ISSN (e): 2250 – 3005 || Volume, 14 || Issue, 3|| May. - June. – 2024 ||
International Journal of Computational Engineering Research (IJCER)

# K-means based an Efficient Diet Analysis and Prediction System

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***Abstract** - People are getting more concerned with their lifestyle and health in today's modern environment. But exercising and avoiding junk food alone won't cut it; we also need a balanced diet. A healthy life can be led by eating a balanced diet according to our age, weight, and height. Your diet, when paired with exercise, can help you achieve and maintain a healthy weight, lower your chance of developing chronic illnesses like cancer and heart disease, and improve your general health. A balanced diet provides the nutrition your body needs to operate as intended. The number of calories in a food is a measure of its energy content. Calories are used by our bodies for nearly every function, including breathing, walking, and running. A person requires 2000 calories a day on average, however the precise amount of calories consumed depends on the person's age, gender, height, and weight. Hence, the foods you choose to eat each day have an impact on your health and how you feel now, tomorrow, and down the road. As a result, a suggested system suggests a diet program based on your physical characteristics and desired outcome.*

***Key Words: Machine Learning, KNN, Random Forest Algorithm, Recommendation System, Diet Plan, BMI, Calories***

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Date of Submission: 14-05-2024 Date of acceptance: 29-05-2024

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## I. INTRODUCTION

In contemporary society, individuals face a multitude of health challenges, including issues related to fitness, diet, and mental well-being. Extensive research indicates that inadequate and imbalanced nutrition significantly contributes to various health ailments and diseases. According to a report by the World Health Organization (WHO), insufficient and unbalanced dietary habits are responsible for approximately 9% of deaths from heart attacks, 11% of deaths from ischemic heart disease, and 14% of deaths from gastrointestinal cancers worldwide. Furthermore, an alarming number of individuals suffer from specific nutrient deficiencies: an estimated 0.25 billion children experience Vitamin A deficiency, 0.2 billion people suffer from iron deficiency (anemia), and 0.7 billion people lack sufficient iodine intake.

The primary aim of this endeavor is to provide tailored dietary recommendations to address the diverse needs of individuals.

In order to handle the vast amount of information that is available, the recommender system filters the most crucial information using user-provided data together with other variables that account for the user's interests and preferences. The process involves evaluating the physical attributes of both the user and the item, which may include factors like age, gender, height, weight, body fat percentage, and preferences. By analyzing these characteristics, the system determines compatibility between the individual and the recommended item, such as whether they align for weight reduction or weight gain goals. This matching process is crucial for providing personalized recommendations tailored to the user's specific needs and preferences.The information collection phase, learning phase, and recommendation phase are the three main steps of the recommendation process. First, data regarding a certain issue is gathered, and then the many approaches to that issue are categorized. Following the information gathering phase, there is a learning phase during which a variety of conclusions are drawn from the data acquired. The final phase, known as the recommendation phase, culminates in an output that includes a number of recommendations. Our project's suggestion output is determined by the user's body type, preferences, and body mass index (BMI).

### 1.1 Problem Statement

The high prevalence of fast food consumption has led to the widespread consumption of unhealthy foods, resulting in various health issues such as diabetes, obesity, and high blood pressure. Therefore, adopting a well-balanced, nutritious diet has become essential for everyone. However, not everyone in today's fast-paced society has the time or resources to hire a personal nutritionist or dietitian to create a customized meal plan based on their individual needs. In this study, we address people's unhealthy eating habits and propose a feasible solution for promoting healthier lifestyles.

## II. OBJECTIVES

1. The aim of this research is to evaluate multiple significant facets of the user's lifestyle and ensure that these elements are taken into account when the system develops and suggests a wholesome diet for the user.
2. Eating a balanced, nutritious diet and incorporating regular exercise can indeed assist in maintaining a healthy weight. However, weight management is just one of the numerous benefits associated with a wholesome diet.
3. The 70/30 guideline is the key to staying in shape. This is how it works: a person needs to spend 30% of their time exercising and 70% of their time on their food.

## III. EXISTING SYSTEM

Numerous initiatives have been proposed for various diet and food-related recommendation systems, encompassing food suggestions, menu recommendations, diet plans, health recommendations for specific illnesses, and recipe suggestions. These systems typically derive user preferences from diverse inputs, such as user ratings.

