Nutrition Assistant Application

The literature review:

NAME OF THE PAPER : Primary Nutrition Health care.

PUBLISHED YEAR :2022

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

METHODOLOGY AND 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.

NAME OF THE PAPER : Good Sports Nutrition

PUBLISHED YEAR : 2019

AUTHOR : Ruyao Gong, Nan Ge, Jijie Li.

METHODOLOGY AND ALGORITHM : This paper explores the sports nutrition, sports diet and respective supplements. Sports nutrition is a general term comprising everything related with products manufactured mainly for people doing sport. The main aim of such nutrition is improving the athlete's performance and increasing endurance. Sports nutrition is not doping, but a rather a complex of easily digesting and highly nutritious elements. Any diet should consist of three main elements: carbohydrates responsible for providing energy, liquid preventing body from heat collapse, proteins maintaining muscle mass, fats, vitamins and minerals. The knowledge of sports nutrition can be in need for a nurse when taking care about the athletes because it will give the better understanding of what their ration consists of and what consequences it may cause.

NAME OF THE PAPER : Rapid Developments Technology have Encouraged the use of Smartphone in Health Promotion Research and Practice.

PUBLISHED YEAR : 2015

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

METHODOLOGY AND 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.

NAME OF THE PAPER : Personalized Nutrition Solution Based on Nutrigenomics

PUBLISHED YEAR : 2019

AUTHOR : Jitao Yang

METHODOLOGY AND ALGORITHM : People require various nutrients such as proteins, vitamins and minerals in diet to maintain our health. Due to the increasing unhealthy eating habits, many people are characterized as nutrition unbalance, causing dyslipidemia, obesity, diabetes or the other diseases. Therefore, from fundamental nutritional science into helpful dietary advice is nowadays one of the main challenges of nutrition health care science. Several international and national dietary guidelines provide nutrition recommendations for different kinds of food intake; however, the guidelines provide general recommendation for population rather than tailored for individuals. Nutrigenomics represents a better understanding of how genomics is connected with the development of personalized nutritional science and provides a promising approach for designing tailored nutritional solutions for individuals or population sub-groups. In this paper we design and implement a mobile professional personalized nutrition recommendation platform allowing the application of the new findings of nutrigenomics at the population sub-groups and even individual level.

NAME OF THE PAPER : Perioperative Nutrition: A High Impact, Low-Risk, Low-Cost Intervention

PUBLISHED YEAR : 2018

AUTHOR : Michael Scott etal. Anesth Analg

METHODOLOGY AND 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