

## Tech at the Table: How Artificial Intelligence Can Help You Work Smarter, Not Harder

Chrissy Carroll, MPH, RD  
Certified in Next Gen Learning with AI  
Blogger Extraordinaire

1

## Learning Objectives

After attending this presentation, participants will be able to...

1. Define generative artificial intelligence as it relates to nutrition and campus dining.
2. Describe several examples of artificial intelligence technology being used in the culinary and nutrition fields.
3. Name ways you could use artificial intelligence in your own role to improve productivity.
4. List ethical considerations when using artificial intelligence.

2

## A Look Back in Time...



3

## Refresher: What is AI?

- Any computer activity that produces results which may mimic human intelligence
- Process information → make decisions

4

The Future is  
Already Here.

5

JUST  
ONE MORE  
EPISODE

6



7

## Benefits for RDNs

### Higher Productivity

Less time spent on tedious admin work

### Reduced errors

Decision fatigue is real!

### Idea Generation

For education materials, social, talking points, presentations, etc.

### Better Outcomes

For clients, food production, students, and more.



Daniger, S., Levan, J., Ainaim-Pesso, L. Extraneous factors in judicial decisions. *Proc Natl Acad Sci U S A*. 2011;108(17):6839-6892.

8

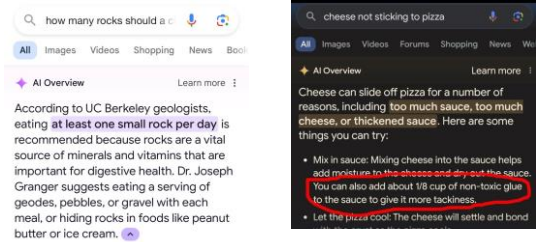
## Limitations

- "Shortcut learning"
- Biased or poor data sets
- Quality of output
- Spontaneous exchange accuracy
- Access to current data (sometimes)

Geirhos, R., Jacobsen, J. H., Michaelis, C., Zemel, R., Brendel, W., Bethge, M., & Wichmann, F. A. (2020). Shortcut learning in deep neural networks. *Nature Machine Intelligence*, 2(1), 661-672.

Oh Yi, Zhang L, Fang M, Fukusko Y. A systematic review of artificial intelligence chatbots for promoting physical activity, healthy diet, and weight loss. *Int J Behav Nutr Phys Act*. 2021;18(1):160. Published 2021 Dec 11. doi:10.1186/s12966-021-0123-6

9



Screenshots from Google

10

## Uses in Food & Nutrition



- AI food waste tracking
- Robots in foodservice
- Autonomous shopping
- Management software
- Menu analysis
- Food science applications
- Nutrition discoveries
- Personalized nutrition apps
- Generative AI for everyday productivity

11

## AI Food Waste Tracking

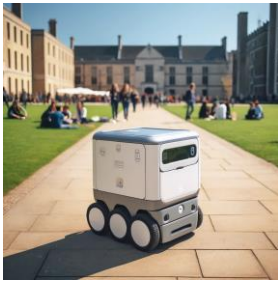


Photo Credit: Winnow  
<https://www.winnowsolutions.com/us/en>

- Winnow
- Leanpath
- KITRO

12

## Robots



13



14

## Management Software

Examples:

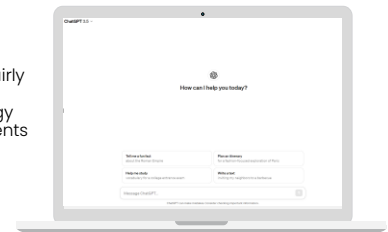
- Apicbase
- 5-Out
- Wobot
- Chatbot tools



15

## Menu Analysis

- Popular AI tool fairly accurate at estimating energy and macronutrients of menus

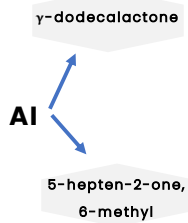
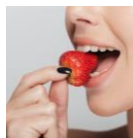


Huang YN, Chen H, Ho DK, et al. Consistency and Accuracy of Artificial Intelligence for Providing Nutritional Information. *JAMA Netw Open*. 2023;6(2):e230387.

Screenshot from ChatGPT

16

## Food Science



Fan Z, Hasing T, Johnson TS, et al. Strawberry sweetness and consumer preference are enhanced by specific volatile compounds [published correction appears in *Hortic Res*. 2021 Oct 6;8(1):224]. *Hortic Res*. 2021;8(1):66.

17

## Food Science Applications

- Creating food alternatives



Hart J. Shake Shack is rolling out new plant-based menu items including dairy-free shakes with AI-designed milk. *Business Insider*. Published May 3, 2023.

