



AIDI 1001 Conversational AI - Assignment 2: Dialogflow

First-Step:

Your personalized chatbot for Meal Planning and Nutritional Guidance, exclusively designed for expectant mothers.




Problem Statement

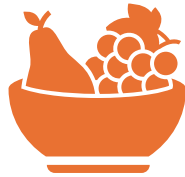
Expectant mothers often struggle with maintaining healthy meal plans that fit their unique nutritional needs and changing bodily requirements during pregnancy. There is a need for a timely and personalized dietary advisor that understands how they feel physically and emotionally, and thereby provides them with useful information.



What does First- Step Chatbot do?

- The chatbot provides support to pregnant women's in providing immediate and customized nutritional support.
 - For instance, if an expected mother wants to include more calcium intake and is nauseous, the chatbot can recommend taking oatmeal for breakfast in smaller portions or more frequent meals throughout the day. This can help prevent an empty stomach, which often worsens nausea.
 - The chatbot helps to reduce common pregnancy-related concerns such as nausea, food aversions, and nutritional deficiencies by suggesting appropriate food choices and alternatives based on the user's current symptoms, cravings, and dietary restrictions, ensuring a healthy pregnancy journey.
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Application Features



Personalized Meal Planning -

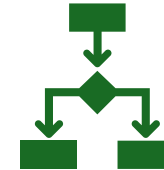
Will provide user with personalized dietary recommendations to suit individual pregnancy needs and preferences.



Nutritional Guidance - Give advice on nutrition to support the health of both mother and baby. Ensures that the user is aware of what are good and bad food items to intake during pregnancy.



Symptom Management - Will provide customized suggestions to help cope with common pregnancy symptoms like morning sickness and hydration.





Adaptive Support - Chatbot provides responses based on daily well-being and specific cravings or dislikes.

Limitations

The chatbot can provide support to pregnant women's in providing immediate and customized nutritional support but it will not replace healthcare professionals.


Chatbot response to Greetings


**Frist-Step**
First-Step: Your personalized chatbot for Meal Planning and Nutritional Guidance, exclusively designed for expectant...


POWERED BY  Dialogflow

Hi

Hi, Congratulations. May I know which trimester of pregnancy you are in?


Ask something... 


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Hello

Hello! Congratulations on your pregnancy! Would you mind sharing which trimester you're currently in?

Ask something... 

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Hi


Hi there! Congratulations! Could you please share which stage of pregnancy you're currently in?

2nd

Happy to be a part of your beautiful journey. How are you feeling today?


Ask something... 

Adaptive Support



Frist-Step


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I'm feeling happy

Good to hear that. How can I make you feel better?


Ask something...





Frist-Step


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I'm feeling down

Be kind to yourself and recognize that it's okay to feel a wide range of emotions. Make sure to eat balanced meals and stay hydrated. Also, make sure you are getting a good amount of quality sleep. Do you want me to suggest something to eat? It will make you feel better.


Ask something...





Frist-Step

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Be kind to yourself and recognize that it's okay to feel a wide range of emotions. Make sure to eat balanced meals and stay hydrated. Also, make sure you are getting a good amount of quality sleep. Do you want me to suggest something to eat? It will make you feel better.


but I'm nausea


Taking oatmeal for breakfast in smaller portions or more frequent meals throughout the day can help prevent an empty stomach, which often worsens nausea

Ask something...




Personalized Meal Planning


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I need meal plans for whole day

Here's a sample healthy pregnancy meal plan to get you started: Breakfast: Smoothie with spinach, banana, and almond milk.
Lunch: Vegetable stir-fry with brown rice.
Dinner: Beef stew with carrots and potatoes.

Ask something... 

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I am looking for a meal plan


Are you looking for Breakfast, Dinner, Lunch or all?


Breakfast

You are looking for Breakfast only right?

Yes only breakfast

Ask something... 

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Are you looking for Breakfast, Dinner, Lunch or all?

Breakfast


You are looking for Breakfast only right?

Yes only breakfast

Since you are nausea take smoothie with spinach, banana, and almond milk.


Ask something... 

Nutritional Guidance




Frist-Step


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How much water should I drink a day?


While individual needs vary, a general guideline is to aim for eight to twelve 8-ounce glasses of water per day, for your well-being and your baby's development.

Ask something... 




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What are the things I need to add in my diet plans?


Aim for a diverse range of foods to get all kind of nutrients. Include items from the following food groups: Breads and Grains: 6-11 servings per day. Fruits: 2-4 servings per day. Vegetables: Four or more servings per day. Dairy Products: Four servings per day. Protein Sources: Three servings per day (meat, poultry, fish, eggs, or nuts)

Ask something... 




