Why Nutrition?

If you want to lead a healthy lifestyle, then good nutrition is the key. In order to support your physical activities, you need to consume good nutritious food. With both above you can maintain rich and healthy lifestyle which promotes your health by reducing risks for chronic diseases.

Impact

Do you know that the obesity is also a progressive chronic disease? It is like all other chronic diseases such as diabetes and high blood pressure. Obesity in Canada is increasing significantly from past three years. The Canadian Community Health Survey has conducted surveys in 2014 and 2015 within Canada, resulting in 30% increase of obesity suffering adults, that is over 5 million adults area added which means one in three adults suffering from obesity [1].

There are several chronic diseases such as osteoporosis, heart diseases and cancer, which raises a health risk due to improper or poor diet consumption. In order to have a good and healthy dietary habit, you need to follow it from childhood itself.

With our application you will know what to eat based on your required calories intake. We provide nutritional facts of every consumable item in the world which helps you for staying healthy throughout your life. By using our application, you can get to know the food item you want to consume with necessary nutrients your body needs to stay healthy and strong.

"Eat healthy stay healthy"

Reference

[1] Sample Member, "Obesity in Canada - Obesity Canada," *Obesity Canada*, 2019. [Online]. Available: https://obesitycanada.ca/obesity-in-canada/. [Accessed: 01-Apr-2020]