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A Path Towards Personalized Smart Nutrition

Guest Editor:

Prof. Dr. Veronica Mocanu

Morpho-Functional Sciences II
Department, Faculty of Medicine,
“Grigore T. Popa” University of
Medicine and Pharmacy, 700115
Iasi, Romania

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Message from the Guest Editor

Dear Colleagues,

Personalized smart nutrition is a tailored approach to dietary planning and management utilizing advanced technology, data analytics, and artificial intelligence (AI) to create individualized nutrition plans. Additionally, it requires robust infrastructure for data privacy and security and collaboration among healthcare providers, nutrition experts, and tech companies to deliver comprehensive and user-friendly solutions.

Possible innovative solutions include 1. genetic and biomarker analysis; 2. metabolic profiling, 3. data-driven recommendations; 4. behavioral insights; and 5. continuous monitoring and feedback. The tools and technologies involved are wearable devices (track physical activity, heart rate, and other vital statistics), mobile apps (assist with food logging, and nutrient tracking, and provide real-time recommendations), AI and machine learning (analyze large datasets to deliver personalized nutrition advice), and genomic testing kits (provide insights into how an individual’s DNA influences their nutritional needs).



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Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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