



NexJ Healthy Recipe Development

A partnership George Brown College and NexJ Systems has produced recipes for the Health Coach, an application that manages managing ongoing healthcare for patients living with various conditions and providing constant and instant feedback on exercise, nutrition and health.

George Brown has partnered with NexJ on the development and testing of healthy condition & ethnic specific meal plans. The developed recipes must preserve the taste and satisfaction of the original meal, but staying high in vegetable content but low in calories, animal protein, sucrose and carbohydrates count. The recipes must also be of moderate portion size to encourage sensible eating, with ingredients that are easy to find and inexpensive.

NexJ is a leading provider of cloud-based software, delivering enterprise CRM solutions for the financial services, insurance, and healthcare industries. Their next-generation, people-centered software is currently being applied to healthy living and empowering patients to take control of their well-being through technological tools.

A later phase of the project will develop targeted media based on the recipes to integrate into the Connected Wellness Platform. The recipes will be developed over 6 semesters (fall 2012 to winter 2014) by students in the Culinary Management – Nutrition Program.

The research team for NexJ Recipe Development consists of Chef James Smith, Professor/Coordinator at the George Brown Centre for Hospitality & Culinary Arts , Paul Decampo, Special Projects Manager , as well as faculty and students from the Centre of Hospitality & Culinary Arts.

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