

# Smart Tools, Wise Practice

## Intro & Applications for AI

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# Drew Who?

## **Nutrition by Drew, PLLC**

Owner, RD, Consultant, Speaker

## **TELUS Health / TELUS Santé**

Consultant, Clinician

## **Microsoft Canada**

Consultant, Nutrition Expert

## **MedWorks Canada**

RD

## **The College of Dietitians of Ontario**

Practice Consultant

## ***No conflicts of interest to report***

## **Multiple health professions organizations**

Upcoming speaker & workshop facilitator | 2026

## **The Academy of Nutrition and Dietetics**

National Nominating Committee

## **SUNY Buffalo State University**

Faculty, Advisor

## **Hilbert College**

Faculty, Adjunct Rep

## **A few universities**

A.I. SME / course developer

# Disclaimers

**Info & application**

**101 intro & applications**

**Now vs later**

**info relevance & applicability**

**Educational purposes**

**~~commercialism / product promotion~~**

# Learning Objectives

Describe how to interact with generative AI.

Discuss how AI tools can support RD tasks.

Recall the B.E.A.S.T.I.E. framework to evaluate AI use.

Consider how to engage with clients who are using AI.

# Today's Targets

## Smart Tools

- What is AI?
- Where's AI showing up?
- Why should we be aware & care?

## Wise Practice

- How do I use GenAI effectively?
- How can AI help?
- What should I consider when using AI?

**Smart Tools,** Wise Practice

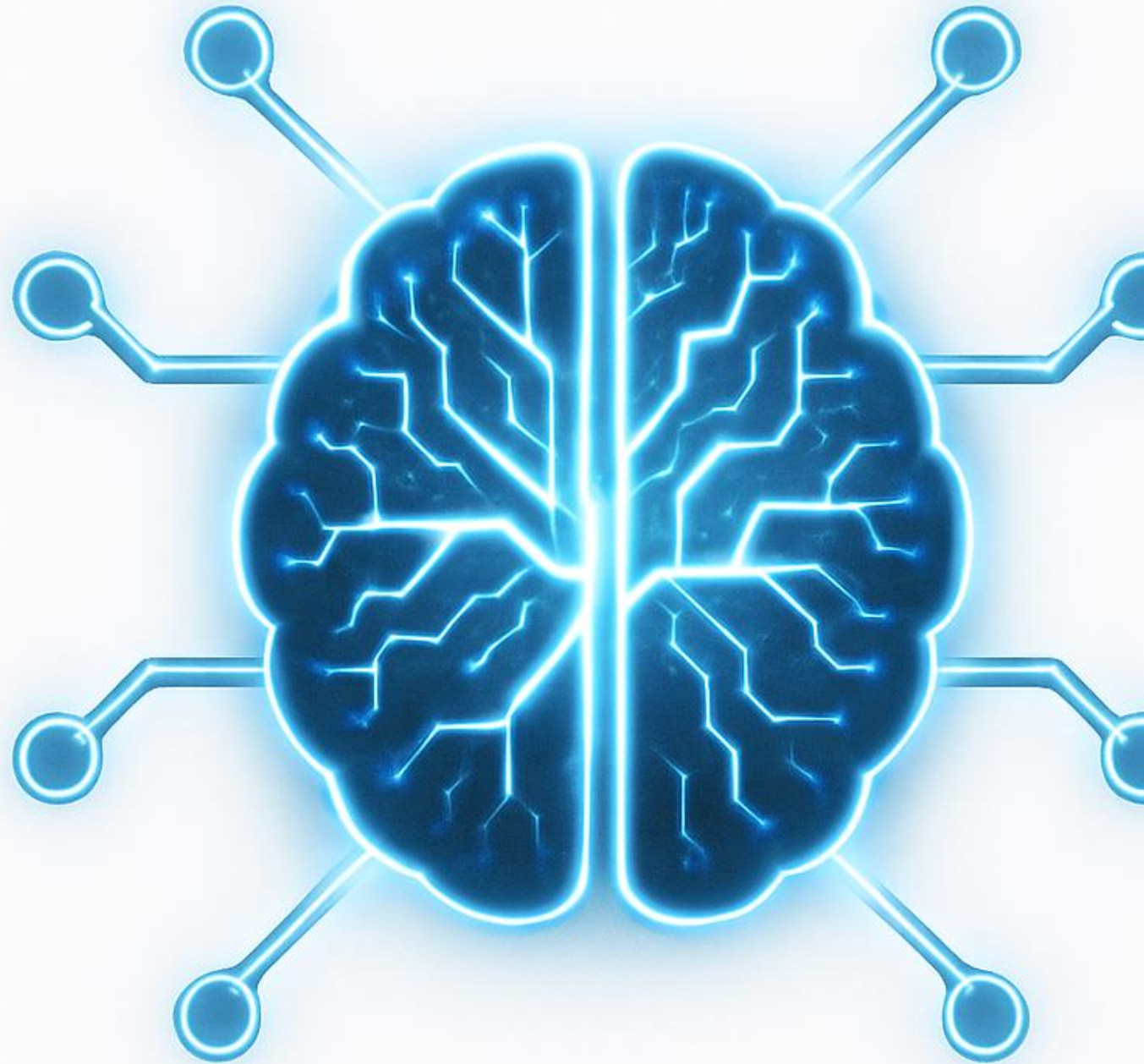
# AI is Nothing New!

