

■ aban news

AI Quickstart for AI in nutrition counselling

The realistic AI use cases on one page — no hype, with clear limits.

AI in nutrition counselling: client info and marketing, not the professional advice

- 1. Phrase client communication and scheduling
- 2. Prepare general info material and recipe-idea texts
- 3. Draft social posts and newsletters
- 4. Write review and outreach emails

Limit: AI gives you drafts, no guarantees. The professional and legal final check always stays with you.

Want more? aban news is a weekday AI newsletter for professionals (3–5 minutes, no hype): abannews.com ·
Subscribe free: abannews.beehiiv.com/subscribe