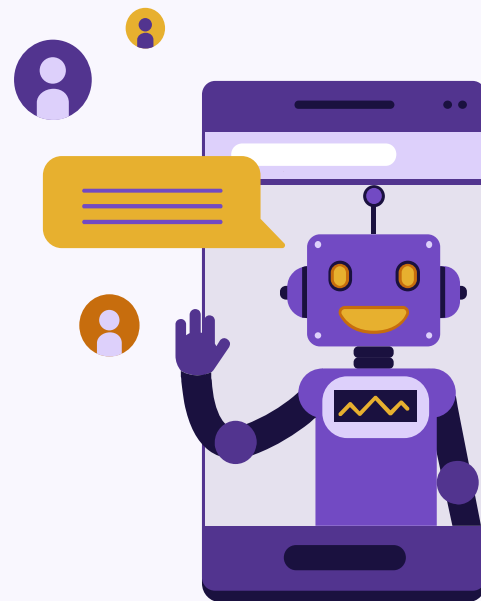


Chatbot Multiagente - Nutrição e Hábitos alimentares

Mineração de dados - GRUPO 1

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Análise e recolha dos dados

(role C)

Fontes específicas ao tema	EatRight, DietaryGuidelines (para além das fontes referidas pela role C)
Key Words	Diet terms, eating habits terms, food terms, nutrients terms
Query	“Eating habits “ AND “nutrition” AND (“health outcomes” OR “dietary patterns”)
Obtenção dos dados	Web Scraping, Selenium, Keywords por Domínio
Processamento	SpaCy para tokenização
Chunking Semântico	Divisão preservando contexto e respeitando limites de tokens
Enriquecimento de Metadados	Adição de informações estruturais (hierarchy, indexação para RAG)



Exemplos de documentos recolhidos



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> Nutrients. 2024 Oct 21;16(20):3561. doi: 10.3390/nu16203561.

Dietary Habits of Young Poles and Their Selected Determinants: A Review and Implications for Public Health

Agata Kotowska ¹, Klaudia Sochacka ², Rafal Wiśniewski ³, Sabina Lachowicz-Wiśniewska ² ³

Affiliations + expand

PMID: 39458555 PMCID: [PMC11510485](#) DOI: [10.3390/nu16203561](#)

Abstract

Background/objectives: This study investigates the dietary patterns, health behaviors, and related determinants among young people in Poland, amid increasing lifestyle-related health concerns like obesity and poor nutrition. Understanding the factors influencing these behaviors is crucial for crafting effective public health strategies. The objective was to analyze young Poles' eating habits, their perceptions of health, and the role of various determinants in shaping these behaviors.

Topic: nutrition



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The Beginner's Guide to Cruciferous Vegetables

Contributors: Esther Ellis, MS, RDN, LDN
Reviewers: Academy Staff RDNs
Published: August 13, 2020
Reviewed: August 16, 2024



Karadei/Stock/Thinkstock

What do kale, arugula and Brussels sprouts have in common? Aside from being trendy ingredients, they're all delicious cruciferous vegetables that pack a nutritional punch.

Cruciferous veggies are a diverse group that includes broccoli, cauliflower, cabbage, kale, bok choy, arugula, Brussels sprouts, collards, watercress and radishes. Fun fact: The term "cruciferous" is an informal classification for members of the mustard family and comes from the Latin *cruciferae* meaning "cross bearing," because the four petals resemble a cross.

While these veggies grow in all different colors, shapes and sizes, they share several nutritional benefits. Most cruciferous vegetables are rich in vitamins and minerals such as folate and vitamin K. Dark green cruciferous veggies also are a source of vitamins A and C and contain phytonutrients – plant-based compounds that may help to lower inflammation and reduce the risk of developing cancer. Cruciferous vegetables are rich in fiber and low in calories, a combination that will help you feel full and satisfied without overeating.

It doesn't take much to reap the benefits. Adults need at least 2½ cups of vegetables per day. One cup of raw and cooked veggies, such as broccoli, cauliflower and Brussels sprouts, is equivalent to a 1-cup vegetable serving. Two cups of raw leafy vegetables, such as kale and arugula, are the equivalent of a 1-cup vegetable serving.

Ready to add more cruciferous veggies into your diet? These tips will make packing in your vitamins and minerals easy and enjoyable.

Topic: cardiovascular health

WIKIPEDIA

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Sugar

Article

Talk

✂

☆

✎

This is the latest accepted revision, reviewed on 30 May 2025.

This article is about the class of sweet-flavored substances used as food. For common table sugar, see [Sucrose](#). For other uses, see [Sugar \(disambiguation\)](#).

Sugar is the generic name for [sweet-tasting](#), soluble [carbohydrates](#), many of which are used in food. Simple sugars, also called [monosaccharides](#), include [glucose](#), [fructose](#), and [galactose](#). Compound sugars, also called [disaccharides](#) or double sugars, are molecules made of two [bonded](#) monosaccharides;

Topic: diabetes



Benchmarks de Modelos

	Non Reasoning Model (Llama 3.3 70B)	Reasoning Model (Deepseek R1 70B)
Dietas	7.5	8.4
Hábitos Alimentares	6.7	8.4
Alimentos Específicos	8.2	8.4
Nutrientes	6.7	7.4
Média Global	7.3	8.2



Respostas classificadas usando ChatGPT 4.0, Claude Sonnet 4, Gemini 2.5 Falsh e Grok 3

Configuração do Agente

Este conjunto de parâmetros define o comportamento do agente na seleção e utilização dos dados.

- **reasoningModel** - Ativa modelo com capacidade de raciocínio;
- **topK** - Número máximo de *chunks* recuperados;
- **targetThreshold** - Valor ideal a partir do qual um chunk é considerado fortemente relevante;
- **minimumThreshold** - Valor mínimo para considerar fonte complementar;
- **maxHierarchyLevel** - Nível máximo de hierarquia nos dados.

Os parâmetros, exceto **reasoningModel** e **maxHierarchyLevel**, foram ajustados empiricamente, através de sucessivos testes e afinações, com o objectivo de obter melhores resultados observáveis na geração de respostas.

```
{  
  "reasoningModel": true,  
  "topK": 10,  
  "targetThreshold": 0.6,  
  "minimumThreshold": 0.2,  
  "maxHierarchyLevel": 4  
},
```



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