New app allows pre-diabetics to check if their meals are healthy

Ng Teng Fong General Hospital has teamed up with artificial intelligence (AI) experts from the National University of Singapore to develop a new application for people diagnosed with pre-diabetes.

The JurongHealth Food Log app uses AI to match uploaded photos of food to a database of over 200 common local dishes, including nasi padang, laksa and char siew rice.

It also taps nutrition data from the Health Promotion Board, JurongHealth, as well as the Australian Food and Nutrient Database.