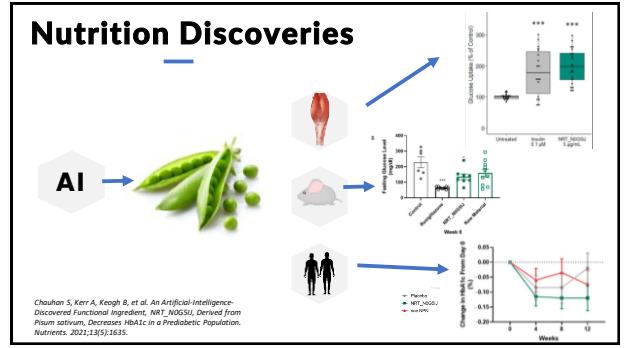
Gluspage, USA. Accessed March 2, 2024.  
<https://www.notcs.com/en/about/gluspage>



18



19



20

### Personalized Nutrition

- IBS AI App – improved quality of life and reduced bowel habit dissatisfaction
- Personalized postprandial-targeting (PPT) diet based on AI – improved daily glycemic control and HbA1c

*Rafferty AL, Hall R, Johnston CS. A Novel Mobile App (Heal) for Disease Treatment in Participants With Irritable Bowel Syndrome: Randomized Controlled Pilot Trial. *J Med Internet Res*. 2021;23(3):e24134.*

*Ben-Yacov O, Godreva A, Rein M, et al. Personalized Postprandial Glucose Response-Targeting Diet Versus Mediterranean Diet for Glycemic Control in Prediabetes. *Diabetes Care*. 2021;44(9):1980-1991.*

21

### Generative AI

<b>TEXT</b>	<b>CODE</b>	<b>IMAGES</b>	<b>VIDEO</b>
ChatGPT, Claude, Gemini, CoPilot	CoPilot, ChatGPT, Replit	Canva, ChatGPT, MidJourney, CoPilot, Gemini	Sora, InVideo

22

### Using Generative AI

**GARBAGE IN** → **GARBAGE OUT**

Data, Prompts → Outputs (text, code, image, video, etc)

23

### Using Generative AI

- Use specific prompts.
  - Audience
  - Goal
  - Parameters
  - "Act as if"
  - How do you want the information presented?
- Have a conversation!
- Review and edit all outputs as needed.

*Brown T, Mann B, Ryder N, Subbiah M, Kaplan JD, Dhariwal P, Neelakantan A, Shyam P, Sastry G, Askell A, Agarwal S. Language models are few-shot learners. *Advances in neural information processing systems*. 2020;33:1477-1901.*

24



## More Tips for Images

- Description of thing
- Description of action, mood, etc.
- Description of style of art (digital painting, coloring book, photograph)
- Color (black and white, sepia, light and bright)
- Style of a certain artist (Banksy, van Gogh, Picasso)
- Angles, framing, or lighting (Straight on, full body, overexposed)

25



## Blogs & Educational Materials

Get ideas for content.

- Write a list of topics that people interested in (niche) would want to read about.
- Write a list of questions a new student might have about campus dining.
- Create a list of nutrition topics that a campus blog should cover for students.

Help outline.


- Write an outline for an article about (topic) for (audience).

Help write content.

- Create an educational tip sheet for university students about eating (insert diet) on campus.
- Write a blog post introduction for a post about (topic).
- Write X paragraphs about (specific section of article).

26

## Blogs & Educational Materials



**Prompt:**

Create an educational tip sheet for university students about eating gluten free on campus.

27

## Blogs & Educational Materials

University life is an exciting adventure, but navigating the dining hall with a gluten-free diet can feel daunting. Fear not, fellow gluten-free friend!


**Know Your Resources:**

- **Disability Services:** Most universities have a disability services office that can help you with accommodation requests for gluten-free meals. They can connect you with the dining hall staff and outline your rights.
- **Dining Hall Staff:** Get to know the chefs and managers. Explain your dietary needs and ask about gluten-free options or how they can modify dishes to be safe.
- **Campus Dietitian:** Many universities have a registered dietitian who can provide personalized guidance on navigating a gluten-free diet at the dining hall.

**Dining Hall Strategies:**

- **Plan Your Meals:** Review the daily menus (often online) and identify safe options. Look for naturally gluten-free items like grilled meats, fish, salads, vegetables, fruits, and beans.
- **Be Prepared to Advocate:** Don't be shy about asking questions! Inquire about ingredients, preparation methods (avoid shared cooking surfaces), and potential cross-contamination risks.
- **Bring Condiments:** Pack your own gluten-free condiments like salad dressing, hot sauce, or mustard, in case the available options contain gluten.
- **Consider a Mini Fridge:** Having a small refrigerator in your dorm room allows you to store safe leftovers, pre-made meals, and gluten-free staples.

