LogMeal

Instant Food Analysis

"Any sufficiently advanced technology is equivalent to magic."

—ARTHUR C.CLARKE

LogMeal is transforming the Nutrition industry by facilitating Artificial Intelligence, computer vision and Data Processing technology solutions providing fundamental value to professionals that allows them to offer personalized and tailored solutions for people, in the field of nutrition, for health, sport & wellness.

LogMeal transforms self-service restaurants & catering companies with their self-checkout system for auto-payment

Our societal & economic impacts can be associated to the goals SDG3, SDG12, SDG17.

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LOGMEAL – FULLY COMPLIANT & APPROVED FROM THE FDA, FOR USE IN HEALTHCARE AND RESIDENTIAL FACILITIES & REMOTELY PATIENT CARE

Trusted AI Food Recognition Solution for Hospitals, Residences & Care Environments

Validated for Healthcare Environments
The **FDA has reviewed LogMeal's technology** and **confirmed its suitability for use in healthcare and residential food service operations**—no further additionally regulatory steps required. **This confirms LogMeal is ready for seamless deployment in hospitals, care homes, and similar settings.**

Designed for Health Operations
LogMeal **supports dietary tracking, kitchen efficiency, and accurate food logging**—without offering clinical or medical evaluations—making it **ideal for care environments**.

Privacy -Compliant by Design
Fully compliant with **HIPAA** and **GDPR**, LogMeal ensures secure and responsible data handling aligned with healthcare industry standards.

Proven in Real-World Use
Already used in hospitals, nursing homes, and long-term care centers to **improve meal management, reduce errors, and deliver operational insights**.

Simple Integration, Powerful Impact
LogMeal **empowers dietary teams and kitchen staff to improve service quality** with fast, intelligent food recognition and meal tracking.

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CASE STUDIES

HEALTH & NUTRITION

- ✓ Validated medical nutrition monitoring in renal replacement therapy (SDG 3)
- ✓ Food intake monitoring for healthy living oriented to ELDERLY PEOPLE (SDG 3)
- ✓ Food intake monitoring for people with DIABETES TYPE 2 according to personal data in Spain and Turkey Hospitals (SDG 3)
- ✓ Obesity Management Program for Adults in a Primary Care Center (CAP) (SDG 3)
- ✓ Challenges and solutions in feeding in patients with dysphagia: analysis of the application of the nutrialth3D project, and proposal for nutritional monitoring by applying AI technology
- ✓ Digital Solution for diabetes management in a single platform. APP 200K+ downloads

HEALTH & NUTRITION & FOOD WASTE & OPERATIONS

- ✓ Food Intake & Food Waste Monitoring in Hospitals and Senior Residences (SDG 3 + SDG 12.3)
- ✓ Food Intake & Food Monitoring in US Hospitals & Residences (SDG 3 + SDG 12.3 + OPERATIONS)

Government of Canada

DISCLOSED COMPANY NAME

ENDURANCE & PERFORMANCE PROFESSIONAL SPORT CLUBS

Nutrition monitoring & management for elite professional athletes from the world's top leagues in football, basketball & cycling. (SDG 3)

OPERATIONS: CATERING, SELF-SERVICE, FAST-PAYMENT

Self Checkout System for Companies, Canteens, Catering Service, Cafeterias, Restaurants. (SDG 12.3)

PORSCHE CATERING

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SDG 3: ENHANCING CLINICAL NUTRITION MONITORING WITH AI, VALIDITHI PROJECT

Background & Objectives

Inadequate nutrition is a leading contributor to **noncommunicable diseases (NCDs)** such as cardiovascular disease, diabetes, and cancer, significantly driving global healthcare costs. Traditional dietary assessment methods—such as **24-hour recalls**, food diaries, FFQs, and dietary interviews—are **manual, time-consuming, and error-prone**. These methods are heavily dependent on memory and estimation, often leading to inconsistencies in portion size and food content reporting, with error margins of up to 35%.

The **Validithi Project** aimed to **evaluate the accuracy and feasibility** of using **AI-powered food recognition** to automate dietary intake analysis in clinical settings. The project sought to:

- ✓ Reduce time and costs associated with manual dietary assessment
- ✓ Improve the **precision of nutritional tracking**
- ✓ Enhance **patient motivation and engagement** through real-time feedback
- ✓ Validate **LogMeal AI** food logging accuracy against biological markers (urinary recall)

Initial Assessment

- ✓ Conducted in collaboration with **hospitals and academic partners in the Netherlands**
- ✓ Participants were assessed using traditional 24-hour food recall protocols
- ✓ Nutrient intake from these recalls was cross-validated with **urinary biomarkers** (objective biological data)
- ✓ Participants also logged meals using **LogMeal's food recognition algorithms**, with AI-driven identification of foods, ingredients, and portion sizes

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SDG 3: ENHANCING CLINICAL NUTRITION MONITORING WITH AI, VALIDITHI PROJECT

Digital Monitoring with LogMeal

- ✓ **Automated photo-based food logging**: Participants captured images of meals in real time
- ✓ **AI-powered analysis**: Nutritional breakdown of calories, macronutrients, micronutrients, and ingredients using LogMeal's 37-nutrient model
- ✓ **Automatic food diary generation**, eliminating the need for manual entries
- ✓ **Comparison with urine-based nutritional analysis** to validate precision of the AI system
- ✓ **Clinician dashboard access** for real-time intake reports and nutrient analysis

Group and Personalized Interventions

- ✓ Healthcare providers accessed **automated dietary logs** for individual consultations
- ✓ Real-time data enabled **faster feedback** and dietary adjustments
- ✓ Data used to enhance **motivational strategies**, showing patients quantified nutrition insights tied to biomarkers
- ✓ Improved efficiency of care through **reduced workload for dietitians** and minimized consultation time

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REFERRALS: EUROPEAN PROJECT VALIDITHI & INT. PAPERS

With all this in mind, in this project we compared the use of LogMeal's automated food recognition log with the nutritional values extracted by a 24-hour recall urine test. Here you can see the comparison of the results of one of the European projects we did with hospitals and universities in the Netherlands.

