

Testing our Bot!

Asking general questions:

1. What are some gluten-free foods?

blood sugar and overall health with intermittent fasting instant
/askgpt message: what are some gluten free foods? n minutes.

himoney used /askgpt

Nutritional Chat Bot BOT Today at 17:44

Some gluten-free foods include fruits, vegetables, meat, dairy products, bajra, quinoa, jowar, besan, ragi, corn flour, poha, brown rice, buckwheat, sabudana, soy flour, amaranth, cheese, peanut butter, eggs, basmati rice, dosa, nuts, popcorn, and pure unsweetened chocolate.

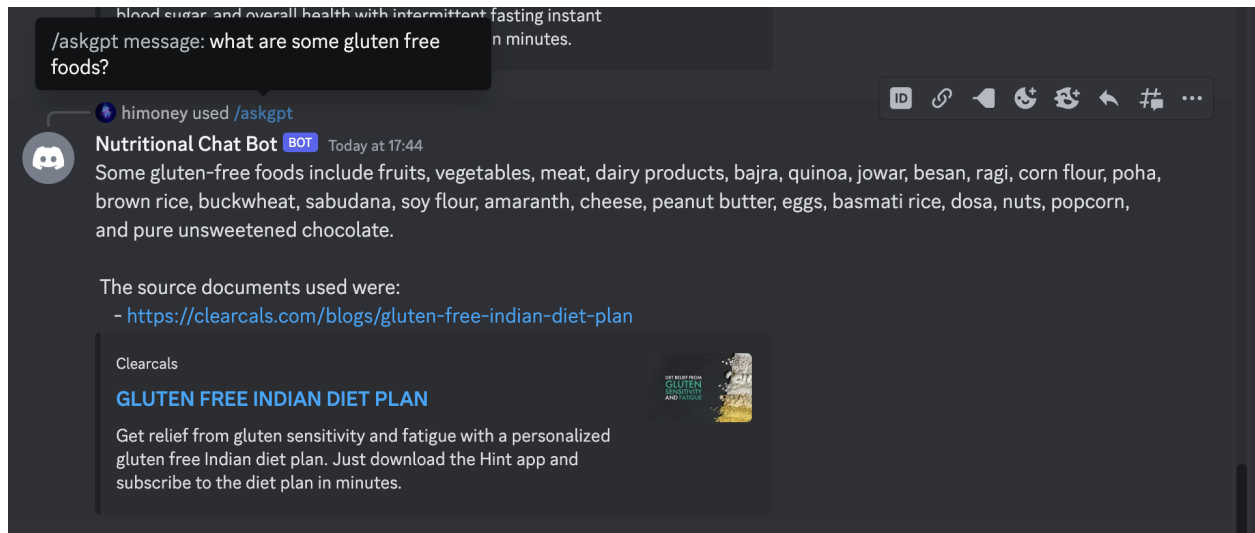
The source documents used were:

- <https://clearcals.com/blogs/gluten-free-indian-diet-plan>

Clearcals

GLUTEN FREE INDIAN DIET PLAN

Get relief from gluten sensitivity and fatigue with a personalized gluten free Indian diet plan. Just download the Hint app and subscribe to the diet plan in minutes.



2. What is PCOS? how can I tell if I have it?

किसे हिंट एप को डाउनलोड (download) करके, अपने पलेन को सब्सक्राइब
/askgpt message: what is pcos? how can i tell if i have it?

himoney used /askgpt

Nutritional Chat Bot BOT Today at 17:17

PCOS stands for Polycystic Ovary Syndrome, which is a hormonal disorder that affects women of reproductive age. Symptoms of PCOS include irregular periods, excessive hair growth, acne, and weight gain. A doctor can diagnose PCOS through a physical exam, blood tests, and ultrasound imaging.

