CEDEP Food log app for kids and families

For supporting every child’s healthy food habit.
Healthy life begins at the very beginning of your life!

◆ Food as the foundation of your cultural and social life
◆ Importance of supporting and improving children's food experience

However...
- Increase of isolated families, busy working parents etc.
- Poorer food experience, health disparities relating to food

Importance of food at the beginning of life

• Nutrient intake, development of eating behaviour, and inheritance of food/dietary culture from the very early stage of life have great influence on the life later on (e.g. DOHaD hypothesis)

Development of apps to support children and families on “food experience” using photo cameras on smartphones and/or tablet-type devices
Our mission is to support children and families through improving “food” experience for every child.

For children and families at home

- fetal stage
- lactation period
- baby food
- infant food

For nutritionists at ECEC settings

Development of “information network” through apps

- ✔ image analysis
- ✔ database
- ✔ food log
- ✔ recipe search

✿ Reflection on meal
✿ Tips for better food experience
Children’s life log on food, sleep, excrement, and condition

<table>
<thead>
<tr>
<th>Section</th>
<th>Fetal stage (mother)</th>
<th>Baby and infants</th>
<th>Parent</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Food</strong></td>
<td>Calorie, nutrition, amount of food intake, use of cutlery, situation of mealtime etc.</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td><strong>Sleep</strong></td>
<td>Sleep time, wake up time, quality of sleep</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td><strong>Excrement</strong></td>
<td>Amount, consistency, and colour</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td><strong>Condition</strong></td>
<td>Illness, feeling, height, weight etc.</td>
<td>✔️</td>
<td>✔️</td>
</tr>
</tbody>
</table>

- Food: The child's food intake is monitored to ensure adequate nutrition and appropriate use of utensils.
- Sleep: The child's sleep patterns are recorded, including bedtime and wake-up time, to monitor sleep quality.
- Excrement: The child's stool consistency and colour are observed.
- Condition: The child's overall health, including illness and physical measurements, is noted.

This log helps parents keep track of their child's daily habits and health status.
Automatic detection of meal by image analysis

Visualization of calories and nutrition intake

History of food intake displayed on a calendar
Future vision: For a “healthy and longevity” society

Construction of “information network” through apps

- image analysis
- database
- food log
- recipe search

In the future, we desire to offer a variety of wisdom related to food abroad!

- e.g. support for constructing information network in foreign countries

For children and families at home

- fetal stage
- lactation period
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- infant food

For nutritionists at ECEC settings

- App for families
- App for ECEC settings
- Day care
- kinder-garten
- Small day care
- Other ECEC setting
- Integrated ECEC setting

Healthy longevity society

Continuous healthy life

… for every child’s WELL-BEING!
This project is proceeded under the collaboration among CEDEP, Prof. Kiyoharu Aizawa from the Department of Information and Communication Engineering, The University of Tokyo, and FOO.LOG Inc.