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Online Nutritional Counseling and its challenges: A review

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Nutrition counseling is a two-way conversation in which a client and a trained counselor understand the results of a nutrition assessment, establish specific nutrition needs and goals, talk about how to achieve those goals, and agree on future steps. In order to provide successful counseling, it is also necessary to maintain ethical standards like providing accurate information, maintaining client confidentiality, respecting clients' autonomy, and considering their best interests. The rise of online nutritional advice has coincided with the rise of covid times. Online nutritional counseling has a lot of advantages and benefits, but it also has some challenges. The purpose of the study is to understand about the problems associated with the online nutritional counselling. An electronic search was implemented in PUBMED, GOOGLE SCHOLAR, RESEARCHGATE, SCIENCEDIRECT, IEEE database. Search terms included: 'dietary counseling', 'e-counseling', 'mHealth', 'eHealth', 'remote nutrition counseling', 'virtual nutrition counseling'. The findings of these studies show that the use of online or virtual nutrition counselling is growing, but there are issues in keeping both parties engaged and making technology accessible to all. Overall, online nutritional counseling has several advantages of saving time and access but it also creates impaired communication and coordination. Since most preferential study is done in the psychology department, data inferred is modifiable.

Keywords: Online nutritional counseling, Virtual diet counseling, Challenges, Nutrition

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