INTERNATIONAL PAPERS (+30 food-related papers):
Selected Food-Related Papers:
paper_logmeal_1.pdf , paper_logmeal_2.pdf , paper_logmeal_3.pdf

Listing of Dr.a Petia Radeva's (Full Professor UB) repository of AI Articles, Computer Vision, by Dr.a Petia Radeva
https://dblp.org/pid/r/PetiaRadeva.html

Papers List AI, Computer Vision, from Dr. Marc Bolaños PhD in Computer Vision "Deep Multimodal Learning for Egocentric Storytelling and Food Analysis"
https://dblp.org/pid/147/3344.html

Dr. Petia Radeva, professor and head of the Computer Vision Department at U.B. (University of Barcelona).
http://www.ub.edu/cvub/petiaradeva/?p=36

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	LogMeal algorithm	24-h recall
Energy, kcal	1976 [1436-2896]	2157 [1754-2427]
Protein, g	81 [47-119]	81 [64-100]
Carbohydrate, g	216 [162-333]	243 [195-289]
Fat,g	73 [54-114]	88 [68-100]
Saturated fatty acids	32 [19-46]	30 [21-39]
Mono and disaccharide, g	98 [70-154]	52 [42-114]
Fibre, g	20 [14-27]	21 [16-26]
Sodium, mg	1954 [1514-2961]	1910 [1552-2472]
Calcium, mg	941 [661-1254]	1035 [622-1159]
Potassium, mg	3140 [2411-4692]	3171 [2651-3815]
Phosphorus, mg	1608 [960-1892]	1465 [1155-1661]

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SDG 3: ENHANCING CLINICAL NUTRITION MONITORING WITH AI, VALIDITHI PROJECT

RESULTS AND VALUE OF LOGMEAL IN THE PROGRAM

Outcomes

- ✓ **Reduction in consultation time**: Nutrient analysis performed automatically, saving 15–30 minutes per patient
- ✓ **Higher data accuracy**: Significant reduction in self-reporting bias and portion misestimations
- ✓ **Better treatment adherence**: Patients responded positively to data-driven feedback and visual dietary reports
- ✓ **Clinical-grade reliability**: AI intake analysis correlated strongly with 24-hour urine biomarkers
- ✓ **Image-based dietary analysis** with instant recognition of foods, portions, and ingredients

LogMeal Technology Value in the Program

- ✓ **39-nutrient breakdown** enabling granular tracking of micro- and macronutrients
- ✓ Seamless **integration into clinical workflows**, enabling professional oversight without extra workload
- ✓ **Automated food diaries** to enhance accuracy and reduce human error
- ✓ Enhanced **patient empowerment** through tangible, visual health metrics

Conclusion: The **Validithi Project** demonstrated that **AI-powered food recognition tools like LogMeal** can effectively complement or even replace traditional dietary assessments in clinical practice. The use of objective image-based logging aligned closely with biological nutrient indicators, while significantly **reducing the burden on healthcare professionals** and increasing **engagement among patients**.

- ✓ **Reduction of up to 35% error rate** from self-reported dietary surveys
- ✓ **Saves 15–30 minutes per consultation** by replacing manual intake assessments
- ✓ **Increases accuracy and consistency** in monitoring macro- & micronutrient intake
- ✓ **Enhances patient motivation and treatment adherence** through visual & data-driven feedback
- ✓ **LogMeal's automated food recognition** offers a more **efficient, scalable, and objective alternative** to traditional intake tracking, **validated through European hospital and university collaborations.**

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HEALTH & NUTRITION REFERRALS

HEALTH & NUTRITION

- **“Medically validated for Renal Replacement Therapy”** Daily follow-up of transplant renal patients (before and after surgery) using 24-hourly urin analysis as a contrast. A far superior adherence, less expensive, less obtrusive for the patient, and high correlation in the data has been demonstrated confirming the validity of the LogMeal solution.

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SDG 3: INTEGRATION OF LOGMEAL'S AI FOOD RECOGNITION IN THE NESTORE PROJECT FOR COACHING APP FOR HEALTHY LIVING ORIENTED TO ELDERLY PEOPLE

Background & Objectives

As the global population ages, promoting **healthy lifestyles among older adults** has become a public health priority. The **NESTORE project** (Novel Empowering Solutions and Technologies for Elderly people to Retain Everyday life activities) is a **European initiative** designed to support healthy aging through personalized digital coaching in **nutrition, physical activity, cognitive health, and social engagement**.

A core pillar of this coaching model is **dietary behavior**, which is traditionally hard to track consistently among elderly users due to usability barriers and the manual nature of food logging.

To address this, NESTORE partnered with **LogMeal** to integrate an **AI-powered food recognition system** into its mobile app. The goal was to:

- ✓ Enable **effortless and accurate dietary monitoring** through image capture
- ✓ Enhance the **personalization and effectiveness** of the app's nutrition coaching
- ✓ Improve **long-term user engagement** by simplifying food logging for older adults

Initial Assessment

- ✓ User research identified a need for **simple and intuitive meal logging tools**
- ✓ Manual food diaries were found to be **tedious and inaccurate**, limiting their use by elderly populations
- ✓ The NESTORE team selected **LogMeal's API** for integration into the app due to its ease of deployment, proven AI accuracy, & compatibility with mobile environments

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SDG 3: INTEGRATION OF LOGMEAL'S AI FOOD RECOGNITION IN THE NESTORE PROJECT FOR COACHING APP FOR HEALTHY LIVING ORIENTED TO ELDERLY PEOPLE

AI Food Monitoring with LogMeal

- ✓ Users take **photos of their meals** using the NESTORE app
- ✓ The system provides instant recognition of:
  - Food types
  - Ingredients and portion sizes
  - **Nutritional content**, including calories, macros, and selected micronutrients
- ✓ LogMeal's analysis is automatically stored in the app's nutrition coaching module, supporting real-time feedback and tracking

Implementation and Pilot Testing

- ✓ LogMeal's API was **seamlessly embedded** into the NESTORE app interface
- ✓ The app was optimized for **ease of use** by elderly users, with large buttons, simple instructions, and voice prompts
- ✓ **Pilot trials were conducted in Spain and Italy**, gathering user feedback on usability, accuracy, and overall experience

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SDG 3: INTEGRATION OF LOGMEAL'S AI FOOD RECOGNITION IN THE NESTORE PROJECT FOR COACHING APP FOR HEALTHY LIVING ORIENTED TO ELDERLY PEOPLE

RESULTS AND VALUE OF LOGMEAL IN THE PROGRAM

Outcomes

- ✓ **Improved user engagement** through intuitive photo-based meal logging
- ✓ **Accurate dietary monitoring**, enhancing the quality and relevance of coaching suggestions
- ✓ **Positive user feedback** on the simplicity and instant value of the system
- ✓ Supported healthy behaviors with **less friction and higher data reliability**

LogMeal Technology Value in the Program

- ✓ AI-powered meal detection with ingredient-level analysis
- ✓ **Real-time feedback** on nutrition for end-users
- ✓ Fully **automated food diaries**, reducing cognitive burden for elderly participants
- ✓ Seamless integration with **mobile health platforms**
- ✓ Scalable solution applicable to **other aging, wellness, or chronic care coaching systems**

Conclusion
By integrating **LogMeal's AI food recognition**, the NESTORE project succeeded in **enhancing its personalized coaching capabilities** for nutrition. This technology enabled **accurate and low-effort food logging**, contributing to **better health outcomes and increased digital engagement** among older adults.

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HEALTH & NUTRITION REFERRALS

COACHING APP FOR HEALTHY LIVING ORIENTED TO ELDERLY PEOPLE

- “NESTORE is a virtual coach supported by an ICT-based system that operates into both physical and virtual domains. It relies on several technologies with different maturity levels gathering wearable, voice based technologies, environmental sensors, emotional monitoring systems, serious games, coaching system and more to be "the coach through which you will keep fit and healthy**".**

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SDG 3: AI-BASED FOOD INTAKE MONITORING FOR TYPE 2 DIABETES MANAGEMENT – A COLLABORATION BETWEEN EVIDENZE HEALTH GROUP & LOGMEAL

Background & Objectives:

Type 2 Diabetes (T2D) is a major chronic condition globally, requiring **strict control of carbohydrate intake** and close dietary monitoring to maintain healthy blood glucose levels. Traditional self-reported food logging methods are often **inaccurate, time-consuming**, and **ineffective** for supporting high-quality clinical decisions.

To overcome these limitations, **Evidenze Health Group (Grupo Pulso)** partnered with **LogMeal** to integrate **AI-driven food recognition technology** into their digital diabetes coaching platform, enabling **automated & precise dietary tracking** for patients with Type 2 Diabetes.

Program Objectives:

- ✓ Enable **accurate, real-time monitoring** of food intake based on personal data.
- ✓ Provide **automated carbohydrate and nutrient analysis** to support glycemic control
- ✓ Reduce the **workload on healthcare professionals** through automation
- ✓ Improve **patient engagement** via intuitive photo-based tracking
- ✓ **Validate the solution in hospital settings** in Spain and Turkey

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SDG 3: AI-BASED FOOD INTAKE MONITORING FOR TYPE 2 DIABETES MANAGEMENT – A COLLABORATION BETWEEN EVIDENZE HEALTH GROUP & LOGMEAL

Initial Assessment

- ✓ Existing dietary tracking methods relied on **manual entry**, which proved burdensome and prone to error
- ✓ Healthcare professionals required **better-quality data** to make precise dietary adjustments
- ✓ The need for a digital solution that would be **easy to adopt** by patients and **seamlessly integrate** into clinical workflows
- ✓ LogMeal was chosen for its **advanced AI food recognition API** and compatibility with mobile apps

AI Food Monitoring with LogMeal Patient

Workflow:

- ✓ Patients took photos of their meals using an integrated mobile app
- ✓ LogMeal's AI engine performed real-time recognition of:
  - Dishes and ingredients
  - Portion sizes and food groups
  - Full nutritional breakdown (energy, carbs, protein, fat, 37 nutrients)
- ✓ Data was instantly shared with professionals for analysis and support

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SDG 3: AI-BASED FOOD INTAKE MONITORING FOR TYPE 2 DIABETES MANAGEMENT – A COLLABORATION BETWEEN EVIDENZE HEALTH GROUP & LOGMEAL

Professional Workflow:

- ✓ Weekly reviews of patient intake reports
- ✓ **Focused monitoring** of carbohydrates, glycemic load, and fat intake
- ✓ Alerts were triggered when **nutritional thresholds** were exceeded
- ✓ Professionals could **dynamically adjust** dietary recommendations based on real intake

RESULTS AND VALUE OF LOGMEAL IN THE PROGRAM

The integration of **LogMeal AI** significantly improved the efficiency and effectiveness of dietary management for T2D patients:

- ✓ **Higher accuracy** than traditional self-reported methods
- ✓ Access to **real-time dietary data**, improving clinical decision-making
- ✓ Reduced time spent on **manual analysis** by dietitians and physicians
- ✓ Enhanced **personalization of dietary plans** based on true consumption
- ✓ Increased **patient engagement** with easy photo-based tracking
- ✓ **Validated in clinical environments** in Spain and Turkey, confirming system reliability and usability in clinical practice.

Conclusion

This collaboration between **Evidenze Health Group and LogMeal** demonstrates how **AI-powered food recognition** can revolutionize **chronic disease management**, particularly in **Type 2 Diabetes care**, where dietary precision is essential.

By providing healthcare professionals with **real-time, objective nutritional data**, and offering patients an **engaging, intuitive tool for meal tracking**, the solution strengthens clinical care pathways and lays the foundation for broader deployment in **digital health and disease prevention** programs.

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HEALTH & NUTRITION REFERRALS

HEALTH & NUTRITION

- **“Food intake monitoring for people with diabetes type 2 according to personal data”** Validated in hospitals in Spain and Turkey.

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SDG 3: OBESITY MANAGEMENT PROGRAM FOR ADULTS IN PRIMARY CARE USING LOGMEAL NUTRAEXPERT – A CSA & CAP INITIATIVE

Background & Objectives:

Obesity is a growing public health concern and a significant **risk factor for chronic diseases**, including type 2 diabetes, cardiovascular conditions, and certain types of cancer. Primary care centers (CAPs) are often the first line of prevention and treatment.

This program, developed in collaboration with **CSA and a CAP (Primary Care Center)**, aimed to **enhance patient adherence and treatment outcomes** by incorporating **digital food monitoring** into a comprehensive obesity management protocol.

Program objectives:

- ✓ Early identification and diagnosis of overweight and obesity conditions
- ✓ Reduction of **cardiometabolic risk factors**
- ✓ Implementation of a **multidisciplinary care approach**, combining medical, nutritional, and psychological support
- ✓ Integration of **AI-based dietary tracking** to improve data quality and patient follow-up

Initial Assessment:

- ✓ Clinical evaluation and laboratory testing of enrolled patients
- ✓ Lifestyle and dietary habit assessments
- ✓ Onboarding patients to the **LogMeal APP** for digital food logging and real-time dietary monitoring

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SDG 3: OBESITY MANAGEMENT PROGRAM FOR ADULTS IN PRIMARY CARE USING LOGMEAL NUTRAEXPERT – A CSA & CAP INITIATIVE

Digital Monitoring with LogMeal

- ✓ Patients were instructed to **log meals daily** using their smartphone cameras
- ✓ **LogMeal AI** automatically analyzed:
  - Calories, macro, and micronutrients (37 indicators)
  - Food groups, ingredients, and portion sizes
- ✓ Enabled tracking of **real intake and food waste**
- ✓ **Weekly review** of dietary data by healthcare professionals to adjust goals and interventions accordingly

Group and Personalized Interventions

- ✓ **Monthly group sessions** for nutritional education and lifestyle behavior change
- ✓ **Psychological support** to address emotional and behavioral components of eating
- ✓ **Continuous personalization** of nutritional goals based on patient progress and data insights
- ✓ Integration of nutritional data into clinical evaluations for more precise follow-up

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SDG 3: OBESITY MANAGEMENT PROGRAM FOR ADULTS IN PRIMARY CARE USING LOGMEAL NUTRAEXPERT – A CSA & CAP INITIATIVE

RESULTS AND VALUE OF LOGMEAL IN THE PROGRAM

Outcomes

- ✓ Improved **patient engagement** and **adherence** through an easy-to-use, visual food logging system.
- ✓ Collection of **accurate, objective**, and **continuous data** on patient food intake.
- ✓ Real-time detection of **dietary imbalances** and **nutritional risks**.
- ✓ Better adherence to **personalized dietary plans**.
- ✓ Positive impact on **weight reduction** and improvement of **metabolic health markers**.

LogMeal Technology Value in the Program

- ✓ **AI-powered food recognition** and **portion size estimation** from images.
- ✓ Comprehensive **nutritional analysis** covering **37 micro and macro nutrients**.
- ✓ **Automated food diary creation**, eliminating **manual input** and reducing **errors**.
- ✓ Monitoring of **real intake** and **food waste** for better dietary insights.
- ✓ **Professional platform** for healthcare teams to **monitor progress, adjust goals**, and provide **tailored feedback**.
- ✓ Full **integration capability** with **eHealth applications** and **patient medical records**.

Conclusion

The program is enhancing the ability of healthcare professionals to deliver personalized obesity care using digital tools, while empowering patients to improve their eating habits and lifestyle with real-time feedback and guidance. All participants saved time, automated data entry, minimized errors, and enhanced the quality of nutritional data.

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HEALTH & NUTRITION REFERRALS

OBESITY MANAGEMENT PROGRAM FOR ADULTS IN PRIMARY CARE USING LOGMEAL NUTRAEXPERT – A CSA & CAP INITIATIVE

- The program is enhancing the ability of healthcare professionals to deliver personalized obesity care using digital tools, while empowering patients to improve their eating habits and lifestyle with real-time feedback and guidance. All participants saved time, automated data entry, minimized errors, and enhanced the quality of nutritional data.

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SDG 3: REMOTE NUTRITIONAL MONITORING FOR ONCOLOGY PATIENTS USING 3D PRINTED FOOD AND LOGMEAL NUTRAEXPERT

Background & Objectives:

Cancer patients often face **malnutrition, dysphagia** and other complications that compromise their nutritional status, especially during chemotherapy and radiotherapy. The **Nutrialth 3D** project integrates **3D printed, texture-adapted meals** with **AI-powered digital monitoring** using **LogMeal NutraExpert** to ensure patients are properly nourished while being monitored remotely.

Program objectives:

- ✓ Early identification of nutritional risk and dysphagia symptoms.
- ✓ Personalization of diet via 3D printed meals with specific textures and nutrient profiles.
- ✓ Remote, objective dietary intake monitoring to guide professional interventions.
- ✓ Enhancing quality of life and treatment tolerance through precision nutrition.

Initial Assessment

- ✓ Clinical and nutritional evaluation of the patient at the Oncology Department.
- ✓ Screening for dysphagia symptoms and texture adaptation needs.
- ✓ Introduction and onboarding to the **LogMeal APP** for continuous meal monitoring.
- ✓ Coordination between medical, dietary, and technical teams for recipe planning (normal + 3D printed food).

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SDG 3: REMOTE NUTRITIONAL MONITORING FOR ONCOLOGY PATIENTS USING 3D PRINTED FOOD AND LOGMEAL NUTRAEXPERT

Digital Monitoring with LogMeal

- ✓ **Daily meal logging** through the app by caregivers or patients (photo or manual).
- ✓ **Recognition and tracking** of both regular meals and 3D printed recipes.
- ✓ **Custom recipe creation** for each patient by professionals using the LogMeal Platform.
- ✓ **Automatic nutritional analysis** of meals: 37 macro- and micronutrients per intake.
- ✓ **Dysphagia monitoring** via logged food texture and patient-reported symptoms.
- ✓ **Weekly review** of nutritional adherence, symptom evolution, and necessary adjustments.

Group and Personalized Interventions

- ✓ **Personalized meal plans** adapted to texture level and calorie/protein needs.
- ✓ **Real-time adjustments** based on food intake, tolerance, and reported symptoms.
- ✓ **3D printed food variations** to ensure variety, taste, and patient adherence.
- ✓ **Support from multidisciplinary care teams** including nutritionists, oncologists, and caregivers.

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SDG 3: REMOTE NUTRITIONAL MONITORING FOR ONCOLOGY PATIENTS USING 3D PRINTED FOOD AND LOGMEAL NUTRAEXPERT

RESULTS AND VALUE OF LOGMEAL IN THE PROGRAM

Outcomes

- ✓ Improved **patient engagement** and **adherence** through an easy-to-use, visual food logging system.
- ✓ Collection of **accurate, objective**, and **continuous data** on patient food intake.
- ✓ Real-time detection of **dietary imbalances** and **nutritional risks**.
- ✓ Better adherence to **personalized dietary plans**.
- ✓ Positive impact on **weight reduction** and improvement of **metabolic health markers**.

LogMeal Technology Value in the Program

- ✓ **AI-powered food recognition** and **portion size estimation** from images.
- ✓ Comprehensive **nutritional analysis** covering **37 micro and macro nutrients**.
- ✓ **Automated food diary creation**, eliminating **manual input** and reducing **errors**.
- ✓ Monitoring of **real intake** and **food waste** for better dietary insights.
- ✓ **Professional platform** for healthcare teams to **monitor progress, adjust goals**, and provide **tailored feedback**.
- ✓ Full **integration capability** with **eHealth applications** and **patient medical records**.

Conclusion
the **Nutrialth 3D project** offers an **innovative, patient-centered solution** to address the **complex nutritional challenges** faced by cancer patients. By combining **personalized, texture-modified 3D printed meals** with **AI-driven dietary monitoring**, it ensures **adequate nutrition** and **continuous remote support**. This integrated approach not only **enhances patient care during treatment** but also **sets a new standard for nutritional management in oncology**.

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HEALTH & NUTRITION REFERRALS

REMOTE NUTRITIONAL MONITORING FOR ONCOLOGY PATIENTS USING 3D PRINTED FOOD AND LOGMEAL NUTRAEXPERT

- The Nutrialth 3D project offers an innovative, patient-centered solution to address the complex nutritional challenges faced by cancer patients. By combining personalized, texture-modified 3D printed meals with AI-driven dietary monitoring, it ensures adequate nutrition and continuous remote support. This integrated approach not only enhances patient care during treatment but also sets a new standard for nutritional management in oncology.

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SDG 3: AI-POWERED NUTRITION MONITORING FOR ELITE ATHLETES AT CAR SANT CUGAT

Background & Objectives

The **Centre d'Alt Rendiment de Sant Cugat** supports elite athletes who require **precise, continuous and personalized nutritional monitoring** as part of their training and performance programs.

Traditional food-intake monitoring was **manual, slow and subjective**, limiting the ability of nutrition professionals to obtain structured, real-time information on what athletes actually consume.

The objective of this first phase was to evaluate **LogMeal's AI and computer-vision technology** to:

- ✓ **Automate food recognition from images**
- ✓ Extract nutritional information from real meal records
- ✓ Support nutritionists with **objective intake data**
- ✓ Validate the technical feasibility of the system in a **high-performance sports environment**
- ✓ Prepare future phases for scalable athlete nutrition monitoring



Highlighted data

- ✓ **150+ number of athletes/professionals involved**
- ✓ **All sports disciplines included**

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INITIAL ASSESSMENT & DIGITAL MONITORING WITH LOGMEAL

Initial Assessment

- ✓ **Automate food recognition from images**
- ✓ Existing monitoring depended on **manual food records and professional interpretation**
- ✓ Nutritionists needed faster and more objective dietary information
- ✓ Meal-image collection was used to assess **recognition quality and operational feasibility**
- ✓ The project focused on **Phase 1: technical validation of LogMeal algorithms in the CAR environment**

Digital Monitoring with LogMeal

- ✓ Athletes or staff capture images of meals
- ✓ **LogMeal AI identifies dishes, ingredients and food groups**
- ✓ The system generates nutritional information, including **calories, macronutrients and micronutrients**
- ✓ Meal data supports structured follow-up by nutrition professionals
- ✓ The validation establishes the basis for future integration with CAR systems through **API-based workflows**

Highlighted data

- ✓ **81,000+ number of images collected / month**
- ✓ **98%+ recognition accuracy on tray accuracy**
- ✓ **90%+ whether LogMeal App, API, Platform or Kiosk was used**

Meal capture → **AI food recognition** → **Nutritional analysis** → **Professional review**

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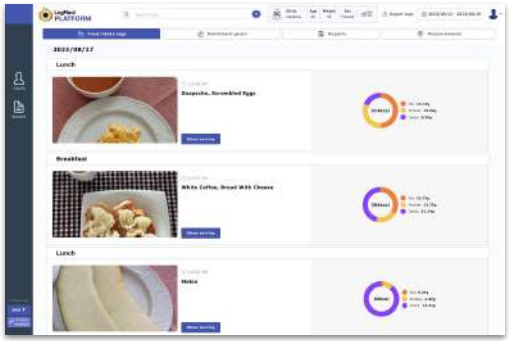
PROFESSIONAL WORKFLOW & FUTURE IMPLEMENTATION

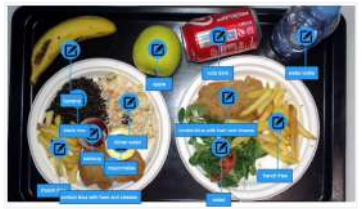
Nutrition Professional Workflow

- ✓ Review athlete meal records using **objective visual data**
- ✓ Compare actual intake with nutritional targets
- ✓ Identify dietary gaps, deviations and improvement opportunities
- ✓ Support **personalized recommendations based on real consumption**
- ✓ Reduce dependence on memory-based or self-reported food logs



Roadmap for Scalable Implementation

- ✓ Automatic association between meal trays and individual users
- ✓ Platform visualization for nutrition teams
- ✓ Personalized recommendations for athletes
- ✓ **Quantity detection and portion-size estimation**
- ✓ Integration with clinical history or athlete records
- ✓ API integration with CAR systems and potential Catalan healthcare-system workflows





Highlighted data

- ✓ Integration with clinical history or athlete records
- ✓ Continue acquiring meal images from the **spring–summer menu** to strengthen dish recognition
- ✓ Import the **CAR athlete database** into the LogMeal system
- ✓ Enable voluntary athlete identification using the **CAR card via barcode or NFC**
- ✓ Automatically associate each scanned tray with the corresponding **athlete profile**
- ✓ Integrate CAR recipes and nutritional data to provide **real-time intake analysis**
- ✓ Give the nutrition team structured intake data without manual forms or mobile use during meals.

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RESULTS AND VALUE OF LOGMEAL IN THE PROGRAM

Outcomes

- ✓ Improved **patient engagement** and **adherence** through an easy-to-use, visual food logging system.
- ✓ Technical validation of **AI-based food recognition in an elite sports environment**
- ✓ A more objective basis for athlete dietary monitoring
- ✓ Potential reduction in manual work for nutrition professionals
- ✓ Better structured nutritional data for follow-up and decision-making
- ✓ A foundation for **scalable and personalized nutrition monitoring at CAR**

LogMeal Technology Value in the Program

- ✓ **AI-powered food recognition from images**
- ✓ Automated nutritional analysis covering macro- and micronutrients
- ✓ Professional oversight through structured data workflows
- ✓ **API-first architecture** for integration with existing systems
- ✓ An adaptable roadmap for high-performance sports environments

Conclusion

The CAR Sant Cugat project demonstrates how **LogMeal can transform meal images into structured and actionable nutritional data** for elite sports professionals.

The first phase validates the technical basis for a **more objective, scalable and personalized model of athlete nutrition monitoring**, supporting both professional decision-making and future integration with CAR's digital ecosystem.

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SDG 3: EMPOWERING DIABETES SELF-MANAGEMENT WITH AI-POWERED NUTRITIONAL TRACKING – THE LOGMEAL X SOCIALDIABETES INTEGRATION

Background & Objectives

Diabetes is a chronic condition affecting over **6 million people in Spain** and hundreds of millions globally. Managing diabetes effectively requires a multifactorial approach involving **continuous blood glucose monitoring, healthy eating, physical activity, and pharmacological treatment**—often including **daily insulin injections**.

One of the most critical and complex aspects of diabetes management is **meal planning and macronutrient tracking**, especially carbohydrate intake. Traditional food logging and nutritional analysis are **manual, time-consuming**, and often inaccurate, limiting both **patient engagement** and **clinical decision-making**.

The goal of this project was to integrate **LogMeal's AI-based food recognition technology** into the **SocialDiabetes platform** to:

- ✓ Enable patients to log meals instantly via photo
- ✓ **Automatically calculate nutritional values** including carbohydrates, glycemic index, and other macronutrients
- ✓ Support **remote monitoring and care adjustments** by healthcare professionals
- ✓ Enhance self-management capabilities for people living with diabetes

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SDG 3: EMPOWERING DIABETES SELF-MANAGEMENT WITH AI-POWERED NUTRITIONAL TRACKING – THE LOGMEAL X SOCIALDIABETES INTEGRATION

Initial Assessment

- ✓ Identification of user needs: quick, intuitive, and reliable dietary tracking
- ✓ Evaluation of the time and effort required in current manual methods
- ✓ Strategic integration of **LogMeal AI algorithms** into the SocialDiabetes app interface
- ✓ Configuration of endpoints to process and display nutrition information tailored to diabetes care

Digital Monitoring with LogMeal

- ✓ Users take a **photo of their meal** through the SocialDiabetes mobile app
- ✓ **AI automatically identifies** the dish, ingredients, and portion size
- ✓ Instant analysis provides **real-time data** on:
  - Carbohydrates
  - Protein and fat content
  - Glycemic index (GI)
  - Micro- and macronutrient breakdown
- ✓ Data is recorded in the patient's food diary, supporting **daily, weekly, and monthly tracking**
- ✓ Logs are synchronized with glucose measurements and other clinical metrics

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SDG 3: EMPOWERING DIABETES SELF-MANAGEMENT WITH AI-POWERED NUTRITIONAL TRACKING – THE LOGMEAL X SOCIALDIABETES INTEGRATION

Group and Personalized Interventions

- ✓ **Patients** gain autonomy and accuracy in meal tracking, reducing estimation errors
- ✓ **Healthcare professionals** use the platform to:
  - Review patient intake remotely
  - Adjust insulin dosing recommendations
  - Offer personalized dietary guidance
- ✓ Integrated tools like video consultations, messaging, and alerts allow for continuous support

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SDG 3: EMPOWERING DIABETES SELF-MANAGEMENT WITH AI-POWERED NUTRITIONAL TRACKING – THE LOGMEAL X SOCIALDIABETES INTEGRATION

RESULTS AND VALUE OF LOGMEAL IN THE PROGRAM

Outcomes

- ✓ **Enhanced self-management** and daily decision-making for people with diabetes
- ✓ **Reduced time and cognitive burden** associated with manual food logging
- ✓ Improved accuracy in **carbohydrate and glycemic** load estimation
- ✓ Increased **adherence to personalized treatment plans**
- ✓ Better **clinical insights** for healthcare professionals via remote dietary monitoring

LogMeal Technology Value in the Program

- ✓ **AI-based food recognition** from images for fast, intuitive meal logging
- ✓ **Real-time nutrition breakdown**, including carbohydrates and GI
- ✓ **Automatic synchronization** with glucose tracking and treatment algorithms
- ✓ Supports **clinical decision-making** with complete nutritional context
- ✓ Designed for **seamless API integration**, enhancing usability and adoption
- ✓ **R+D technology backed since 2012**, with models trained on diverse international cuisines

Conclusion

This integration marks a **major step forward in diabetes care**, offering a scalable solution that combines **AI technology, clinical expertise**, and **user-friendly mobile tools**. By transforming how dietary information is captured and used, the collaboration between **LogMeal and SocialDiabetes** improves both **patient empowerment** and **clinical efficiency** in managing a complex chronic condition.

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HEALTH & NUTRITION REFERRALS

EMPOWERING DIABETES SELF-MANAGEMENT WITH AI-POWERED NUTRITIONAL TRACKING – THE LOGMEAL X SOCIALDIABETES INTEGRATION

- This integration marks a **major step forward in diabetes care**, offering a scalable solution that combines **AI technology, clinical expertise**, and **user-friendly mobile tools**. By transforming how dietary information is captured and used, the collaboration between **LogMeal and SocialDiabetes** improves both **patient empowerment** and **clinical efficiency** in managing a complex chronic condition.

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SDG 12.3 & SDG 3: AI-POWERED FOOD WASTE & NUTRITION MONITORING IN CANADIAN HEALTHCARE FACILITIES – A GOVERNMENT OF CANADA & LOGMEAL INITIATIVE

Background & Objectives

Government of Canada

Food waste in hospitals and long-term care facilities presents **serious challenges**, not only in terms of environmental and economic impact, but also in relation to **nutritional accuracy and patient well-being**. Significant amounts of uneaten food, particularly **high-impact items like red meat**, often go unmeasured, leading to inefficiencies in cost, sustainability reporting, and dietary planning.

In partnership with **Agriculture and Agri-Food Canada (Government of Canada)**, **LogMeal** launched a **pilot program** across hospitals and senior residences to **monitor food intake and waste in real time** using its **LogMeal Kiosk**—an advanced AI and computer vision system equipped with depth-sensing cameras.

Project Objectives

- ✓ Quantify food waste and intake with precision
- ✓ Monitor consumption patterns of high-impact food types (e.g., red meat)
- ✓ Reduce carbon footprint and food costs
- ✓ Align with **UN SDG 12.3** on responsible food consumption
- ✓ Support **SDG 3** by optimizing patient nutrition management

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SDG 12.3 & SDG 3: AI-POWERED FOOD WASTE & NUTRITION MONITORING IN CANADIAN HEALTHCARE FACILITIES – A GOVERNMENT OF CANADA & LOGMEAL INITIATIVE

Initial Assessment

Government of Canada

- ✓ Identification of food service pain points: lack of visibility on food waste, overproduction, and inefficiencies in menu planning
- ✓ Manual waste tracking was found to be inconsistent, labor-intensive, and prone to error
- ✓ Deployment of the **LogMeal Kiosk** in tray-return areas to collect **before-and-after images of patient meals**
- ✓ Focus on facilities with high variability in diets and consumption, including senior care environments

Food Waste Monitoring with LogMeal Kiosk

- ✓ **Pre-meal scan**: The Kiosk captures an image of each tray before delivery, identifying:
  - Dishes
  - Exact portion sizes using depth data
  - Ingredients (including red meat)
- ✓ **Post-meal scan:** When the tray is returned, the Kiosk automatically detects uneaten food:
  - Segments waste by food type (e.g., vegetables, proteins, starches)
  - Calculates consumed vs. wasted quantities
  - Identifies remaining ingredients
- ✓ **Data platform:** Generates detailed, real-time reports for:
  - Sustainability teams to track food waste and CO_2 emissions
  - Operations teams to optimize procurement and menu rotation
  - Nutritionists to improve meal planning

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SDG 12.3 & SDG 3: AI-POWERED FOOD WASTE & NUTRITION MONITORING IN CANADIAN HEALTHCARE FACILITIES – A GOVERNMENT OF CANADA & LOGMEAL INITIATIVE

Personalized and Scalable Implementation

Government of Canada

- ✓ Self-learning AI enables the system to **recognize new meals with as few as three samples**
- ✓ Adaptable to **diverse, dynamic food environments**, common in healthcare settings
- ✓ Can scale across multiple sites and regions for unified sustainability reporting
- ✓ Potential for **EHR integration** to link nutritional intake with clinical data

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SDG 12.3 & SDG 3: AI-POWERED FOOD WASTE & NUTRITION MONITORING IN CANADIAN HEALTHCARE FACILITIES – A GOVERNMENT OF CANADA & LOGMEAL INITIATIVE

RESULTS AND VALUE OF LOGMEAL IN THE PROGRAM

Government of Canada

Outcomes

- ✓ Higher compliance with prescribed dietary plans
- ✓ Significant **reduction in tray assembly and delivery errors**
- ✓ Improved **patient safety**, especially for those with food allergies or swallowing disorders
- ✓ Transparent data logs for **audit trails and quality reporting**
- ✓ **Increased efficiency** for kitchen staff and clinical nutrition teams

