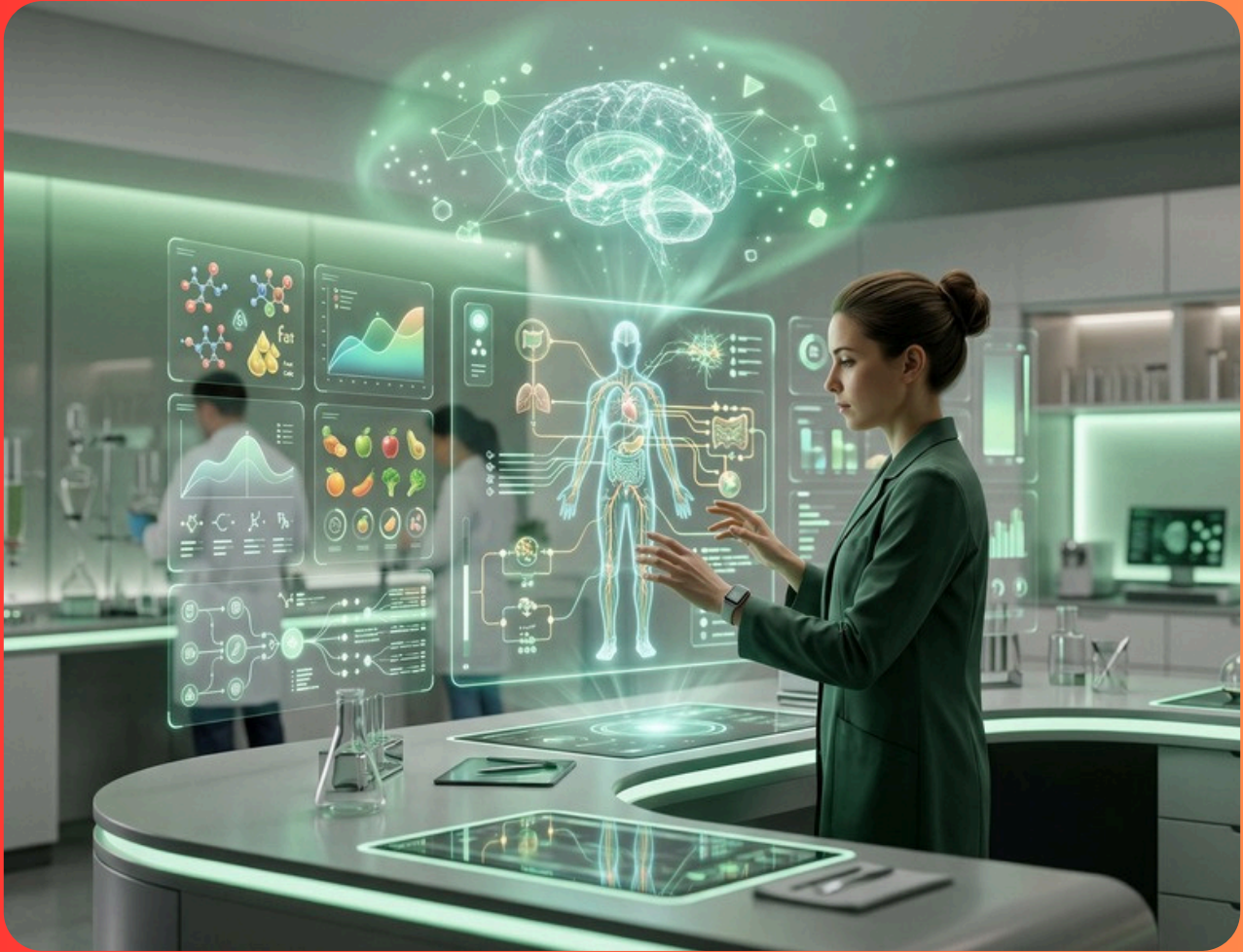




NextGen Nutrition

Your Smart Companion in Nutrition



A Complete Guide

WHAT YOU CAN DO WITH THIS GPT



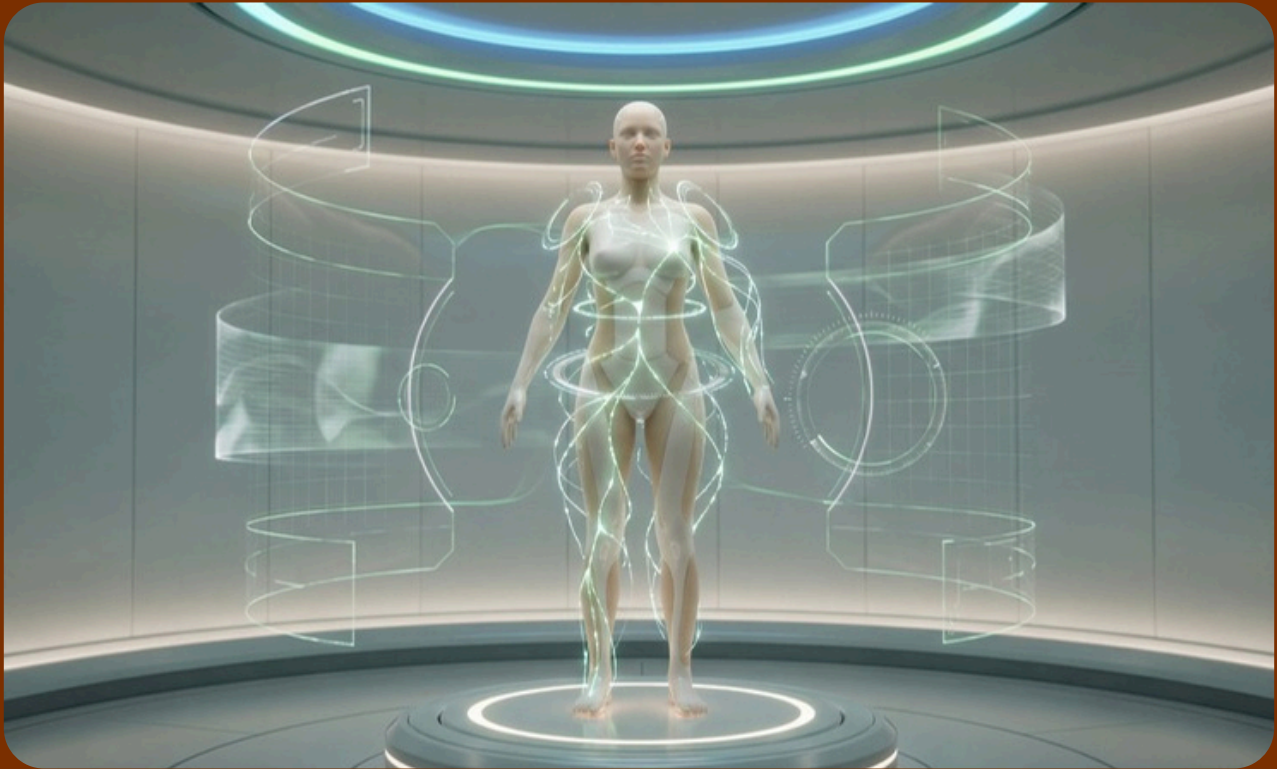
Why This GPT Exists

This GPT is designed to make your clinical nutrition calculations easier, faster, and more accurate, without compromising academic standards.

It is strictly for educational purposes and does not provide medical prescriptions.



What You Can Calculate??



Anthropometric Calculations

You can easily calculate:

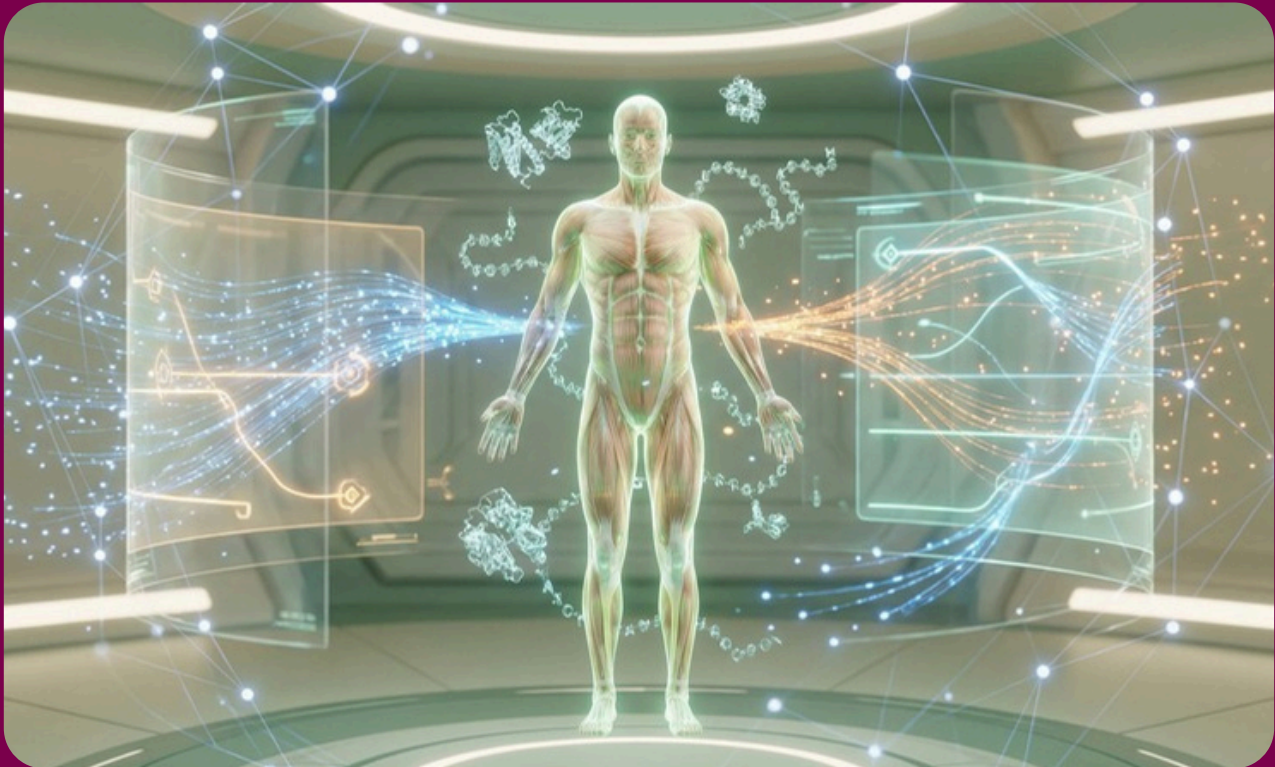
- BMI with WHO classification
- Ideal Body Weight (Hamwi method)
- Adjusted Body Weight
- Percentage Weight Change
- Waist–Hip Ratio with proper interpretation



Energy Requirements

You can:

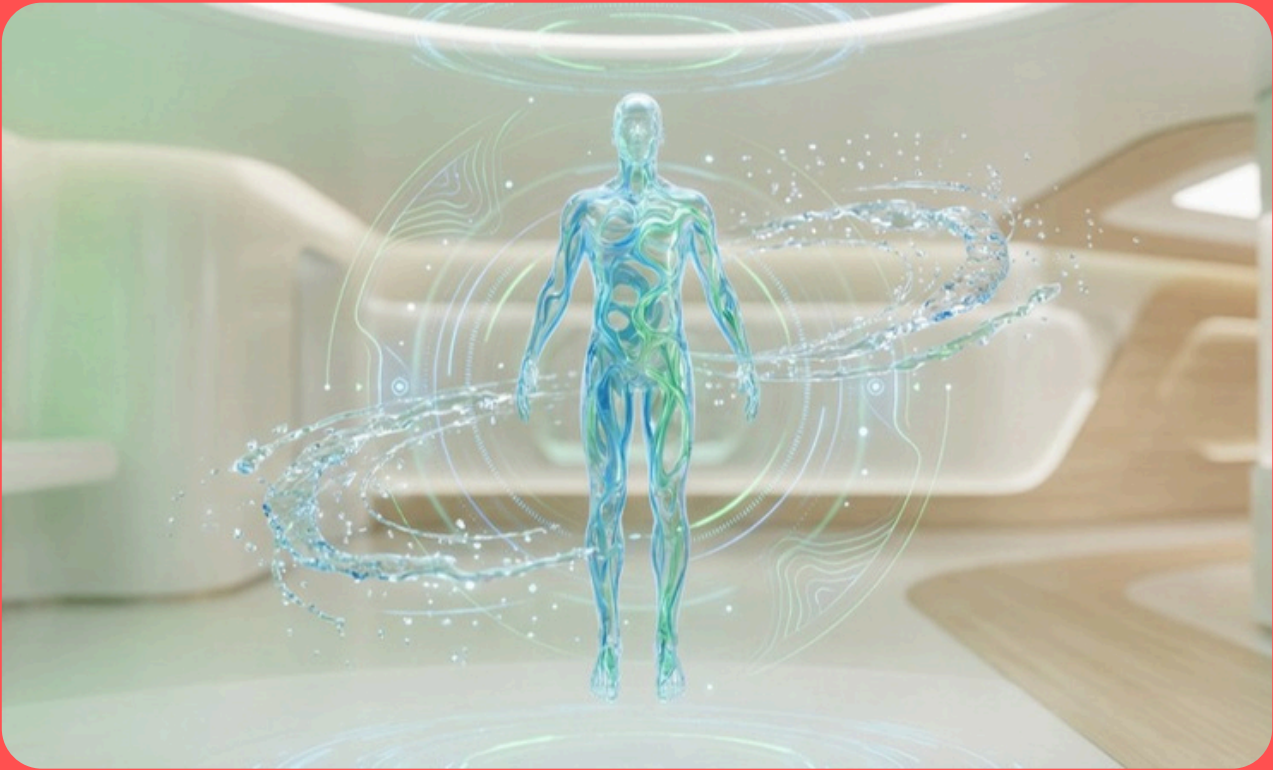
- Calculate BMR (Mifflin-St Jeor – default method)
- Request Harris-Benedict formula if needed
- Find your Total Energy Requirement using activity levels
- Use kcal/kg hospital method
- Even compare different methods (on request)