- **1980s:** First autonomous car; the pesky credit score!
- **1990s:** Spell check; Speech-to-text; Spam detection
- **2000s:** Google search ('98); Autocomplete
- **2010s:** Siri & Alexa; Netflix suggestions
- **2020s:** The GenAI explosion: ChatGPT, Canva AI, etc...

# What is AI?!

Computer systems that mimic human thinking to:

- classify, translate, predict, summarize, extract
- converse, adapt, recognize
- optimize, diagnose, recommend
- perceive, manipulate



# Key AI Technologies to Know About

## Machine Learning (**ML**)

Learns patterns from data  
(e.g., behavior trends)



+

## Natural Language Processing (**NLP**)

Understands & responds  
to human language  
(summarize, write, chat)



=

## Generative AI (**GenAI**)

Creates new content  
(e.g., text, images, video)



# Key AI Tech to Know About

## Large Language Models (LLMs)

Trained on massive datasets to predict & generate human-like text  
(e.g., ChatGPT, Gemini, CoPilot, Claude)



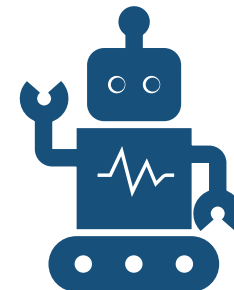
## Computer Vision

Understands & extracts info from images & video  
(detect objects, classify images, read text in a graphic, track movement)



## Agentic A.I.

Combines models & tools for autonomous action  
(research tasks, browse & call APIs, schedule/book, run multi-step workflows)



# Who's Using AI?

| Organization | AI Tool | Purpose | Target Audience | Source |
|--------------|---------|---------|-----------------|--------|
|--------------|---------|---------|-----------------|--------|

# Generative AI (GenAI) Tools for Days

| Category         | Tool          | Primary Use                               |
|------------------|---------------|-------------------------------------------|
| All-in-one       | ChatGPT       | Content creation, learning, brainstorming |
| Planning/Writing | Notion AI     | Program planning, outlines, summaries     |
| Visual Design    | Canva         | Posts, flyers, handouts, presentations    |
| Image Generation | Adobe Firefly | Image generation and editing              |
| Video Creation   | Pictory       | Short narrated videos                     |
| Audio/Voice      | ElevenLabs    | Voiceovers, narration                     |
| Translation      | DeepL Write   | Plain language, multilingual content      |

# Why it's Worth Our Attention (1)

AI app (EatBaby) helped children **increased protein intake and gain more weight** after cardiac surgery.<sup>2</sup>

AI app coached participants, **steadily lost body weight** over a 12-month period.<sup>1</sup>

ML-generated personalized diet **improved glycemic control** (more than a Med diet) in people with prediabetes.<sup>3</sup>

AI tools **streamline dietary assessment**, letting dietitians spend less time on data entry and more on counseling.<sup>4</sup>

AI virtual dietitian **expanded support** to 3,300+ U.S. cancer patients, with 94% user satisfaction.<sup>5</sup>

AI chatbots (like Purrfessor) **increase users' motivation and sense of support** in dietary choices.<sup>6</sup>

1. Graham SA et al. 2022. PMID: 36238752, 2. Zahid M et al. 2024. PMID: 38618548, 3. Zeevi D et al. 2015. PMID: 26590418, 4. Phalle A, Gokhale D. 2025. PMID: 39917741, 5. Buchan ML et al. 2024. PMID: 38832697, 6. Lu L et al. 2024. arXiv: 2411.14925

# Be Ready & Gain a Professional Edge

**Adoption is surging;  
literacy is becoming  
expected**

2 in 3 physicians are  
using health AI -  
up 78% from 2023

\*1,200 surveyed  
by the AMA

<https://www.ama-assn.org/practice-management/digital-health/2-3-physicians-are-using-health-ai-78-2023>

**Health systems are  
actively upskilling;  
roles are evolving**

Healthcare leaders are  
planning staffing models  
that upskill clinicians to  
the top of license and  
invest in automation and  
gen-AI to drive efficiency

<https://www.deloitte.com/us/en/insights/industry/health-care/life-sciences-and-health-care-industry-outlooks/2025-us-health-care-executive-outlook.html>

**Market signal:  
AI skills confer an  
advantage**

Labor-market data now  
show AI skills carry an  
advantage and are in  
rising demand across  
sectors, including  
healthcare

<https://lightcast.io/resources/blog/beyond-the-buzz-press-release-2025-07-23>

# The Dietitian's Role is Already Evolving

**From admin load  
to value-driven  
engagement**

Automation frees up time. Dietitians can focus more on patient care, collaboration, and leadership.



**From data collectors  
to  
strategic interpreters**

AI organizes the info. Dietitians provide the context, translating data into strategies for health, business, and policy.



**From static plans  
to adaptive,  
predictive solutions**

Predictive tools anticipate needs, allowing for nimbler, evidence-based, real-time strategies.



