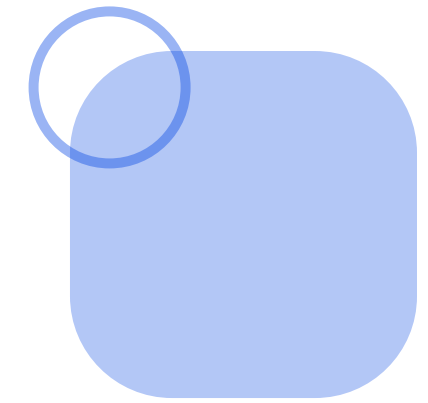




ALPHA MINDS

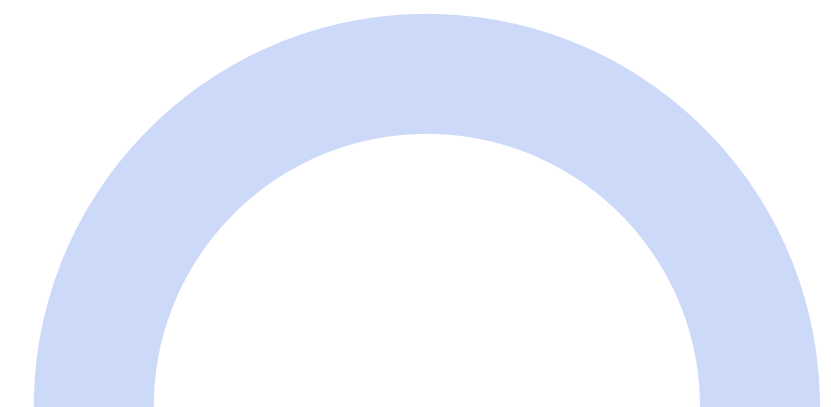


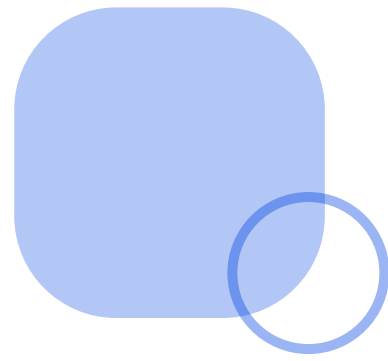
APP-NAAM NUTRITION TRACKER



App Goal -: To provide diet plans and nutrient suggestions to users based on specific health concerns

.





WHAT DATA WE WILL NEED



1. User Input Data:

Age

Gender

Weight & Height (for BMI)

Lifestyle (Active, Sedentary)

Known medical conditions

Food preferences (Veg/Non-veg/Vegan)

Allergies



**Nutritional value of
foods (calories,
proteins, vitamins,**



**we can also use
APIs like:**

Edamam

Nutritionix

FEATURES OF APP



User profile and health info input.

Select health issue

Suggest nutrients and diet

Daily meal plan generator

Track nutrient intake

Reminder to follow diet

Optional features

Chat with nutritionist (AI or real)

Water intake tracker

Exercise tips based on condition

🔧 HOW TO BUILD THE APP (STEP-BY- STEP):

1. Design the UI (Frontend):

Use tools like:

Figma for UI design

React Native or Flutter (to build Android + iOS app)

Pages:

Onboarding / User Registration

Profile Setup

Health Issue Selection

Suggested Diet Plan Page

Daily Tracker Page

2. Backend (Logic + Data):

Use:

Node.js / Python (Flask or Django)

Database: Firebase / MongoDB / MySQL

Tasks:

Store user data

Match health issue → nutrient → food

Generate daily plan

Track user progress