PURPOSE-DRIVEN FOOD INNOVATION

Global Cuisine Consulting

From Menu to Medicine:

How AI and Personalized Nutrition Are Reshaping the Future of Foodservice

Chef Junnie Lai, PhD

One Dish, Different Guest Needs

Example: Bibimbap

SAME FOUNDATION. MORE POSSIBILITIES. A HEALTHIER, HAPPIER TABLE.

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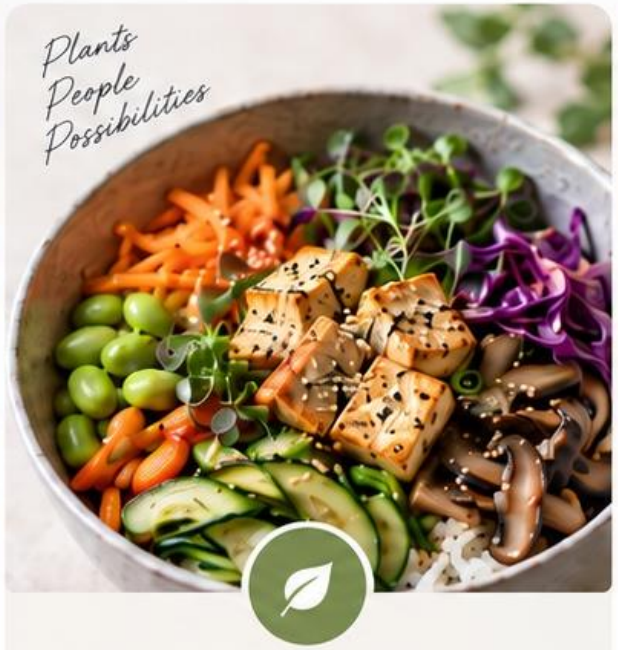
More Protein

Supports higher protein goals

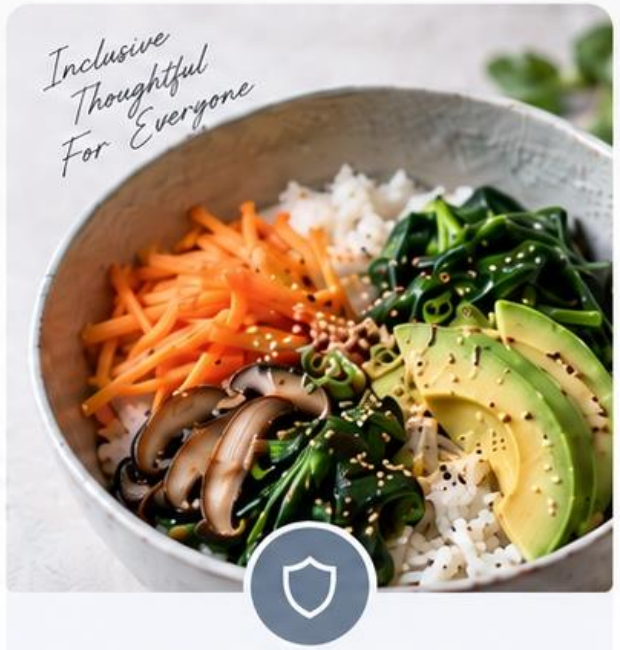


Plant-Based

Built around vegetables and plant protein

Warm and Mild

Comforting, gentle, and less spicy



Food Allergies & Food Sensitivity

Adapted with ingredient awareness

Guest Preferences

ONE FLEXIBLE DISH. MORE WAYS TO FEEL WELCOME.

Mild
Gentle flavors

Warm
Comforting temperature

Defined Portions
Right-sized and satisfying

Verified Ingredients
Trusted and transparent

KEY TAKEAWAY

Personalization does not require four different menus. It starts with one flexible dish.

From one-size-fits-all to personalization at scale.

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ONE DISH.
MANY POSSIBILITIES.

Same foundation.
Different needs.
Better outcomes.

