

### Project Initialization and Planning Phase

Date	15 July 2024
Team ID	SWTID1720259116
Project Name	Nutrition App Using Gemini Pro : Your Comprehensive Guide to Healthy Eating and Well-being"
Maximum Marks	3 Marks

#### Define Problem Statements (Customer Problem Statement Template):

In the modern age, information overload has become a defining characteristic of many aspects of life, and nutrition is no exception. The internet abounds with dietary advice, from fad diets promising rapid weight loss to complex scientific studies on the latest nutritional discoveries. However, this abundance can be a double-edged sword. Sifting through this vast ocean of information to find credible, easy-to-understand resources is a significant challenge for many individuals. Traditional dietary resources, such as textbooks or government websites, are often dense and technical, leaving the average person feeling overwhelmed and confused.

Further complicating matters is the growing trend of visual food content on social media platforms. While these pictures can be visually appealing and serve as a source of recipe inspiration, they rarely provide users with any nutritional information. Distinguishing between healthy and unhealthy meals based solely on a photograph is nearly impossible for the untrained eye. This lack of readily available nutritional data makes it difficult for individuals to make informed dietary choices that contribute to their overall well-being.