

Healthy Eating

CHOOSE WHOLE FOODS, SUPPORT HEALTHY COOKING, AVOID HIGH SUGAR, EXCESSIVE SALT AND DEEPLY PROCESSED FOODS AND BEVERAGES.



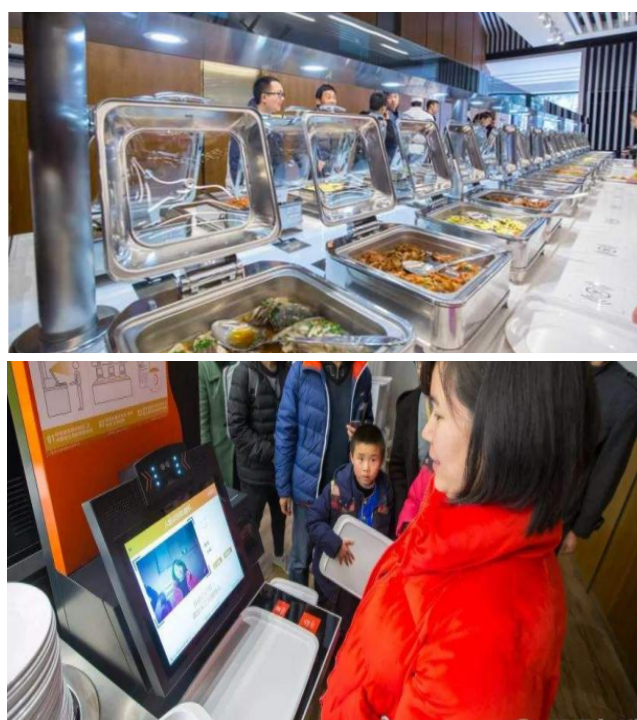
Smart Nutrition Canteen Project of Zhejiang University

With intelligent equipment, data for each consumer meal is sent to the backend, and the nutritional analysis of each meal for each day is accurately analyzed. Big data is also used to establish personalized nutritional recipes and meal recommendations are also provided. Quantitative calculations are made to calculate food procurement, with the goal of accumulating zero surplus raw food materials on any specific day.

In 2015, Dr. Yang Min and her dietitian team from the Zhejiang University School of Public Health collaborated with the Food Service Center of Zhejiang University Logistics Group to develop the first Smart nutrition food service project in China.

In 2018, Zhejiang University Yuquan Campus launched the second generation of its Smart

project, integrating facial recognition and precision weighing technologies.





Smart equipment provide nutritional analysis and automatic billing services

Within the same year, with support from the Zhejiang University Education Foundation, Dr. Yang Min established the LOHAS Health Fund and the TLC Registered Dietitian Team in the School of Public Health. Furthermore, with the support of the Zhejiang University Logistics Group, she also took the lead in establishing the first Nutrition hut among Chinese universities, providing services such as catering guidance, nutrition and health consulting for teachers and students alike.



From 2019, TLC Registered Dietitian Team went beyond Zhejiang University campus and introduced the concept of Smart Nutrition Canteen to Hangzhou Municipal Government Canteen, Hangzhou No. 11 Middle High School, Zhejiang Uniview Technology Co., LTD, and other pilot project partners, with Smart Nutrition Canteen and Nutrition hut as the program core. The establishment of these Smart Canteens help promote nutritional catering and food system education and guide the public to practice healthy eating and manage their personal health.



Meal service of the Chinese Heart Healthy Diet in Hangzhou Municipal Government Canteen



Future Goals

1. Establish the "Artificial Intelligence Nutrition and Health Big Data Research Center" in National Institute for Data Science in Health and Medicine of Zhejiang University. The Center will integrate domestic and international scientific research, carry out cross-data research on artificial intelligence, nutrition and health, and focus on data analysis as well as innovative data mining research on diet and nutrition in China.
2. Create and demonstrate real-world applications of "Nutrition and Health Restaurants/Canteens",

“Nutrition and Health Supermarkets”, and “Nutrition and Health Farmers Markets”. Combining deep data mining technology with nutrition and health data analysis, using transformative research to guide residents to improve their food consumption habits and promote the sustainable and coordinated development of food and nutrition.

3. Combine academic education and vocational education to cultivate high-level and specialized nutrition professionals; make full use of social media platforms to carry out public food education; create a “gourmet nutritionist” IP and build a concept around leading a healthy life; promote the idea of healthy food culture.

