

ChatGPT – Part I

This is the first of three articles about ChatGPT—an artificially intelligent “chatbot” that understands human language and answers questions using information from the internet. We’ll start with one example this month with more examples and a look “under the hood” in future articles.


The startlingly fast progress of ChatGPT ¹ has folks musing about artificial intelligence taking over humanity, replacing our jobs, and returning homo sapiens to the hunter-gatherer lives we endured before the invention of the TV dinner. But until that happens, let’s play with this new online app and enjoy its contribution to our knowledge.

A screenshot of a “prompt” (question) about cholesterol and ChatGPT’s answer is on the right. I wanted the information ranked and in a table.

Within seconds of entering the prompt, ChatGPT began responding. I didn’t format the table—ChatGPT did that for me. It included a note about LDL levels.

ChatGPT inferred how I might want the list ranked (high to low) and the words to use. And the “Please note” caveat is clear and concise. That’s why ChatGPT is called a language model. I could ask ChatGPT to provide more details in subsequent prompts (that’s why it’s a chatbot).

 Rank these foods by levels of LDL in a table: Butter, eggs, filet mignon, salmon, whole milk

 Here's a table ranking the foods you've mentioned based on their levels of LDL (low-density lipoprotein) cholesterol:

Food	LDL Cholesterol Level (approximate)
Butter	High
Whole Milk	Moderate
Eggs	Moderate
Filet Mignon	Low to Moderate
Salmon	Low

Please note that the LDL cholesterol levels are only approximate, as individual foods can vary in their exact cholesterol content. Additionally, it's important to remember that dietary cholesterol does not always directly translate to increased blood LDL cholesterol levels. Factors such as genetics, exercise, and overall diet can also influence an individual's blood cholesterol levels.

Try it Out

To try ChatGPT, go to <https://chat.openai.com/>. You’ll need to create an account, but the basic service is free.

I plan to use ChatGPT to help me write other articles. Of course, I’ll remain the “editor in chief”—I’ll simply assign ChatGPT as my “gofer.”

We’ll try more prompts next month.

If you need help with ChatGPT (or almost any other computer problem), just fill out one of our nifty tech help requests at princetonior.wufoo.com/forms/technology-assistance-request.

¹ GPT stands for "Generative Pre-trained Transformer." It is a type of language model developed by OpenAI, which uses a neural network architecture called a Transformer to generate natural language text. If this sounds like gobbledygook, just hang in there. We’ll explain this in more depth in a later article.