



DDW2026
Digestive Disease Week®

MAY 2-5, 2026 | CHICAGO, IL
EXHIBIT DATES: MAY 3-5, 2026

DEVELOPMENT, VALIDATION AND USABILITY ASSESSMENT OF AI-NUTRICARE: DIGITAL HEALTH TOOL FOR NUTRITIONAL ASSESSMENT OF DIVERSE INDIAN DIETS

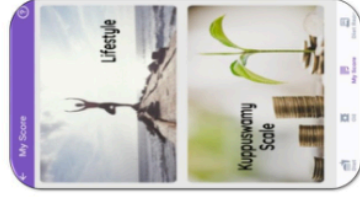
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Abstract No
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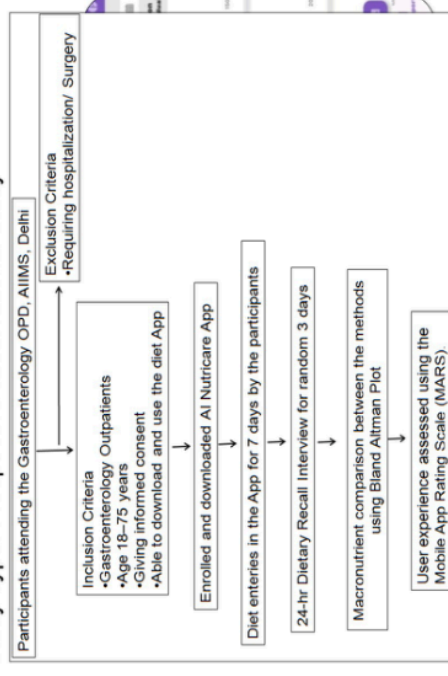
INTRODUCTION AND AIM

Accurate dietary assessment is vital for better health outcomes. Conventional methods are often time-consuming and inconvenient. AI-NutriCare, a free smartphone app (Android/iOS, English + 7 Indian languages), was developed to address this gap with real-time dietary tracking & nutrient analysis. We aim to validate AI-NutriCare against the 24-hour dietary recall and assess usability among patients with GI and non-GI conditions using MARS questionnaire.



METHOD

Study Type: Prospective observational Study



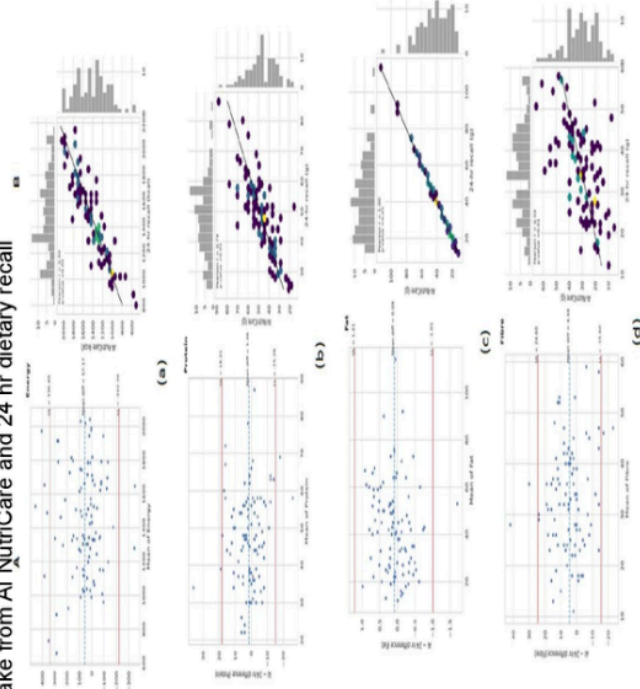
RESULT

Baseline Characteristics of the participants enrolled (n=100)

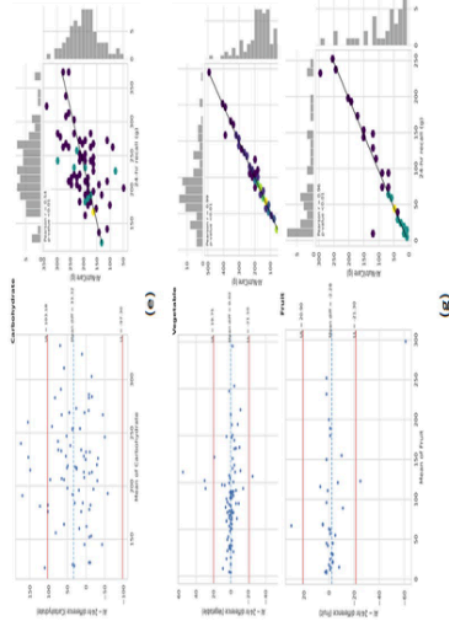
Variable	N=100	Variable	N=100
Age (years)	39.7±13.5	Weight	67 (34-97)
Male (%)	61	BMI (kg/m ²)	25 (18-30.7)
Female	39	MARS Score	3.5 (2-5)

Data represented as Mean ± SD or Median (min-max) or n(%) as appropriate

Bland-Altman plots showing the level of agreement between the 24 hr dietary recall and AI NutriCare of diet data for (a) Energy intake in kcal (b) Protein intake in gram (c) Fat intake in gram (d) Fibre intake in gram (e) Carbohydrate intake in gram (f) Vegetables intake in gram (g) Fruits intake in gram. Plots are presented with mean difference of the two methods together within 95% limits of agreement (mean difference ±1.96 SD of the difference between the methods). B: Spearman correlation between energy intake from AI NutriCare and 24 hr dietary recall



RESULT CONTD.....



CONCLUSION

AI-NutriCare App demonstrates a strong agreement with 24-hour recall method. AI Nutricare is a feasible solution for digital nutrition assessment in both GI and non-GI diseases in India.

REFERENCES

National Research Council. New developments in and challenges to nutritional risk assessment. Nutritional Risk Assessment. Washington (DC): National Academies Press (US); 2015.
.Longva T, Venkiah K. Indian Food Composition Table. Hyderabad: Indian Council of Medical Research; 2017.

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