# Smart Tools, **Wise Practice**

**The How of Using Generative AI  
within LLMs**

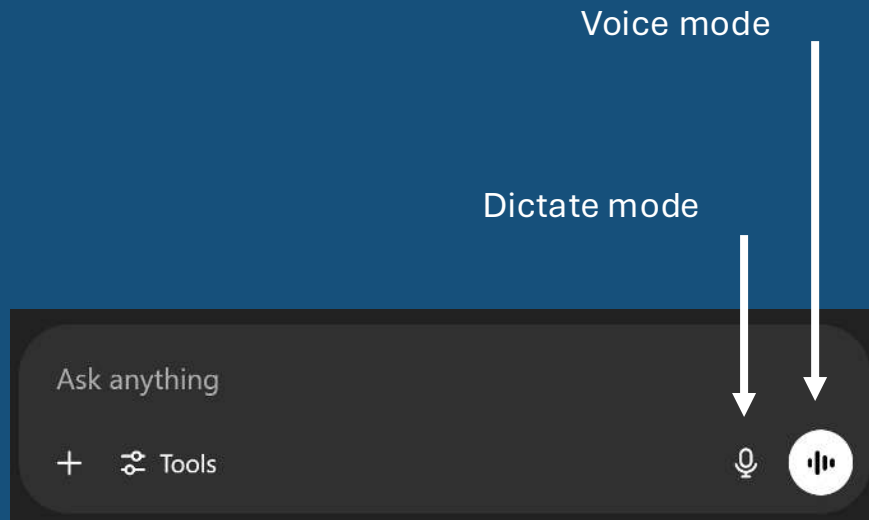
# Prompts, Prompts, Prompts!

**A GenAI prompt is what you provide to guide the tool.**

It's the instructions – like directions.

**Good prompt** = clear, specific, useful output

**Weak prompt** = generic or irrelevant output



ChatGPT prompt input field  
The chat box; the prompt window

# Six Elements of a Good Prompt

Open AI. (2025). Introduction to prompt engineering. OpenAI Academy.

## Be Clear & Specific

*“Summarize the DASH diet for a handout targeting adults with high blood pressure.”*

## Give Structure

*“List 3 benefits of high-fiber diets, followed by a short food list and one myth-busting fact.”*

## Set the Role or Tone

*“You are a nutrition educator writing a script for a school assembly. Use playful language and speak to 4th graders.”*

## Use Examples

*“Here’s how I introduced calcium:  
‘Think of calcium like cement.  
Now write one for potassium.’”*

## Break Complex Tasks into Steps

*First, “Explain why omega-3s are important.”  
Then, “Give 3 food sources.”*

## Iterate & Refine

*“Rewrite this tip about meal prepping  
for [lower-income] audiences and  
include budget-friendly options.”*

Google:  
“AI prompt  
frameworks  
for [task]”

# Prompts Are Conversations, Not Commands<sup>1,2</sup>

- Prompts start the conversation
- You guide, shape & redirect
- The best outputs come through collaboration



1. Open AI. (2025). Introduction to prompt engineering. OpenAI Academy.

2. Bsharat, S. M., Myrzakhan, A., & Shen, Z. (2024, January 18). Principled instructions are all you need for questioning LLaMA-1/2, GPT-3.5/4 (Version 2) [Preprint]. arXiv. <https://arxiv.org/abs/2312.16171>

# GenAI Insights: Five Things to Keep in Mind

1. **Lacks true understanding:** Predicts based on patterns
2. **Struggles w/ complexity:** Difficulty in intricate dietary needs
3. **Not adaptive:** Doesn't adjust as individual needs evolve
4. **Missing human touch:** Overlooks culture, emotions & lifestyle
5. **Risk of hallucinations:** Confident yet potentially incorrect info

*Small errors can have big consequences. AI should support, not replace, professional judgment.*

# Simplifying Complex Messaging

Dietary fiber modulates gut microbial composition and diversity, influencing short-chain fatty acid production, intestinal barrier integrity, and systemic inflammatory responses. Consistent fiber intake has been linked to reduced risk of colorectal cancer, improved glycemic control, and enhanced immune function via gut-mediated pathways.

**Simplify → Personalize + Apply**

# Simplifying Complex Messaging

Here is a one-page handout draft you can use for your next session. I used the word for formatting:

**Fiber Fuels Your Gut & Immune System**

A quick guide for men looking to boost their health.

**Why Fiber Matters**

Fiber acts like fuel for the good bacteria in your gut, helping with digestion, lowering cholesterol, and supporting your immune system. It can also help prevent conditions like diabetes and colon cancer.

## 30-Minute Group Session: Boosting Fiber for Better Gut & Immune Health

**Audience:**  
Single men, ages 40–60, limited formal education, unfamiliar with medical terms, low motivation for dietary change.

**Session Goal:**  
To engage men in understanding the role of fiber in gut and immune health and motivate simple, achievable dietary changes.

### Session Breakdown (30 Minutes):

**1. Welcome & Icebreaker (3 min)**  
Ask: 'How many of you know what fiber does—besides helping you poop?' Introduce the idea that fiber is powerful, and most guys aren't getting enough.

**2. The Real Deal About Fiber (5 min)**  
Explain benefits in plain language:

- Fuels good gut bacteria
- Keeps digestion regular
- Lowers inflammation
- Supports immunity
- Helps with weight, blood sugar, and colon health

Use everyday metaphors—'Fiber is like fuel or motor oil for your gut.'

**3. "Top 5 Foods You Already Eat (or Could Try)" (5 min)**  
Highlight familiar foods high in fiber: popcorn, apples, beans, whole wheat bread, oats. Show real food or photos. Emphasize cost, ease, and taste.