The source documents used were:

- <https://clearcals.com/blogs/pcos-diet-plan-for-indians>
- <https://clearcals.com/blogs/pcos-diet-chart-in-hindi>

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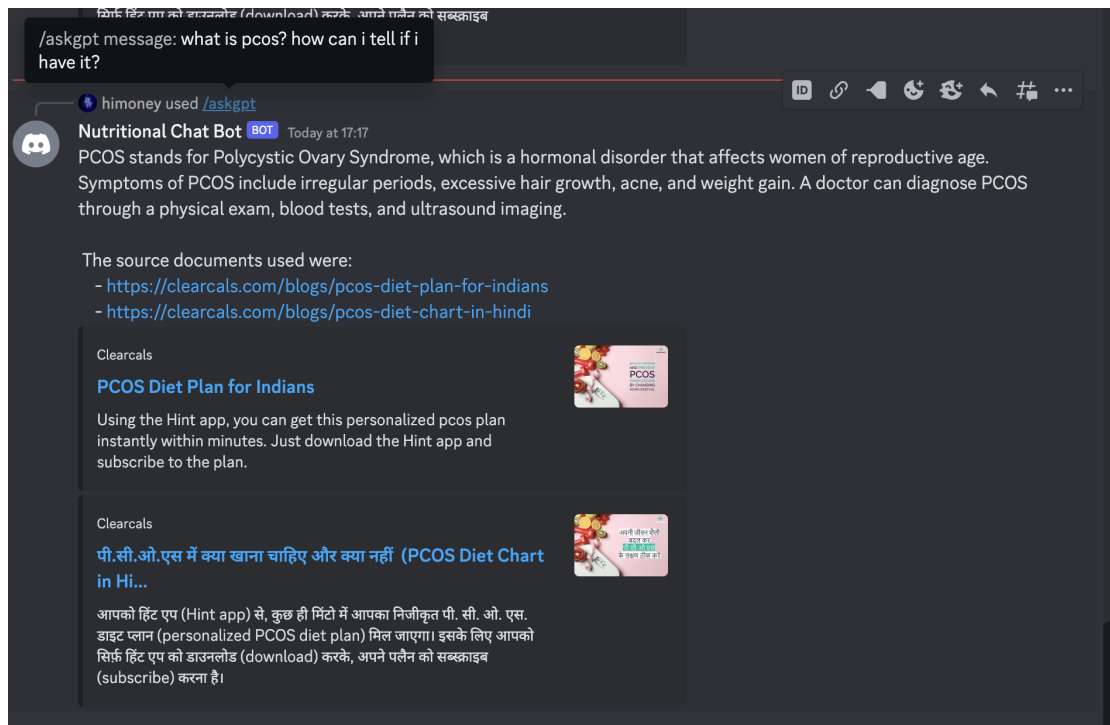
PCOS Diet Plan for Indians

Using the Hint app, you can get this personalized pcos plan instantly within minutes. Just download the Hint app and subscribe to the plan.

Clearcals

पी.सी.ओ.एस में क्या खाना चाहिए और क्या नहीं (PCOS Diet Chart in Hi...

आपको हिंट एप (Hint app) से, कुछ ही मिनटों में आपका निजीकृत पी. सी. ओ. एस. डाइट प्लान (personalized PCOS diet plan) मिल जाएगा। इसके लिए आपको सिर्फ हिंट एप को डाउनलोड (download) करके, अपने पलेन को सब्सक्राइब (subscribe) करना है।



3. My parents are diabetic, what should I do to avoid it?

/askgpt message: my parents are diabetic, what should i do to avoid it?

himoney used /askgpt

Nutritional Chat Bot BOT Today at 18:09

If you have a family history of diabetes and want to lose weight to prevent it, you can take the following steps:

1. Follow a healthy diet plan that is low in sugar, refined carbohydrates, and saturated fats.
2. Incorporate regular physical activity into your routine, such as walking, jogging, or cycling.
3. Maintain a healthy weight range by losing weight if necessary.
4. Avoid smoking and limit alcohol consumption.
5. Get regular check-ups and monitor your blood sugar levels.
6. Manage stress levels through relaxation techniques such as meditation or yoga.
7. Consult with a healthcare professional or registered dietitian for personalized advice and guidance.


The source documents used were:

- <https://clearcals.com/blogs/the-ultimate-indian-diabetic-diet-instant-plan>

Clearcals

Indian Diet Chart For Diabetic Patient (The Ultimate Indian Diabeti...

