

Eat Rite 是一個了解您健康狀況的 7x24 全天候 AI 營養顧問!

EatRite 隨身營養顧問 - 就您的食物選擇及個人健康狀況，秒速提供營養建議

您只要透過 Eat Rite 將鏡頭對準中文或英文餐牌，秒間便能得知餐牌每個食物的卡路里及營養素，有紅黃綠燈提示健康與否，一目了然，完全不用人手輸入，然後輕輕一按喜愛食物的名稱，Eat Rite 隨身營養顧問，更會秒速提供個人化回應 -- 因應您的身體健康所需, 解釋該食物應該或不應該的選取的原因, 例如: 「這食物雖然卡路里低，但含高鈉，血壓偏高應該避免。」

EatRite 隨身營養顧問 - 還辨認 食物營養標籤、連鎖餐廳商標

為了應付不同飲食場景，除了透過中英文餐牌直接提供飲食選擇建議，Eat Rite 還可以辨認包裝食物營養標籤、連鎖餐廳商標，同樣不用人手輸入，便可以獲得一目了然及即時的飲食選擇建議。

Eat Rite 連鎖餐廳商標功能 —— 透過手機鏡頭分辨出連鎖餐廳招牌，顯示最受歡迎食物卡路里。

現版本支援連鎖餐廳：麥當勞、星巴克咖啡、太平洋咖啡，常見食物卡路里。

Eat Rite 食物營養標籤功能 —— 把鏡頭對準食物營養標籤，Eat Rite 智能營養師會替你解讀該標籤資料從營養學上所含的意思，您會很驚訝一些看似健康的包裝零食，一個食用份量的添加糖已經遠超一個成年人一日的限量。

EatRite 隨身營養顧問 – 讓您足不出戶的「健康檢查」，從而提供個人化健康建議

Eat Rite 運用大數據及人工智能技術生成 AI 人工智能健康報告，報告項目包括: 血壓、空腹血糖指數、膽固醇、甘油三酸酯等等，並且備有紅黃綠燈健康指標，您足不出戶便可進行「健康檢查」，初步瞭解自己健康狀況，Eat Rite 更會透過報告結果，啟動個人化建議功能。

Eat Rite 也藉着 美國的 Framingham Heart Study 並公開算法，為您進一步提供未來七至十年的長期病患風險評估, 了解自己的心臟病風險、心臟年齡、糖尿病風險、及脂肪肝的風險，您的心臟年齡有沒有超過自己的實際年齡? 並能與同年的健康人士比較。

EatRite 隨身營養顧問 - 讓您比較同齡健康人的飲食營養攝取、長期病患風險指數

EatRite 運用後端的大數據，設計出「每餐挑戰」，使您能夠跟同齡健康人士一較高下，比較每餐所攝取的能量和營養素合格與否。幫助您定立清晰明確的健康改善目標。您也可以透過 Eat Rite 比較同齡健康人士的長期病患風險，看看在同齡朋友當中，算是健康的一群? 有比較，便有進步。Eat Rite 幫助你有目標地執行健康飲食生活。

EatRite 隨身營養顧問 – 替你搜集熱爆健康新聞, 冥想一個更健康的自己

健康飲食的概念好應該融入時尚生活。EatRite 的全面及有趣功能還有包括: 冥想減重、記錄你的每日步行、熱爆健康新聞。您也可以與朋友分享。

EatRite 人工智能每天收集及更新熱爆健康新聞, 讓您吸收同健康有關的時尚話題, 更隨時可以與朋友分享, 增加生活趣味。健康生活方式應該輕鬆, 有趣且時尚!

EatRite 也會帶你進入冥想狀態, 將明確的減重目標成果, 深刻地刻畫在腦海之中。每多做一次冥想練習, 即將目標成果埋入更深的意識之中。當你確信自己已經成為夢想中的形象後, 你的飲食行為將理所當然地自我調整, 配合你的形像。

EatRite 隨身營養顧問 - 還與 Apple Health 接駁, 集中管理健康

除此之外, Eat Rite 還與 Apple Health 接駁, 以同步您的每日步行、AI 人工智能健康報告、營養攝取紀錄。方便您集中使用一個手機程式管理健康。Eat Rite 鼓勵你加強活動、調節飲食, 逐步改善自己的健康。

EatRite 是一個不能缺少的
人工智能 • 隨身 • 營養顧問

Eat Rite 的 UI 和 UX 經過優化適用於 iPhone。

Eat Rite 所提供的營養資訊, 智健康報告及慢性病風險只為參考作用。

Eat Rite is a 7x24 AI nutritionist who understands your health!