**4. "Fiber Face-Off" Group Activity (7 min)**  
Break into 3–4 small groups. Give each group a few everyday meals (fast food, takeout, quick dinner) and challenge them to 'fiber it up'—what would they add or swap? Use a cheat sheet of easy swaps: add beans, keep the veggie skin, choose brown rice, etc. Have each group share 1–2 tips.

**5. Build Your Day of Fiber (5 min)**  
Ask participants to write down what they usually eat. Can they hit 30–38 grams? Guide them through adding 1–2 easy swaps per meal.  
Optional: Use a one-page handout.

**6. Real Talk & Personal Story (3 min)**  
Share a personal/client story with humor and honesty about how small fiber changes made a real difference.  
Emphasize: better energy, less bloating, easier bathroom trips, fewer colds.

**7. Final Tips & Takeaway (2 min)**  
Recap fiber benefits.  
Tips:

- Snack on nuts, fruits, popcorn
- Add beans to meals 2–3x/week
- Drink water with fiber

Distribute a simple handout or fiber food list.

ing to the USDA and Institute of

| Fiber (g) |
|-----------|
| 7.5       |
| 7.8       |
| 6.3       |
| 8.1       |
| 6.5       |

# Streamlining Content Creation

During the educational session for the men, you learned that the group is interested in joining an online community to support each other and to help with daily fiber intake.

You've agreed to create a Facebook Group, email them the group link, and to post daily content to remind them about eating more fiber.

**The problem: Your time is very limited.**

# Streamlining Content Creation

|    | A                       | B                                      | C                                          | D               |
|----|-------------------------|----------------------------------------|--------------------------------------------|-----------------|
| 1  | Headline                | Key Message                            | Call-to-Action                             | Handle          |
| 2  | Fiber: The Unsung Hero  | Fiber keeps your gut strong, your dige | Try one fiber-rich food today—beans, b     | @dietitian.drew |
| 3  | Quick Fiber Fixes       | Busy? Toss chia seeds into your smo    | Keep a bag of chia or flaxseed handy at    | @dietitian.drew |
| 4  | Don't Fear the Bean     | Half a cup of black beans packs 7g of  | Add beans to your next lunch or dinner     | @dietitian.drew |
| 5  | Snack Smarter           | Popcorn isn't just tasty—it's fiber-pa | Swap chips for air-popped popcorn tod      | @dietitian.drew |
| 6  | Fruit with Skin Wins    | Keeping the peel on apples, pears, an  | Skip the peeler and get more out of you    | @dietitian.drew |
| 7  | Start Your Day with Oat | A bowl of oats gives you slow-digest   | Make overnight oats before bed for an      | @dietitian.drew |
| 8  | Fiber & Fullness        | High-fiber foods help you feel fuller, | Choose whole grains and veggies at you     | @dietitian.drew |
| 9  | Add, Don't Subtract     | Adding fiber-rich foods is easier than | Top meals with avocado, lentils, or roa    | @dietitian.drew |
| 10 | Fiber & Immunity        | A fiber-fueled gut supports a strong i | Eat fiber to stay regular *and* resilient. | @dietitian.drew |
| 11 | Meet Your Gut Bacteria  | Your gut bacteria love fiber. Feed the | Add some fiber-rich fuel for your micro    | @dietitian.drew |
| 12 | Power Up with Lentils   | Just ½ cup of lentils gives you nearly | Toss some lentils in a soup or salad this  | @dietitian.drew |
| 13 | Know Your Numbers       | Men need 30–38g of fiber daily—but     | Track your fiber today—can you get clo     | @dietitian.drew |
| 14 | Whole Grain = Whole W   | Whole grain bread has more fiber an    | Choose whole grain next time you mak       | @dietitian.drew |
| 15 | Sweet Swap: Berries     | 1 cup of raspberries has 8g of fiber.  | Top your yogurt or cereal with fresh be    | @dietitian.drew |
| 16 | Fiber on the Go         | Keep trail mix or roasted chickpeas i  | What's in your snack stash today?          | @dietitian.drew |
| 17 | The Smoothie Boost      | Add oats, spinach, or pear to your sn  | Try a high-fiber smoothie blend today.     | @dietitian.drew |
| 18 | Vegetables First        | Starting meals with a side salad or ve | Kick off lunch or dinner with something    | @dietitian.drew |
| 19 | Fiber + Water = Teamwo  | Fiber works best with water—keeps      | Drink water throughout the day to help     | @dietitian.drew |
| 20 | Microwave Magic         | Steam-in-bag veggies are fast, easy,   | Stock up on frozen veg for fiber you can   | @dietitian.drew |
| 21 | Top It Off              | Sprinkle nuts or seeds onto bowls, yo  | Toss in a tablespoon today and notice t    | @dietitian.drew |
| 22 | Real Talk: Poop         | Fiber helps keep your bathroom sche    | Notice how you feel after a fiber-rich d   | @dietitian.drew |
| 23 | Brown > White           | Brown rice, whole wheat pasta, and     | Swap one white food for its fiber-rich c   | @dietitian.drew |
| 24 | Sneaky Add-ins          | Pureed beans or lentils can be added   | Sneak fiber in wherever you can!           | @dietitian.drew |



