

NUTRIFY INDIA NOW' (NIN) MOBILE APP RELEASED



About the App:

Many chronic diseases have been directly or indirectly associated with Nutrition. It is important to understand and know the optimal requirement of nutrients for good health and wellbeing. The aim of *Nutrify India Now* Mobile app is to provide useful and necessary information on nutrients available in food and their daily requirements. The app provides data on raw foods and recipes with their nutrient composition. The app aids in assessing your nutritional status, required dietary allowance (RDA), daily food intake and energy expenditure.

Nutrify India Now acts as a nutri-guide or a companion that would help you assess the nutrients one gets from foods one consumes. It also helps the users keep track of energy balance (consumed vs. expended), while providing comprehensive nutritional

information on Indian Foods, common Indian recipes including calories, proteins, vitamins & minerals. *Nutrify India Now* makes available food names in as many as 17 Indian languages and is tailored to provide the most comprehensive nutritional guide to Indian users. For the first time, this app uses India specific databases and is made specifically for Indian users.

Available at:

