Is artificial intelligence the future of healthy eating?

DayTwo is just one of a host of apps claiming to offer A.I. eating solutions. Instead of a traditional diet, which often has a set list of "good" and "bad" foods, these programs are more like personal assistants that help someone quickly make healthy food choices.

They are based on research showing that bodies each react differently to the same foods, and the healthiest choices are likely to be unique to each individual.

Whether these A.I. nutritionists are ready for widespread use is still unclear, and there is very little research available from sources outside the companies selling apps.

Users should be wary of overly broad claims that go beyond predicting how foods affect blood sugar.

Follow the latest news and policy debates on sustainable agriculture, biomedicine, and other 'disruptive' innovations. Subscribe to our newsletter.
SIGN UP

"I think it is all overhyped right now, unfortunately," said Dr. Eric Topol, a cardiologist and the founder and director of the Scripps Research Translational Institute.

…

"It does not tell you the whole story, and just optimizing around glucose is not going to be enough to create the perfect diet for you," said Dr. Casey Means, co-founder and chief medical officer at a digital health company called Levels.

A.I. apps could nudge users into eating foods that are good for preventing blood sugar spikes and diabetes, but may be unhealthy in other ways.

This is an excerpt. Read the original post here.