## Browse by category



### Instagram Post

### Instagram Story

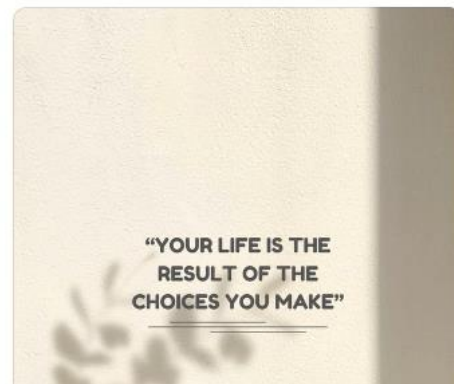
## Your Story

## Flyer

Sheet

Doc

## Start exploring



# Step-by-Step Instructions for Using Canva to Bulk Create Social Media Graphics

## 1. Create or Log In to Your Canva Account

- Go to [canva.com](https://canva.com)
- Sign up or log in using your Google, Facebook, or email credentials.

## 2. Choose a Template

- Click Templates from the homepage.
- Use the search bar to find a relevant style (e.g., “Instagram Post,” “Quote Graphic,” “Educational Tip”).
- Select a template you like and click Customize this template.

## 3. Prepare Your Layout

- Modify the design so it includes the number of text/image elements you need.(e.g., if your spreadsheet has columns for headline, caption, and hashtag—add three text boxes to the design)

## 4. Go to the “Apps” Menu

- From the left-hand toolbar in the editor, scroll to Apps.
- Select Bulk Create from the app list.

## 5. Upload Your [GenAI-generated Spreadsheet]

- Click Upload CSV file or Enter data manually.
- Select your ChatGPT-generated spreadsheet (.csv file type)
- Make sure your spreadsheet has clear column headers like Headline, Caption, and/or Call-To-Action.

## 6. Link Data to Design Elements

- Click each text or image element in your design.
- Select Connect Data from the little popup menu.
- Choose the corresponding column from your spreadsheet (e.g., connect “Headline” to your title text box).

## 7. Click “Continue”

- Canva will preview the number of entries detected.
- All rows are selected by default—you can uncheck any if needed.

## 8. Click “Generate Designs”

- Canva will auto-generate a multi-page design, with each row of your spreadsheet turned into a separate graphic.

## 9. Find Your New Graphics

- Go to your Recent Designs folder on your Canva homepage.
- Open the design you just created.

## 10. Review & Edit as Needed

- Scroll through your auto-generated graphics.
- Make manual edits for styling, spacing, image tweaks, or branding consistency.

## 11. Download Your Graphics

- Click the Share button in the top-right corner.
- Choose Download and select format (e.g., PNG or JPG).
- Download all pages or only selected designs.

# AI for Slide Deck Preparation

Content design & development – lesson plans, outlines & structured examples

Audience analysis

Engagement

Visual & multimedia

Research & data

Workflow & collaboration

## Welcome

- About Me
- Today's Topic
- What you'll learn



g more visual

tations

s

**Post-prep extensions** – handouts, quizzes, surveys & follow-up resources

Outline

1

Preparing for Your Liver Transplant: What You Need to Know

## Visuals

Image source

✦ AI images



AI image model

✎ Auto-select



Image art style



✓ Illustration



Photorealistic



Abstract



3D



Line Art



Custom

Add extra keywords

Add keywords (e.g. minimalism, colorful) to maintain consistency in image style.

Optional

✦ minimalist

✦ polished

✦ monochrome

✦ professional

10 cards total

✦ Generate

# Eating Right Before Your Transplant



## Small, Healthy Meals

Eat 5-6 smaller meals with fruits, vegetables, and lean proteins like chicken or fish. This helps your body get nutrients without overworking your liver.



## Watch Your Salt

Avoid salty foods like chips, canned soups, and processed meats. Too much salt can cause swelling in your

✦ AI generating

Preparing-for-Your-Liver-Transplant-What-You-Need-to-K... • Saved to this PC

File Home Insert Draw Design Transitions Animations Slide Show Record Review View Help Acrobat

Record Present in Teams Share

Paste New Slide

Clipboard Slides

B I U S AV Font Paragraph Drawing Slido Editing Adobe Acrobat Create PDF Create PDF and Share link Share via Outlook Dictate Voice Sensitivity Add-ins Designer Copilot

20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

# Emotional Support Matters

Waiting for a transplant and preparing for major surgery brings up many emotions. Feeling scared, worried, sad, or overwhelmed is completely normal and nothing to be ashamed of.

## Talk to Your Team

Your transplant team includes counselors and social workers who understand what you're going through. They're trained to help and want to support you emotionally.

## Join a Support Group

Connect with others who've been through transplants. Hearing their stories and sharing yours helps you feel less alone. Many hospitals offer free support groups.

## Share with Loved Ones

Let family and friends know how you're feeling. They want to help but may not know how. Being open helps them support you better.

## Practice Relaxation

Try deep breathing exercises, listen to calming music, or practice gentle meditation. Even 5 minutes a day can help reduce anxiety and stress.

Made with GAMMA

Get started

5 Lifestyle Changes to Help Your Liver

6 Preparing Your Home and Support System

7 Emotional Support Matters

8 What to Expect After Your Transplant

9 Practical Tips for Everyday Life

# Smart Tools, **Wise Practice**

**Critical Considerations**

# The **BEASTIE** Framework for AI Use

**Consider...**

**Ask Yourself When Using a GenAI Tool**

Please describe the typical food culture of people from the southeastern United States, including common ingredients, eating habits, and any cultural values associated with food?



