

Application of AI in nutritional calculation and building personalized weight loss plans.

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Abstract: This topic focuses on applying artificial intelligence (AI) to optimize nutritional calculation and design personalized weight loss plans. In the current context, the increasing demand for health management and weight loss requires truly personalized methods. The objective of this topic is to build an AI system capable of analyzing nutritional data and personal information to suggest suitable menus and effective weight loss plans. The research methodology includes synthesizing modern AI technologies combined with experiments on test samples to verify performance. The expected result is to provide a useful solution for the field of preventive medicine, while contributing to the development of AI in practical applications.

Keywords: artificial intelligence, personalized nutrition, automated weight loss, preventive health technology, data analysis