You can get this personalized Indian diet chart for diabetic patients instantly within minutes. Follow this plan to master your daily blood sugar levels and reduce your HbA1c.



4. How can I avoid heart disease?

himoney used /askgpt

/askgpt message: how can i avoid heart diseases?

himoney used /askgpt

Nutritional Chat Bot BOT Today at 18:20

Some ways to avoid heart diseases include maintaining a healthy diet low in saturated fats and sodium, regular physical activity, avoiding smoking and excessive alcohol intake, managing stress, monitoring blood pressure and cholesterol levels, and taking medication as prescribed by a doctor. It is also important to seek medical attention for any symptoms or concerns related to heart health.


The source documents used were:

- <https://clearcals.com/blogs/dash-diet-an-indian-diet-plan-for-high-blood-pressure>

Clearcals

Dash Diet- An Indian Diet Plan For High Blood Pressure

Using the Hint app, you can get this personalized Indian diet plan for high blood pressure instantly within minutes. Just download the Hint app and subscribe to the plan.



5. Can I have protein shakes without working out?

Shashwat Dash used /askgpt

Nutritional Chat Bot BOT Today at 18:24

Drinking protein shakes without working out can lead to excess calorie intake which can lead to weight gain. It is recommended to obtain the majority of your protein and other nutrients from whole food sources and follow a balanced diet plan.

The source documents used were:

- <https://clearcals.com/blogs/high-protein-indian-instant-diet>

Clearcals

High Protein Indian Diet- Instant Plan

Using the Hint app, you can get this personalized high protein Indian diet plan instantly within minutes. Just download the Hint app and subscribe.

Observations:

The bot skims through the relevant articles and finds texts which talk about the things being asked in the question.

It provides a brief answer for the question and along with that, it also links all the relevant articles in its message.

Asking questions not related to the articles uploaded

1. Can you give me a diet if I want to be a table tennis player?

himoney used /askgpt

Nutritional Chat Bot BOT Today at 18:25

The context does not provide a specific answer to this question.

The source documents used were:

- <https://clearcals.com/blogs/pcos-diet-chart-in-hindi>

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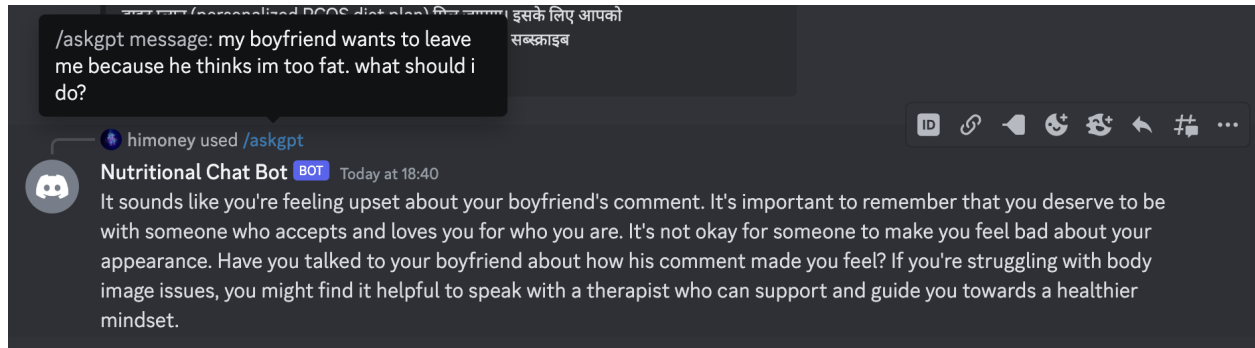
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Observations:

Generally, it says that the given context does not provide a specific answer to the question being asked by the user.

Mental health questions:

1. My boyfriend wants to leave me because he thinks I'm too fat. What should I do?



Observations:

We have handled red flags like the one above where the user asks questions relating to mental health which might be of concern. The bot would give a response regardless of if there is an article regarding mental health provided as context. It would also generally ask the user to seek a mental health professional.