People from the southeastern United States typically consume diets high in fried and processed foods, such as fried chicken, biscuits, and sweet tea. These meals are often heavy, calorie-dense, and lack fresh vegetables. Eating habits in this region tend to prioritize comfort over health, and traditional dishes are frequently linked to high rates of obesity and chronic disease. Portion sizes are generally large, and food choices may not align with modern nutrition guidelines.

## Thought for 22s >

- Calculating a protein-rich vegetarian lunch  
I'll work out the nutrition for a 30g protein vegetarian lunch and provide step-by-step calculations without going into chain-of-thought. For example, a meal with 150g firm tofu, quinoa, broccoli, and tahini. I'll calculate protein and calories using common food values, ensuring accuracy but keeping it simple—no sources needed for approximate values.
- Building a vegetarian protein meal  
I'm considering using edamame, which gives 17g of protein per cup, or lentils for a vegetarian option. Lentil salad could work, with 1 cup of lentils (18g protein), quinoa (4g), and pumpkin seeds (5g). Feta could complete the protein needs, though it's non-vegan. I'll also keep the calories under 500.
- Reworking a high-protein vegetarian meal  
The first meal plan is a bit too high in calories (around 541 kcal). To adjust, I'll use 3/4 cup of cooked lentils (about 148g), adding edamame and quinoa for protein. Alternatively, a Greek yogurt bowl with 0% Greek yogurt (17g protein) and peanut butter could fit the criteria better!

🕒 Thought for 22s  
Done

### Reasoning Summary (high-level; not chain-of-thought)

- **[0.0s] Task** → Estimate daily protein targets for a generally healthy adult and turn that into food examples.
- **[0.5s] Assumptions** → Example person: 70 kg, moderately active; general wellness (not clinical). Use widely accepted ranges.
- **[1.1s] Plan** → Give a range (g/kg), do the math, convert to mealtime targets, add 1 day's sample foods.
- **[1.7s] Checks** → Numbers add up; ranges align with mainstream guidance ( $\approx 0.8\text{--}1.2\text{+ g/kg}$  for healthy adults; higher if training).
- **[2.4s] Limits** → General info; individual needs vary (age, goals, health, training intensity).

# ***White House Health Report Included Fake Citations***

A report on children's health released by the Make America Healthy Again Commission referred to scientific papers that did not exist.

# Intellectual Property

and

# Protecting Your Work

## Using AI-Generated Content<sup>1</sup>

- AI outputs aren't copyright-protected; you can't claim exclusivity
- Be cautious using AI-generated copy, logos, or images in branded or monetized work
  - Best practice: edit, personalize & add original input

## Uploading Your Original Work

- Your uploaded content may be used to train AI in some platforms<sup>2</sup>
  - Use “data controls” settings to toggle off chat history & model training settings<sup>3</sup>
- Don't upload full copyrighted works—use summaries or non-sensitive excerpts<sup>4</sup>

1. U.S. Copyright Office. (2023). Copyright registration guidance: Works containing material generated by artificial intelligence. <https://www.copyright.gov/ai/> 2. OpenAI. (2023). Terms of use. <https://openai.com/policies/terms-of-use> 3. OpenAI. (2024). How chat history works. <https://help.openai.com/en/articles/7730893> 4. Authors Guild. (2023). AI best practices for authors. <https://authorsguild.org/resource/ai-best-practices-for-authors/>

# Disclosing AI Use – Yay or Nay?

## Definitely disclose if AI helped you:

- Draft or generate content
- Summarize & translate complex info
- Create visuals, plans, or educational tools

## Maybe disclose if AI only:

- Helps brainstorm or outline
- Fixes grammar/spelling
- Supports private productivity

## How to disclose AI:

- “Created with AI assistance, reviewed by an RD”
- Use Hashtags like #AIAssisted #RDverified
- See APA, MLA, etc. guidelines for in-text citation and reference list formatting
- Author’s Guild Best Practices is helpful for self-publishing scenarios
  - <https://authorsguild.org/resource/ai-best-practices-for-authors/>



# Does AI Disclosure Build Trust?

**TL;DR: Not necessarily**

**Evidence shows AI disclosure may actually reduce trust**

Some studies show:

- Telling people “AI was used” led to lower trust and rapport.
- Trust effects depend on context, task, and how the disclosure is framed.
- Transparency remains important but disclosure alone doesn’t guarantee trust.

