

A Comparison of Dietary Quality and Nutritional Adequacy of Meal Plans of a Diet Prescription Generator Web App against the Australian Guidelines to Healthy Eating

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Abstract : Diet therapy has a positive impact on many diseases in General Practice. If a meal plan can be generated as easily as writing a drug prescription for dyspepsia, then the evidence and practice gap in nutrition therapy can be narrowed. Meal plans of 50 diet prescriptions were compared with the criteria for a healthy diet given by Australian authorities. The energy value of each meal plan was compared with the recommended daily energy requirements of the authorities for Diet Prescription Generator (DPG) accuracy. Meal plans generated were within the criteria laid down by the Australian authorities for a healthy diet.

Keywords : dieting, obesity, diabetes, weight loss, computerized decision support systems, dieting software, CDSS, meal plans

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