

ChatGPT provides accurate nutritional information, research finds

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ChatGPT can be a useful and convenient tool for people who want to know nutritional information of specific food items, according to a research letter published online Dec. 27 in *JAMA Network Open*.

Yen Nhi Hoang, from Taipei Medical University in Taiwan, and colleagues investigated the reliability of artificial intelligence (AI) in

providing the energy and macronutrient content of 222 [food items](#) in both English and Chinese. The reliability of ChatGPT-3.5 (chatbot 1) and ChatGPT-4 (chatbot 2) were compared for providing information on the calorie and macronutrient content (carbohydrates, fats, and proteins).

The researchers observed no significant differences between nutritionist and AI estimations of energy, carbohydrate, and fat contents, but there was a significant difference in protein estimation. Both versions of ChatGPT provided accurate energy contents for approximately 35 to 48% of the 222 food items within 10%, with a coefficient variation

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