Self-management of health based on the action mechanism of daily behaviors such as food, exercise and sleep

Creation of personalized health management system from the viewpoint of chrono-nutrition

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Summary :

The nutritional guidance of "eat this or stop this" for obesity prevention in average science is almost difficult when considered individually. Therefore, nutritional guidance is tailored to the individual, but chrono-nutrition guidance that includes the perspective of daily rhythm, such as morning type or evening type, shift work, and meal interval, plays an active role. This is because chrono-nutrition can capture eating in an individual's daily rhythm, and can suggest the content and timing of breakfast and snacks, for example, through a smartphone app. In fact, AI can also provide coupons for meals and bento menus that take into consideration the previous meal, exercise, work content, etc., enabling self-management that takes gamification into account. Probably, since it is possible to propose the most suitable eating behavior for the person's lifestyle, it can be expected that the Nudge effect (causing a casual behavior change) will be large.

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