EatRite Portable Nutritionist - Provides instant nutrition advice on your food choices and personal health

You only need to aim the camera at the Chinese or English menus through Eat Rite, you can know the calories and nutrients of each food in the menu in seconds. Traffic lights of red, yellow and green coloured labels give you an overview of what is healthy or unhealthy. No manual input of food name is required. Based on your click on your favourite food name, Eat Rite's personal nutrition consultant will also provide a personalized response in seconds according to your health needs, explaining the reasons why the food should or should not be selected. For example: "This food is low in calories, but high in Sodium and high blood pressure should be avoided."

EatRite Portable Nutritionist - also recognizes Food Nutrition Label, Chain Restaurant Logos

In order to cope with different dietary scenarios, in addition to Chinese or English menu, Eat Rite can also identify the nutrition labels of packaged foods and restaurant chain logos.

Eat Rite chain restaurant logo function --through the lens of the mobile phone, recognize the chain restaurant logos, showing popular foods' calories.

The current version supports chain restaurants: McDonald's, Starbucks Coffee, Pacific Coffee, and common food calories.

Eat Rite food nutrition label function -- by pointing the lens at the food nutrition label, Eat Rite intelligent nutritionist will interpret the meaning of the label information in nutrition for you. You will be surprised by some seemingly healthy packaged snacks. The amount of added sugar for a single serving amount has exceeded the limit of an adult a day.

EatRite Portable Nutritionist – Instant “Health Check” at home, facilitating Personalized Health Advisory

Eat Rite rides on big data and applies artificial intelligence technologies to generate AI artificial intelligence health reports. The report items include: blood pressure, fasting blood sugar index, cholesterol, triglycerides, etc., with coloured health indicators. You can pursue a "health check" without distance travel, to get a preliminary understanding of your own health status. Eat Rite automatically activates the personalized recommendation function by the reported results.

Eat Rite further makes use of open algorithms from the Framingham Heart Study Centre in the United States to prepare you a Chronic Health Risk Assessment Report, that allows you to understand your Cardiovascular Disease Risk, Heart Age, Diabetes Risk, and Fatty Liver Risk in the

coming 7-10 years. Has your heart age exceeded your actual age? You can also compare the risk profile with those healthy people of your age group.

EatRite Portable Nutritionist - allows you to compare your Diet and Health Status with Healthy people of the Same Age Group

EatRite utilizes the big data on the back-end to design the "Meal Challenge", that qualifies your energy and nutrients in each meal by comparing with those healthy people of the same age group. This helps you set clear and clear health improvement goals. You can also compare your Chronic Health risk with that of healthy people of the same age through Eat Rite. Are you considered as health with your similar age friends? As long as you compare, you will be triggered to make progress. Eat Rite helps you to execute a healthy eating life with a goal.

EatRite Portable Nutritionist – collects Trending Health News and coaches you Meditating a Healthier You

The healthy diet must fit into your everyday life. EatRite's comprehensive and interesting features include Meditation for Weight Loss, Daily Walk, and Trending Health News, which you can also share with your friends!

EatRite artificial intelligence collects and updates trending health news every day allowing you to absorb health information related to hot topics, and share it with friends at any time to promote the fun of life. A healthy lifestyle should be relaxing, full of fun and trendy!

EatRite will also coach you the Meditation aiming to deeply portray a clear weight loss goal achievement in your mind. With every meditation exercise, the goal's results are embedded in your deeper consciousness. When you have established the amazing image after successful weight loss, your eating behaviour will naturally adjust itself to fit your image.

EatRite Portable Nutritionist - synchronizes with Apple Health to centrally manage health

In addition, Eat Rite also connects with Apple Health to synchronize your daily walking, AI artificial intelligence health report, and nutritional intake records. It is convenient for you to use one mobile phone program to manage health. Eat Rite encourages you to strengthen your activities, adjust your diet, and gradually improve your health.