Protein Calculations

You can:

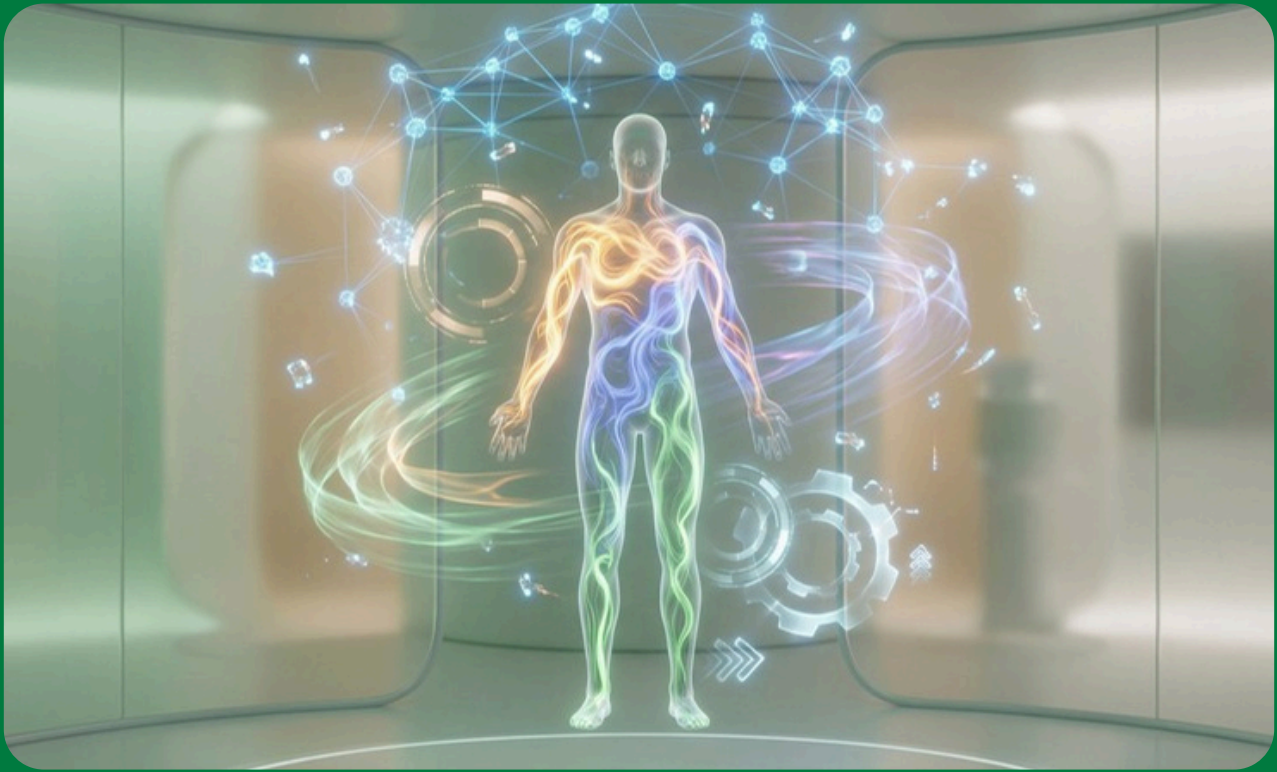
- Calculate your protein requirement per kg
- Estimate protein needs for hospitalized patients
- Convert protein kcal ↔ grams
- Check if your intake is adequate



