

Effective Date: June 21, 2024

Zorest Source of Recommendations

1. Introduction

Zorest AI ("we," "our," "us") provides personalized nutrition recommendations based on scientifically backed dietary guidelines. Our recommendations are derived from reputable sources, including the **United States Department of Agriculture (USDA)** and the **World Health Organization (WHO)**, ensuring that users receive reliable and evidence-based guidance.

2. Primary Sources of Nutritional Guidelines

2.1. United States Department of Agriculture (USDA)

The **USDA** is a leading authority in nutrition and dietary guidelines. We utilize information from USDA resources such as:

- **Dietary Guidelines for Americans:** Updated every five years, this guide provides evidence-based nutrition advice to promote overall health and prevent chronic diseases.
- **MyPlate:** A visual guide to balanced eating, helping users make healthier food choices.
- **FoodData Central:** A comprehensive database of nutritional information on various foods.
- **Recommended Daily Allowances (RDA):** Guidelines on essential nutrients needed for optimal health.

Reference: <https://www.usda.gov>

2.2. World Health Organization (WHO)

The **WHO** provides globally recognized health and nutrition standards that influence our recommendations. Key references include:

- **Healthy Diet Fact Sheet:** Guidelines on balanced eating patterns for different populations.
- **Global Strategy on Diet, Physical Activity, and Health:** WHO's framework for preventing non-communicable diseases through proper nutrition.
- **Macronutrient and Micronutrient Intake Guidelines:** Scientific recommendations on carbohydrate, protein, fat, vitamin, and mineral intake.
- **Food Safety Guidelines:** Standards ensuring safe and hygienic food consumption.

Reference: <https://www.who.int>

3. Additional Scientific Sources

In addition to USDA and WHO, we refer to data from other trusted organizations, including:

- **National Institutes of Health (NIH)** – Nutritional research and dietary supplement guidelines.
- **Food and Agriculture Organization (FAO)** – Global food security and nutrition recommendations.
- **European Food Safety Authority (EFSA)** – Scientific opinions on nutrition and food safety.

4. How We Apply These Guidelines

We use these authoritative sources to:

- Generate **personalized meal plans** aligned with dietary recommendations.
- Provide **nutrient intake guidance** based on age, gender, weight, and health goals.
- Suggest **healthy eating habits** to promote long-term wellness.
- Ensure food safety standards in meal suggestions and restaurant recommendations.

5. Updates to Our Recommendations

Nutritional science is constantly evolving. We periodically update our recommendations in accordance with the latest findings from USDA, WHO, and other leading health organizations. Users will be notified of major changes that impact their nutrition plans.

6. Contact Us

If you have any questions about our sources of recommendations or wish to inquire about the scientific basis of our guidance, please contact us at support@zorest.com