

Questions for nutrition meetings

- What would you say are some of the dietary requirements of a typical person?
- What requirements do major institutions such as the NHS, BNF, USDA, etc recommend? How well do these compare to real goals.?
- What, if any, illnesses or medical problems result in a need for specific dietary requirements?
- For each of these, what are the requirements? How do they vary from person to person?
- What is the significance of sodium, saturated fat, sugar and fibre to a person's diet?
- How is this problem tackled in hospitals and schools? Do they automate this? What nutritional requirements do they prescribe?
- What would you like to see in an app for meal generation? What would be the most important features?