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LIFELONG FOOD AND NUTRITION ASSISTANCE PACKAGE

## LIFANA

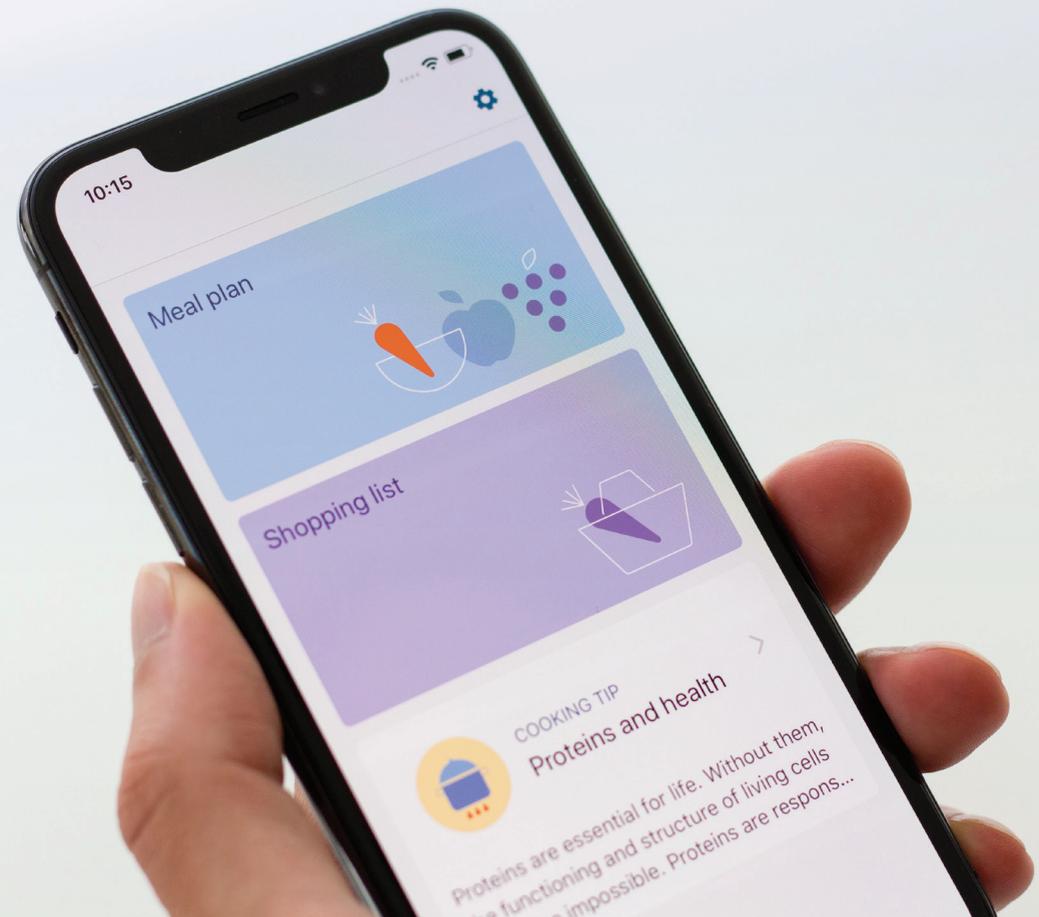
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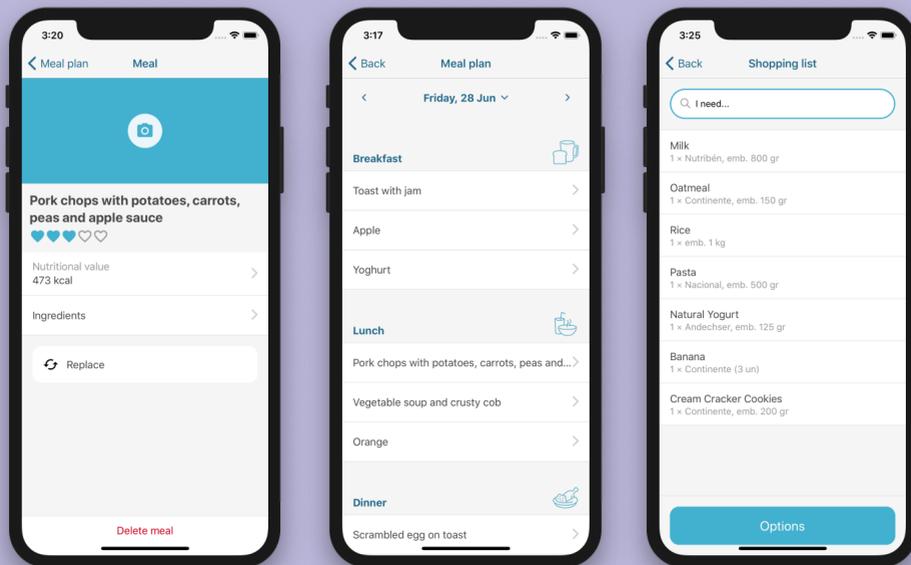
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# A FLEXIBLE NUTRITION RECOMMENDATION SOLUTION WHICH CAN BE INTEGRATED IN EXISTING TECHNOLOGICAL OR SERVICE ECOSYSTEMS



## Motivation

Many older adults experience nutritional problems that can cause chronic health conditions, such as high blood pressure or cardiovascular diseases. The goal of project LIFANA is to develop and evaluate the LIFANA Nutrition Solution that supports healthy nutrition through all phases of ageing. Individual meal recommendations based on personal advice from professional nutritionists and integrated WikiFoods assist the users to change their eating habits in order to maintain a healthier lifestyle.

## Solution

AICOS has developed a meal planning component, shown on a mobile application, which recommends meals for a whole week based on the user's personal profile. This may include general preferences, such as culture, taste, and budget, but more importantly nutritional and diet recommendations. The meal planning is provided by an automated recommender

system considering criteria and rules provided by health care professionals, such as allergists and nutritionists, seeking appropriateness of the whole menu (nutrient balance, calorie content, diversity, etc.). Depending on the individual abilities and situation of the user, the package further support shopping tasks for self-cooking, coordination of shopping tasks with support persons, such as family members, and grocery delivery services.

## Benefit

The use of the LIFANA Nutrition Solution is expected to assist older adults throughout all phases of ageing on appropriate, healthier and affordable nutrition. LIFANA has one-year long field trials planned for Portugal (integrated with online shopping with retailer SONAE), for the Netherlands (included in the company Gociety's ecosystem) and in Switzerland, as part of nutritional educational strategies in stroke rehabilitation.