Literature Survey

Competitors and Alternatives

HealthifyMe

HealthifyMe is an app founded in 2012. It caters to Indian people, offering excellent support to people trying to lose weight by tracking calories and dispensing advice about diet plans and exercise routines. It offers the option to accurately track Indian dishes, a feature often missing in contemporaries. It is a free service but can be upgraded to premium at a cost. HealthifyMe also helps in tracking various other habits like water consumption, and calories burnt. It is one of the best options out there for any person trying to accurately track calories and start a diet.

Fittr

Fittr is yet another app which is at the top of health management. Apart from helping track calories, it also puts you into contact with various trainers of different fitness disciplines and helps you decide what type of exercise you want to do. Apart from this, Fitter also provides a platform for trainers and other trained professionals to reach out to and engage with people who use the app.

Research Work

Making Every Calorie Count

J L Buttriss et al published an article titled Making Every Calorie Count in the Nutrition Bulletin about how tracking every calorie consumed is often essential to living a good life devoid of health problems. The *National Diet and Nutrition Survey* provide evidence of relatively low intakes of a number of essential vitamins and minerals among UK teenagers and young adults, in particular, and low intakes of fibre in all age groups, associated with low intakes of wholegrain foods, vegetables, fruit and pulses. Despite widespread familiarity with the 5 A DAY message, only 27% of adults eat five portions of fruit and vegetables a day and, on average, teenagers have particularly low intakes. The poor quality of many diets in Britain has been brought into sharp focus by the publication of time trend data showing that micronutrient intakes have worsened over the past decade. However, going forward, dietary recommendations need to be

considered in the context of delivering a global food supply that is both nutritious and also environmentally sustainable and takes into account other factors such as equitable access, affordability and acceptability.

Calorie Restriction Fails in the Long Run

Amy Maxmen et al published an article in the Nature Journal, stating that cutting back calories consumed at any meal does not affect the lifespan of primates whatsoever in the long run. The verdict, from a 25-year study in rhesus monkeys, fed 30% less than control animals, represents another setback for the notion that a simple, diet-triggered switch can slow ageing. Instead, the findings, published this week in *Nature*, suggest that genetics and dietary composition matter more for longevity than a simple calorie count.

A Calorie Counter App for a mobile phone based on METS Value

Nanami Ryu et al published a paper in the IEEE magazine in 2008 stating a methodology of estimating a user's everyday energy expenditure using a 3-axis accelerometer of a mobile phone handset. They first infer the user's posture based on the acceleration sensor reading and calculate the METS value, which is considered a measure for estimating calorie consumption for daily activities. The experimental result shows that their application is as accurate as a reference device.

The publics' understanding of daily caloric recommendations and their perceptions of calorie posting in chain restaurants.

Sara N Bleich et al published an article in the BMC Public Health magazine in 2009 stating that calorie posting in chain restaurants has received increasing attention as a policy lever to reduce energy intake. Little research has assessed consumer understanding of overall daily energy requirements or perceived effectiveness of calorie posting. A phone survey was conducted from May 1 through 17, 2009 with 663 randomly selected, nationally-representative adults aged 18 and older, including an oversample of Blacks and Hispanics in the United States. To examine differences in responses by race and ethnicity (White, Black, and Hispanic) and gender, they compared responses by conducting chi-squared tests for differences in proportions.