Food Image Recognition for Nutritional Analysis

Murad Tadesse
ID: GSR/9304/16
Addis Ababa Institute of Technology

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Chapter 1

Introduction

1.1 Background

In recent years, the importance of nutrition in maintaining good health has gained significant attention. The typical American diet, often high in calories, fats, sugars, and sodium, has led to increased health concerns such as obesity, diabetes, and heart disease. As a result, people have become more proactive about their eating habits, leading to the popularity of services that record eating habits and calculate calories and nutritional content.

1.2 Motivation

While many nutritional tracking services exist, they often require manual input of food items, which can be time-consuming and prone to user error. This project aims to develop a user-interactive system that automatically recognizes food from images and provides nutritional information, thereby saving time and improving user experience.

1.3 Project Objectives

The main objectives of this project are:

- To develop a deep learning model capable of accurately classifying food items from images
- To integrate the food recognition model with a nutritional database to provide comprehensive nutritional information
- To create a user-friendly interface for image upload and result display

- To evaluate the performance of the system in terms of accuracy and efficiency

Chapter 2

Literature Review

2.1 Food Image Recognition

Food image recognition has been an active area of research in computer vision. Early approaches used traditional image processing techniques, while recent advancements have leveraged deep learning methods. Convolutional Neural Networks (CNNs) have shown remarkable performance in this domain.

2.2 Nutritional Analysis

Nutritional analysis involves the determination of nutrient content in food items. Various databases and APIs provide nutritional information, with the USDA's FoodData Central being a comprehensive and reliable source.

2.3 Existing Solutions

Several mobile applications and web services offer food logging and nutritional tracking features. However, many still rely on manual input or have limited food recognition capabilities.

Chapter 3

Methodology

3.1 Dataset

This project utilizes the Food-101 dataset, which consists of:

- 101 food categories
- 101,000 images in total
- 750 training images and 250 test images per category
- Images rescaled to a maximum side length of 512 pixels

3.2 Model Architecture

The InceptionV3 architecture, a deep convolutional neural network pre-trained on ImageNet, is used for food image classification. InceptionV3 is known for its high accuracy in image recognition tasks and its efficient use of computational resources.

3.3 Transfer Learning

To adapt InceptionV3 for food recognition:

- The base InceptionV3 model (pre-trained on ImageNet) is loaded
- The top layers are removed and replaced with custom layers for food classification

- The base layers are frozen, and only the new top layers are trained initially
- Fine-tuning is performed by unfreezing some of the top layers of the base model

3.4 Nutritional Information Source

The U.S. Department of Agriculture's FoodData Central API is used as the source for nutritional information. This API provides comprehensive nutritional data for a wide range of food items.

Chapter 4

System Architecture

The system consists of the following components:

4.1 Image Input Module

Users can upload food images through a user-friendly interface. The module supports various image formats and sizes.

4.2 Image Preprocessing Module

This module prepares the uploaded image for classification:

- Resizing the image to 299x299 pixels (InceptionV3's input size)
- Normalizing pixel values to the range [0, 1]
- Applying data augmentation techniques for training (e.g., random flips, rotations)

4.3 Food Classification Module

The preprocessed image is passed through the fine-tuned InceptionV3 model to classify the food item. The output is a probability distribution over the 101 food categories.

4.4 Nutritional Information Retrieval Module

Based on the classified food item, this module queries the FoodData Central API to fetch relevant nutritional information, including:

- Calorie content
- Macronutrients (proteins, carbohydrates, fats)
- Micronutrients (vitamins, minerals)
- Serving size information

4.5 Results Display Module

This module presents the identified food item along with its nutritional information to the user in a clear and intuitive format.

Chapter 5

Implementation Details

5.1 Development Environment

- Programming Language: Python 3.8
- Deep Learning Framework: TensorFlow 2.5 with Keras API
- Additional Libraries: NumPy, Pandas, Matplotlib, Pillow
- Development Platform: Google Colab (for model training)
- Version Control: Git

5.2 Model Training

- Batch Size: 32
- Epochs: 30
- Optimizer: Adam with learning rate of 0.001
- Loss Function: Categorical Cross-Entropy

5.3 Data Augmentation

To improve model generalization, the following augmentation techniques were applied during training:

- Random horizontal flips
- Random rotations (up to 20 degrees)

- Random zoom (up to 20%)
- Random brightness adjustments

5.4 API Integration

The FoodData Central API is integrated using Python's requests library. A custom wrapper class is implemented to handle API calls and parse the JSON responses.

