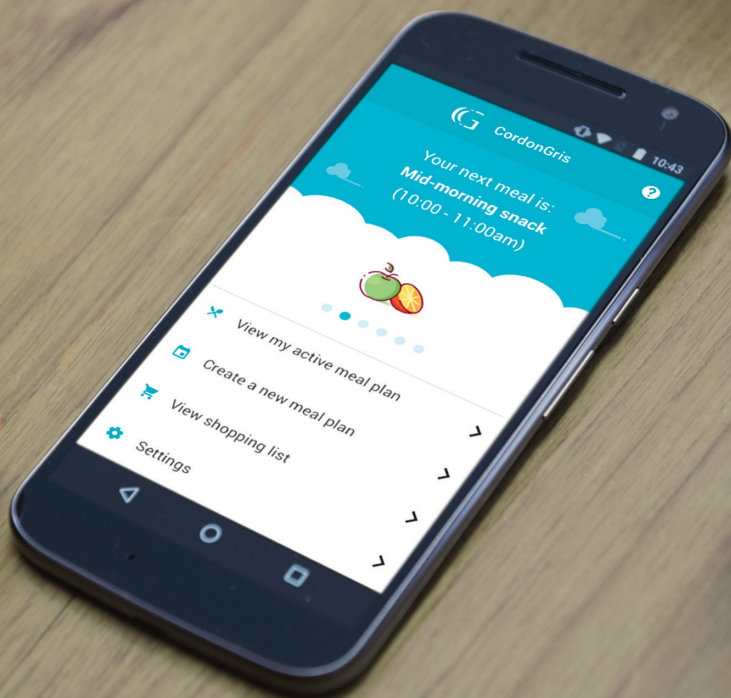




Fraunhofer
PORTUGAL

**MAKING SENSE OF DATA TO PROMOTE EFFORTLESS HEALTHY EATING HABITS
AND AUTONOMY FOR OLDER PEOPLE**

CORDON GRIS



THE PROJECT THAT WILL MAKE YOU STAY ACTIVE AND EAT HEALTHILY ON A BUDGET.



CORDON GRIS



**FOOD
COMPOSITION
TABLES**
PT /UK /NL



USERS
Anthropometric Data
Physical Activity
Preferences



RETAILERS
Prices
Discounts
Stocks



**SERVICE
PROVIDERS**
Ready-Made Meals
Groceries Deliveries

Motivation

A study from January 2015 reported that 1 in every 6 seniors reaching the emergency room are malnourished (Pereira et al., 2015) and those at risk of malnutrition are estimated to be as much as 2/3. Malnutrition can have serious consequences on one's health and independence. Being unable to follow a healthy diet will most likely lead older people into a vicious cycle: functional decline leads to malnutrition and malnutrition leads to further decline.

How it works

Cordon Gris will gather and manage data that is relevant for this purpose (e.g. activity monitoring, country-specific food composition tables, retailers' information or service providers' information). By making sense of all the data, the central intelligent system can generate recommendations that balance healthy eating, physical activity and a budget constraint.

The system is composed by three core components: a recommendation engine for the analysis of all information and generation of meal recommendations; user interfaces that will allow people to interact with the system to get help planning their meals and shopping; and an integration service to allow the integration with third party devices and infrastructures, namely, groceries and ready-made meals delivery.

Outcomes & Implementation

With its intelligent treatment of the data, along with the recommendations, the project will work with the goal to reduce food waste both on the companies' and the consumers' side. The project is born out of previous knowledge from the different partners and is designed to build on a strong contribution from field implementations in the three countries participating in the proposal: Portugal (R&D – food supplier – end-user), United Kingdom (food supplier – end-user) and the Netherlands (food supplier – end-user).



cordongris.eu

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Partners



Funding entities

