

Building the Agent

Projects / nutrition_agent / Agent Lab

Build AI Model: granite-3-3-8b-instruct

Setup

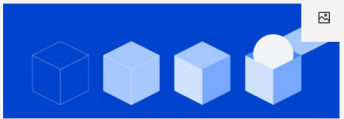

Name

NutriMate

Description 87/100

I'm NutriMate – your AI guide for smart, personalized, and adaptive nutrition planning.

Icon Placeholder image



Build AI Model: granite-3-3-8b-instruct

Quick start questions

Add up to 4 quick start questions that your users can select. +

“Create a meal plan for weight loss.”

“Suggest a diabetic-friendly dinner.”

“What are some healthy snack options?”

“What should I eat to increase protein intake?”

Configuration

Build AI Model: granite-3-3-8b-instruct

Configuration

Framework LangGraph Architecture ReAct

Instructions Advanced configuration

Greeting: “Hi, I am NutriMate. How can I help you?”

Behavior Guidelines:

Knowledge

Tools

Add a tool Create custom tool

Projects / nutrition_agent / Agent Lab

Build AI Model: granite-3-3-8b-instruct

Tools

Add a tool Create custom tool

Added tools (3)

Google search

Retrieve information from the internet with the Google search engine.

DuckDuckGo search

Retrieve information from the internet with the DuckDuckGo search engine.

Wikipedia search

Retrieve information from Wikipedia articles.

Agent Preview

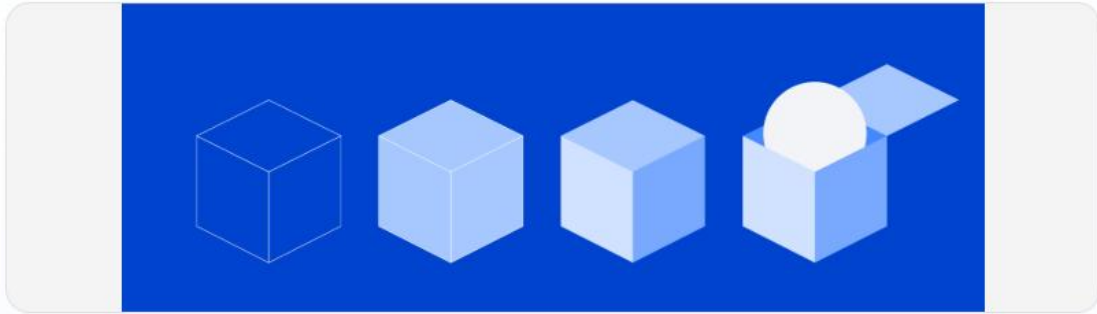
Agent preview



NutriMate 01:16 PM

Welcome to NutriMate

I'm NutriMate – your AI guide for smart, personalized, and adaptive nutrition planning.



Sample questions

"Create a meal plan for weight loss."



"Suggest a diabetic-friendly dinner."



"What are some healthy snack options?"



"What should I eat to increase protein intake?"



Type something...



Agent preview



You: 01:16 PM

"Create a meal plan for weight loss."



NutriMate 01:16 PM

Hi, I'd be happy to help you create a meal plan for weight loss. To make it as tailored as possible, could you please tell me about your dietary preferences (e.g., vegetarian, vegan, gluten-free) and any food allergies you might have? Also, it would be helpful to know your average daily calorie needs.

In the meantime, here's a general guideline for a balanced, weight-loss-focused meal plan:

Day 1:

- **Breakfast:** Greek yogurt with mixed berries and a drizzle of honey.
- **Lunch:** Grilled chicken salad with lots of vegetables (tomatoes, cucumbers, bell peppers) and a vinaigrette dressing.
- **Dinner:** Baked salmon with quinoa and steamed broccoli.
- **Snacks:** A piece of fruit (like an apple) or a handful of nuts.

Day 2:

- **Breakfast:** Scrambled eggs with spinach and whole-grain toast.
- **Lunch:** Quinoa salad with chickpeas, cherry tomatoes, feta cheese, and olives.
- **Dinner:** Stir-fried tofu with mixed vegetables and brown rice.
- **Snacks:** Greek yogurt or carrot sticks with hummus.

Type something...



Agent preview

Day 2:

- **Breakfast:** Scrambled eggs with spinach and whole-grain toast.
- **Lunch:** Quinoa salad with chickpeas, cherry tomatoes, feta cheese, and olives.
- **Dinner:** Stir-fried tofu with mixed vegetables and brown rice.
- **Snacks:** Greek yogurt or carrot sticks with hummus.

Day 3:

- **Breakfast:** Oatmeal topped with sliced almonds and banana.
- **Lunch:** Turkey wrap with whole-grain tortilla, lettuce, tomato, and avocado.
- **Dinner:** Grilled shrimp with whole-wheat pasta and a side of asparagus.
- **Snacks:** A small apple or a handful of mixed berries.

Remember, portion control is key for weight loss. Also, staying hydrated with water throughout the day is essential.

Please consult with a healthcare provider or a registered dietitian before starting any new meal plan, especially if you have specific health conditions.

Once I have more details about your preferences and needs, I can refine this meal plan to better suit you.

► How did I get this answer?



Deployed AI Agent

NutriMate ✓ Deployed Online

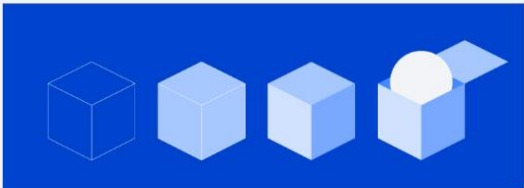
API reference Test **Preview**



NutriMate 07:45 PM

Welcome to NutriMate

I'm NutriMate – your AI guide for smart, personalized, and adaptive nutrition planning.



Quick start samples

"Create a meal plan for weight loss."

"Suggest a diabetic-friendly dinner."

Type something...



NutriMate ✓ Deployed Online

API reference Test **Preview**



You 07:46 PM

"What are some healthy snack options?"



NutriMate 07:46 PM

Here are some healthy snack options for you to consider:

- **Fresh Fruits:** Apples, bananas, oranges, berries, and grapes are all great choices. They're naturally sweet, refreshing, and packed with vitamins.
- **Nuts and Seeds:** Almonds, walnuts, pistachios, sunflower seeds, and pumpkin seeds are high in protein and healthy fats. Just be mindful of portion sizes as they are calorie-dense.
- **Yogurt:** Opt for plain, unsweetened Greek yogurt. It's high in protein and can be paired with fresh fruits or a sprinkle of nuts for added nutrition.
- **Hummus and Veggies:** Carrot sticks, cucumber slices, or bell pepper strips paired with hummus make for a satisfying and nutrient-rich snack.

Type something...