For instance, an Android-based meal recommender system leverages latent factors and tags to suggest personalized recipes based on user preferences. Utilizing tags and ratings provided by the user, the system employs latent feature vectors and matrix factorization to enhance prediction accuracy. However, the system overlooks nutritional considerations when balancing the user's diet to meet their needs.

Similarly, a content-based food recommender system recommends recipes based on the user's indicated preferences. It breaks down the user's favorite recipes into individual ingredients, assigning ratings based on previous preferences. The system then suggests recipes containing similar ingredients. Yet, it neglects the importance of food balance and nutrition. Moreover, there's a risk of providing repetitive advice if the user's preferences remain constant.

These diet suggestion systems often target specific ailments or aim to balance diet regimens. However, they fail to consider the severity of the patient's condition, which can fluctuate and have significant consequences. Additionally, they disregard essential nutrition factors necessary for recommending food and creating a balanced diet

## IV. PROPOSED SYSTEM

The system operates within a machine learning framework, where it processes user data to generate personalized diet recommendations. The dataset is segmented into three categories: lunch, breakfast, and evening meals. To deliver tailored results, the ML model is trained using diverse inputs, predominantly relying on two algorithms:

1. KMeans: This algorithm is utilized to cluster similar data points within the dataset. By grouping meals based on similarities, it helps identify patterns and preferences in user consumption behavior.
2. Random Forest: This algorithm is employed to predict and recommend suitable diet plans based on the user's preferences and dietary requirements. It utilizes an ensemble of decision trees to generate robust and accurate predictions for meal recommendations across different times of the day.

By leveraging these algorithms, the system can effectively analyze user data and provide personalized diet plans tailored to individual preferences and nutritional needs.

The model is designed to furnish the user with a customized diet plan corresponding to their chosen dietary goal, whether it's maintaining a healthy diet, gaining weight, or losing weight. This plan is formulated based on the user's selected category (such as lunch, breakfast, or evening meals) and their individual data.

For instance, if a user opts for a healthy diet, the model will generate a diet plan that emphasizes nutritious, balanced meals across the chosen meal categories. If the user's objective is to gain weight, the plan will include calorie-dense and protein-rich options to support muscle growth and overall weight gain. Conversely, if the user seeks to lose weight, the plan will focus on lower-calorie, portion-controlled meals aimed at promoting weight loss while maintaining essential nutrients.

By tailoring the diet plan to the user's preferences and goals, the model ensures that it aligns with their specific needs and aspirations. This approach helps users make informed dietary choices and progress towards their desired health outcomes.

### 3.1 K-Means Algorithm

The iterative K-means method aims to partition the dataset into predefined, distinct, non-overlapping subgroups or clusters, with each data point assigned to only one group. The objective is to maximize the separation between clusters while promoting similarity among data points within each cluster.

The process entails organizing data points into clusters to minimize the total squared distance between each cluster's centroid—the mean of all data points in the cluster. By reducing this distance, data points within a cluster become more homogeneous or similar, as there is less variation among them. This approach helps to achieve clearer distinctions between clusters and enhances the effectiveness of the clustering algorithm. The k-means algorithm operates as follows:

1. Specify the number of clusters, K.
2. Initialize centroids by shuffling the dataset and then randomly selecting K data points as centroids without replacement.
3. Continue iterating until there is no change to the centroids, meaning the assignment of data points to clusters remains unchanged.
4. Compute the sum of the squared distances between data points and all centroids.
5. Assign each data point to the closest cluster (centroid).
6. Compute the centroids for the clusters by taking the average of all data points that belong to each cluster.

This process repeats until convergence, where the centroids stabilize and no further adjustments are needed.
The k means clustering algorithm is used in our project to divide the data set into three groups: lunch, breakfast, and dinner. The graphic below illustrates how the three categories are separated from the cluster a dataset. This facilitates the final division of the ataset for each of the three categories into train and test datasets, after which the random forest approach is used to build the mode.

