DIET - Recall Application

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Abstract: *This is a mobile application which helps users to track their diet and to manage their calories intake. Busy schedules make people forget about their health. This application provides an efficient way to take an overview of health status. There are many applications in the market for diet management but they forget some key points about Indian diets and Indian Ayurveda, which are included in this application. Dietary assessment and monitoring are essential steps to measure dietary intake and provide tailored advice that can improve dietary management and health. The dietary assessment methods currently used have inherent challenges including reliance on memory, the time consuming conceptualization of portion sizes, the requirement of literacy or skilled staff, coding burden, knowledge of foods, and other time-consuming tasks. It has been suggested that data analysis integrating mobile technologies allows the improvement of accurate assessment of dietary intake and customized feedback. Since users have become advanced, so have these applications allowing them to integrate their fitness bands with these apps.*

Keywords:

1. Dietary Intake: Refers to the food and beverages consumed by an individual over a specific period, often measured in terms of quantity, type, and nutrient content.

2. Food Logging: The process of recording or documenting the foods eaten by an individual throughout the day, typically for the purpose of monitoring dietary habits and nutritional intake.

3. Nutrition Tracking: Involves keeping track of the nutritional content of foods consumed, such as calories, macronutrients (carbohydrates, proteins, fats), and micronutrients (vitamins, minerals).

4. Meal Tracking: The practice of logging information about meals, including meal times, portion sizes, and food composition, to monitor eating patterns and habits.

5. Calorie Counter: An application or tool that helps individuals track their calorie intake by recording the calories consumed from various foods and beverages.

6. Dietary Assessment: The process of evaluating an individual's dietary intake, often through methods like food diaries, recalls, or food frequency questionnaires.

7. Nutrition Diary: A journal or log where individuals record details about their food and beverage consumption, as well as other relevant information such as physical activity and health status.

8. Meal Planner: An application or tool that helps individuals plan and organize their meals based on dietary goals, preferences, and nutritional needs.

9. Healthy Eating Tracker: A tool or application that assists individuals in monitoring their adherence to healthy eating guidelines or dietary recommendations.

10. Reminder: This process will remind when to get the intakes and the followings

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