28




## Training Materials

- Write a list of topics that (audience) should learn.
- Create a list of standard operating procedures that a campus dining facility should have in place.
- Write a standard operating procedure for (topic) for (audience/environment).
- Translate this standard operating procedure into (language).

29

## Training Materials



**Prompt:**

Create a standard operating procedure for dining services staff at a university on handling food allergies.

30

## Training Materials

### Procedures:

1. **Training and Education**
  - All staff must undergo initial and annual training on food allergies, cross-contamination prevention, and emergency response.
  - Training includes identifying the eight major allergens: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soybeans.
2. **Communication**
  - Post signage in dining areas informing students to notify staff of any food allergies.
  - Maintain a log of students with known food allergies, including their specific allergens and emergency contact information.
3. **Menu Planning**
  - Clearly label all menu items with potential allergens.
  - Offer allergen-free alternatives and ensure they are prepared and stored separately.
4. **Food Preparation**
  - Designate separate areas and equipment (cutting boards, knives, utensils) for preparing allergen-free meals.
  - Wash hands and change gloves before handling allergen-free meals.
  - Use separate containers and storage for allergen-free ingredients.

31

## Training Materials

5. **Serving Food**
  - Confirm with the student their specific allergy before serving food.
  - Use separate serving utensils for allergen-free meals.
  - Ensure allergen-free meals are clearly labeled and kept separate from other food items.
6. **Cross-Contamination Prevention**
  - Clean and sanitize all surfaces, equipment, and utensils after preparing allergen-containing foods.
  - Store allergen-containing foods in clearly labeled containers, away from allergen-free foods.
  - Regularly check and maintain the cleanliness of food preparation and serving areas.
7. **Emergency Response**
  - In case of an allergic reaction, follow the emergency response plan:
    - Immediately call campus security or 911.
    - Administer an epinephrine auto-injector if available and trained to do so.
    - Stay with the student until medical help arrives.
  - Document the incident and review procedures to prevent future occurrences.
8. **Monitoring and Review**
  - Conduct regular audits of food preparation and serving procedures to ensure compliance.
  - Solicit feedback from students with food allergies to identify areas for improvement.
  - Update procedures and training programs as needed based on new information or incidents.

32

## Training Materials

### Documentation:

- Maintain records of staff training, including dates and topics covered.
- Keep a log of students with food allergies and any reported allergic reactions.
- Document all audits and reviews of food handling procedures.

### Compliance:

- Failure to adhere to this SOP may result in disciplinary action, up to and including termination, to ensure the safety and well-being of all students.

33

## Training Materials



Prompt:

Translate this into Spanish.

34

## Training Materials

### Procedimientos:

1. **Capacitación y Educación**
  - Todo el personal debe recibir capacitación inicial y anual sobre alergias alimentarias, prevención de la contaminación cruzada y respuesta a emergencias.
  - La capacitación incluye la identificación de los ocho principales alérgenos: leche, huevos, pescado, mariscos crustáceos, frutos secos, cacahuetes, trigo y soja.
2. **Comunicación**
  - Colocar carteles en las áreas de comedor informando a los estudiantes que notifiquen al personal sobre cualquier alergia alimentaria.
  - Mantener un registro de los estudiantes con alergias alimentarias conocidas, incluyendo sus alérgenos específicos y la información de contacto de emergencia.
3. **Planificación del Menú**
  - Etiquetar claramente todos los elementos del menú con posibles alérgenos.
  - Ofrecer alternativas libres de alérgenos y asegurarse de que se preparen y almacenen por separado.
4. **Preparación de Alimentos**
  - Designar áreas y equipos separados (tablas de cortar, cuchillos, utensilios) para la preparación de comidas libres de alérgenos.
  - Lavarse las manos y cambiarse los guantes antes de manejar comidas libres de alérgenos.
  - Usar recipientes y almacenamiento separados para ingredientes libres de alérgenos.

35

## Social Media Ideas

### General:

- Create a list of Instagram reel ideas for university dining services.
- Create a list of TikTok video ideas about (topic).
- Suggest social media post ideas about (topic/niche) that would resonate with (audience demographics).

### Specific:

- List the top 10 mistakes students make when eating at campus dining locations.
- List pain points university students struggle with when it comes to campus dining.
- Write a list of myths about campus dining.

### Captions:

- Write a (platform) caption about (topic) for (audience).
- Make this caption sound more fun and personable. (caption draft).



36



## Social Media Ideas



### Prompt:

List the top 10 mistakes students make when eating at campus dining locations.

