LITERATURE SURVEY

NUTRITION ASSISTANT APPLICATION

1.Hawkes.C, Blouin.C, Henson.S, Drager.N and Dube.L.(2009). Trade, food, diet and health:perspectives and policy options. John Wiley & Sons.

The global shift towards overweight and obese populations has led to a significant rise in diet-related chronic illness. This book examines the role global food trade has played in that shift, looking carefully at how the trade of food across national borders, international and regional trade agreements, the process of trade and investment liberalization, and the growth of transnational food corporations affects what people eat and, by implication, their health. An international team of editors has brought together a prestigious group of contributors who present a critical analysis of the linkages between trade, food and diet in different domains. Between them, the multidisciplinary group present a balanced perspective on the opportunities and risks trade poses for dietary trends and offer a practical analysis of the policy options available to address this growing global concern.

2. Coughlin, S. S., Whitehead, M., Sheats, J. Q., Mastromonico, J., Hardy, D., & Smith, S. A. (2015).Smartphone applications for promoting healthy diet and nutrition: a literature review. Jacobs journalof food and nutrition.

Rapid developments in technology have encouraged the use of smartphones in health promotion research and practice. Although many applications (apps) relating to diet and nutrition are available from major smartphone platforms, relatively few have been tested in research studies in order to determine their effectiveness in promoting health. In this article, we summarize data on the use of smartphone applications for promoting healthy diet and nutrition based upon bibliographic searches in PubMed and CINAHL with relevant search terms pertaining to diet, nutrition, and weight loss through August 2015.

3.Azar, K. M., Lesser, L. I., Laing, B. Y., Stephens, J., Aurora, M. S., Burke, L. E., & Palaniappan, L. P.(2013). Mobile applications for weight management: theory-based content analysis. American journalof preventive medicine.

The use of smartphone applications (apps) to assist with weight management is increasingly prevalent, but the quality of these apps is not well characterized. The goal of the study was to evaluate diet/nutrition and anthropometric tracking apps based on incorporation of features consistent with theories of behavior change. A comparative, descriptive assessment was conducted of the top-rated free apps in the Health and Fitness category available in the iTunes App Store. Health and Fitness apps (N=200) were evaluated using predetermined inclusion/exclusion criteria and categorized based on commonality in functionality, features, and developer description.

4.Jacobs, D. R., & Tapsell, L. C. (2013). Food synergy: the key to a healthy diet.Proceedings of the Nutrition Society.

Food synergy is a concept linking foods and dietary patterns to health, defined as 'additive or more than additive influences of foods and food constituents on health'(Reference Jacobs and Steffen1). This is the idea of concerted action of food constituents on health. This concept has many implications for defining a healthy individual diet, for making dietary policy, and for the future direction of nutrition research. The purpose of the present paper is to define and consider the implications of this statement.

5.Fraj, E., & Martinez, E. (2006). Environmental values and lifestyles as determining factors ofecological consumer behaviour: an empirical analysis. Journal of Consumer Marketing.

The aim of this study is to identify what values and lifestyles best explain environmentally friendly behaviours.This paper adapts the Values and Lifestyle scale and the Environmental and Attitude and Knowledge scale to the Spanish context in order to describe the ecological consumer profile. The data were obtained from a questionnaire handed out to a random sample of 573 individuals. With the information obtained, and after the scales validation process, a structural equation analysis has been conducted.

6.Sallis, J. F., Pinski, R. B., Grossman, R. M., Patterson, T. L., & Nader, P. R. (1988). The developmentof self-efficacy scales for healthrelated diet and exercise behaviors.Health education research

The purpose of the study was to develop selfefficacy scales specifically for health-related eating and exercise behaviors. Study I consisted of interviews with 40 individuals to identify behavioral and situational components of dietary and exercise change. In Study II items derived from their responses were administered to 171 subjects. Principal-components factor analysis yielded two meaningful exercise self-efficacy factors and five dietary self-efficacy factors. The test-retest reliabilities and internal consistencies of the factors were examined. Self-efficacy factors were significantly associated with reported diet and exercise behaviors, providing evidence of criterion-related validity. These self-efficacy scales for eating and exercise behaviors show preliminary evidence of being reliable and valid, and they warrant further study.

7. Farinella, G. M., Allegra, D., & Stanco, F. (2014, September). A benchmark dataset to study therepresentation of food images. In European Conference on Computer Vision.

The food recognition is a challenging task since the food is intrinsically deformable and presents high variability in appearance. Image representation plays a fundamental role. To properly study the peculiarities of the image representation in the food application context, a benchmark dataset is needed. These facts motivate the work presented in this paper. In this work we introduce the UNICT-FD889 dataset. It is the first food image dataset composed by over 800 distinct plates of food which can be used as benchmark to design and compare representation models of food images. They exploit the UNICT-FD889 dataset for Near Duplicate Image Retrieval (NDIR) purposes by comparing three standard state-of-the-art image descriptors: Bag of Textons, PRICoLBP and SIFT. Results confirm that both textures and colors are fundamental properties in food representation. Moreover the experiments point out that the Bag of Textons representation obtained