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## MOBILE APPLICATIONS FOR DIET IN SAUDI ARABIA

### (Use of mobile apps to increase the knowledge and awareness of populations about nutrition) B Alkhudairi and N Alhazmi

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The modern day practice of providing healthcare has embraced technology and evidence-based practice. Besides, the ease of accessing information has been increased through gadgets that provide patients and physicians with internet connectivity. Technology experts have taken advantage of these platforms to develop hundreds of diet applications that can be used on mobile phones and other smart devices. Despite this, no empirical evidence validates the efficacy of these applications in professional dietary assessment and in tracking the nutrition of people. Even more, the penetration of mobile phone use across diverse geographical and cultural regional orientations continues to present a challenge for the use of such applications in promoting healthy dietary choices. This is a primary research that reviews the use of mobile applications to increase the knowledge and awareness of populations about nutrition. Besides, this research analyses the role that such applications can play in improving the behaviors, perceptions and attitudes that people foster towards nutrition. The study is descriptive and includes example of applications that have been used widely across different countries, and the feasibility of the use of such applications with respect to the increased consumer awareness on nutrition.

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