A Nourishment Guide

VERVE

-Data Dudes

Team Members

Vivek K K
Vishnupriyan P R

PROBLEM:

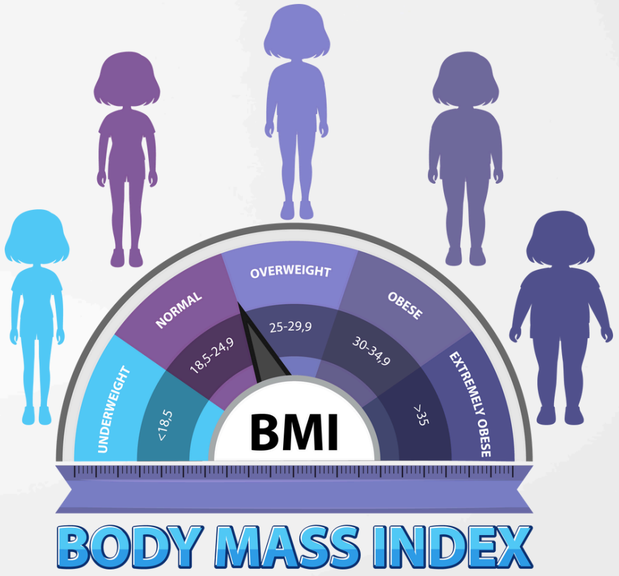
AI Powered Nutrition Advisor for Chronic Disease Management

SOLUTION:

VERVE Application

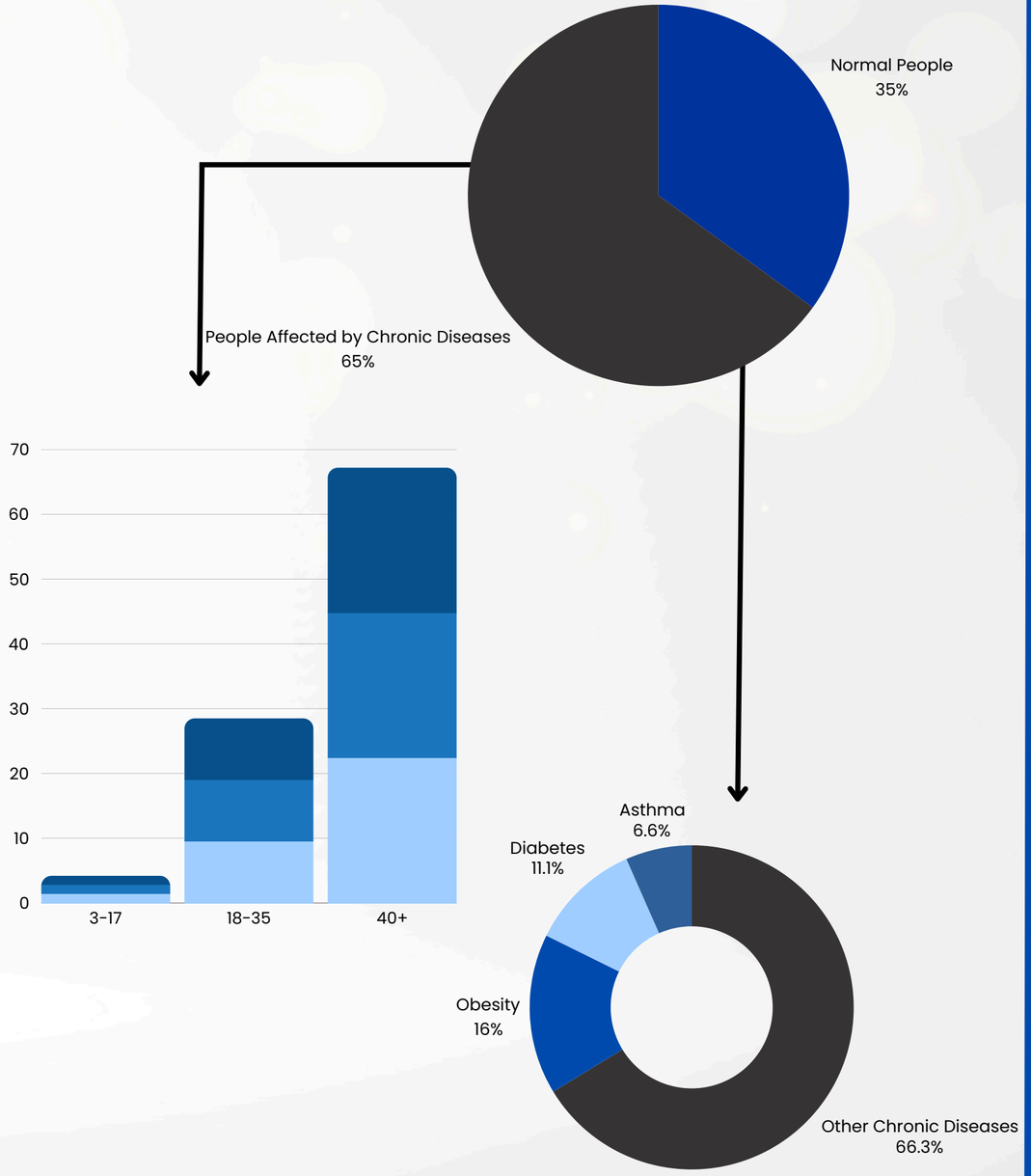
BENEFITS:

