

LITERATURE SURVEY

1. **Alita Rushton, Judith Bauer, Adrienne Young, Heather Keller: “Jack Bell, Barriers and Enablers to Delegating Malnutrition Care Activities to Dietitian Assistants”, 2022.:** This study highlights novel insights into barriers and enablers to delegating malnutrition care to dietitian assistants. Members of the authorship team cover a breadth of experience and skills, and their validation of themes mitigated this bias
2. **Cederholm, T.; Jensen, G.L.; Correia, M.I.T.D.; Gonzalez, M.C.; Fukushima, R.; Higashiguchi, T.; Baptista, G.; Barazzoni, R.; Blaauw, R.; Coats, A.J.;2020** Unhealthy eating patterns are a known risk factors for several chronic diseases that contribute annually to premature death and disability globally.
3. **Stephen S Coughling: “Smartphone Applications for Promoting Healthy Diet and Nutrition: A Literature Review” published on 01-2016:** Rapid developments in technology have encouraged the use of smartphones in health promotion research and practice. Based upon bibliographic searches in PubMed and CINAHL with relevant search terms pertaining to diet, nutrition, and weight loss, data is summarized.
4. **Alan Scarry: “Usage of Mobile Applications or Mobile Health Technology to Improve Diet Quality in Adults” published on 12-06-2022:** Higher user functions have directly related to better user behaviours and higher success and improvement in diet quality. Some applications have merely provided dietary advice and improved the diet quality of participants; other applications monitor lapses and have the same effect on the user.