

# Automated Food Recognition and Personalized Health Recommendations System

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## Introduction

This project is an AI-driven health management app that combines food recognition with personalized diet and workout recommendations. By analyzing user-uploaded food images and personal health data, it offers tailored insights to support healthy lifestyle choices.

## Advantages

- Uses AI to identify food items from images, providing calorie estimation.
- Delivers diet and workout recommendations tailored to individual health and dietary data .
- Integrates nutrition and fitness guidance to support balanced lifestyle.

## Algorithms

- ❑ Convolutional Neural Network (CNN)
- ❑ Gemini pre trained model (gemini-1.5-flash)

## Attributes

Age

Gender

Weight

Height

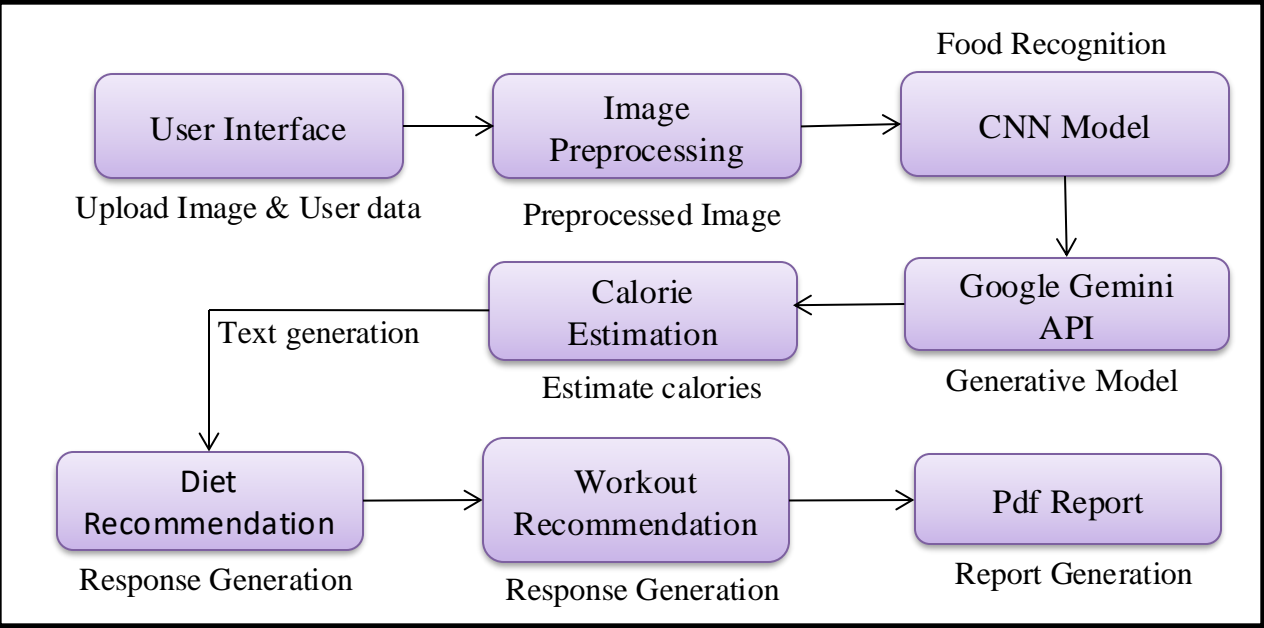
Activity Level

Diet Preference

Allergies

Medical Conditions

Meal Type



**Fig: System Architecture**