Paper-1

Overview

A Preliminary Analysis of AI Chatbots for Individualized Nutrition Advice"   
  
This study examines how AI chatbots are rapidly being used to offer personalized nutrition intake advice, a service that most people will go to dietitians for. The authors point out that AI chatbots are a compelling substitute for personalized nutrition advice because of the backlogs of traditional nutritional consultations, including their high prices and long period of wait times.

The study seems like three well-known AI chatbots: Microsoft Bing, You Chat, and ChatGPT-3.5, perplexity ai. The researchers test the effectiveness of these chatbots in developing meal plans based on a range of user circumstances, including calorie intake, number of meals per day, and Work type.

The use of dietitians' individualized nutrition advice is discussed by the authors of the literature review, who point out that it can greatly increase eating habits. While warning against the dangers of making harmful nutritional suggestions, they also discuss how AI chatbots may be used as supplemental resources to expert consultation.

The process makes it necessary to pose certain user situations to each chatbot to observe its capacity to provide suitable meal plans for weight reduction. The quality and relevance of the meal plans produced by each chatbot fluctuate widely, according to the results. Although ChatGPT-3.5 functions well, it cannot confirm its data's veracity. You Chat and Microsoft Bing, on the other hand, use internet searches to deliver more trustworthy results; Bing performs better when it comes to finding Perfect information.

Dietitians' comments point out several AI chatbot drawbacks, including their inability to realize unique medical histories and the absence of accurate portion proportions in meal plans. This may result in problems with the overall productiveness of the diet and the balance of nutrients.

The paper's conclusion culmination that although AI chatbots can provide perceptive dietary guidance, dietitians' personalized support cannot be entirely replaced by them. The authors make some suggestions for future study directions, such as investigating follow-up chatbot interactivity, getting user input, and expanding the use of AI in nutrition science.