

**Computation of Nutritional Footprint of Food Consumed by  
Selected Subjects and Creating Awareness on  
Planetary Health Diet using the Developed e-Application**

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## 80\_RECOMMENDATION

- The reliance on self-reported dietary data from participants may introduce bias.
- The study may assume homogeneity in the diets of selected subjects, overlooking potential variations in dietary habits within the group.
- Sodium was not included in the nutritive value calculation, despite its importance for the nutritional footprint.
- Pilot study was not conducted.
- Investigate the role of social and economic factors in influencing dietary choices and their environmental consequences.
- The study's focus on awareness and behavioral change might provide insights into shortterm effects, but it may not capture the sustainability of behavioral changes over the long term.
- The success of the e-application in creating awareness depends on the accessibility and adoption of technology.
- Establishing a direct causal link between the awareness campaign and observed changes in dietary behavior was challenging.
- In Phase 3, Most were female and aged 25–30, reflecting a tech-literate, health-conscious group. While diverse in profession, the age and gender homogeneity may limit the generalizability of findings to older or male users.