37

## Social Media Ideas

- 1. Living on pizza and fries:** It's easy to fall into a routine of less choices, especially with pizza and fries being so accessible and often delicious. But think about variety.
- 2. Forgetting about hydration:** Sugary drinks and sodas are tempting, but water is the best beverage for overall health and hydration.
- 3. Not planning meals:** With busy schedules, it's easy to just grab whatever is convenient at the dining hall. But planning your meals ahead of time can help you make healthier choices. Take a few minutes to look at the menu and choose options that will give you the nutrients you need.
- 4. Eating too fast:** Eating slowly allows your body time to register that you're full, which can help you avoid overeating.
- 5. Not being adventurous:** Campus dining halls offer a wide variety of cuisines. Don't be afraid to step outside your comfort zone and try new things. You might be surprised at what you like!

38

## Trending Social Ideas

What audios are trending? Then prompt:

- Give me a list of Instagram reel ideas for our campus dining social media account that might have the background audio (lyrics).
- Provide a list of things that a campus dietitian might respond with (lyrics).

Examples:

- "Tempting, but no. Thank you."
- "Take a look around. Do you see her anywhere? News flash. You're not gonna."
- "OK, um, well I won't be doing that"

39

## Trending Social Media Ideas



### Prompt:

Give a list of funny Instagram reel ideas for a campus dining account that have the background audio of "Tempting, but no. Thank you". The goal of the Instagram account is to engage with our university students.

40

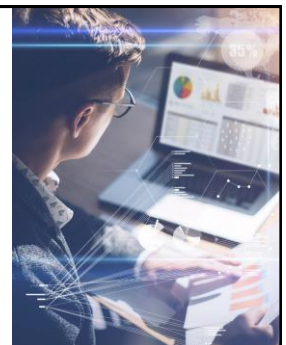
## Trending Social Media Ideas

- **Chef's Secret Recipe:** A chef is about to reveal a "secret recipe" to a crowd of curious students but then changes their mind at the last second with the audio.
- **Special Menu Item Reveal:** A cook lifts the lid on a pot, hinting at a special dish, only to cover it back up with a sly smile and the audio.
- **Home Cooking vs. Dining Hall:** A person attempts to cook a complex dish at home but then decides to head to the dining hall for a perfectly prepared meal with the audio.
- **Healthy and Convenient:** A student is about to grab fast food but then chooses the dining hall for a balanced, convenient meal with various healthy options.

41


## Data Integration / Analysis

- Prompts and use cases will vary based on your technology and AI tool
- ChatGPT+ - can upload and analyze documents; analyze websites



42

## Data Integration / Analysis



**Prompt**

Can you look through the excel spreadsheet on this website and put together a 7 day meal plan using only recipes in the excel spreadsheet?  
<https://fnec.cornell.edu/for-participants/recipe-table/>

43

Here are some tips and tricks for how to use this spreadsheet:

- Currently, it is in alphabetical order by recipe name.
- Use either of the search bars below to search for an ingredient.
- Click the arrows by each column to sort alphabetically, click again to reverse sort.
- If you have a recipe you would like to contribute email [DNCC@fnec.cornell.edu](mailto:DNCC@fnec.cornell.edu).

Be sure to use the [Safe Recipe Guide Page](#) or download the handbook [link](#).

Select your favorite recipe from the table below. When the link opens, select **Download** (example to the left). This allows you to print it or save it, for future use.

Recipe	Source or Curriculum	Course	Main Ingredients	Prep Time (including cooking time)	Recipe Video
<a href="#">Apple Cinnamon Salad</a>	Westchester County CCE	Side Salads	Apple	15 minutes	N/A
<a href="#">Blueberry Muffins or Pancakes</a>	Choice Health: Food, Fun, and Fitness Curriculum (CHFFT)	Breakfast	Grains Dairy Eggs	35 minutes	N/A
<a href="#">Beef Muffin</a>	Eating Smart, Being Active (ESBA)	Breakfast	Grains	20-30 minutes	<a href="#">English</a> <a href="#">Spanish</a>

*Photo Credit: <https://fnec.cornell.edu/for-participants/recipe-table/>*

44

## Data Integration / Analysis

Day 1

- Breakfast: Apple Cinnamon Granola Bars
- Lunch: 3 Bean Salad
- Dinner: 3 Can Chili

Day 2

- Breakfast: Apple Cinnamon Wrap and Roll
- Lunch: Broccoli and Black Bean Quesadillas
- Dinner: African Sweet Potato Stew

Day 3

- Breakfast: Banana Pancakes
- Lunch: Chicken and Broccoli Crustless Quiche
- Dinner: Barley Lentil Soup

Day 4

- Breakfast: Breakfast Fruit Pizza
- Lunch: Carrot-Raisin Salad
- Dinner: Beef & Noodles

