



AI-Powered Food Recommendation System



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01

Personalized Diet Choices for Wellness Goals



Personalized Diet Choices for Wellness Goals

Group G16

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Problem Statement

Problem Statement



People often lack guidance when choosing foods aligned with their health goals (weight loss, muscle gain, skin health, mood).



Our system provides AI-powered personalized food recommendations to support healthier decisions.

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Objectives & Goals

Objectives & Goals

- 1 Build a recommendation engine using nutritional data
- 2 Help users achieve specific health outcomes
- 3 Visualize nutrient profiles for informed choices





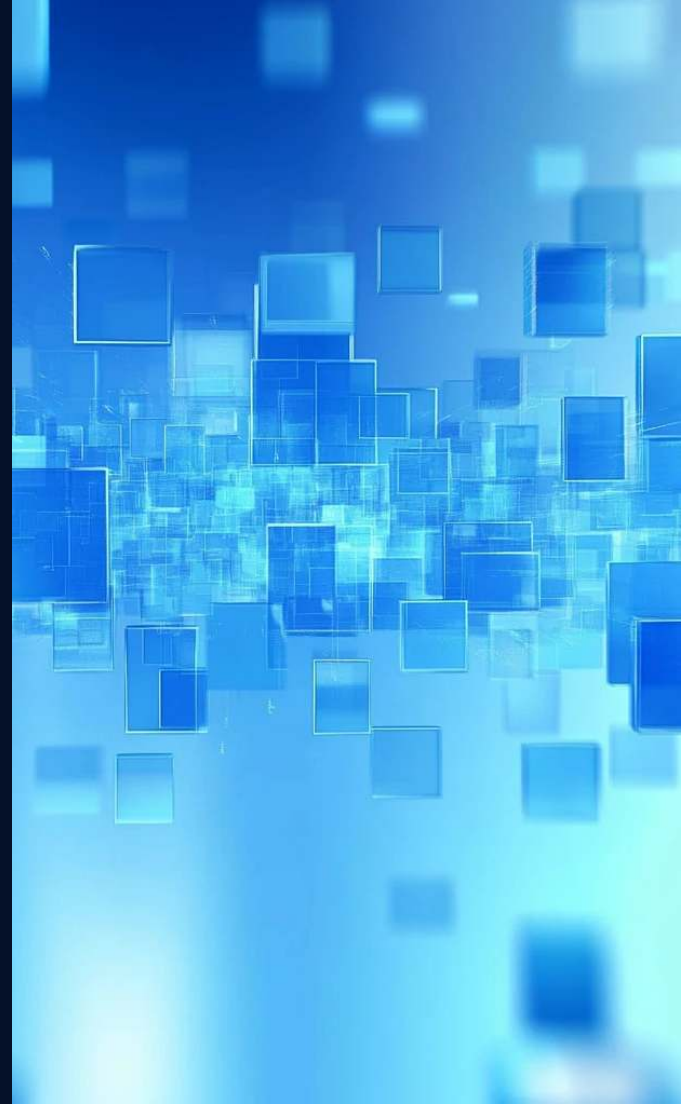
04

System Architecture

System Architecture

User Inputs → Streamlit UI → Recommendation Logic ↔ Nutrient
Dataset → Food Recommendations + Visuals

(Architecture diagram to be added visually)



A low-angle, upward-looking shot of a modern building's exterior. The building features a grid of windows and several prominent, curved balconies or overhangs that create a sense of depth and architectural complexity. The lighting is soft, highlighting the textures of the building materials.

05

Key Features

Key Features

1

Select goal: weight loss, muscle gain, etc.

2

Input age, gender, activity level

3

Rule-based recommendation logic

4

Nutrient visualizations (bar/pie charts)

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Screenshots & Demo

Screenshots & Demo

Screenshots of:



Input Form



Recommended Foods



Visualization Charts

(Demo screenshots to be inserted here)

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Conclusion & Future Work



Conclusion & Future Work

- 1 Project demonstrates personalized nutrition using AI
- 2 Enhancements: ML integration, food intake tracking, real-time APIs
- 3 System is scalable for future wellness platforms



Thank You