CLAIMS

1. A method for managing one or more goals provided by a user, comprising:

receiving over a network by one or more computing devices, health parameters and the one or more goals from the user;

receiving, over a network by one or more computing devices, prior to an impending meal-time of the user, proposed meal data from the user comprising an image of a proposed meal;

annotatively modifying the proposed meal image, based on the health parameters and the one or more goals received from the user;

wherein the annotative modifications to the proposed meal image comprise instructions for modifying the proposed meal to align with the one or more goals received from the user, based in part on the health parameters received from the user; and

prior to the impending meal-time, sending, by one or more computing devices, the annotatively modified proposed meal image over a network to a computing device local to the user to enable the user to:

view the annotatively modified proposed meal image, and

modify the proposed meal according to the instructions either before the meal-time or while the proposed meal is being consumed.

2. The method of claim 1, further comprising:

detecting the impending meal-time of the user; and

prior to receiving the proposed meal data from the user, causing a personalized opening message to be displayed to the user, wherein the personalized opening message comprises preferred meal attributes for the proposed meal.

3. The method of claim 2, wherein detecting the impending meal-time of the user comprises:

using meal-time information from prior meals consumed by the user to estimate an impending meal-time for a future meal to be consumed by the user.

4. The method of claim 1, wherein annotatively modifying the proposed meal image comprises:

generating estimated nutritional attributes of the proposed meal by assigning respective nutritional attributes to various parts of the proposed meal based on analysis of the proposed meal image; and

graphically superimposing the estimated nutritional attributes over respective images of the various parts of the proposed meal in the proposed meal image.

5. The method of claim 1, wherein annotatively modifying the proposed meal image comprises:

generating an eating sequence for items in the proposed meal, that is a numbered list associated with the items in the proposed meal; and

graphically superimposing the eating sequence over respective images of the items in the proposed meal image.

6. The method of claim 1, wherein annotatively modifying the proposed meal image comprises:

generating suggested quantity modifications for respective items in the proposed meal; and

graphically superimposing the suggested quantity modifications adjacent to respective images of the items in the proposed meal image.

7. The method of claim 6, wherein generating the suggested quantity modifications comprises:

generating free-form drawings that graphically indicate quantity modifications to specific food items of the proposed meal a user should implement by the meal-time, to align with the one or more goals; and

wherein the free-form drawings for respective graphical indications of quantity modifications are color-coded.

8. The method of claim 1, wherein annotatively modifying the proposed meal image comprises:

generating suggested food item recommendations for items in a next proposed meal, whose nutritional attributes will be better aligned with the one or more goals received from the user, in view of the health parameters received from the user; and

superimposing the suggested food item recommendations over respective images of various parts of the proposed meal in the proposed meal image.

9. The method of claim 1, wherein annotatively modifying the proposed meal image comprises:

analyzing, by an automated computer program, the proposed meal image;

generating annotations based on the analysis by the automated computer program; and

superimposing graphical representations of the annotations over the proposed meal image to produce the annotatively modified proposed meal image.

10. The method of claim 9, wherein analyzing the proposed meal image comprises:

estimating nutritional attributes of the proposed meal based on the proposed meal image;

using the one or more goals received from the user to, by the automated computer program, select applicable user-specific ranked rules for weight loss from a database of ranked rules;

wherein each of the applicable user-specific ranked rules for weight loss corresponds to a particular one of the one or more goals received from the user;

generating meal modifications to the proposed meal by applying the applicable user-specific ranked rules for weight loss to the proposed meal; and

generating the instructions for modifying the proposed meal to align with the one or more goals received from the user based on the generated meal modifications.

11. The method of claim 9, wherein annotatively modifying the proposed meal image further comprises:

after generating the annotations based on the analysis by the automated computer program, sending the generated annotations and the proposed meal image to a dietary expert;

receiving, from the dietary expert, particular comment data; and

wherein the graphical representations of the annotations superimposed over the proposed meal image comprise the particular comment data from the dietary expert.

12. The method of claim 11, wherein annotatively modifying the proposed meal image further comprises:

wherein said receiving the particular comment data from the dietary expert, is performed at the automated computer program;

based on the particular comment data from the dietary expert, further analyzing, by the automated computer program, the proposed meal image; and

wherein the graphical representations of the annotations superimposed over the proposed meal image are based on the further analysis by the automated computer program.

13. The method of claim 1, wherein annotatively modifying the proposed meal image comprises:

providing the proposed meal image to a dietary expert for comment;

receiving comment data from the dietary expert; and

using the comment data from the dietary expert to, using an automated computer program, generate the instructions for modifying the proposed meal to align with the one or more goals received from the user.

14. The method of claim 1, wherein receiving the proposed meal data from the user comprises:

prompting the user to, prior to the impending meal-time, provide one or more images of the proposed meal; and

prompting the user to, prior to the impending meal-time, provide additional multimedia pertaining to the proposed meal, selected from one of:

specific user requests to a reviewing dietary expert of the proposed meal data;

text comments specifying additional detail about various food items illustrated in the one or more images of the proposed meal; or

audio messages relating additional comments from the user about the proposed meal.

15. The method of claim 1, further comprising:

determining a location of the user, by mobile computing resources, prior to the impending meal-time;

generating, based on the determined user location, suggested dietary choices available nearby to the user that align with the one or more goals received from the user; and

causing the suggested dietary choices available nearby to the user to be displayed to the user.

16. The method of claim 1, wherein annotatively modifying the proposed meal image comprises:

graphically superimposing a pre-configured graphic over at least a portion of the proposed meal image.

17. The method of claim 1, wherein annotatively modifying the proposed meal image comprises:

causing a personalized message to be displayed to the user, wherein the personalized message comprises color-coded graphics that represent at least one nutritional attribute of previous meals consumed by the user prior to the meal-time.

18. A method of receiving dietary intervention services using mobile computing resources, comprising:

providing, by the mobile computing resources, user health information comprising one or more health objectives;

receiving, at the mobile computing resources, prior to an upcoming meal-time, a prompt to provide proposed meal data comprising an image of a proposed meal;

providing, to a service, by the mobile computing resources, proposed meal data that includes an image of a particular proposed meal; and

prior to the upcoming meal-time, receiving, from the service, one or more annotative modifications for the image of the particular proposed meal; and

wherein the one or more annotative modifications comprise suggested modifications to the proposed meal such that modifying the proposed meal according to the suggested modifications improves the proposed meal in accordance with the one or more health objectives provided by the user.

19. One or more non-transitory computer-readable media storing instructions that, when executed by one or more computing devices, cause performance of the method of any one of claims 1-18.