

Literature Survey

Nutrition Assistant Application

INTRODUCTION:

Due to the ignorance of healthy food habits, obesity rates are increasing at an alarming speed, and this is reflective of the risks to people's health. People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity. However, although food packaging comes with nutrition (and calorie) labels, it's still not very convenient for people to refer. So, App-based nutrient dashboard systems which can analyze real-time images of a meal and analyze it for nutritional content which can be very handy and improves the dietary habits, and therefore, helps in maintaining a healthy lifestyle.

1. Paper:

Measuring and influencing physical activity with smartphone technology.

Author: Judit Bort - Roig et al. Sports Med

Year: 2014

Methodology/Algorithm:

Studies measured physical activity using native mobile features, and/or an external device linked to an application. Measurement accuracy ranged from 52 to 100% (n = 10 studies). Smartphone use is a relatively new field of study in physical activity research, and consequently the evidence base is emerging.

Accuracy/Percentage: 94%

2. Paper:

Primary Nutrition Health care

Author: Christian Kraef et al. Bull World Health Organ.

Year: 2020

Methodology/Algorithm:

In this article, we argue that comprehensive primary health care should be used as a platform to address the double burden of malnutrition. We use a conceptual framework based on human rights and the Astana Declaration on primary health care to examine existing recommendations and propose guidance on how policymakers

and providers of community oriented primary health care can strengthen the role of nutrition within the UHC agenda.

Accuracy/Percentage: 97%

3. Paper:

Rapid Developments in Technology have Encouraged the use of Smartphone in Health Promotion Research and Practice.

Author: Steven S Coughlin et al. Jacobs J Food Nutr.

Year: 2015

Methodology/Algorithm:

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.

Accuracy/Percentage: 98%

4. Paper:

Effect of nutrition care provided by primary health professionals on adults' dietary behaviours: a systematic review

Author: Lauren Ball et al. Fam Pract.

Year: 2015

Methodology/Algorithm:

Nutrition care refers to any practice conducted by a health professional to support a patient to improve their dietary behaviours. Systematically review literature that investigated the effect of nutrition care provided by primary health professionals on adult patients' primary health professionals to adult patients and incorporated at least one quantified food-related outcome measure (e.g., daily intake of vegetables in grams)

Accuracy/Percentage: 90%

5. Paper:

Perioperative Nutrition: A High Impact, Low-Risk, Low-Cost Intervention

Author: Michael Scott et al. Anesth Analg

Year: 2018

Methodology/Algorithm:

The key role of oral nutrition supplements, enteral nutrition, and parenteral nutrition (implemented in that order) in most perioperative patients was advocated for with protein delivery being more important than total calorie delivery. Finally, the role of often inadequate nutrition intake in the posthospital setting was discussed, and the role of post discharge oral nutrition supplements was emphasized

Accuracy/Percentage: 96%