Course Title: AI & Nutrition: The Future of Diet Planning

Duration: 4 weeks

Who Can Join?

- Nutrition students
- Dietitians

Course Overview

This course explains **how AI (Artificial Intelligence) is used in nutrition** in a very simple way. You will learn:
�🗸What AI is and how it works
�🗸How AI helps in making diet plans
✅AI apps that track food and health
✅Future of AI in nutrition

Course Modules

Module 1: What is AI? (Easy Explanation)

- AI means smart technology that learns and helps us
- How AI is used in health and nutrition
- Examples of AI in daily life

Module 2: AI in Diet Planning

- AI apps that suggest meal plans
- How AI helps in tracking calories and nutrients
- AI in making diet charts for weight loss and health

Module 3: AI in Health Tracking

- Smartwatches and AI apps for tracking health
- AI in checking diabetes, obesity, and other health issues
- How AI helps in fitness and weight management

Module 4: AI Tools for Nutritionists

- AI-based apps that make diet planning easy
- How AI reads food labels and suggests healthy options
- Case studies: How AI is changing nutrition

Module 5: Future of AI in Nutrition

- AI and personalized diet plans
- AI in better food choices
- How AI will help nutritionists in the future

What You Will Learn?

✅Understand AI without any technical knowledge
✅Learn how AI helps in diet planning
✅Try simple AI apps for nutrition
✅Stay updated with new trends in AI and nutrition

ONLINE CERTIFICATION IN NUTRITION

By Dt. Deepika Bengani