LogMeal Technology Value in the Program

- ✓ **Real-time food recognition** using computer vision and AI
- ✓ Instant **comparison between delivered meal and planned diet**
- ✓ Alerts for mismatches to prevent delivery of incorrect trays
- ✓ Professional dashboard for **monitoring quality performance**
- ✓ Plug-and-play system, easily integrated with **existing kitchen workflows**
- ✓ **Scalable across networks** of hospitals and long-term care facilities

Conclusion

Through this solution to the Government of Canada we have implemented a cutting-edge, AI-driven solution to ensure **meal accuracy, patient safety, and clinical nutrition compliance**. The use of the LogMeal Kiosk brings **automation, traceability, and peace of mind** to foodservice operations in complex clinical settings.

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HEALTH & NUTRITION REFERRALS

AI-POWERED FOOD WASTE & NUTRITION MONITORING IN CANADIAN HEALTHCARE FACILITIES – A GOVERNMENT OF CANADA & LOGMEAL INITIATIVE

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Government of Canada

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SDG 3: ENHANCING MEAL QUALITY AND DIETARY COMPLIANCE IN SENIOR CARE WITH LOGMEAL KIOSK – A DISCLOSED COMPANY NAME & DISCLOSED COMPANY NAME HEALTHCARE INITIATIVE

Background & Objectives

DISCLOSED COMPANY NAME

In long-term care and hospital environments across the United States, ensuring that **patients receive meals that align with their clinical dietary prescriptions** is critical for safety, recovery, and treatment efficacy. Diets are carefully designed by clinical nutritionists to manage conditions such as **diabetes, cardiovascular disease, dysphagia, or malnutrition**.

However, **last-mile inconsistencies** during meal preparation and delivery—such as incorrect ingredients, missing components, or swapped trays—can lead to compromised care and clinical complications.

To address this challenge, **DISCLOSED COMPANY NAME**, the innovation and technology arm of DISCLOSED COMPANY NAME, partnered with **DISCLOSED COMPANY NAME**, a leading foodservice provider in U.S. hospitals and senior care facilities, to implement the **LogMeal Kiosk**. This **AI-powered food recognition system** performs automated quality checks to verify that each patient tray matches the prescribed menu plan.

Project Objectives

- ✓ Guarantee that every **meal tray matches the diet prescribed** by a registered dietitian
- ✓ Enable **real-time quality control** before delivery to patients
- ✓ Reduce meal-related human errors in foodservice operations
- ✓ Provide **traceable digital documentation** for audits and continuous improvement
- ✓ Improve **operational efficiency** and patient outcomes across facilities

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SDG 3: ENHANCING MEAL QUALITY AND DIETARY COMPLIANCE IN SENIOR CARE WITH LOGMEAL KIOSK – A DISCLOSED COMPANY NAME & DISCLOSED COMPANY NAME HEALTHCARE INITIATIVE

Initial Assessment

DISCLOSED COMPANY NAME

- ✓ Workflow analysis across DISCLOSED COMPANY NAME-operated kitchens
- ✓ Identification of gaps between **planned menus and meals actually delivered**
- ✓ Integration of **LogMeal Kiosks at tray-check points** within the production flow
- ✓ Onboarding and training of foodservice personnel for minimal disruption

Quality Control with LogMeal Kiosk

- ✓ Each completed **tray is scanned at the Kiosk** just before delivery
- ✓ **AI algorithms detect**:
  - Food items and components present on the tray
  - Portion sizes and plating structure
  - Comparison against the **individual patient's planned meal**
- ✓ If errors are detected (e.g. wrong texture, missing side dish, inaccurate portion), the system **flags it for correction**
- ✓ All scans are logged in the **LogMeal cloud platform**, creating an auditable digital record

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SDG 3: ENHANCING MEAL QUALITY AND DIETARY COMPLIANCE IN SENIOR CARE WITH LOGMEAL KIOSK – A DISCLOSED COMPANY NAME & DISCLOSED COMPANY NAME HEALTHCARE INITIATIVE

Personalized and Scalable Implementation

DISCLOSED COMPANY NAME

- ✓ Supports diverse clinical diets: **renal, diabetic, allergen-free, dysphagia-modified**, and more
- ✓ Can be configured for **batch meal quality control** or **individualized tray validation**
- ✓ Deployed across **multiple DISCLOSED COMPANY NAME facilities in collaboration with DISCLOSED COMPANY NAME**
- ✓ Roadmap includes potential **integration with Electronic Health Records (EHR)** for closed-loop nutrition management

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SDG 3: ENHANCING MEAL QUALITY AND DIETARY COMPLIANCE IN SENIOR CARE WITH LOGMEAL KIOSK – A DISCLOSED COMPANY NAME & DISCLOSED COMPANY NAME HEALTHCARE INITIATIVE

RESULTS AND VALUE OF LOGMEAL IN THE PROGRAM

DISCLOSED COMPANY NAME

Outcomes

- ✓ Higher compliance with prescribed dietary plans
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LogMeal Technology Value in the Program

- ✓ **Real-time food recognition** using computer vision and AI
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- ✓ Professional dashboard for **monitoring quality performance**
- ✓ Plug-and-play system, easily integrated with **existing kitchen workflows**
- ✓ **Scalable across networks** of hospitals and long-term care facilities

Conclusion

Through this collaboration, **DISCLOSED COMPANY NAME and DISCLOSED COMPANY NAME Healthcare** have implemented a cutting-edge, AI-driven solution to ensure **meal accuracy, patient safety, and clinical nutrition compliance**. The use of the LogMeal Kiosk brings **automation, traceability, and peace of mind** to foodservice operations in complex clinical settings.

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Instant Food Analysis

EAT BETTER. LIVE BETTER.

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