

# How to Visualize Food Quantities to Prevent Food Waste? Examples and Challenges

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## Summary:

Food quantity management involves planning and predicting in one's daily life. One has to estimate how much needs to be bought, how much the people eating together will want to eat, and how much needs to be prepared to have enough but not too much either. Wasting food raises sustainability and financial challenges. We present some of the issues linked to poor food management and then suggest two ways in which visualization may address two of them: over-buying and over-preparing. Finally, we discuss current limitations in order to identify future directions and research questions.