Day 5

- Breakfast: Bran Muffins
- Lunch: Cheddar Biscuits
- Dinner: Chicken and Rice with Salsa

Day 6


- Breakfast: Breakfast Parfait
- Lunch: Colorful Rainbow Cauliflower Crust Pizza
- Dinner: Butternut, Squash and Black Bean Tacos

Day 7

- Breakfast: Blueberry Muffins or Pancakes
- Lunch: Crunchy Chicken Salad
- Dinner: Chunky Beef Stew with Vegetables

45


## Data Integration / Analysis



**Prompt**

Summarize this survey data.  
(Upload PDF / excel of survey data)

46

 Kate Survey Data.pdf

🗨 The Grocery Budget Guide survey received 11 responses. Here are the summarized findings:

- Usage of the Guide:**
  - 63.6% of respondents have used the Grocery Budget Worksheet and Guide.
  - 36.4% have looked through it but have not used it yet.
- Ease of Understanding:**
  - 90.9% found the instructions in the Grocery Budget Worksheet and Guide easy to understand.
  - 9.1% did not find it easy to understand.
- Helpfulness:**
  - 63.6% found the guide very helpful (rating it a 5 out of 5).
  - 27.3% rated its helpfulness as 4.
  - 9.1% rated its helpfulness as 3.

Screenshot: ChatGPT

47

## Events and Collaborations

- Create a list of event ideas that a campus dining dietitian could host for university students.
- Write a list of event ideas that a dining hall could host, similar to (example), but that vary in (location, type, etc).
- What are some collaboration ideas that a campus dining dietitian could use to (goal)?



48



## Events and Collaborations



### Prompt:

I'm a campus dining dietitian. Write a list of special events I could host to help promote good nutrition among university students. The events can pull in resources from the foodservice department.

49

## Events

- **Healthy Cooking Classes:** Host weekly cooking classes where students can learn to prepare nutritious meals using ingredients available in the dining hall.
- **Nutrition Workshops:** Organize workshops focusing on different aspects of nutrition, such as balanced diets, reading food labels, and meal planning.
- **Farm-to-Table Event:** Highlight local produce and sustainable eating with a farm-to-table dinner event.
- **Smoothie and Salad Bar Pop-Ups:** Set up pop-up smoothie and salad bars where students can create their own healthy snacks.
- **Mindful Eating Seminars:** Conduct seminars on mindful eating practices to help students make healthier food choices and manage stress-related eating.

50

## Events



### Prompt:

Can you give me very specific ideas that are a bit more creative?

51

## Events

- **Nutrition Escape Room:** Design an escape room with puzzles and challenges based on nutrition facts and healthy eating principles. Students must solve the puzzles to "escape" and win a healthy prize.
- **Street Food Festival:** Create a street food festival with stalls representing different countries or cultures.
- **Herb Garden Class:** Provide students with materials to grow a windowsill herb and do a cooking class featuring the herb they will grow in simple, healthy recipes.
- **Glow-in-the-Dark Yoga and Smoothie Bar:** Host a glow-in-the-dark yoga session followed by a build-your-own smoothie bar with a variety of nutritious ingredients.
- **Picnic with the RD:** Host an outdoor picnic where students can enjoy pre-made healthy meals and have informal Q&A sessions with a nutritionist about healthy eating habits.

52

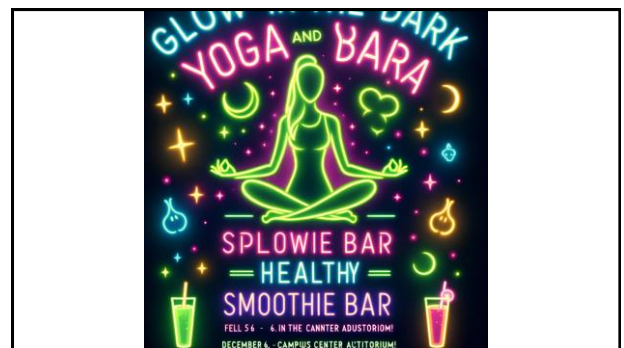
## Events



### Prompt:

Create an image to promote the glow in the dark yoga and smoothie bar event. The text on the flyer should say: "Join us for a glow-in-the-dark yoga class, followed by a healthy smoothie bar! December 6, from 6 -7 p.m. in the Campus Center Auditorium!"