More Protein

- Higher protein options (e.g., lean meat, egg, tofu)
- Nutrient-dense
- Defined portions

Plant-Based

- 100% plant-based
- Balanced & flavorful
- Defined portions

Warm and Mild

- Cooked ingredients
- Gentle seasonings
- Easier to digest

Food Allergies & Food Sensitivity

- Allergen-aware recipe
- Verified ingredients
- Customizable options

Operator Point of View

Listen → Match → Adapt → Deliver

Understand Your Guests

Gather preferences, dietary needs, and wellness goals (in person or digitally).

Match Insights to Menu

Use data and culinary expertise to recommend the best options for each guest.

Adapt with Confidence

Modify ingredients, preparation methods, and flavors while maintaining quality and consistency.

Deliver Better Outcomes

Serve great food that supports individual needs — at scale.

Real People. Real Needs. Real Possibilities.

CULINARY EXPERTISE | PRACTICAL SOLUTIONS | HEALTHIER FUTURES

Example in the Market: Nutritics

How it works in practice.

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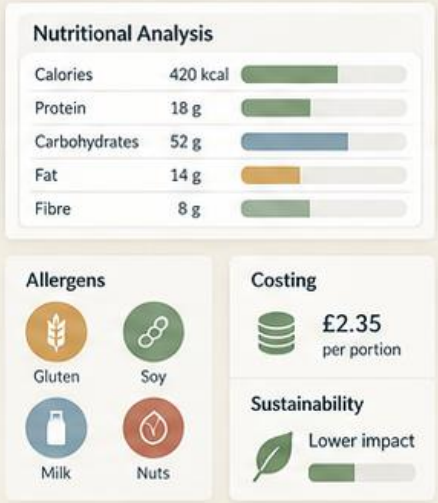
1 Build the recipe and menu

Enter recipes, ingredients, supplier specs, and portion sizes into one system.

2 Analyze the dish-level data

Automatically calculate nutrition, calories, allergens, cost, and other key menu data.

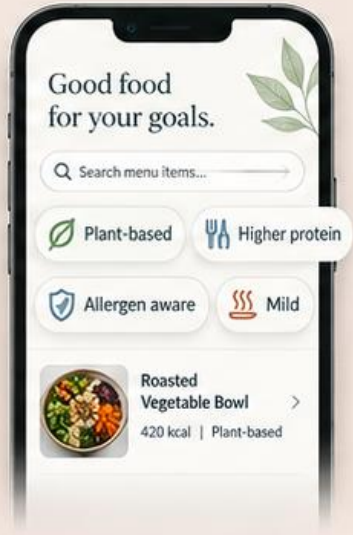


3 Publish across guest touchpoints

Push approved information to digital menus, labels, menu boards, QR menus, and reports.

4 Support better guest choice

Guests can view verified information and filter options by their needs and preferences.



Why it matters

- One source of truth for dish data
- Faster updates across locations
- Supports safer, more transparent choices
- Makes personalization more practical at scale

Real People. Real Needs. Real Possibilities.

Technology does not replace culinary judgment.

It helps teams organize verified data and deliver more personalized experiences with consistency.

COMPASS GROUP AUSTRALIA

Example in the Market

Compass Group Australia
Meal Vision | From served to consumed

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CULINARY EXPERTISE
PRACTICAL SOLUTIONS
HEALTHIER FUTURES

Using AI and imaging to better understand what's actually eaten — and support more personalized, nutritious meals.

1 Scan before eating

Identify the resident and capture the meal.

- RFID identifies the resident.
- Camera and LiDAR capture food items and portion sizes.

2 Scan after eating

Measure what remains.

The returned plate is scanned again to measure what was consumed.

3 AI analyzes intake

Turn images into insights.

AI estimates intake, identifies patterns and flags nutritional risks over time.

4 Care team responds

Support more personalized care.

- Caterers, caregivers and clinicians review insights.
- Adjust meal plans and menu options.
- Support better nutrition, health and quality of life.

Real Impact

- Helps identify nutritional risks earlier
- More individualized and enjoyable meals
- Supports operational efficiency and reduces food waste
- Improves health, wellbeing and quality of life

"Technology gives us a clearer picture of what matters — helping people live well through better nutrition."

— Compass Group Australia

Real Food. Real People. Real Impact.

Technology that turns meals into meaningful insights.

Source: Compass Group Australia | Deloitte Australia | Meal Vision Case Study (2023)

AI & Personalization in Foodservice

Real Solutions. Real Impact. In the Market Today.