Eat Rite 人工智能 • 隨身 • 營養顧問

powered by ReHealthier

		Free Version (免費版本)	Premium Version by Subscription (進階版本)
Eat Rite 智能營養顧問 (智能鏡頭)			
	• 無限次辨認中文餐牌	✓	✓
	• 無限次辨認英文餐牌	✗	✓
	• 無限次辨認包裝食物營養標籤	✗ (僅限每天試用一次)	✓
	• 無限次辨認連鎖餐廳商標(中文及卡路里)	✗ (僅限每天試用一次)	✓
	• 紅黃綠燈提示： 卡路里和十多種營養素 (脂肪、碳水化合物、添加的糖、鈉、多種維生素、礦物質等)	✗ (僅限卡路里)	✓
	• 無限次提供營養建議	✗ (次數如上)	✓
	• 個人化營養建議：中文、英文選擇	✗ (只支持中文)	✓
Eat Rite AI 人工智能健康報告			
	• 生理數據估算 (血壓、空腹血糖指數、膽固醇、甘油三酸酯等等)	✓	✓
	• 慢性疾病風險評估 (心臟病風險、心臟年齡、糖尿病風險、及脂肪肝的風險)	✓	✓
	• 與同年的健康人士比較慢性疾病風險	✗	✓
	• 生理數據估算結果 與應用程式 Apple Health/健康同步	✗	✓
Eat Rite 「每餐挑戰」			
	• 每次用餐記錄	✗ (只限最新近的一餐)	✓

	<ul style="list-style-type: none"> 用餐記錄詳細營養分析 (包括卡路里和十多種營養素: 脂肪、碳水化合物、添加的糖、鈉、多種維生素、礦物質等) 	✗ (只限最新近的一餐卡路里、脂肪、碳水化合物、及蛋白質)	✓
	<ul style="list-style-type: none"> 與同年的健康人士比較 	✗ (如上)	✓
	<ul style="list-style-type: none"> 營養攝入數據與應用程序 Apple Health/健康同步 	✗	✓
Eat Rite 「冥想減重」形象刻畫			
	<ul style="list-style-type: none"> 無限次使用冥想及記錄 	✗ (僅限試用一次)	✓
Eat Rite 其他重要功能			
	<ul style="list-style-type: none"> 熱爆健康新聞, 每天更新 	✓	✓
	<ul style="list-style-type: none"> 記錄你的每日步行與應用程序 Apple Health/健康同步 	✗	✓
	<ul style="list-style-type: none"> VIP 電子郵件支援 	✗	✓

		Free Version (免費版)	Premium Version by Subscription (付費訂閱版)
Eat Rite AI Dietitian (Nutrition Camera)			
	<ul style="list-style-type: none"> Unlimited recognition of Chinese menu 	✓	✓
	<ul style="list-style-type: none"> Unlimited recognition of English menu 	✗	✓
	<ul style="list-style-type: none"> Unlimited identification of the nutrition label of packaged food 	✗ (one free trial each day)	✓
	<ul style="list-style-type: none"> Unlimited identification of chain restaurant logos 	✗ (one free trial each day)	✓
	<ul style="list-style-type: none"> Red, yellow and green “traffic light” indications: Calories and more than ten nutrients (fat, carbohydrates, added sugar, sodium, multiple vitamins, minerals, etc.) 	✗ (Calories only)	✓
	<ul style="list-style-type: none"> Unlimited nutrition advice provisioning 	✗ (As above)	✓

	<ul style="list-style-type: none"> Personalized nutrition advice: Chinese, English choice 	✗ (Chinese only)	✓
Eat Rite AI Health Check Report			
	<ul style="list-style-type: none"> AI Physiological/Bio Data (Blood Pressure, Fasting Blood Glucose, Cholesterol, Triglycerides, etc.) 	✓	✓
	<ul style="list-style-type: none"> AI Chronic Risk Assessment (Cardiovascular disease, Heart Age, Diabetes and Fatty liver disease risk) 	✓	✓
	<ul style="list-style-type: none"> AI Chronic Risk compared with healthy peers under the same age group 	✗	✓
	<ul style="list-style-type: none"> Physiological/Bio data synchronized with Apple Health App 	✗	✓
Eat Rite “Meal Challenge”			
	<ul style="list-style-type: none"> Each meal records 	✗ (Limited to latest meal)	✓
	<ul style="list-style-type: none"> Detailed nutritional analysis of meal records (Including calories and more than ten kinds of nutrients: fat, carbohydrate, added sugar, sodium, multiple vitamins, minerals, etc.) 	✗ (Limited to latest meal’s Calories, Carbohydrates, Protein and Fat)	✓
	<ul style="list-style-type: none"> Nutrition intake compared with those healthy peers under the same age group 	✗ (As above)	✓
	<ul style="list-style-type: none"> Nutrition intake data synchronized with Apple Health App 	✗	✓
Eat Rite “Weight Loss Meditation” - image engraving			
	<ul style="list-style-type: none"> Unlimited use of “Weight Loss Meditation” Function 	✗ (once only)	✓
Eat Rite – other important features			
	<ul style="list-style-type: none"> Trending health news updated everyday 	✓	✓
	<ul style="list-style-type: none"> Record your Steps today, and synchronized with Apple Health App 	✗	✓
	<ul style="list-style-type: none"> VIP Email Supports 	✗	✓