**Project Design Phase**

**Problem – Solution Fit**

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| Date | 24 June 2025 |
| Team ID | LTVIP2025TMID52122 |
| Project Name | Comprehensive Analysis and Dietary Strategies with Tableau |
| Maximum Marks | 2 Marks |

**🧩 Problem–Solution Fit**

❗ The Problem  
Health-conscious individuals and wellness professionals struggle to interpret fragmented dietary data and lack tools that deliver actionable nutritional insights. Most existing apps focus solely on calorie tracking, offering little visibility into long-term nutrient patterns or personalized goals. Users feel frustrated, unmotivated, and overwhelmed by the disconnect between raw data and real improvement.

💡 The Solution  
*Comprehensive Analysis and Dietary Strategies with Tableau* bridges this gap by providing an integrated platform that collects, analyzes, and visualizes dietary behavior in meaningful ways. Using Tableau’s powerful data visualization capabilities, the solution transforms daily food logs into insightful dashboards, identifies nutritional deficiencies, and delivers tailored dietary recommendations. This empowers users to make informed choices, track progress effectively, and build sustainable eating habits.

**🎯 Purpose**

The purpose of this project is to empower individuals and health professionals with a data-driven approach to nutrition management by leveraging Tableau’s advanced visualization capabilities. It aims to transform scattered dietary logs and nutritional data into insightful, interactive dashboards that enable users to monitor their eating habits, understand nutrient intake, and make informed, personalized dietary decisions.

This initiative is designed to close the gap between health awareness and actionable change—delivering a visual, intuitive platform that promotes better lifestyle choices, enhances goal tracking, and fosters sustainable wellness practices through comprehensive dietary analysis**.**