Comprehensive Report on Developing a Food Recognition and Calorie Estimation Model

Calorie estimates are based on average servings from aggregated sources. Below is a table of average calories per serving for each class, compiled from nutritional databases. Serving sizes are standardized where possible (e.g., 1 piece, 1 cup, 3 oz). These values acknowledge variability; for precision, integrate portion estimation (e.g., via object detection) in future work.

Food	Serving Size	Calories (kcal)
apple_pie	1 piece (113 g)	300
baby_back_ribs	3 oz (85 g)	250
baklava	1 piece (68 g)	290
beef_carpaccio	3 oz (85 g)	150
beef_tartare	3 oz (85 g)	200
beet_salad	1 cup (170 g)	75
beignets	1 piece (28 g)	95
bisque	1 cup (245 g)	200
bread_pudding	1/2 cup (113 g)	150
breakfast_burrito	1 piece (150 g)	350
bruschetta	1 slice (30 g)	80
caesar_salad	1 cup (100 g)	160
cannoli	1 piece (60 g)	200
caprese_salad	1 cup (150 g)	220
carrot_cake	1 piece (60 g)	250

Food	Serving Size	Calories (kcal)
ceviche	1 cup (200 g)	200
cheesecake	1 piece (100 g)	350
cheese_plate	1 oz (28 g)	100
chicken_curry	1 cup (240 g)	300
chicken_quesadilla	1 piece (150 g)	400
chicken_wings	6 pieces (192 g)	430
chocolate_cake	1 piece (60 g)	250
chocolate_mousse	1/2 cup (100 g)	250
churros	1 piece (30 g)	150
clam_chowder	1 cup (245 g)	110
club_sandwich	1 piece (150 g)	500
crab_cakes	2 pieces (100 g)	220
creme_brulee	1/2 cup (100 g)	400
croque_madame	1 piece (200 g)	500
cup_cakes	1 piece (60 g)	250
deviled_eggs	1 piece (50 g)	80
donuts	1 piece (52 g)	200
dumplings	5 pieces (100 g)	200
edamame	1 cup (155 g)	190
eggs_benedict	1 piece (150 g)	300
escargots	6 pieces (90 g)	140
falafel	1 cup (100 g)	350

Food	Serving Size	Calories (kcal)
filet_mignon	3 oz (85 g)	180
fish_and_chips	1 serving (200 g)	500
foie_gras	1 oz (28 g)	100
french_fries	10 strips (100 g)	300
french_onion_soup	1 cup (245 g)	110
french_toast	2 slices (120 g)	200
fried_calamari	1 cup (140 g)	350
fried_rice	1 cup (198 g)	240
frozen_yogurt	1/2 cup (67 g)	100
garlic_bread	1 slice (30 g)	150
gnocchi	1 cup (140 g)	130
greek_salad	1 cup (200 g)	200
grilled_cheese_sandwich	1 piece (100 g)	350
grilled_salmon	3 oz (85 g)	180
guacamole	1/4 cup (60 g)	120
gyoza	5 pieces (100 g)	200
hamburger	1 patty (113 g)	250
hot_and_sour_soup	1 cup (240 g)	100
hot_dog	1 piece (100 g)	250
huevos_rancheros	1 piece (200 g)	400
hummus	2 tbsp (30 g)	60
ice_cream	1/2 cup (66 g)	140

Food	Serving Size	Calories (kcal)
lasagna	1 cup (250 g)	400
lobster_bisque	1 cup (245 g)	200
lobster_roll_sandwich	1 piece (150 g)	400
macaroni_and_cheese	1 cup (245 g)	400
macarons	2 pieces (30 g)	150
miso_soup	1 cup (240 g)	50
mussels	1 cup (160 g)	160
nachos	1 serving (200 g)	500
omelette	1 piece (150 g)	200
onion_rings	10 rings (60 g)	244
oysters	6 pieces (84 g)	80
pad_thai	1 cup (200 g)	400
paella	1 cup (250 g)	400
pancakes	2 pieces (120 g)	200
panna_cotta	1/2 cup (100 g)	250
peking_duck	3 oz (85 g)	200
pho	1 bowl (500 g)	300
pizza	1 slice (100 g)	250
pork_chop	3 oz (85 g)	200
poutine	1 serving (200 g)	500
prime_rib	3 oz (85 g)	250
pulled_pork_sandwich	1 piece (150 g)	400

Food	Serving Size	Calories (kcal)
ramen	1 bowl (400 g)	400
ravioli	1 cup (250 g)	300
red_velvet_cake	1 piece (60 g)	300
risotto	1 cup (195 g)	200
samosa	1 piece (100 g)	300
sashimi	3 oz (85 g)	100
scallops	3 oz (85 g)	100
seaweed_salad	1 cup (100 g)	50
shrimp_and_grits	1 cup (200 g)	300
spaghetti_bolognese	1 cup (250 g)	400
spaghetti_carbonara	1 cup (250 g)	500
spring_rolls	2 pieces (100 g)	200
steak	3 oz (85 g)	200
strawberry_shortcake	1 piece (100 g)	300
sushi	1 piece (30 g)	50
tacos	2 pieces (150 g)	300
takoyaki	6 pieces (100 g)	200
tuna_tartare	3 oz (85 g)	150
waffles	2 pieces (100 g)	200