ABSTRACT:

A Nutrition Management System currently deployed in the cafeteria of a consumer electronics manufacturer provides a low-salt diet program to factory workers for disease management. However, the existing system lacks an alert system feature to manage the correct meal plan and the delayed in reporting it. Additionally, the current program also lacks expert nutritionists who can determine the appropriate nutritional and dietary compositions. This study aimed to design a more efficient and complete model for Nutrition Management and Diet Monitoring Information System, closely based on nutritional guidelines and applications implemented at health care facilities. The model is a food serving system with an expert component enhanced with a meal registration system via contactless smart cards.