

# **NUTRITION ASSISTANT APPLICATION**

**TITLE:INSUFFICIENT NUTRITION**

**AUTHOR: Muzamil Ahmad**

**YEAR:2020**

## **ABSTRACT**

Lack of proper diet causes many diseases like night blindness, gum death, rickets, osteomalacia, etc. Similarly, under nutrition will cause a low intelligence quotient (IQ), osteoporosis, anemia, scurvy, pre-lagere, etc. Over-nutrition will result in obesity, Type II diabetes mellitus, and ischemic heart diseases. Also, the unhygienic intake of food, intake of food on no fixed time, intake of fast food intake of other unhealthy stuff can lead to irregularities in the human body. Adopting healthy habits, physical activity, exercise, sports, and walking can lead to a healthy lifestyle of an individual. In addition, today's busy schedule and less time availability restricts individuals to visit the doctors or nutritionists.

**TITLE:NUTRITION TECHNOLOGY IN RAPID WORLD**

**AUTHOR: Steven S. Coughlin**

**YEAR:2021**

**ABSTARCT**

Rapid developments in technology have encouraged the use of smart phones in health promotion research and practice. Although many applications (apps) relating to diet and nutrition are available **from major smart phone platforms**, relatively few have been tested in research studies in order to determine their effectiveness in promoting health. Methods—In this article, we summarize data on the use of smart phone applications for promoting healthy diet and **nutrition based upon bibliographic searches** in Pub Med and CINAHL with relevant search terms pertaining to diet, nutrition, and weight loss.

**TITLE:STUDY OF NUTRITION**

**AUTHOR: ANITA TULL**

**YEAR:2017**

**ABSTARCT**

This study builds the system that allow users to plan their food consumption via their mobile phones. The system help user to manage and tracking history of their food consumption, choosing food that suitable for their health, and help user to select their favorite restaurant. **Methodology** is used in this research are analysis method, design method, and literature study. The result is a food planning mobile application based on I OS platform that help user to manage and track their food consumption, to calculate & choose balanced food that suitable for their body.

**TITLE:NUTRITION SCIENCE**

**AUTHOR: Geoffrey Cannon<sup>1</sup>, and Claus Leitzmann<sup>2</sup>**

**YEAR:2020**

**ABSTARCT**

The show that nutrition science, with its application to food and nutrition policy, now needs a new conceptual framework. This will incorporate nutrition in its current definition as principally a biological science, now including **nutritional aspects of genomics**. It will also create new governing and guiding principles; specify a new definition; and add social and environmental dimensions and domains. **Method:** A narrative review of nutrition science, its successes and achievements, and its dilemmas, paradoxes, shortcomings, dissonances and challenges. Reference Is made to 16 associated papers. Equal use is made of continuous text and of boxed texts that extend the review and give salient examples.

**TITLE:MOBILE APPLICATION IN NUTRITION**

**AUTHOR: ALLMAN-FARINELLI**

**YEAR:2019**

**ABSTARCT**

Many mobile applications were developed for monitoring and calculating an energy level as well as healthy nutrition. This review chapter has assessed the use and features of various mobile phone health applications, which helps individuals to overcome and monitor the above-mentioned **health-related issues**. Results A total of **193 articles** were identified in the **bibliographic searches**. By screening abstracts or full-text articles, a total of three relevant qualitative studies and 9 randomized controlled trials were identified. In qualitative studies, participants preferred applications that were quick and easy to administer, and those that increase awareness of food intake and weight management. In randomized trials, the use of smart phone apps was associated with better dietary

**TITLE:PHYSICAL BEHAVIOUR**

**AUTHOR: LANA HEBDEN**

**YEAR:2019**

**ABSTARCT**

This paper describes the process of developing four apps aimed at modifying key lifestyle behaviors associated with weight gain during young adulthood, **including physical activity**, and consumption of take-out foods (fast food), fruit and vegetables, and sugar-sweetened drinks. **Methods:** The development process involved: (1) deciding on the behavior change strategies, relevant guidelines, graphic design, and potential data collection; (2) selecting the platform (Web-based versus native); (3) creating the design, which required decisions about the user interface, architecture of the relational database, and programming code; and (4) testing the prototype versions with the target audience (young adults aged 18 to 35). **Results:** The four apps took 18 months to develop, involving the fields of marketing, nutrition and dietetics, physical activity, and information technology. Ten subjects provided qualitative feedback about using the apps. The slow running speed of the apps (due to a reliance on an active Internet connection) was the primary issue identified by this group, as well as the requirement to log in to the apps.