**Patients, Clients  
& Communities  
are Using AI**

# Why it's Worth Our Attention (2)

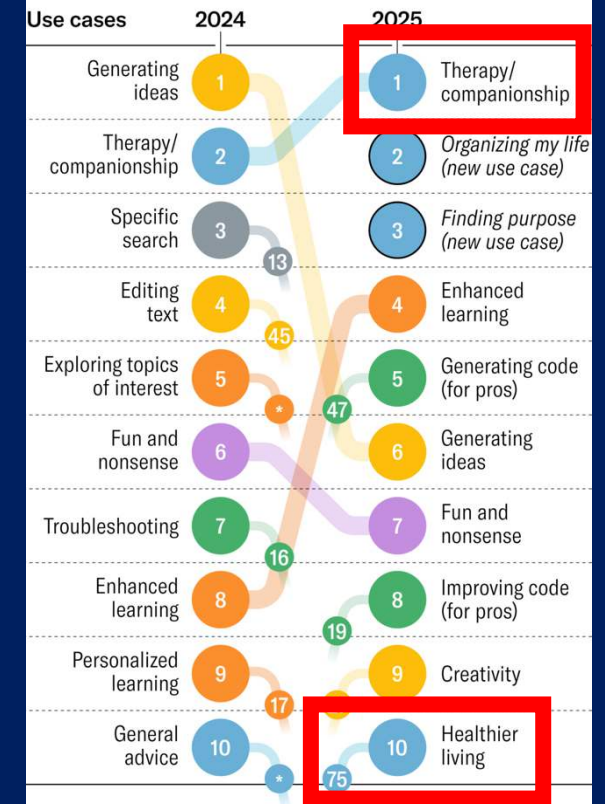
- Harvard Business Review (Filtered, 2025):  
"Healthier living" is #10 of GenAI use cases
- The public is using AI for nutrition, wellness, and lifestyle decisions - often without us
- Dietitians must lead - not chase - the conversation on AI-powered nutrition advice

## Top 10 Gen AI Use Cases

The top 10 gen AI use cases in 2025 indicate a shift from technical to emotional applications, and in particular, growth in areas such as therapy, personal productivity, and personal development.

### Themes

|                                   |                                          |
|-----------------------------------|------------------------------------------|
| PERSONAL AND PROFESSIONAL SUPPORT | TECHNICAL ASSISTANCE AND TROUBLESHOOTING |
| CONTENT CREATION AND EDITING      | CREATIVITY AND RECREATION                |
| LEARNING AND EDUCATION            | RESEARCH, ANALYSIS, AND DECISION-MAKING  |



\*Did not make list of top 100 in 2025  
Source: Filtered.com



# How & Why People Use A.I. for Food & Nutrition Help

**DIY Meal Planning  
& Personalized  
Dietary Advice**

**Quick Answers to  
Nutrition Questions**

**Tracking Apps &  
Shopping Assistance**

**Fast · Simple · Applicable · “Adds Variety” · 24/7 Access**

**TRUST**

# Talking About A.I. with Patients / Clients

## Acknowledge & Explore

Ask where they're getting info from. Ask what they learned or tried.

*"What did the tool suggest?"*

*"What did you like about the tool?"*

## Gently Educate: Limits & Risks

Explain how AI isn't always accurate. Discuss behavior change needs & the value of the RD in pursuing change.

*"It's not always right even though it sounds like it, and it doesn't know how to handle nuance throughout behavior changes."*

## Position Yourself as a Partner

Use AI as a starting point & refine together

*"Let's take what worked and adapt it to fit you."*

*"May I show you how to talk to it and evaluate its output so you're less at risk?"*

# Some Helpful Resources for Learning AI

## Articles & Blogs

- AI in MNT, Today's Dietitian <https://www.todaysdietitian.com/newarchives/1023p38.shtml>
- The Intersection of AI and Dietetics, Dietitians On Demand <https://dietitiansondemand.com/the-intersection-of-ai-and-dietetics-a-new-paradigm-in-nutrition/>
- Artificial Intelligence in Clinical Nutrition and Dietetics: A Brief Overview, PubMed <https://pubmed.ncbi.nlm.nih.gov/38591653>
- Artificial Intelligence in Nutrition Practice: Current and Future Applications and Implications, Academy of Nutrition and Dietetics (Webinar) <https://www.eatrightstore.org/cpe-opportunities/webinars/artificial-intelligence-in-nutrition-practice-current-and-future-applications-and-implications>
- +New Chat: Artificial Intelligence and Dietetic Practice, Practice-based Evidence in Nutrition® (PEN) <https://www.pennutrition.com/TrendingTopic.aspx?id=30353>
- Can AI Help You Decide What to Have for Your Dinner?, British Dietetic Association <https://www.bda.uk.com/resource/can-ai-help-you-decide-what-to-have-for-your-dinner-as-well-as-solve-all-of-your-dietary-problems.html>

## Practical Tools for Use

- ChatGPT (Free & Plus) – <https://chat.openai.com>
- Bing Copilot (GPT-4 with web) – <https://www.bing.com/chat>
- DALL·E <https://openart.ai/>
- Canva AI <https://www.canva.com/>

## Free & Paid Trainings

- Elements of AI <https://www.elementsofai.com/>
- Google AI Essentials <https://grow.google/ai>
- Stanford AI in Healthcare Foundations (Coursera) <https://www.coursera.org/learn/fundamentals-healthcare-ai>
- MIT AI & Ethics Micro-course (free) <https://professional.mit.edu/course-catalog/ethics-artificial-intelligence>
- IBM SkillsBuild – AI Foundations <https://skillsbuild.org/students/course-catalog/artificial-intelligence>
- Academy FNCE® Sessions on AI - Check 2024/2025 programming for AI workshops and panels.
- Khan Academy – AI For Educators (Beta) <https://www.khanacademy.org/kai>