53



54

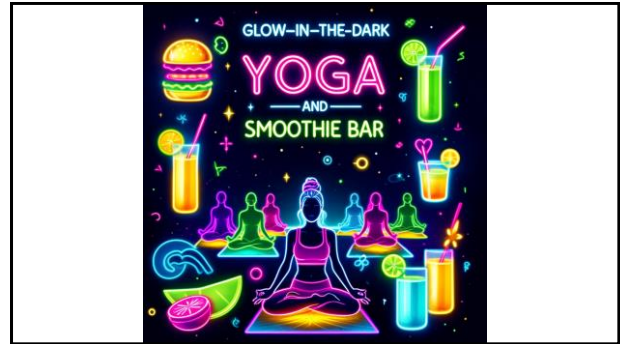
## Events



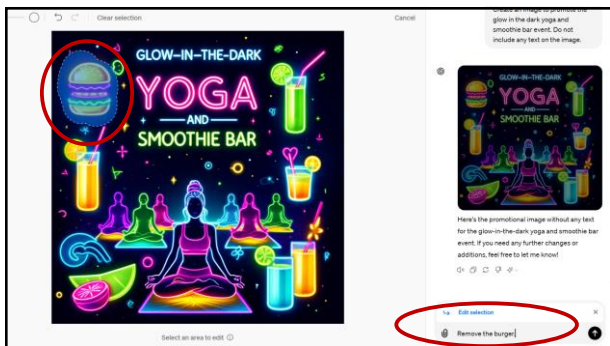
### Prompt:

Create an image to promote the glow in the dark yoga and smoothie bar event. Do not include any text on the image.

55



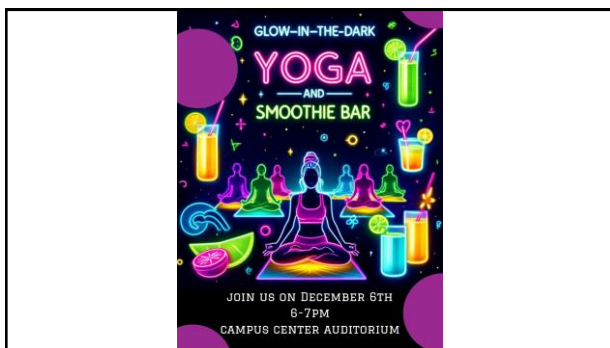
56



57

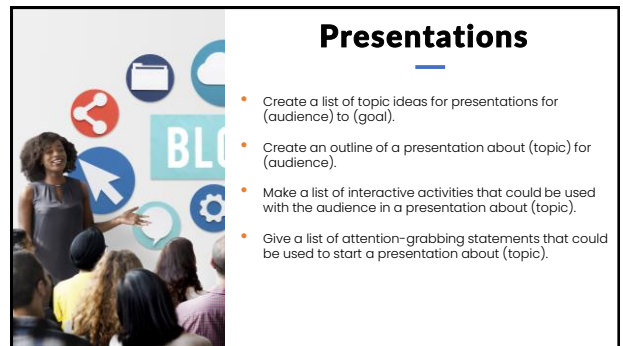


58



59

## Presentations



60

## Presentations



Prompt:

I'm a foodservice dietitian and need to give an in-service to my staff. Create a list of topic ideas that would be engaging.

61

## Presentations

- **Food Safety & Sanitation Best Practices:** Review sanitation protocols, including proper handwashing techniques, temperature control, and cross-contamination prevention.
- **Allergen Management and Cross-Contact Prevention:** Provide training on allergen management protocols to prevent cross-contact and ensure the safety of patients with food allergies or sensitivities.
- **Cultural Competency in Food Service:** Explore cultural diversity in food preferences and dietary practices, and discuss ways to accommodate diverse cultural needs in hospital food service.
- **Teamwork and Communication Skills:** Facilitate team-building activities and discuss effective communication skills to foster a positive and collaborative work environment among foodservice staff.
- **Technology Integration and Efficiency:** Explore ways to leverage a new technology to streamline foodservice operations, improve efficiency, and enhance the customer experience...

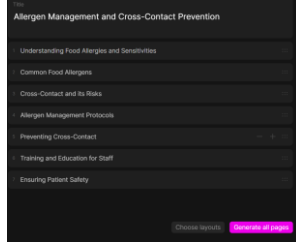
62

## Presentations

### Generate presentation

This presentation is titled, Allergen Management and Cross-Contact Prevention. It should provide training for hospital foodservice staff on allergen management protocols to prevent cross-contact and ensure the safety of patients with food allergies or sensitivities.

Generate outline



Screenshots from Tome.app

63

The slide is divided into four quadrants:

- Top Left:** Title 'Allergen Management and Cross-Contact Prevention' with an image of a chef.
- Top Right:** 'Understanding Food Allergies and Sensitivities' with an image of various allergens and a person's face. It includes sub-sections for 'Allergens & Sensitivities' and 'Symptoms of Food Allergies and Sensitivities'.
- Bottom Left:** 'Common Food Allergens and Sources' with a table listing allergens and their sources.
- Bottom Right:** 'Cross-Contact and its Risks' with a flowchart showing 'Storage' → 'Handling' → 'Cooking'.