Fluid Requirements

You can:

- Calculate adult fluid needs (30–35 mL/kg)
- Use the pediatric 100/50/20 rule
- Convert total fluids into mL per hour (mL/hr)



Macronutrient Distribution

You can:

- Divide calories into carbs, protein, and fats (%)
- Convert kcal into grams
- Convert grams into kcal
- Create custom macro splits

Micronutrient RDA Reference

You can access standard RDAs for:

Vitamins:

A, D, E, K, C, B1, B2, B3, B6, Folate, B12

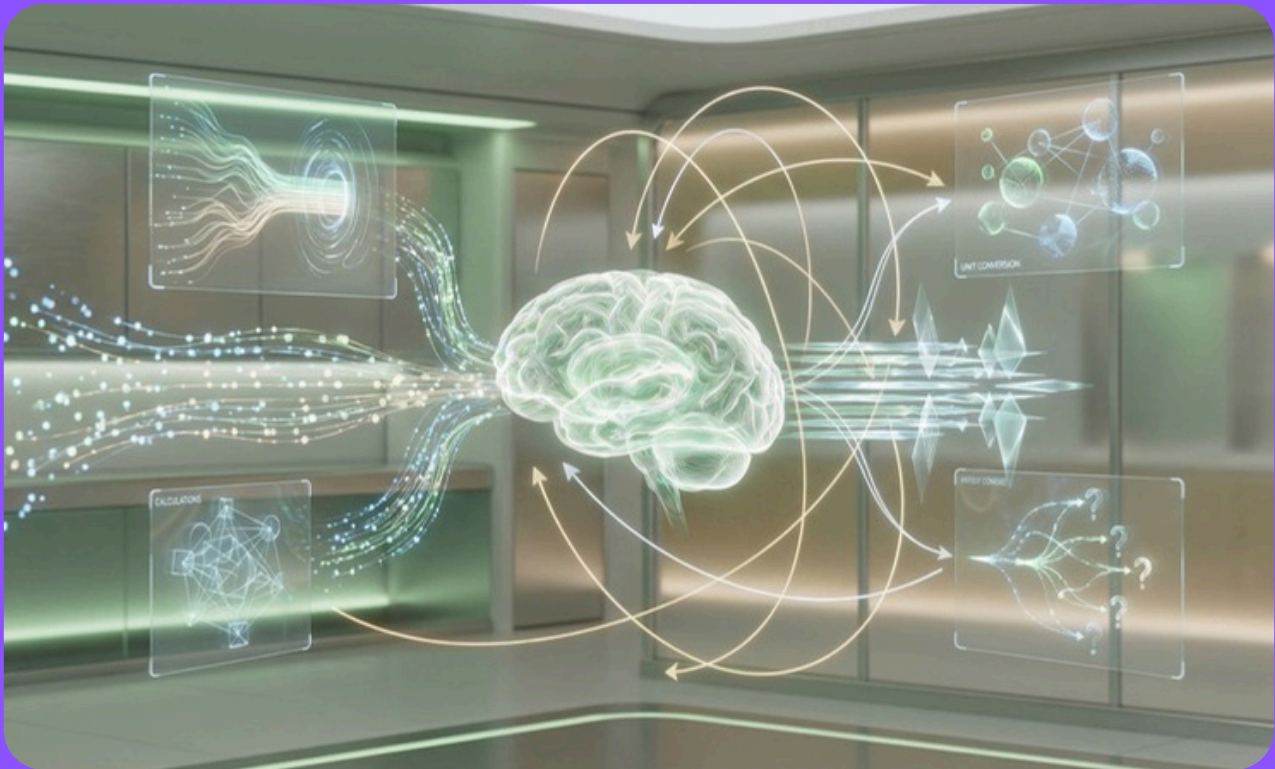
Minerals:

Calcium, Iron, Zinc, Magnesium, Phosphorus, Potassium,
Sodium, Iodine

You can also:

- See age- and gender-specific requirements
- View pregnancy and lactation ranges (academic reference)
- Understand units clearly (mg, µg, IU)
- Compare your intake vs RDA (if you provide intake data)

*This is for academic reference only,
not for treatment or dosing.*



What Makes This GPT Smart?

