Nutrition Assistant Application

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INTRODUCTION:

The analysis of typical food intake is a significant difficulty in human nutrition. This is of particular significance in light of current recommendations for eHealth tailored therapies. Because mobile phones may be used for digitizing dietary measurements and delivering feedback, they have presented an opportunity for measuring and increasing nutrient consumption. Hundreds of nutrition-related smartphone applications have been released and downloaded by millions of users in recent years.

Because of the advancement of technology, our age has become sedentary. The cost of app development technology has nearly reduced the amount of physical effort, which is the underlying cause of many difficulties. These statistics suggest that we are living in terrible times, and the Health & Fitness agenda is in serious need of a boost. The Nutrition Assistant app is a lifesaver for such people. They help consumers maintain a healthy diet and keep a close eye on their calorie consumption.

OBJECTIVE:

A nutrition assistant application is a type of nutrition tracking app that assists users in losing weight, becoming healthier, and becoming stronger. Nutrition apps include calorie counters, diet trackers, nutrition planner apps, and marketplace platforms that connect users and nutrition coaches.

There are also apps built for certain niches, such as app-based food diaries, prenatal nutrition apps, bodybuilder nutrition apps, vegan nutrition apps, diet-tracking apps, health activity tracker apps, and so on. Our goal is to examine the key elements of the most

popular nutrition apps and compare their dietary assessment and user feedback methodologies and technology.

LITERATURE SURVEY:

Non Communicable illnesses, such as diabetes and cardiovascular disease, are responsible for about two-thirds of all fatalities worldwide. The fundamental advice for combating this epidemic revolves upon lifestyle modifications, namely supporting healthy foods, physical activity (PA), and reducing cigarette and alcohol intake. Nutritional intervention requires accurate food intake data. Food intake data collection methods may be characterized in several ways. Retrospective approaches, such as the 24-hour meal recall and the food frequency questionnaire (FFQ), need memory for remembering of items eaten based on the time of collection.

In contrast, prospective techniques necessitate diet reporting as intake happens, effectively functioning as food diaries. Prospective approaches are often used in clinical nutrition between 4 and 7 days. The approaches might also be classified as quantitative daily consumption or food frequencies. The first group concentrates on precisely tracking detailed food consumption over a period of many days. The latter evaluates normal consumption habits over time. These approaches have typically been supplied using paper and pen, however there is a burden associated with this system for both patients and health providers. Patients favor digitization of food diaries since it saves time and resources.

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