**ABSTRACT:**

One of the emergent concerns about human life is health and wellness. Stay nourished will help the user in the proper maintenance and in keeping track of their nutritional health. With this application the user can track their nutritional health by providing some basic details like height, weight, and some of the details on personal medical records. By providing those information a report will be generated for the user describing about his health condition. Along with that a tailor-made diet plan will be suggested to the user for the better improvement of their health. In addition to this the user can come to know about a particular food's nutritional composition by searching with the food's name in the Know your foods page. The user can also explore various types of diets in the types of diets page. The user will stay connected to application by asking their queries related to diet or nutrition if they have any.

The Tools and technologies used in this application are Bootstrap, PostgreSQL, Django, HTML, CSS