**Personalized digital nutrition management system**

SE-B-7

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Maintaining a healthy lifestyle and balanced nutrition can be challenging due to the abundance of information and lack of personalized guidance. This project aims to develop a digital platform that provides users with customized meal plans, smart shopping lists, water intake reminders, and a comprehensive recipe database. By integrating AI-driven recommendations, the system tailors nutritional advice to individual preferences, dietary goals, and health conditions. A key challenge in achieving this objective is processing and analyzing user data to generate accurate, real-time suggestions. Based on research and user requirements, the platform is designed to simplify decision-making, enhance adherence to healthy habits, and reduce confusion regarding nutrition choices.

Keywords: ai-driven meal planning, digital health, lifestyle tracking, personalized nutrition, smart recommendations