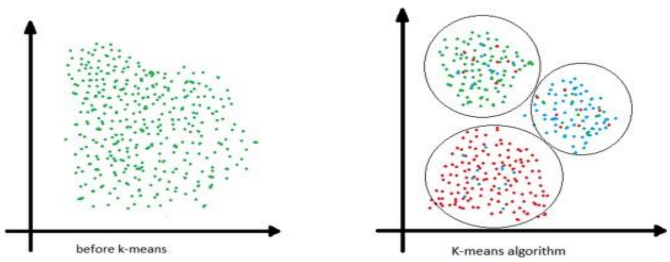


**Fig-1**: K-Means Algorithm

### 3.2 Random Forest Algorithm

An algorithm for supervised classification is the Random Forest algorithm. Its name, which implies creating a forest in an arbitrary manner, gives it away. The amount of trees in a forest directly affects the outcomes it may provide; the more trees there are, the more precise the outcome. It is important to keep in mind, though, that building a decision using an information gain or gain index strategy is not the same as building a forest. One tool for supporting decisions is the decision tree. It illustrates the potential outcomes with a graph that resembles a tree. The decision tree will create a set of rules if you feed it a training dataset containing targets and features. Predictions can be made using these rules.

Once our dataset has been divided into three categories, Random Forest assists in creating classes from the dataset. A random forest is an assembly of decision trees; given a training dataset including features and labels, the decision tree will generate a set of rules that it will use to generate predictions.

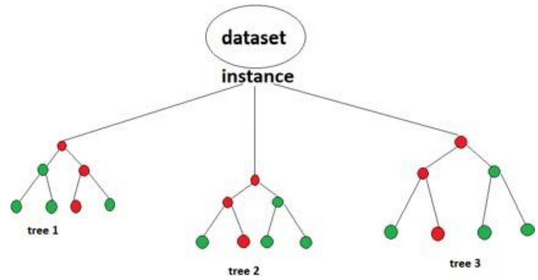


**Fig-2**: Random Forest Algorithm

## V. IMPLEMENATION AND DESIGN

### 5.1 User flow

Users will input their physical information into the system, and after analyzing this data, the ML model will generate personalized diet recommendations. These recommendations will include meal plans for breakfast, lunch, and dinner, all tailored to the specific needs and characteristics of the user. This ensures that the diet plan aligns with the user's individual information, providing them with practical guidance for their dietary goals.

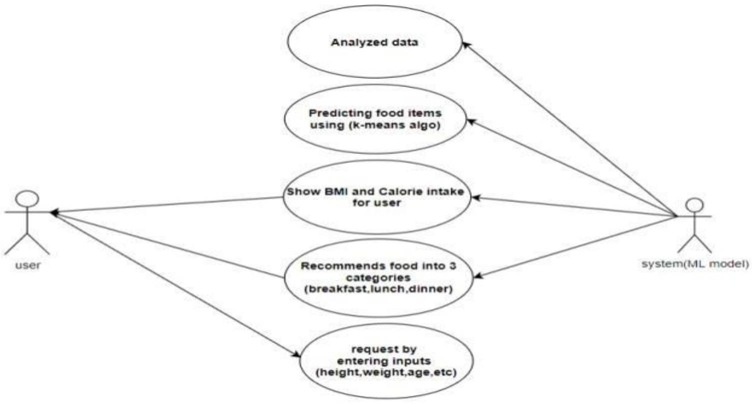


**Fig-3:** UR diagram

### 5.2 System Architecture

1. User's will enter the necessary information like their age,gender, weight etc. on the website.
2. The information will then go through the ML model infollowing manner:
3. To cluster food based on calories, K-Means is employed in the clustering process.
4. Random Forest Classifier is used to classify the fooditems and predict the food items based on input
5. After analyzing all the data the system will respond by showing user's BMI and their current state (Overweight, Underweight, Healthy)
6. The System will then recommend diet to the users into three categories (breakfast, lunch, dinner) based on input
7. The Users can choose from multiple recommended itemsand make their diet plan.
8. After selecting food items the system will calculate selected food calories and show user's comparison betweenhow much calories they chosen against how much they need to consume daily.
9. Accordingly, then the User's will make its diet plan.

