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(54) Title: SYSTEM AND METHOD FOR SUGGESTING COMESTIBLES

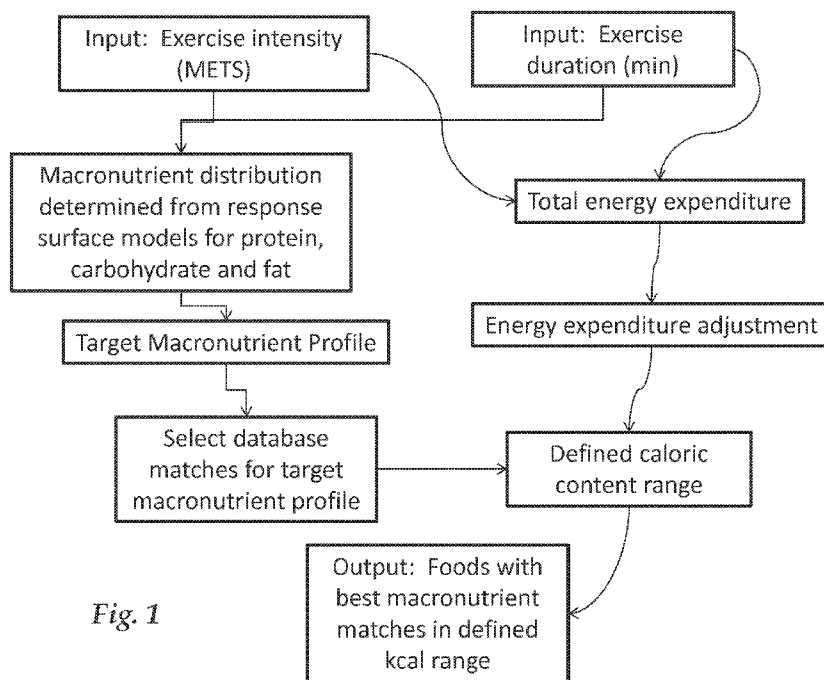


Fig. 1

(57) Abstract: A method for identifying a comestible to a user is provided. The method includes the steps of, by a control circuit: receiving an identification of an activity of the user; receiving duration information for the activity; determining an intensity of the activity; determining a target macronutrient profile based on the intensity and duration of the activity; determining a target energy profile based on the intensity and duration; and identifying at least one comestible having a macronutrient profile that falls within the target macronutrient profile and an energy profile that falls within the target energy profile.



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