**Treatment of eating disorders in virtual reality**

Developed in close collaboration with our scientific teams composed of nutritionists, dieticians and university physicians, the C2Nutri application opens virtual reality applications fields to patients suffering from eating disorders. The C2Nutri application is also designed for all patients suffering from eating disorders (obesity, anorexia, bulimia) who wish to regulate or correct their eating habits.

**Composition of meals in virtual reality**

The C2Nutri application enables patients and therapists to work together for the development of real-time composition of meals.

From more than 80 foods, choose: Snacks (chips, peanuts...), drinks (beer, cola, water...), starters (grated carrots, chicken rillettes...), a dish (hamburger, codfish filet...) (pasta, rice, green beans, broccoli ...) and desserts (emmental, vanilla cream, fruit ...).

Allow patients to compose their typical meals and visualize in real time the nutritional values of each food and the full meal. Thus, it will be possible to correct or improve the quality of the established meal and gradually rebalance the eating habits of the patients.
Troubles related to body dysmorphic disorder (BDD)

Therapists can work with patient dysmorphophobia by allowing them to visualize different silhouettes so that they can choose the one that they think they look like. The work on the real, perceived, desired silhouettes is greatly facilitated with the virtual reality thanks to the comparison with an avatar and the possibility for the patient to change his silhouette in real time. The therapist can observe the BMI evolved and guide the patient.

Correcting bad eating habits

Immersion in supermarket shelves allows therapists to see patients’ nutritive habits and strongest impulses.

Virtual reality allows you to accompany your patients, in virtuo, as they pass by the shelves in a supermarket and thus guide them with the best food choice and decryption of the product labels. At the end of this session, you will be able to give your patients a food balance-sheet composed of menus adapted to their diet and with a shopping list.

Available virtual environments for eating disorders treatment

- Confrontation with several food families (sodas, chocolate bars, fast food, sweets, snacks, etc.)
- Composition of meals and development of personalized food programs
- Comparison with a body avatar with the possibility of choosing an accurate BMI (perceived silhouette / real silhouette)