This can help individuals managing chronic conditions to maintain a consistent and health-conscious diet, empowering them to take control of their nutritional habits and overall well-being.



ANALYSIS:

- From a research, we come to know that approximately **65%** of the global population is affected by at least one chronic disease.
- Among those affected, individuals aged **40 and above** represent a significant proportion **(~67.3%)**.
- **Obesity** affects approximately **16%** of the global population. This condition is a major risk factor for various other chronic diseases
- **Diabetes** impacts about **11.1%** of individuals and **Asthma** affects around **6.6%** of the global population
- The remaining **66.3%** of chronic disease cases involve various other long-term health conditions beyond obesity, diabetes, and asthma.



PROPOSED SOLUTION

- Verve uses **AI** to provide customized dietary recommendations based on the **user's chronic condition**, helping manage diseases like diabetes or hypertension through food.
- Users can select their condition to instantly receive tailored food suggestions in a simple, intuitive app interface.
- Verve educates users on the nutritional value and health impact of their diet choices, promoting better long-term disease management

APP
FUNCTIONS

- Select your chronic condition (e.g., diabetes, obesity, hypertension).
- Receive personalized diet suggestions powered by AI.
- Get daily dietary recommendations and tips to stay on track. Make daily streaks to win rewards.
- Additionally, access exercise suggestions tailored to your chronic condition.
- Update your health preferences or switch conditions anytime.

INNOVATION & CREATIVITY

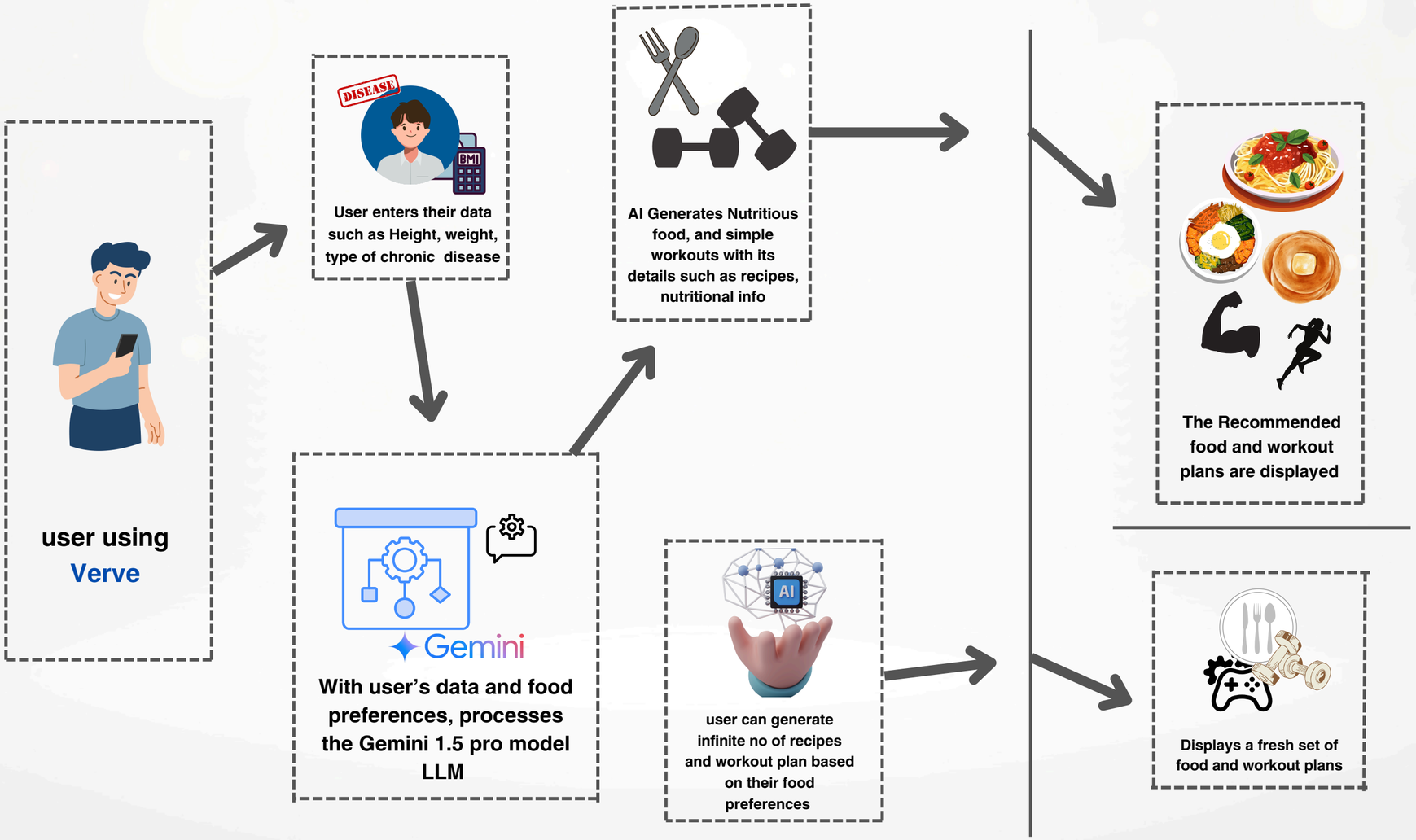
"Not every body is the same, and no two health journeys are alike"