## VI. RESULT

The website offers food recommendations tailored to users' needs, integrating Basal Metabolic Rate (BMR) calculations based on age, gender, and activity level. To train the system, we initially categorize food items by the meal they are typically consumed for: breakfast, lunch, and dinner. Next, we cluster various nutrients essential for weight loss, weight gain, and overall health. Following nutrient clustering, we utilize a Random Forest classifier to predict the nearest food items that align with the appropriate dietary goals. Our diet recommendation system empowers users to attain their desired healthy diet based on their Body Mass Index (BMI), ensuring personalized recommendations for optimal nutrition and well-being.

In our Nutri-analytica project, the K-Nearest Neighbors (KNN) algorithm demonstrates notable computational efficiency for diet recommendation. KNN's training overhead is minimal as it retains the entire dataset for predictions, deferring computation until needed, rendering it particularly suitable for real-time applications. Comparative analysis highlights KNN's efficiency advantages over alternatives: Decision trees may involve longer training times, Support Vector Machines (SVMs) can be computationally demanding, and Neural Networks may require significant resources, especially for deep architectures. Evaluation metrics such as prediction and training times affirm KNN's efficiency, though scalability issues may arise with very large datasets and high-dimensional feature spaces. Nevertheless, KNN's balance between computational efficiency and predictive accuracy makes it a promising choice for dynamic diet recommendation systems.

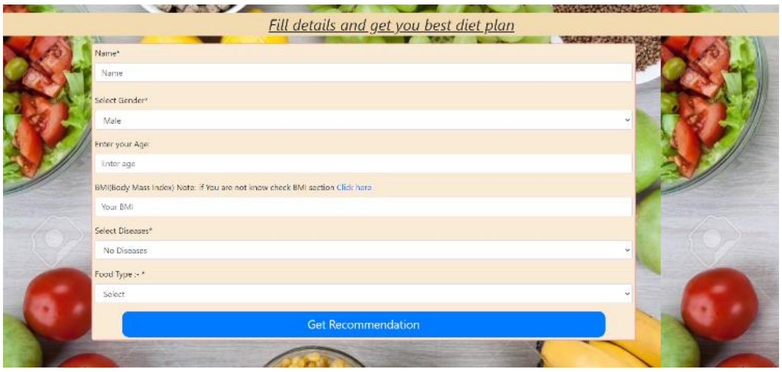


**Fig-5:** Input Detail page

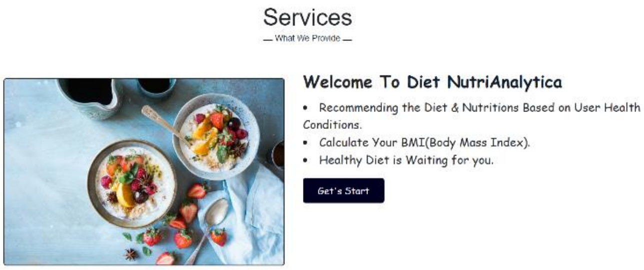


**Fig-6:** Home page

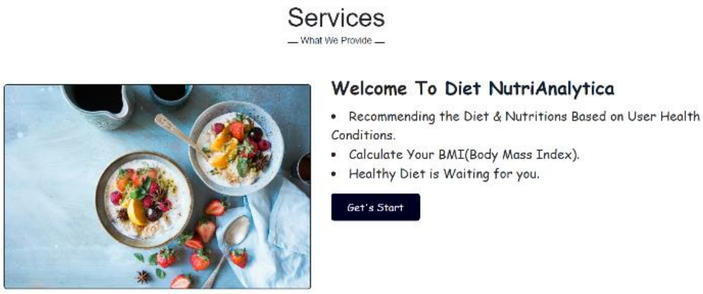


**Fig 7:** Output page (Recommended food Items

## VII. CONCLUSION

Cutting-edge advancements like artificial intelligence (AI) and machine learning (ML) are driving substantial growth within the Information Technology (IT) sector. Leveraging these technologies, we've pioneered the development of a website dedicated to offering dietary advice and promoting healthy living.

As awareness about the significance of maintaining a healthy lifestyle continues to grow, our platform serves as a valuable resource for individuals seeking guidance in this area. By harnessing AI and ML capabilities, our system generates personalized, well-rounded food plans tailored to each user's profile and preferences. This ensures that users receive relevant and practical recommendations to support their journey towards a healthier lifestyle.

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