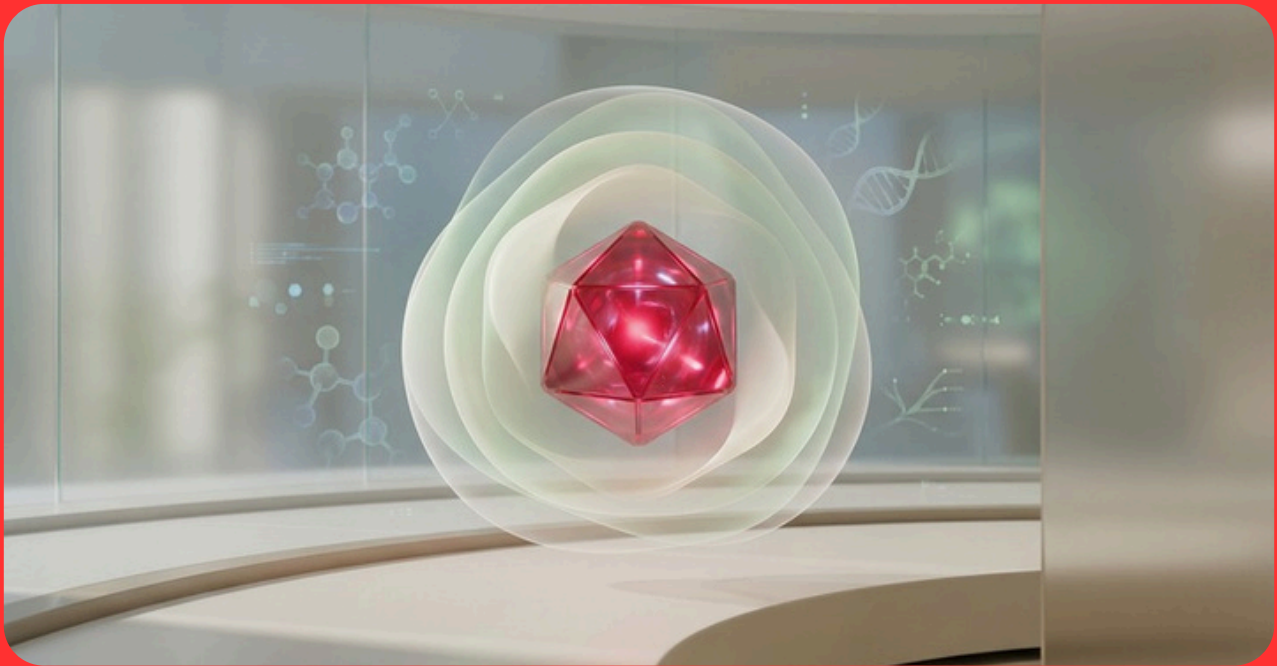
- Automatically understand your input
- Convert units (like lbs or feet) into metric
- Ask you for missing information instead of guessing
- Give you step-by-step structured answers
- Provide WHO-based interpretations
- Explain concepts so you're ready for your viva
- Compare intake vs RDA when needed

How Your Answer Will Look??

Every response you get will follow a clear academic format:

1. Formula Used
2. Given Data
3. Unit Conversion (if needed)
4. Step-by-Step Calculation
5. Final Answer
6. Concept Explanation
7. Standard Interpretation

*You can also request a
downloadable PDF report*



What This GPT Will NOT Do

To keep things academically safe and professional:

It will NOT give treatment plans

It will NOT create diet prescriptions

It will NOT suggest therapeutic megadoses

*It is built to support your learning,
not replace your supervisor*



Built For You

This tool is built by The Nutrinity to help you:

1. Save time
2. Reduce confusion
3. Improve your concepts
4. Build confidence in clinical nutrition