64

## Recipes & Meal Plans

**\*Not always accurate**

- Create a list of recipe ideas for campus dining that features (ingredients).
- Create a recipe for (dish) for (# servings). It should have (nutrition parameters).
- Conduct the nutrition analysis for this recipe. (Copy and paste recipe)
- How can I modify (recipe) to be (dietary restriction)?
- I'm a campus dining operator. Our students really like (recipe). What are some other recipe ideas they might like based on this?
- Create a (x) day meal plan for a university student with (dietary restriction).
- Can also use "Recipe Generator: Cooking Food Assistant-Mimic-AI" custom GPT - Provide an image and it will guess how to make it



65

## Meal Plans



Prompt:

Create a 7-day meal plan for a college student with allergies to corn, soy, and dairy. The student will be making food in their dorm and only has access to a mini fridge and microwave.

66

## Meal Plans

### Day1

Breakfast: Instant oatmeal (made with water), Fresh fruit (apple, banana)  
 Lunch: Microwavable brown rice, Canned tuna, Steamed vegetables (frozen, microwavable)  
 Dinner: Baked potato (microwavable), Canned chili (check for allergens)  
 Snacks: Rice cakes with almond butter, Baby carrots

### Day2

Breakfast: **Smoothie (almond milk, banana, frozen berries)**  
 Lunch: Quinoa salad (microwavable quinoa, cherry tomatoes, cucumber, olive oil, lemon juice)  
 Dinner: Grilled chicken breast (precooked, microwavable), Steamed broccoli (frozen, microwavable)  
 Snacks: Applesauce, Nuts (almond, cashew)

### Day3

Breakfast: Instant oatmeal (made with water), Sliced strawberries  
 Lunch: Hummus and veggie wrap (gluten-free tortilla, hummus, sliced bell peppers, cucumber)  
 Dinner: Microwavable sweet potato, Canned black beans, Avocado  
 Snacks: Celery sticks with almond butter, Fresh fruit (orange)

67

## Recipe Development



### Prompt:

How do I make this dish?



68

## GPTs

Discover and create custom versions of ChatGPT that combine instructions, extra knowledge, and any combination of skills.

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### Featured

Curated top picks from this week



**Tutor Me**  
 Your personal AI tutor by Khan Academy! (No charge!) Use here to help you with math, science, and more.



**Whimsical Diagrams**  
 Explain and visualize concepts with flowcharts, mindmaps, and sequence diagrams.

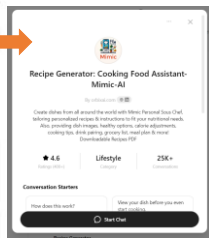


**Code Copilot**  
 Code Snippets, Bugs Fixes—With the Expertise of 10 Programmers by Your Side.



**DeepGame**  
 Play any board game as a character. The device what to do next.

<https://chatgpt.com/gpts?real-dim=1>



69

### AI VERSION:

#### For the salmon:

- 1 salmon fillet (about 1.5 pounds)
- Salt and pepper to taste
- 1 lemon, thinly sliced
- 1 tablespoon olive oil

#### For the Herb Sauce:

- 1/2 cup Greek yogurt
- 1 tablespoon mayonnaise
- 2 tablespoons fresh dill, chopped
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- Salt and pepper to taste
- 1/4 cup pistachios, roughly chopped
- 1/4 cup golden raisins

### ACTUAL RECIPE:

#### INGREDIENTS

- 1 pound salmon fillet
- 1/4 teaspoon salt, divided in half
- 1/4 cup plain Greek yogurt
- 1/2 cup chopped fresh parsley
- 2 tablespoons chopped fresh dill
- 1 teaspoon lemon juice
- 1 teaspoon lemon zest
- 2 tablespoons shelled pistachios (or more to taste)
- 2 tablespoons golden raisins (or more to taste)

70

## Recipe Development



### Prompt:

Can I have a purchase list to make 100 servings of this recipe?

71

## Recipe Development

#### Total Quantities:

- Salmon: 37.5 pounds
- Lemons: 20
- **Olive Oil: 25 cups**
- Salt: 25 tablespoons
- Pepper: 25 tablespoons
- Greek Yogurt: 31 quarts
- Mayonnaise: 1 1/4 cups
- Fresh Dill: 15 bunches
- Fresh Parsley: 15 bunches
- Garlic: 8-10 bulbs
- Pistachios: 31 pounds
- Golden Raisins: 31 pounds

72

## Food Photos

### Prompt:

Create a photo of a mango smoothie in a mason jar. This should be a photograph, food blog style, light and bright, overhead shot, 8k, high def.



