

## NUTRITIONAL GUIDANCE APPLICATION (L1)

Researchers from the Andalusian Public Health System (SAS), in collaboration with the University of Malaga (UMA) and the Consorcio Centro de Investigación Biomédica en Red (CIBER), have developed a nutritional guidance application for the general population.

### The Need

Due to unhealthy lifestyle habits today, such as consumption of ultra-processed foods and decreased physical exercise, the population with obesity and diabetes problems has increased. There are nutritional apps on the market that focus on diabetes, others that focus on calorie and macronutrient counting, and nutritional labeling. The problem is that prescribing diets makes them difficult to follow and only reaches a select group of patients.

### The Solution

A group of researchers has developed an easy-to-use nutritional aid application accessible to the entire population, featuring dietary patterns and healthy tips based on scientific evidence.

### Innovative Aspects

- The main novelty is to bring healthy plans based on a handy, ready-to-use approach.
- It is a user-friendly software, which makes it accessible to the entire population.
- It is a generalist application that promotes a healthy nutritional approach and diets to address obesity; all the information and recommendations are based on the best scientific evidence available, focusing on study results rather than isolated indicators.

### Stage of Development:

Validated and protected technology waiting to be exploited.

### Intellectual Property:

Software and data based designed registered.

### Aims

Looking for a partner interested in a license and/or a collaboration agreement to develop and exploit this asset.

### Contact details