

Special Issue

AI and Precision Nutrition: Digital Innovations for Dietary Assessment and Self-Testing

Message from the Guest Editor

Artificial Intelligence (AI) is revolutionizing the field of food recognition and nutrition estimation, driving innovations in diet assessment, self-testing, and weight management. With its ability to analyze complex datasets, AI provides solutions that promote healthier eating habits, prevent diet-related diseases, and deliver personalized nutritional care. Furthermore, the integration of AI with IoT devices, wearables, and advanced imaging systems offers holistic solutions for nutrition monitoring, assessment, and intervention, these systems address the limitations of current methods by providing scalable.

This Special Issue of *Nutrients*, entitled “The Importance of Modern Digital for Diet Assessment, Self-Testing and Weight Management”, welcomes the submission of high-quality original studies and review articles that explore recent advancements in the application of AI and digital technologies to nutrition science and health. We also welcome clinical studies that leverage modern digital tools for the monitoring and analysis of nutrition, further advancing the integration of AI into real-world healthcare applications.

Guest Editor

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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