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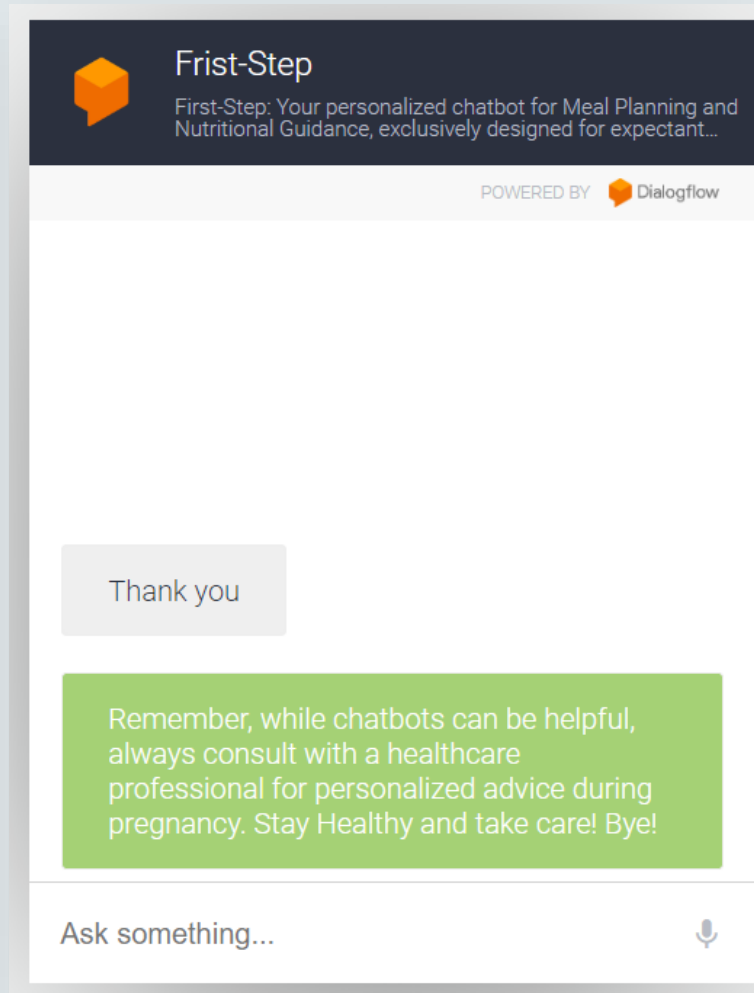
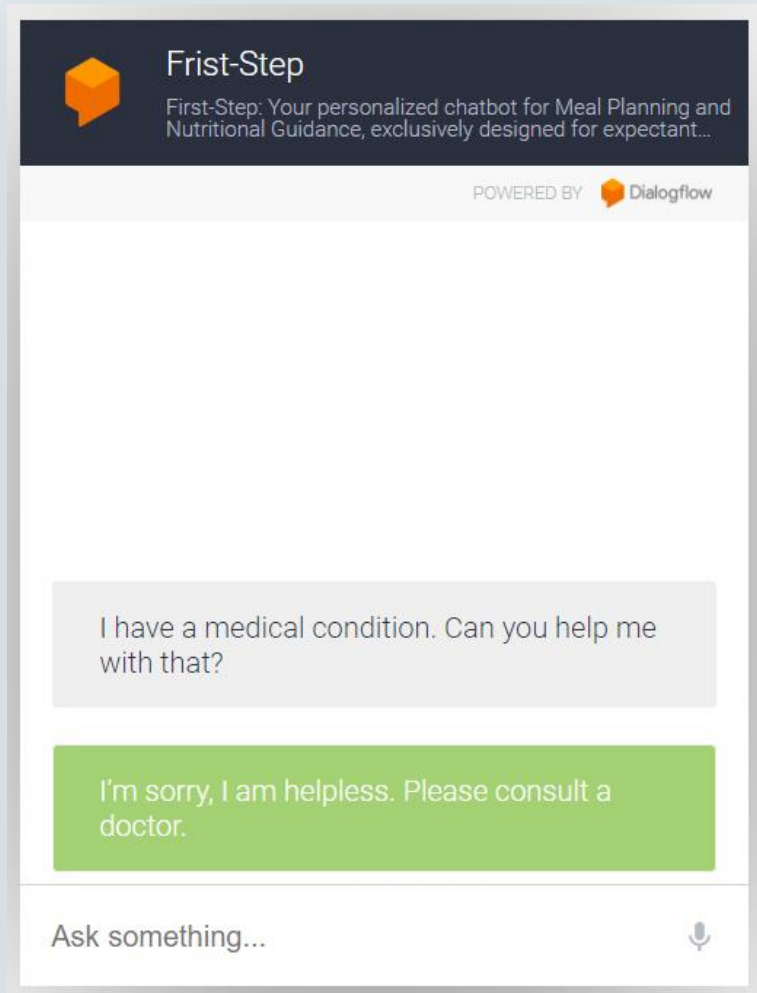
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What are harmful to my baby?

It's important to refrain from alcohol, tobacco, and recreational drugs during pregnancy. Avoid high-mercury fish, as well as raw or undercooked fish and meat, deli meats, raw eggs, unpasteurized dairy, and foods that have been left out for too long. Additionally, steer clear of raw sprouts and unwashed produce. The American College of Obstetricians and Gynecologists (ACOG) suggests limiting caffeine intake to 200 mg or less per day. Certain fruits like pineapple, bitter melon, longan, and litchi should also be avoided.

Ask something... 

Emergency response and exit



Thank you

Any Questions?