- While typical nutrition apps focus on calorie counting or weight loss, Verve addresses **therapeutic nutrition**, which is less explored in mobile health (mHealth) applications.
- By integrating AI, you're introducing intelligent recommendations, possibly based on symptoms, user conditions, or preferences
- This is a creative use of data science for healthcare.

Additional Features:

1. There is a special gamification settings where you can track your progress and maintain streaks to win exciting rewards.
2. Click on the food recommended by it to see its Nutritional content and Ingredients. It also provides you the recipe to cook it.
3. It also suggests exercise plans to maintain your health. It provides you a set of warm-up, main workout and cool-down exercises. After completing each exercise, it tells you how many calories you've burnt

METHODOLOGY &
PROCESS FOR IMPLEMENTATION

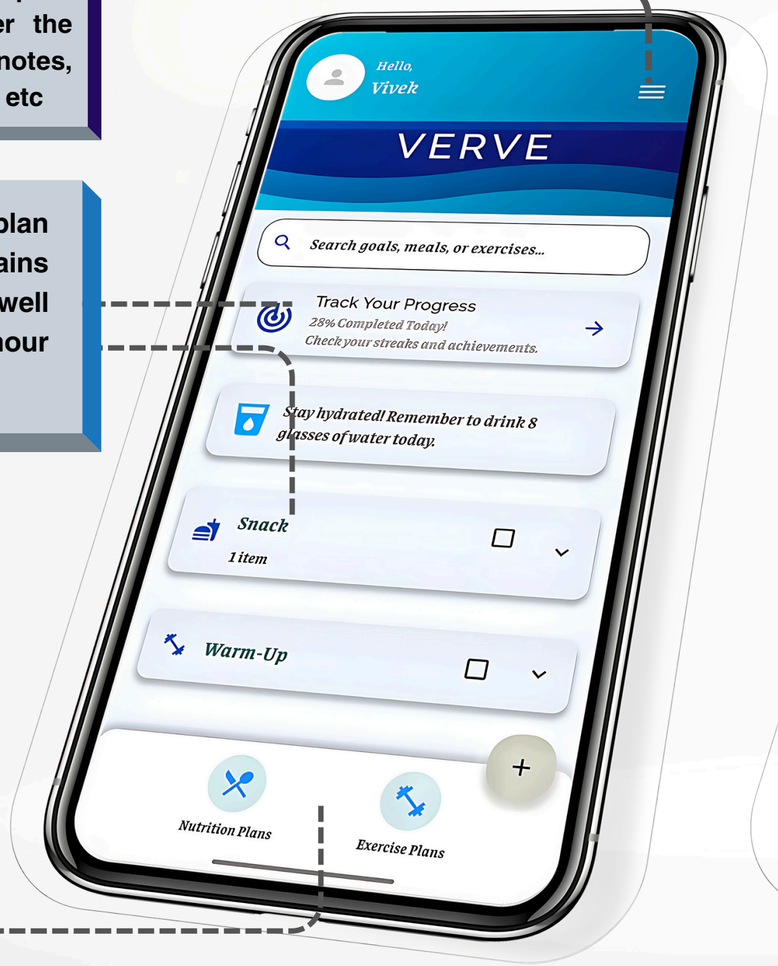


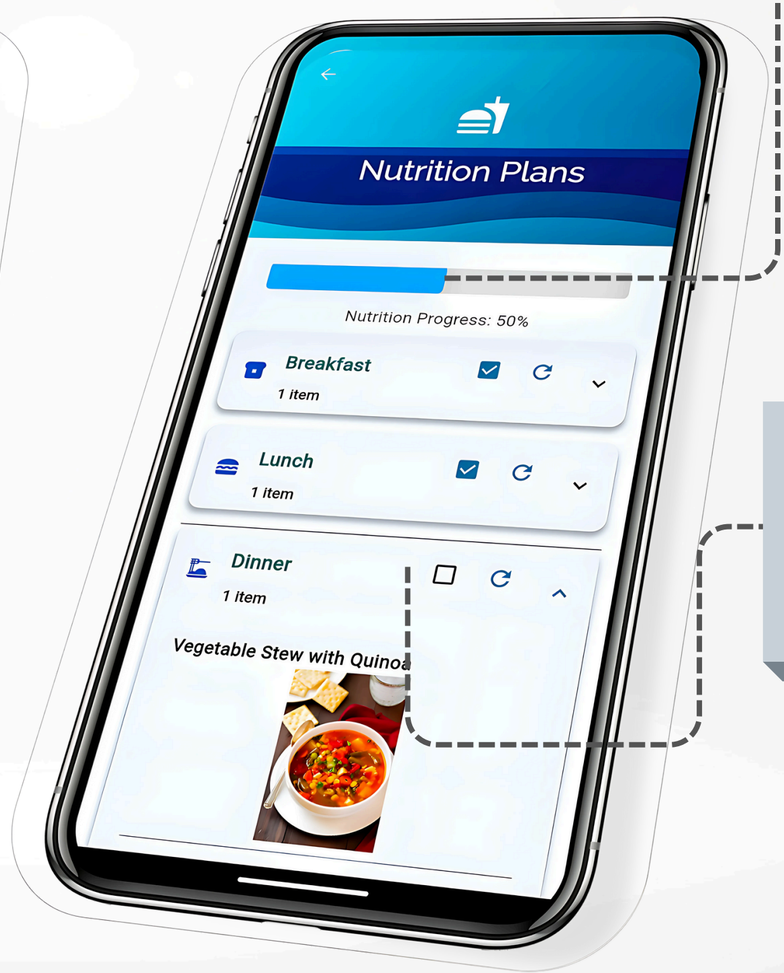
WIREFRAMES /
MOCK DIAGRAMS

Toolbar at the top to change whenever the given info, take notes, or close account, etc

Fetches the food plan completed and maintains streak, displays it well detailed, the food of the hour updates time to time

Set the time to lock the apps from being used, and proceeded to next





In the Nutritional Plan page, it generates food details with timely sorting. User can keep generating infinite number of recipes. It can store favourite recipes in an seperate page

Generates food info based on user provided data and preferences. It shows details like nutrition value, recipes to cook it. Same like this, Exercise plans too work in a similar way

SDG

SDG	How Verve Contributes
SDG 3	Personalized nutrition for chronic disease → improves long-term health outcomes
SDG 9	Innovative AI-based mobile health tech → promotes digital health infrastructure
SDG 10	Potential for reaching underrepresented and rural populations

FUTURE SCOPE

- Users can log meals manually or scan **barcodes**, and use the camera to capture food in **real-time**; the app overlays nutritional info directly over the camera feed using **AI**.
- Users receive **smart alerts** for meal times, hydration, and dietary compliance, helping them stay **consistent** with their nutrition goals and manage their condition proactively.

TECHNOLOGIES USED

- Flutter
- Android Studio
- Gemini 2.0
- Firebase

DATA DUDES

THANK YOU