From Gemini

### Prompt:

Create a realistic food photo of a BBQ Chicken Stuffed Avocado. It should be in the style of a food blog, photograph, light and bright, in focus, white background, 8k, high def.



73

## Demo / Training Videos

- Two types:
  - AI-generated video (✗ yet)
  - AI-arranged video or scripts (✓) but still not perfect)



74

## Demo / Training Videos



### Prompt:

A chef showcasing two different cutting boards, one for raw meat and one for vegetables.

75



From Canva

76

## Demo / Training Videos



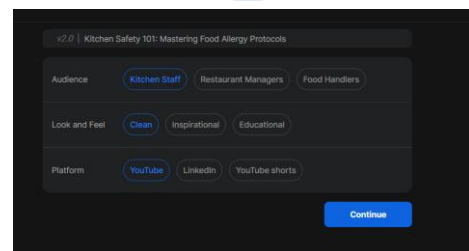
### Prompt:

Create a training video for kitchen staff about food allergies. It should include these key topics:

1. Allergies can be a life-threatening medical condition.
2. There are 9 top allergens: wheat, soy, milk, fish, shellfish, eggs, nuts, peanuts, and sesame.
3. Allergic reactions are caused by the proteins in these foods and can occur with a tiny morsel of the food.
4. Take steps to prevent cross-contact.
5. Take steps to read labels and ingredients to see if an allergen is in a menu item.
6. Recognize symptoms of an allergic reaction and know how to react.

77

## Demo / Training Videos

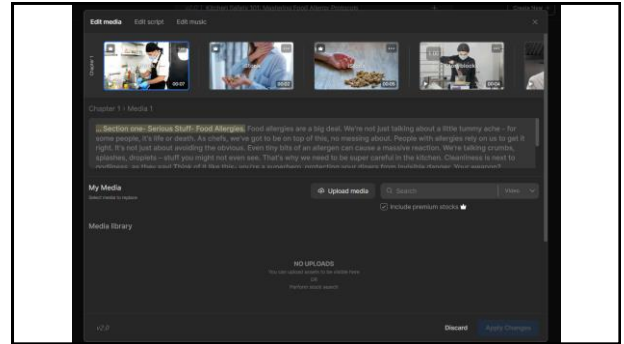


From ai.invideo.io

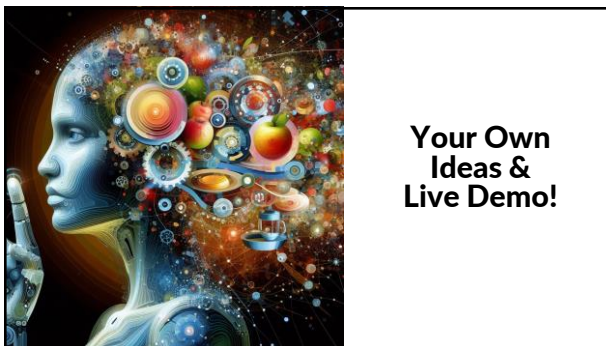
78



79



80



81

## Ethical Considerations

- Personal comfort
- School or workplace policies
- Cybersecurity and privacy
- Unintentional bias
- Displaced workers
- Dangerous evolution (?)
- Academy's Code of Ethics



82


## Code of Ethics

- 2e: "Provide accurate and truthful information in all communications."
- 2i: "Implement appropriate measures to protect personal health information using appropriate techniques (e.g., encryption)."
- 3h: "Communicate at an appropriate level to promote health literacy."
- 4d: "Promote the unique role of nutrition and dietetics practitioners."

Academy of Nutrition and Dietetics. Code of Ethics for the Nutrition and Dietetics Profession. <https://www.eatrightpro.org//media/eatrightpro/files/career/code-of-ethics/cofethforthenutritionanddieteticsprofession.pdf> Published June 1st, 2018.

83

## Conclusions



- Keep an open mind!
- AI tools can enhance productivity, free up time, and preserve mental energy
- Recognize current limitations and ethical concerns
- Digital disruption will continue to occur – consider how you will "futureproof" yourself

84





## Questions?

Chrissy Carroll, MPH, RD

[buildawellnessblog.com/](http://buildawellnessblog.com/)  
[snackinginsneakers.com](http://snackinginsneakers.com)

[facebook.com/groups/buildyourblogtoday](https://www.facebook.com/groups/buildyourblogtoday)

[@chrissytherd](mailto:@chrissytherd)

[chrissy@snackinginsneakers.com](mailto:chrissy@snackinginsneakers.com)

85

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86

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87

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88