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From menu data to guest choice to actual consumption — technology is making personalized nutrition a reality.

1 NUTRITICS

Nutrition data. Smarter menus.

EST. 2013
Ireland
(Global)

- Recipe & menu management
- Nutrition & allergen information
- Costing & compliance
- Digital menus

Helps foodservice teams create accurate, transparent and menu options for all guests.

2 COMPASS GROUP AUSTRALIA | Meal Vision

EST. 2000
Australia
(Part of Compass Group)

- AI + imaging technology to track food consumption
- Identify residents/patients via RFID
- Analyze what is actually eaten
- Support personalized care plans

From what we serve to what people actually eat.

3 EveryBite SmartMenu

EST. 2026
San Francisco, CA

- AI-powered menu personalization
- Filters for dietary needs, allergens & preferences
- Integrated into digital ordering experiences
- Helps guests find the right options with ease

One menu. Many needs. A better guest experience.

4 sodexo Clinicia®

U.S. healthcare
Launched 2026

- Personalized patient nutrition programs
- Evidence-based dietary solutions
- Integrated with clinical and operational systems
- Supports better health and recovery

500+ U.S. hospitals | 10M patient meals annually

Personalized nutrition at scale in healthcare.

5 Leanpath

EST. 2004
U.S.

- AI + computer vision to track plate waste
- Measure what's left, not just what's served
- Insights to adjust recipes, portions and menus
- Reduce food waste and improve efficiency

Less food waste. More informed decisions.

6 Honeycomb AI

2026 Platform
U.S.

- Interactive digital menus with dietary filters
- AI-powered menu intelligence
- Nutrition, allergen and ingredient information
- Helps restaurants deliver personalized experiences across locations

Smarter menus. Happier guests. Stronger operations.

Nature Sets the Rhythm

The Four Seasons, A Healthier You

Eat with the seasons — fresh ingredients, greater variety, and food that supports what your body needs.

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Spring

Renewal and growth

Lighter, fresh flavors to support new energy.

Asparagus · Radishes · Peas · Strawberries

Body needs:
Support liver function, encourage detoxification, and promote circulation after winter.

Summer

Heat and expansion

Cooling, hydrating foods to balance the heat and keep you refreshed.

Cucumbers · Tomatoes · Berries · Leafy greens

Body needs:
Replenish fluids, cool the body, and support heart health.

Autumn

Harvest and transition

Nourishing, grounding foods to support immunity and prepare for colder weather.

Winter squash · Apples · Mushrooms · Root vegetables

Body needs:
Strengthen lung function, support immunity, and maintain moisture as the air becomes drier.

Winter

Conservation and restoration

Warm, hearty foods to build energy, preserve warmth and support resilience.

Sweet potatoes · Kale · Garlic · Nuts

Body needs:
Nourish kidney function, build warmth and energy, and support bone health during the cold months.

Seasonal Eating. A Stronger You.

Aligning culinary choices with nature's rhythm for a more vibrant life.

Yin and Yang

A Dynamic Balance in Food and Life

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Yin

Cooling • Moistening • Nourishing • Restorative

Associated with coolness, fluids, nourishment, stillness, and inward balance.

Cooler · Moist · Nourishing · Restorative

Examples: cucumber, pear, leafy greens, berries, tomatoes.

Balance, Not Extremes

Yang

Warming • Activating • Transforming • Energizing

Associated with warmth, movement, circulation, activity, and outward energy.

Warmer · Active · Transforming · Energizing

Examples: ginger, cinnamon, garlic, onion, roasted vegetables, warming soups.

In TCM food therapy, balance depends on the person, the season, and the preparation.

Food choices
Balance the nature of foods.

Seasonal changes
Adjust with the environment.

Individual needs
Consider the person, not just the ingredient.

Nine Body Constitutions

Why Balance Is Different for Everyone.

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1. BALANCED CONSTITUTION

Generally adaptable and well balanced.

2. QI DEFICIENCY

Lower energy; may prefer steady nourishment.

3. YANG DEFICIENCY

Tends to feel cold; often prefers warmth.

4. YIN DEFICIENCY

Tends toward dryness and internal heat.

