

## 1.Introduction with a Question

“Hi everyone! Quick question: Have you ever wondered if the food you’re eating actually meets all your nutritional needs? What you ate today in the morning Aaloo paratha, chhole kulche do you know how much protein was in it no because there is no option for us today to calculate it we will provide this detail under the name NutriTell”

## 2.Problem Statement

“Well, many of us think about eating healthy, but it’s hard to track nutrients accurately, especially for our local dishes. Most nutrition apps focus only on calories or list international foods, which doesn’t give us the full picture. That’s why we created Nutritell.”

## 3.How Nutritell Works

“Nutritell is designed to give users complete nutritional information for the foods they’re eating. You simply enter the food name and amount, and Nutritell calculates the nutrient content. For dishes not in our database, you can enter ingredients, and Nutritell will still provide a full nutrient breakdown.”

## 4.Key Features

“Nutritell has some unique features:

- **Meal Tracking & Daily Summary** – You can log meals throughout the day, and at 10 PM, Nutritell sends a summary of your nutrition intake.
- **Personalized Goals & Feedback** – Nutritell offers tailored recommendations based on your goals.
- **Ingredient-Based Calculation** – For foods not directly listed, you just add ingredients, and Nutritell calculates the nutrients.
- **Data Visualization** – Nutrient intake is shown in easy-to-understand visuals so you can quickly see what you’re consuming.”

## 5.Technology Behind Nutritell

“To bring Nutritell to life, I’m using **HTML, CSS, and JavaScript** for the front end, making the interface user-friendly and interactive. **SQL** is used for the database, storing user data and meal entries. Nutritell pulls nutritional data from the **USDA FoodData Central database** to ensure accuracy. By combining these technologies, Nutritell delivers reliable nutritional insights in real-time for each entry.”

## 6.Why Nutritell is Unique

“What makes Nutritell different is its focus on local Indian dishes, going beyond just calorie counting to give a full nutrient breakdown. It’s designed to make nutrition tracking easy and relevant to our diets.”

## 7.Future Vision

“In the future, I plan to expand Nutritell with even more local recipes, offer recipe suggestions, and build in more personalized health insights.”

## 8.Conclusion

“Thank you for taking the time to learn about Nutritell! I’d love to answer any questions or hear your thoughts on how Nutritell could make nutrition tracking more accessible.”