

LITERATURE SURVEY & INFORMATION GATHERING

INFORMATION GATHERING

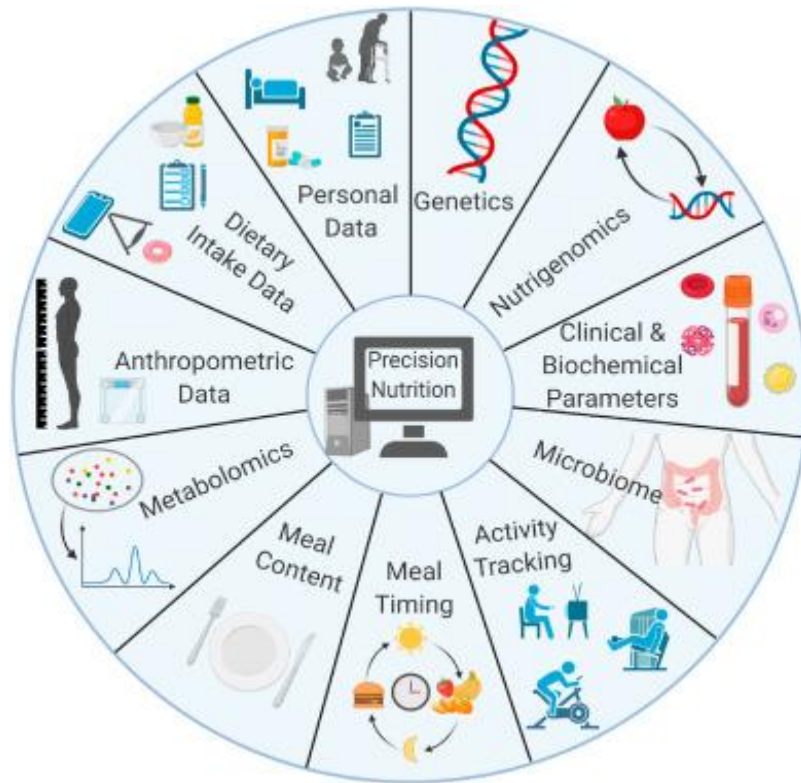
Nutrition research aims to use personal information about individuals or groups of individuals to deliver nutritional advice that, theoretically, would be more suitable than generic advice. If you are planning to invest your money in developing a diet and nutrition site, you must know the target audience and the market for the same. It is an application that provides assistance to the users on the maintenance of their dietary intake on an hourly, daily, or monthly basis. Like smart watches counting your steps and physical activities, these sites count the nutrition that one consumes in each meal.

These sites do not only help one in losing weight, but also give them aid in improving their lifestyle, food habits, etc. One can get a personalized nutrition intake schedule based on the kind of foods they consume in a day. These sites can be very helpful to those who are cautious about what they are eating in each meal. It helps users create a daily calorie goal and consume food only according to it.

The site also allows users to scan the barcode on an edible product to get a count on the number of calories it contains. All in all, it is a site that can save your entire data regarding your diet and offer you assistance in consuming healthy food timely.

As the people are gaining awareness around the health benefits of eating nutrient-rich food, they are getting more inclined towards getting their diet charts made by official nutritionists. However, a diet chart is not enough for a nutritionist to keep going. Therefore, they have started asking their clients to rely on these sites for getting a better understanding of their meals and counting their calories.

The willingness of people in order to get and stay fit by eating the correct and right amount of food has also generated a source of revenue for both health businesses and site developers who can create sites for the **health and fitness industry**.



For Dietitians, Food Nutritionists & Health Experts

1. Live chats
2. Hire a dietitian
3. In-site call with number masking
4. Recipe list
5. Profile Management
6. Create/Manage Custom Diet Plans
7. Create Custom Exercise Routines

LITERATURE SURVEY

1. NAME OF THE PAPER :Measuring and influencing physical activity with smart phone technology

PUBLISHED YEAR :2014

AUTHOR : Judit Bort - Roig et al. Sports Med

METHODOLOGY AND ALGORITHMS :Studies measured physical activity using native mobile features, and/or an external device linked to an application.

Measurement accuracy ranged from 52 to 100% (n = 10 studies).

Smartphone use is a relatively new field of study in physical activity research, and consequently the evidence base is emerging

2.NAME OF THE PAPER : Primary Nutrition Health care.

PUBLISHED YEAR :2020

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.

3. 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.

4 .NAME OF THE PAPER : Effect of nutrition care provided by primary health professionals on adults dietary behaviours: a systematic review

PUBLISHED YEAR : 2015

AUTHOR : Lauren Ball et al. Fam Pract.

METHODOLOGY AND ALGORITHM : Nutrition care refers to any practice conducted by a health professional to support a patient to improve their dietary behaviours. Systematically review literature that investigated the effect of nutrition care provided by primary health professionals on adult patient primary health professionals to adult patients and incorporated at least one quantified food-related outcome measure (e.g., daily intake of vegetables in grams)

5. NAME OF THE PAPER : Perioperative Nutrition: A High Impact, Low-Risk,

Low-Cost Intervention

PUBLISHED YEAR : 2018

AUTHOR : Michael Scott et al. 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