5. PHLEGM-DAMPNESS

May feel heavy or sluggish.

6. DAMP-HEAT

May feel warm, heavy, or uncomfortable.

7. BLOOD STASIS

May experience stagnation and poor circulation.

8. QI STAGNATION

Stress or tension may affect comfort and digestion.

9. SPECIAL DIATHESIS

Greater sensitivity; individualized care matters.

Different tendencies. Different preferences. More personalized choices.

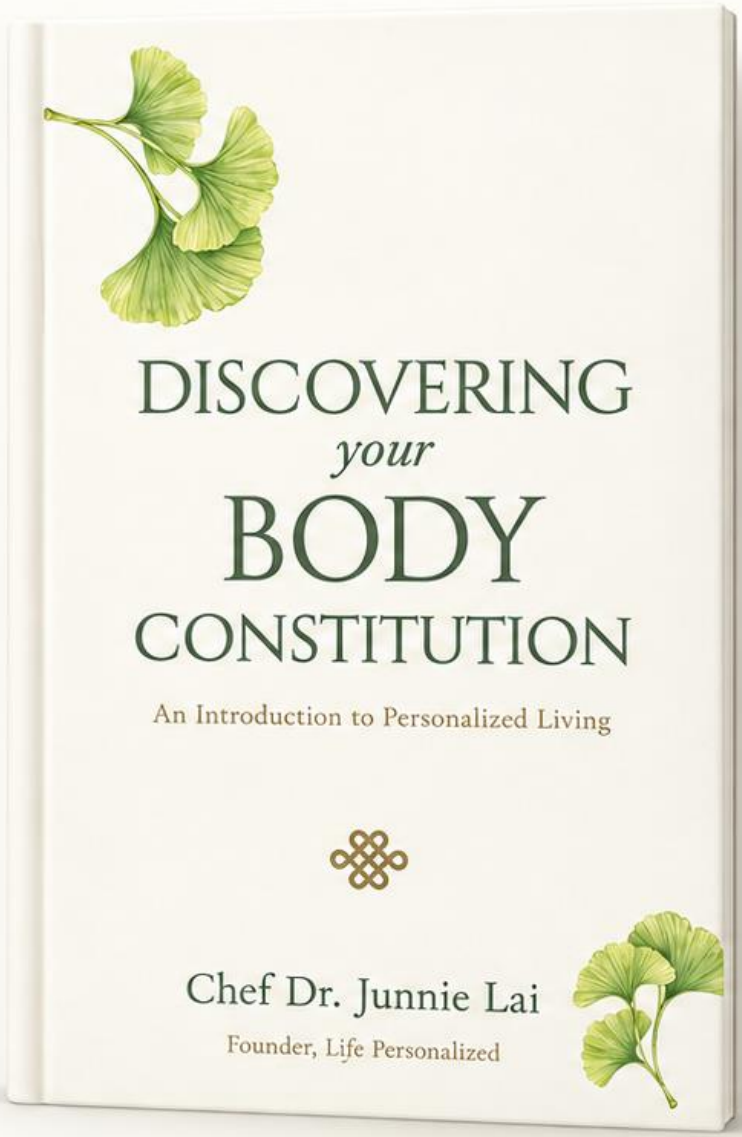
This is a traditional wellness framework, not a medical diagnosis.

Discover More

Take the quiz and learn more about your body constitution.

LifePersonalizedGlobal.com

Explore the quiz and the book.



Apple Tasting: Fresh Apple

Whole, crisp, and naturally refreshing

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Food as Medicine

Relieves Food Stagnation

If you feel bloated, full, or sluggish after a heavy meal, the natural sourness and structure of a whole apple are traditionally viewed as helping move stagnant Qi through the digestive tract.

Clears Summer Heat & Eliminates Restlessness

Because of its slightly cooling nature, eating a fresh apple is traditionally viewed as helping clear mild internal heat, which can show up as dry mouth, restlessness, or a sense of internal warmth.

Sobers Alcohol

Fresh apples are traditionally used to help clear heat from the Liver and Stomach after overindulgence and support recovery after alcohol intake.

