

Literature survey

Nutrition Assistant Application

A survey and research were done on a nutrition-based app from the Play Store that was created specifically for infants under the age of five. [

Based on the functions that are offered by the program, various categories are divided. All other essential nutrition needs are taken care of.

Immersive virtual reality devices, which have recently been developed and made more widely available, have been suggested as a creative and effective way to deliver nutrition instruction.

Professionals in clinical nutrition have created their own terminology as a naturally expanding field based on their clinical nutrition specialty.

This strategy was chosen to ensure that clear information was provided by classifying clinical nutrition into different types structures.

The scientific community is paying more and more attention to nutrition in sports. In recent years, nutrition applied to sports has had a great response from technicians and science, justifying the use of food supplements more and more, especially when elite athletes or professionals are involved. With the help of this system, athletes can maintain their nutrition at higher rates.

Up until now, mindfulness, stress-reduction methods, and emotional support have received a lot of attention in discussions about health care worker wellness. This model improves physician well-being on an individual and community health basis by describing the connection between physician nutrition and physician well-being as well as the challenges that healthcare professionals face when it comes to nutrition.

There is a need for continuous and targeted support to maintain the accuracy of research in order to increase the impact of nutrition educators' and researchers work. The conversion of scientific nutrition-related data into practicable strategies at the individual, family, community, and policy levels depends on nutrition education and behavior research. With the help of these tactics, ongoing national initiatives to address new and developing nutrition research could ensure the importance of nutrition education and behavior.

A nutrition-information app's research looked at how users' attitudes about healthy eating change over time and whether they become more knowledgeable about it. The advice is that consumer behavior scientists, marketing researchers, nutritionists, and app developers collaborate in the creation of the app. This helps to improve the effectiveness of nutrition-information apps.

Studies on eating and diet habits involving different segments have been conducted. Study has been conducted to examine the relationship between perceived stress, emotional eating, and nutritional habits in healthcare workers during the pandemic. This system has implemented an ideology to improve people health by improving the nutrition and providing suggestion during pandemic days.

People with chronic illness required extra care to preserve their health, particularly with regard to their nutritional systems. These people receive extra attention from this model, which supports them by offering nutrition care. The assistance they offered through these mobile health apps are potential delivery methods for therapies and health information to patients with chronic health issues.

References

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