➤ Emerging dietary trends among adolescents are contributing to the triple burden of malnutrition, characterized by undernutrition, overnutrition, and micronutrient deficiencies.

➤ Adolescents' fondness for games and social media and the increasing access to smartphones make apps suitable for collecting dietary data and influencing their food choices.
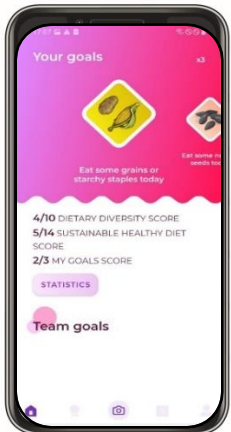
Food Recognition Assistance and Nudging Insights (FRANI) is a smartphone app prototype developed to collect dietary data using artificial intelligence–based image recognition of foods, provide feedback, and nudge users to make healthier food choices.

Why?

To investigate the acceptability, likability and usability of smart devices to track and improve the diet of Sri Lankan adolescent girls.
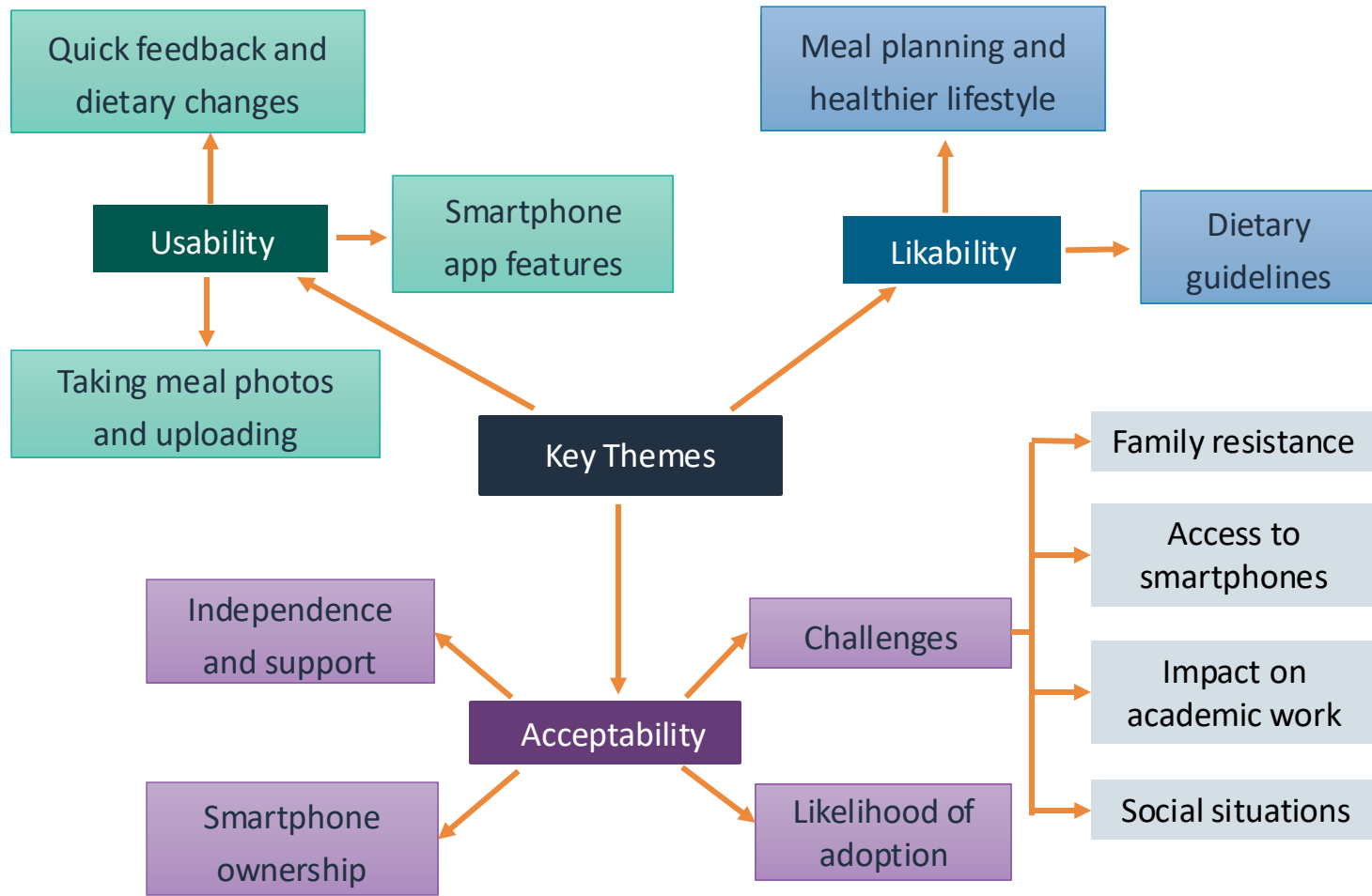
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10 Focus Group Discussions (FGDs) with adolescent girls aged 13-15 years (n=81)

Quick feedback and dietary changes

Meal planning and healthier lifestyle

Usability → Smartphone app features

Likability → Dietary guidelines

Taking meal photos and uploading

Key Themes

Family resistance

Access to smartphones

Independence and support

Challenges

Impact on academic work

Acceptability

Smartphone ownership

Likelihood of adoption

Social situations

Developed themes and sub-themes from FGDs

Smart devices for dietary assessment were found to be acceptable, likable and usable among adolescent girls; however, using shared smartphones with parents was a major challenge.