

USING WEB BASED RESOURCES LIKE THE INTERNET FOR DIETARY INTAKE SURVEYS

ANKITA GUPTA¹ & VANDANA SINGH²

¹Assistant Professor, Department of Food and Nutrition, Institute of Home Science, Agra, Uttar Pradesh, India

²Associate Professor, Department of Home Science, Mahila Vidyalaya PG College, Lucknow, Uttar Pradesh, India

ABSTRACT

Internet has become a part of our everyday life today and with the advent of smartphones its usage has increased many folds. 24-hour diet recall method is relatively simple but results greatly depend upon the respondent's memory and the trained interviewer, the diet record method is regarded as providing most accurate dietary information but quite time consuming and burdensome to the participants. Both under and over reporting of foods are seen in dietary assessment methods. The collection of reliable food portion sizes estimates from subjects presents a major difficulty in dietary intake survey (*Venter et al., 2000*). Actual food containers are cumbersome and often impractical to use, food models are expensive and not always appropriate and existing pictures do not include local foods in appropriate portion sizes. Having a means of better estimating portion sizes from visual images that are linked to a nutrient database makes obtaining accurate dietary assessment more practical and useful. (*Beverly, 2010*). Many internet based systems are also available for menu planning, nutrition analysis, nutrition education and counselling. **Nutrisonic**, an internet based food, menu and meal management expert system for nutrition management and nutrition counselling with e-food exchange, nutrient analysis and data transformation was also developed by *Hong & Cho et al.,(2008)*. Such kind of systems are not available for the Indian setting.

KEYWORDS: Internet, Portion SIZE, Dietary Assessment, Nutrition Analysis