

## PROBLEM STATEMENT

# Nutrition Assistant Application

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## Nutrition Assistant Application

- 1.The user who want to maintain a healthy and fit body but have no one to guide them on their dieting.
- 2.The user wants to develop a deep learning model that basically help athlete, body builders or other game players to keep up with their health and fitness by suggesting them with proper nutrition plan .
- 3.The user wants an AI software to maintain healthy diet rather than having a physical consultant.
- 4.People who are obese and overweight are more likely to have high-risk factors for heart disease, diabetes, hypertension. The goal of the application is to create a healthy lifestyle for its user.
- 5.User has obesity who needs to follow diet to improve his health without the feeling that he's following diet.