

TOP IDEAS

NUTRITION ASSISTANT APPLICATION

1.A well balanced diet with an estimated nutrient intake is vital for infants and children which reduces the risks of deadly diseases namely cancer, diabetes, obesity and cardiovascular diseases. Unlike adults, infants require some assistance in their food intake. The survey provides valuable insights about the various advancements of IoT in the healthcare industry and the need for nutrition and dietary monitoring. A varied number of nutrition monitoring systems for the estimation and prediction of calories have been developed using various machine learning techniques and also with advanced deep learning based techniques.

2.Precision Nutrition_research aims to use personal information about individuals or groups of individuals to deliver nutritional advice that, theoretically, would be more suitable than generic advice. Machine_learning, a subbranch of Artificial Intelligence, has promise to aid in the development of predictive models that are suitable for Precision Nutrition. As such, recent research has applied machine learning_algorithms, tools, and techniques in precision nutrition for different purposes.

3.Healthy nutrition contributes to preventing non-communicable and diet-related diseases. Recommender systems, as an integral part of mHealth technologies, address this task by supporting users with healthy food recommendations. However, knowledge about the effects of the long-term provision of health-aware recommendations in real-life situations is limited. This study investigates the impact of a mobile, personalized recommender system named Nutrilize.