

Nutrition Assistant Application

Pranesh V R, Nandhakumar R G, Rishi B, Sanjeev S

Problem Statement

Healthy eating aids in the prevention of dietary-related illnesses and non-communicable diseases. Recommender systems are an essential part of mHealth technology that assist consumers by making recommendations for healthy eating. However, little is known about the results of making health-conscious recommendations over a long period of time in real-world contexts. In spite of the fact that maintaining nourishment in our bodies is essential, many people today lack the time due to their hectic schedules. There aren't many nutrition apps available right now that can recommend the best diet for a person.

Literature Review

A review and research were done on a nutrition-based app from the Play Store that was created specifically for infants under the age of five.[1] Based on the functions that are offered by the program, various categories are divided. All other essential baby nutrition needs are taken care of.

The current approach to educating people about calorie control and calorie density involves didactic techniques including booklets, handouts, and slide presentations during consultations with registered dietitian nutritionists.[2] 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 geographic location, professional experience, medical expertise, and clinical nutrition specialty.[3] This strategy was chosen to ensure that clear information was provided by classifying clinical nutrition into 53 different types and four primary structures.

The scientific community is paying more and more attention to nutrition in sports.[4] 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.[5] 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.[6]

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.[7] The advice is that consumer behavior scientists, marketing researchers, nutritionists, and app developers collaborate in the creation of the apps. This helps to improve the effectiveness of nutrition-information apps.

Numerous recommendations for natural remedies and different kinds of supplements with thaumaturgical capabilities in preventing and/or combating the coronavirus infection have been made during the COVID-19 pandemic via websites and social media.[8] This indicates and helps to overcome situations like in severe pandemic.

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.[9] This system has implemented an ideology to improve peoples 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.[10] 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

- [1]RachanaSrivastavaPh.D.aSaviteshKushwahaM.PhillaPoonamKhannaPh.D.aMadhuGuptaM.D., Ph.D.aBhavneetBhartiM.D.bRachitaJainM.Sc.a 'Comprehensive overview of smartphone applications delivering child nutrition information' in on September 2021.
- [2]G.EdwardsPhD,RDN1PejmanSajjadiPhD2AlexFatemiMS2EricaN.KriegerBS2AlexanderKlippelPhD3Travis D.MastersonPhD1' The Immersive Virtual Alimentation and Nutrition Application: An Interactive Digital Dietitian' in journal of nutrition education and behavior on may 2022
- [3]LuziaValentiniaDorotheeVolkertbTatjanaSchützJohannOckengadMatthiasPirlicheWilfredDru mlf 'Suggestions for terminology in clinical nutrition' in e-spen journal at April 2014
- [4]RobertoCannataroabcNatasciaStrafaceaErikaCioneac 'Nutritional supplements in combat sports: What we know and what we do' in Human Nutrition & Metabolism On September 2022
- [5]Alan RobertBielskyMDaCarolyn BergerFoleyMDb 'Nutritional Wellness for the Busy Health Care Provider: Small Everyday Wins' in Anesthesiology Clinics On Jun 2022
- [6]Laura L.BellowsPhD, MPH, RDN1Noereem Z.MenaPhD, RDN2Melissa M.ReznarPhD, MPH3Christopher A. 'Strengthening Nutrition Education and Behavior Research for Academicians and Practitioners' in Journal of Nutrition Education and Behavior On January 2022
- [7]AntonellaSamoggiaBettinaRiedel 'Assessment of nutrition-focused mobile apps' influence on consumers' healthy food behaviour and nutrition knowledge' in Food Research International On February 2020
- [8]PaolaIaccarino IdelsonDomenicoRendinaPasqualeStrazzullo 'Nutrition and the Covid-19 pandemic: Three factors with high impact on community health' in Nutrition, Metabolism and Cardiovascular Diseases On March 2021

[9] Assist. Prof. M.D. Gözde BacıkYaman¹ Prof. Dr. ÇiçekHocaoğlu² ‘Examination of eating and nutritional habits in healthcare workers in the covid 19 pandemic’ in Nutrition On September 2022

[10] SarahDaisyKosa¹²³ JillianMonize¹ MitchellD'Souza¹ ArundhatiJoshi¹ KaylyssaPhilip¹ Samiha Reza ‘Nutritional Mobile Applications for CKD Patients: Systematic Review’ in Kidney International Reports On March 2019