

| S.N | PAPER NAME   | JOURNAL NAME  | DESCRIPTION   |
|-----|--|---|---|
| 1   | Smartphone Applications for Promoting Healthy Diet and Nutrition | <a href="https://www.researchgate.net/publication/292153499">https://www.researchgate.net/publication/292153499</a>       | 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. Future studies should utilize randomized controlled trial research designs, larger sample sizes, and longer study periods to better establish the diet and nutrition intervention capabilities of smartphones. There is a need for culturally appropriate, tailored health messages to increase knowledge and awareness of health behaviors such as healthy eating. |
| 2   | User Perspectives of Diet-Tracking Apps                          | <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8103297/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8103297/</a> | The aim of this study was to identify the key topics and issues that users highlight in their reviews of diet-tracking apps on Google Play Store. Identifying the topics that users frequently mention in their reviews of these apps, along with the user ratings for each of these apps, allowed us to identify areas where further improvement of the apps could facilitate app use, and support users' weight loss and intake management efforts.   |