

Sahabat Gizi FAQ Guide

Your Healthy Companion for the Best Eating Plan!

Background of Creating Sahabat Gizi

In the *2023 Asia Pacific Health Priority* survey, the majority of respondents in Indonesia (80 percent) stated the importance of having community or group support in their health and wellness journey. The survey also revealed that most consumers in Indonesia are now more aware of the importance of health, with nearly 83 percent of them changing their health priorities due to the COVID-19 pandemic. This shift has encouraged people to adopt a healthier and more active lifestyle.

Through Sahabat Gizi, we are here to support this positive change by providing smart and practical solutions for daily nutrition and health needs. Our goal is to help anyone who wants to live a healthy lifestyle by offering easily accessible, relevant, and beneficial technology-based guidance. With Sahabat Gizi, the journey towards better health becomes easier and more enjoyable.

1. What is Sahabat Gizi?

Sahabat Gizi is an AI-based platform designed to help you live a healthy lifestyle by providing nutrition recommendations, food analysis, and smart consultations. All these features are available for FREE to support your health journey!

2. Main Features of Sahabat Gizi

Here are the standout features you can enjoy on Sahabat Gizi:

- **Smart AI Nutrition Consultation**

Ask anything about diet, health, or specific nutritional needs. Our AI is trained with the latest knowledge from nutrition experts to provide relevant and helpful answers.

- **Check Your Body Mass Index (BMI) Score**

Easily calculate your BMI to see if your weight is within the ideal range and get suggestions for improvement if needed.

- **Nutrition Analysis from Food Photos**

Simply upload a photo of your food, and Sahabat Gizi will analyze the calorie, protein, fat, and other nutritional content. Perfect for those who want to eat healthily without the hassle of manual calculations.

- **Daily Meal Recommendations**

Get daily meal plans tailored to your calorie needs based on your age, weight, height, and activity level.

- **Alternative Ingredient Suggestions**

Find healthier ingredient replacements for your favorite foods without sacrificing taste and nutrition.

- **Simple Recipe Recommendations**

Explore healthy, delicious, and easy-to-make recipes to add variety to your daily meals. All of these features are available anytime, FOR FREE!

3. How to Use Sahabat Gizi

Here are the simple steps to make the most of Sahabat Gizi's features:

1. **Access from the Website**

Sahabat Gizi can be accessed from any device with an internet connection.

2. **Use Features Based on Your Needs**
 - To check BMI, enter your height and weight.
 - For nutrition analysis, upload a photo of your food and wait a few seconds until the AI finishes processing.
 - For nutrition consultation, type your question and the Smart AI will provide an instant answer.
 - Explore other features like daily meal recommendations or simple recipes to support your health journey.

3. **Enjoy Personalized Answers and Recommendations**

Sahabat Gizi ensures that every suggestion is tailored to your profile and needs.

4. FAQ (Frequently Asked Questions)

Q: Does the Nutrition Consultation get answered directly by humans?

A: Nutrition consultations are answered by Smart AI trained with expert nutrition knowledge. This AI provides quick, accurate, and relevant answers.

Q: How does the Food Nutrition Analysis with a Photo work?

A: Upload a photo of your food through the Nutrition Analysis feature. Our AI will recognize the food in the photo and provide detailed nutritional information like calories, protein, fat, and carbohydrates.

Q: Is Sahabat Gizi free?

A: Yes! All features on Sahabat Gizi are available at no cost.

Q: Are the nutrition analysis results accurate?

A: The analysis results are based on the latest food database and smart algorithms that are continuously updated to improve accuracy. However, these results are general guidelines and are not a substitute for professional nutrition advice.

Q: Do I need to register an account?

A: No, you do not need to register an account.

5. Why Choose Sahabat Gizi?

- **Easy to Use**, All features are designed to be user-friendly, even for beginners.
- **Powered by Smart AI**, Get fast and relevant recommendations.
- **Free for Everyone**, Health is a right for all, and we support that!
- **Food Photo Analysis**, Just upload a photo and get a complete analysis.
- **No Hassle**, No need to manually calculate calories or nutrition.

6. Disclaimer & Copyright

- Sahabat Gizi is a tool that provides general information and recommendations. For specific health conditions, consult with a doctor or professional nutritionist.
- User data, such as food photos and consultation history, is not stored without permission.
- All content is protected by copyright and may not be used without written permission.