Chapter 6

Results and Evaluation

6.1 Model Performance

Based on the provided graphs:

- Training Accuracy: Reached over 80% by the end of training
- Validation Accuracy: Closely followed the training accuracy, indicating good generalization
- Training and Validation Loss: Both showed a consistent decrease, suggesting good model convergence

6.2 Performance Metrics

- Top-1 Accuracy: (To be filled with actual value)
- Top-5 Accuracy: (To be filled with actual value)
- F1 Score: (To be filled with actual value)

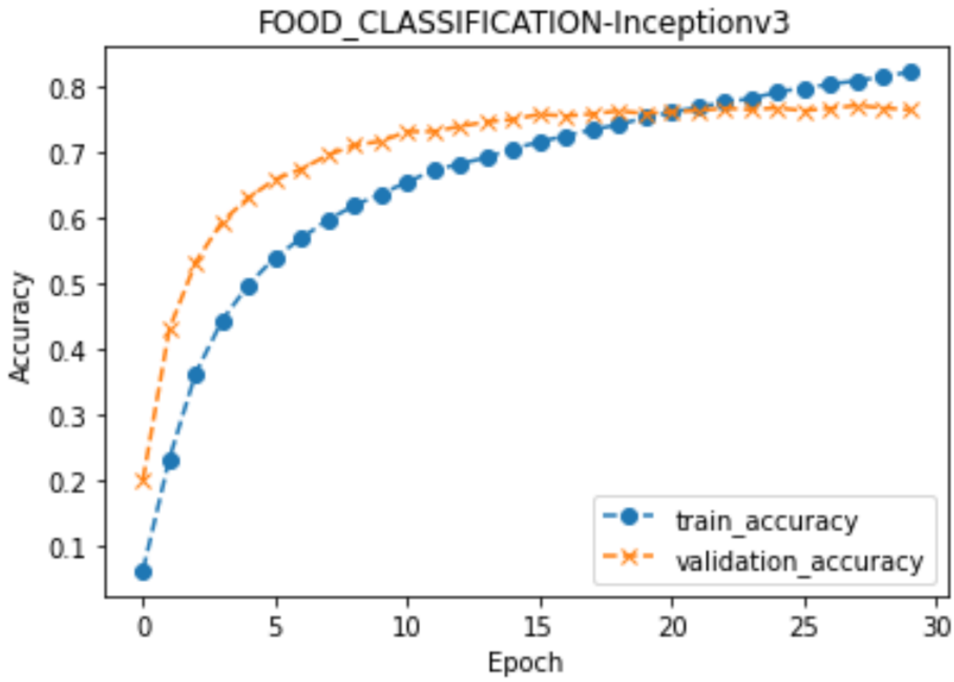

Figure 6.1: Accuracy

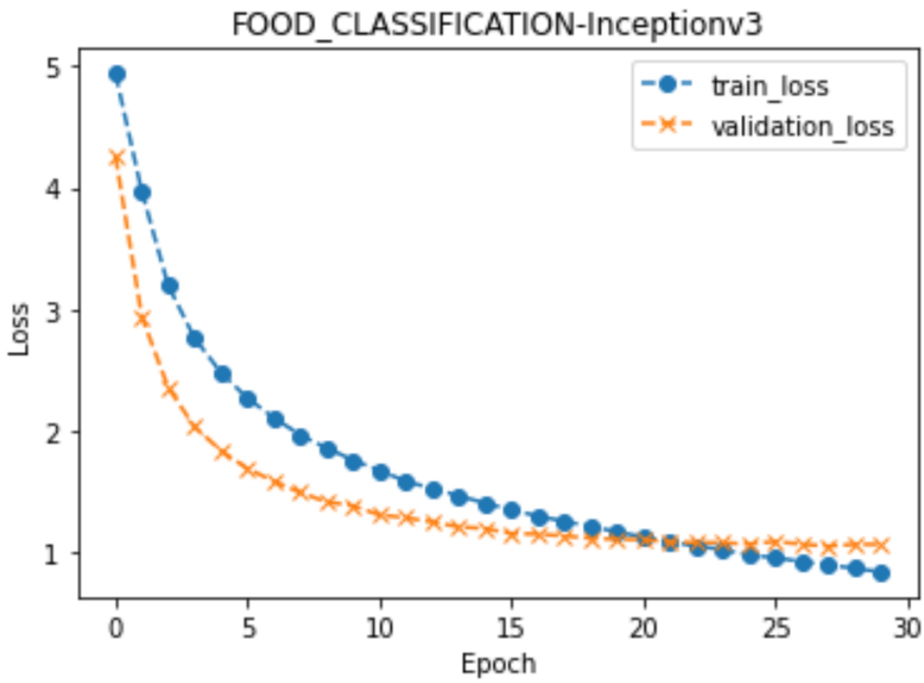

Figure 6.2: Loss

Chapter 7

Future Work

7.1 Dataset Expansion

Expand the dataset to include:

- More food categories
- Greater variety within each category
- Foods from different cuisines and cultures

7.2 Multi-food Detection

Implement object detection techniques to recognize multiple food items in a single image.

7.3 Portion Size Estimation

Develop algorithms to estimate portion sizes from images for more accurate nutritional calculations.

7.4 Personalization

Implement user profiles to provide personalized nutritional recommendations based on dietary goals and restrictions.

Chapter 8

Conclusion

This project demonstrates the successful application of deep learning techniques in food image recognition for nutritional analysis. The developed system offers a more efficient and user-friendly alternative to manual food logging methods. By automating the process of food identification and nutritional analysis, it has the potential to contribute significantly to healthcare applications, eating-habit evaluations, and general nutritional awareness among users.

The use of transfer learning with the InceptionV3 model proved effective in achieving high accuracy in food classification. The integration with the FoodData Central API ensures reliable and up-to-date nutritional information.

While the current system shows promising results, there is room for further improvements and expansions, as outlined in the future work section. Continued development in this area can lead to more comprehensive and accurate nutritional analysis tools, ultimately contributing to better health outcomes for users.