## Ethics, Equity & Privacy

- BEASTIE Framework for Ethical AI Use: <https://www.linkedin.com/pulse/how-dietetic-practitioners-can-responsibly-navigate-drew-zpcbc/>
- Ethics & Governance of AI for Health <https://www.who.int/publications/i/item/9789240029200>
- U.S. FDA: AI/ML in Health Software Guidance <https://www.fda.gov/medical-devices/software-medical-device-samd/artificial-intelligence-and-machine-learning-software-medical-device>
- AI Now Institute – Focused on social implications of AI <https://ainowinstitute.org>
- DataEthics.eu – Practical data ethics principles <https://dataethics.eu>

## Professional Communities & Collaboration

- **AI-intrigued RD Facebook Group: AI Powered Nutrition**
- NI DPG, NE DPG, DBC DPG

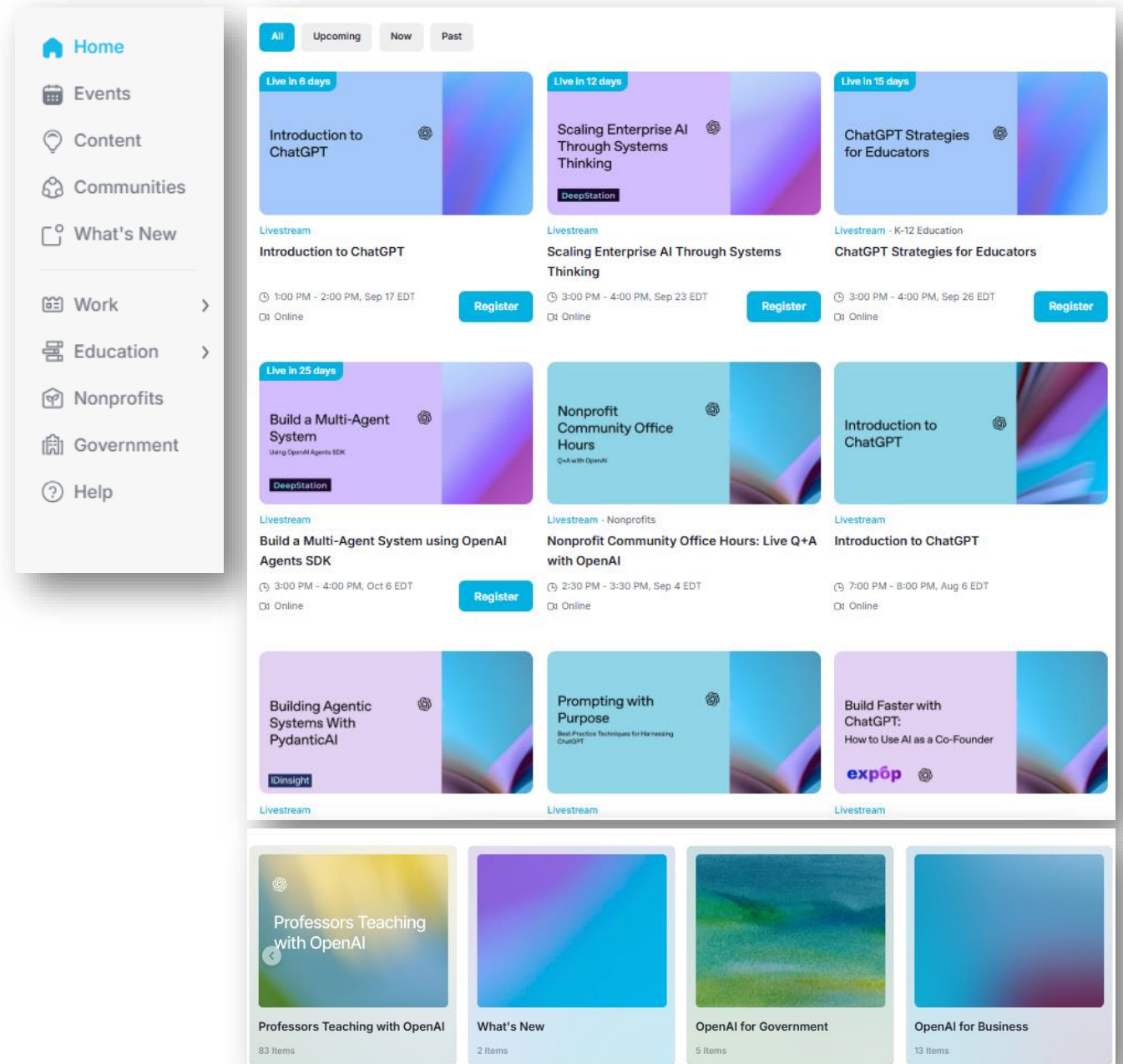
# OpenAI Academy

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Lessons to help build your skills

## Learn more about:

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Creative & professional use cases  
Ethics & responsible AI use

**Visit:** [academy.openai.com](https://academy.openai.com)



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# Recap / What's GenAI Have to Say?

If you had to provide advice for a group of dietitians learning about AI (and GenAI), what advice/wisdom would you give them about its use?

+  Tools



1. Stay curious, but keep your critical eye sharp.
2. Let it amplify your work—not take your place.
3. Remember: you remain the expert.
4. Pay as much attention to what you put in as to what you get out.
5. Accept imperfection—but never run on autopilot.
6. Be open and transparent.
7. Experiment today so you can lead tomorrow.

# Time for Your **Burning** Questions



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