Best Fit in TCM Body Constitutions

Balanced Constitution | Yin Deficiency | Damp-Heat

May be less ideal for those who strongly prefer warm foods or feel easily chilled.

Different foods. Different bodies. A more balanced you.

Traditional wellness perspective, not a medical diagnosis. Suitability depends on the person, season, and preparation.

Apple Tasting 2: Apple Cider

Fresh-pressed, mellow, and naturally comforting

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Food as Medicine

Promotes Body Fluids & Relieves Thirst

Apple cider helps replenish fluids and quench thirst, making it comforting for dryness or general dehydration.

Benefits the Spleen and Stomach

It supports digestion, helps relieve food stagnation or abdominal distension, and aids recovery from mild spleen deficiency or sluggish digestion.

Moistens the Lungs

Its mild warmth and natural fruit acids help soothe dry coughs and moisten the lungs, easing throat irritation caused by dryness in the lung system (often enhanced with warm spices like ginger or cinnamon).

Best Fit in TCM Body Constitutions

Yin Deficiency	Qi Deficiency	Phlegm-Dampness
Helps with dryness and thirst	Gently supports digestion	May be suitable in moderation, especially when digestion is sluggish

Different foods. Different bodies. A more balanced you.

Traditional wellness perspective, not a medical diagnosis. Suitability depends on the person, season, and preparation.

Apple Tasting 3: Apple Tea with Herbals

Warming, aromatic, and deeply nourishing

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Food as Medicine

Benefits the Spleen and Stomach

Gently supports digestion, helps relieve food stagnation, and strengthens the Spleen, making it helpful for low energy and poor appetite.

Promotes Qi and Blood Circulation

Hawthorn and rose help move Qi and blood, which may ease stagnation and promote a sense of lightness and well-being.

Warms and Soothes

Ginger and red dates provide gentle warmth, nourish Qi and Blood, and help ease cold or the feeling of being run-down.

Best Fit in TCM Body Constitutions

Qi Deficiency (气虚)

Helps replenish Qi, improve energy, and support digestion.

Blood Stasis (血瘀)

Supports circulation and may help ease a heavy or stagnant feeling.

Ingredients (1–2 cups)

- 1/2 apple (sliced)
- 5g hawthorn berry (5–6 slices)
- 3–4 red dates (slit open)
- 1 slice fresh ginger
- 5–6 dried rose buds (add in last 3 minutes)
- 500–600ml water

Stovetop Cooking Steps

1. Add apple, hawthorn, red dates, ginger and water.
2. Bring to a boil, then simmer on low for 20–25 minutes.
3. Add rose buds in the last 3 minutes.
4. Strain and serve. Enjoy the fruit, too!

Different foods. Different bodies. A more balanced you.

Traditional wellness perspective, not a medical diagnosis. Suitability depends on the person, season, and preparation.

Turning Individualized Preferences Into Practical Menu Options

Bringing TCM-inspired personalization into everyday foodservice.

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What We Learn About the Guest

Season & environment
Climate, season, and surroundings influence needs.

Yin / Yang balance
Tendencies toward warmth, coolness, activity, or calm.

Body constitution tendencies
Unique patterns that influence digestion, energy, and comfort.

Dietary needs & sensitivities
Allergies, intolerances, and personal restrictions.

Preference for warm, mild, plant-based, portion size, or more protein
Individual tastes and practical needs for everyday dining.

How the Menu System Responds

Listen
Gather guest needs and preferences.

Match
Use verified recipes and ingredient data.

Adapt
Adjust protein, plant base, temperature, portion, and seasoning.

Deliver
Offer a practical, appealing menu choice.

AI helps organize information.
Culinary teams define the rules.

Practical Menu Options

More Protein

Plant-Based

Warm & Mild

Food Allergies & Sensitivities

Defined Portions

Verified Ingredients

Personalization at scale is not a different menu for everyone.
It is a flexible menu system built around real guest needs.

Traditional wellness concepts can inform preference-based menu design; they are not medical diagnoses.

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From Menu to Medicine:

How AI and Personalized Nutrition Are Reshaping the Future of Foodservice

Chef Junnie Lai, PhD

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Thank you

Questions? Let's continue the conversation.

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EXPLORE. CONNECT. COLLABORATE.