



Advancement in Dietary Assessment and Self-Monitoring Using Technology

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Deadline for manuscript
submissions:

closed (28 February 2019)

Message from the Guest Editors

Dear Colleagues,

Although methods to assess or self-monitor intake may be considered similar, the intended function of each is quite distinct. For the assessment of dietary intake, methods aim to measure food and nutrient intake and/or to derive dietary patterns for determining diet-disease relationships, population surveillance or the effectiveness of interventions. In comparison, dietary self-monitoring primarily aims to create awareness of and reinforce individual eating behaviours, in addition to tracking foods consumed. Advancements in the capabilities of technologies, such as smartphones and wearable devices, have enhanced the collection, analysis and interpretation of dietary intake data in both contexts. This Special Issue invites submissions on the use of novel technology-based approaches for the assessment of food and/or nutrient intake and for self-monitoring eating behaviours. Submissions may document any part of the development and evaluation of the technology-based approaches.

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