

NutriMate – AI-Powered Nutrition Companion for Students

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Problem Statement

College students, especially those in hostels or PGs, struggle with poor nutrition due to:

- Irregular routines
- Lack of time and awareness
- Reliance on fast/junk food
- Unavailability of personalized nutrition tools

This leads to fatigue, poor concentration, and long-term health risks.

Tools Used

- ChatGPT
 - Perplexity AI
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Prompts Used

1. "What are the common nutrition challenges faced by Indian college students in hostels?"
2. "What existing nutrition tracking apps are available, and what are their gaps?"
3. "How can AI personalize nutrition plans based on lifestyle and schedules?"
4. "What features do college students look for in health/nutrition apps?"

Insights Gained

- **Target Audience:** 18–24 year old college students, mostly in tech institutes
- **Habits:** Skipping meals, junk food, low water intake, irregular sleep/eating patterns
- **Existing Solutions:**
 - MyFitnessPal / HealthifyMe: calorie tracking but no behavioral nudging
 - Social media influencers: not consistent or personalized
 - Mess rating apps: don't offer habit or health guidance
- **Gap Identified:** No tool tailors nutrition nudges + mess menu integration for students

Proposed Solution: NutriMate

An AI-based mobile app designed for students, focusing on:

- Personalized meal suggestions (based on mess menu, budget, preferences)
- Smart AI nudges (synced with academic schedule, exam weeks, etc.)
- Integration with college mess (real-time menu + feedback)
- Gamification (health streaks, friend challenges)

MVP Prototype

➤ MVP Type: Visual Prototype

Designed in Figma with 5 key screens:

1. **Login + Profile Setup**
 - Choose diet type (veg/vegan), allergies, budget

2. Today's Mess Menu + Meal Suggestion

- Suggests best combo from mess menu

3. AI Nudges Page

- "Missed breakfast yesterday, try eating early today."

4. Gamification Tab

- 5-day healthy eating streak, hostel leaderboard

5. Preferences + Settings

- Modify meal goals, weekly progress, schedule sync

