CLAIMS

1. A method for providing real-time assistance to users in achieving their personalized health goals through a mobile phone, wherein the registered user submits specific information for analyzing the uploaded photographs of the food items by a nutritionist for providing suggested modifications comprising steps of:

authenticating and authorizing a nutritionist to access the input queue to select the image(s) and the related information to perform analysis;

analyzing the graphical modifications, text comments and/or other related information attached with the captured image assigned or associated with them;

identifying the specific food items and their image boundaries in the captured image for providing the comments on the image;

inserting text based / graphic based comments or modifications on the photographs analyzed by the nutritionist; and

assigning an exception mark to a particular image if unrecognizable or not clear for analyzing,

wherein the suggested modifications include estimated nutritional attributes and their corresponding values of the food items or meals to be consumed or rejected by a user, or other related information,

2. The method according to claim 1, wherein the nutritionist suggests modifications to reduce one item / to increase another item to compensate for nutritional values based on specific user goals.

3. The method according to claim 1, wherein the nutritionist analyzes the user's eating habits and generates a personalized notification that can be sent as a reminder at a later time to that particular user.

4. The method according to claim 1, wherein the nutritionist manually composes specific modifications to photographs based on the past meal history and/or user's specific dietary restrictions, profile parameters, personalized weight-loss goals or personalized diet plans.

5. The method according to claim 1, wherein the nutritionist provides a means to automatically project a suggested eating sequence to the registered user by clicking on the means, the said means include an icon or the like.

6. The method according to claim 5, wherein the suggested eating sequence can be an unconventional sequence projected as a numbered list.

7. The method according to claim 1, wherein the text based comments include generic eating instructions, personalized eating instructions, pre-configured textual comments and textual indicators on the modifications to indicate the increase or decrease in the quantity of the food to be consumed.

8. The method according to claim 1, wherein the graphic based comments include visual effects for increasing / decreasing the appearance of the food items, pre-configured clarifying graphics, pre-configured graphical indicators to indicate the increase or decrease in the quantity of the food to be consumed, a vocal comment, a video comment, magnification / de-magnification of specific food items indicating consumption levels.

9. The method according to claim 5 or 8, wherein the text based and the graphic based comments are stored in the secured database as a data set associated with a specific image or a specific registered user.

10. The method according to claim 1, wherein the nutritionist revert the exception marked image back to the respective registered user, thereby enabling the user to modify / add clarifying comments to that particular food item and re-upload the image.

11. The method according to claim 1, wherein the nutritionist uses web-based applications or mobile phone applications or tablet-based applications to generate modification on the image.

12. The method according to claim 1, wherein the nutritionist sends encouraging or congratulatory comments when the plate of food needs no suggestions.

13. The method according to claim 1, wherein the nutritionist provides appropriate observations, asks questions or provides encouraging messages to a particular user depending on their diet.

14. The method according to claim 1, wherein the nutritionist determines the consumable calories by a particular user based on the target amount of calories to be reduced, and determines the quantity of food items to be reduced / increased.

15. The method according to claim 1, wherein the nutritionist uses pre-configured or free graphical / alphanumeric editing tools to indicate the food items to be modified.

16. The method according to claim 1, wherein the nutritionist is also a dietician or a veterinarian or other professional.