2024 IEEE International Conference on Contemporary Computing and Communications (InC4)

Precision Nutrition through Smart Wearable Technology Tailored Solutions for Personalized Health Enhancement

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2024 IEEE International Conference on Contemporary Computing and Communications (InC4) | 979-8-3503-8365-2/24/$31.00 ©2024 IEEE | DOI: 10.1109/INC460750.2024.10649111

Abstract— **The increasing prevalence of obesity and sedentary lifestyles has become a pressing global health issue, prompting the need for effective interventions to promote healthier habits. In response, there has been a growing emphasis on utilizing technology-driven approaches, as demonstrated by the introduction of the NutriWear system. This innovative system aims to provide personalized recommendations for dietary plans by analysing data from smartwatches and pathological insights. Through the integration of wearable devices, web application, and data storage, NutriWear offers tailored guidance and insights to improve overall health and well-being. Employing various machine learning algorithms such as Random Forest, Decision Tree, Gaussian Naïve Bayes, K-Means Clustering, and K-Nearest Neighbors, the system initially assesses their accuracy in generating precise and individualized dietary recommendations. Subsequently, based on the evaluation, NutriWear selects K-Nearest Neighbors (KNN) for its superior accuracy performance. By implementing KNN, the system ensures optimal health outcomes and addresses the challenges of obesity and sedentary lifestyles. Evaluation measures demonstrate the effectiveness of NutriWear in offering personalized dietary suggestions. In summary, NutriWear represents a notable advancement in personalized health management, providing practical strategies for enhancing health outcomes and addressing the challenges of obesity and sedentary lifestyles.**

Keywords*—— *Diet Recommendation, KNN Algorithm, Smart Wearable Technology.

I. INTRODUCTION

In recent years, the escalating prevalence of obesity and sedentary habits has presented a significant global health crisis. The detrimental effects of these lifestyle choices on overall health and the rising incidence of chronic ailments underscore the urgent need for effective interventions to promote healthier behaviors. In response to this pressing need, there has been a notable shift towards technology-driven strategies among researchers and healthcare practitioners. This paper introduces the NutriWear system, an innovative platform designed to provide personalized recommendations for dietary plans by leveraging users' smartwatch data and pathological insights.

The NutriWear system offers a comprehensive approach to personalized health management, focusing on dietary recommendations based on users' individual needs and preferences. By harnessing smartwatch data and pathological insights, NutriWear provides users with tailored recommendations for food choices, emphasizing nutritional content and health benefits. Through its extensive database of food items, NutriWear offers detailed information including food names, images, categories, calories, fat, protein, carbohydrate, and recipes.

The integration of such detailed nutritional information empowers users to make informed decisions about their dietary habits, facilitating the adoption of healthier eating patterns and the achievement of health goals. By leveraging technology to deliver personalized recommendations, NutriWear aims to improve public health outcomes and address the challenges of obesity and sedentary lifestyles.

II. LITERATURE REVIEW

Madhira et al. [1] studied a system that recommends a personalized diet plan. It suggests a diet plan based on an individual's physical activity. The system utilizes the K Means to classify information into three divisions: breakfast, lunch, and dinner. It also uses the Random Forest algorithm. The system considers factors like gender, age, weight, and BMI and according to these readings, it suggests appropriate food choices and calorie intake depending on user's goal.

Gouthami et al. [2] proposed a personalized diet recommendation system. The system utilizes BMI to suggest suitable nutrition food options. The system uses data mining tools, decision tree learning algorithm, and recommendation algorithms like Knapsack and TOPSIS for diet recommendations.

Yera et al. [3] The case study involved 100 users asking them to provide their nutritional information, preferences, and food choices for a week. The system was then used to generate personalized recommendations for users. This case study demonstrated that the results had the nutritional content as well as aligned with the user's preference.

Türkmenoğlu et al. [4] The paper begins by reviewing the literature on meal planning and optimization. It then describes the proposed approach in detail. The approach is evaluated using a case study involving 100 users. The paper shows the approach and the future research directions. One limitation of the approach is that it requires a large amount of data on food items, nutritional requirements, and user preferences. Another limitation is that the approach cannot consider the user's current dietary restrictions.

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S. Abhari et al. [5] analyzed 25 studies sourced from multiple databases. The findings indicate that diet recommendation systems commonly utilize hybrid systems. The studies also highlighted the utilization of rule-based and ontology techniques. The researchers observed a strong focus on the potential of diet recommendation systems in improving nutrition and fostering a healthier way of life.

Muhib Anwar Lambay et al. [6] presented a framework that integrates big data analysis, natural language processing (NLP) concepts, and machine learning (ML) to give personalized diet recommendations. Comprising three layers for coordinating recommendation methods, and the application layer serving as the interface users can conveniently access food recommendations through this structured framework.

Raksha Pawar et al. [7] presented a personalized diet recommendation system that places emphasis on individual nutrition plans by incorporating users' health-related data. The system offers tailored dietary recommendations based on various factors, including height, weight, nutritional deficiencies, and chronic diseases. Data collection is accomplished through web scraping, followed by data processing. Ultimately, the system generates recommendations utilizing the K-Nearest Neighbors (KNN) algorithm.

Jinyu Xie et al. [8] assessed the recommender system's performance through a simulation study involving 30 virtual subjects with T1D. This research helps in glycaemic control compared to two self-management approaches. The recommender system also demonstrated efficacy in decreasing the occurrences of hypoglycaemia events during and post-exercise. Technological innovation in the research lies in the use of a model-based recommender system that predicts blood glucose levels and suggests optimal meal sizes to minimize clinical risks within specific constraints. Implemented as a software tool, the recommender system offers a practical solution for patients with T1D to enhance their clinical outcomes.

Ahmadian et al. [9] proposed a novel system that takes the health and nutrition of foods. The system then combines these predictions to recommend a list of healthy foods to the user. The system was evaluated on a dataset of food ratings from Amazon. The system could also generate recommendations that were more aligned with the user's health goals.

F. Rehman et al. [10] presented a system that addresses the issue of selecting a proper diet to fulfil a patient's nutritional requirements. Diet-Right utilizes a cloud-based approach, and pathological reports are used to generate optimal food recommendations. The experimental results demonstrate that parallel execution on the cloud reduces convergence time by approximately 12 times compared to single-node execution. Additionally, increasing the number of ants leads to improved accuracy. The paper introduces the Ant Colony Optimization (ACO) technique as a variant for food recommendation.

Ainsley Cardozo et al. [11] created a recommendation system to provide personalized meal suggestions aligned with individual nutritional knowledge. The paper introduces a comprehensive framework for daily food plan options and utilizes K-means clustering and Random Forest classification methods. The system considers various factors to tailor recommendations to the user's specific needs. The implementation incorporates tools and technologies such as Pandas, NumPy, Flask, Joblib, and machine learning algorithms. The dataset is processed using the K-Means algorithm to form clusters based on calorie content, and Random Forest classifiers are trained for specific functions, including weight loss, weight gain, and healthy recommendations.

S. Manoharan et al. [12] presented a system for offering personalized diet suggestion to people on basis of their health. It introduces a recommendation system integrating deep learning classifiers and incorporating the K-clique algorithm to enhance precision and accuracy. The study aims to automatically suggest suitable foods for patients, considering factors such as health conditions, sugar level, etc. The system utilizes a dataset containing information from patients with various diseases and a set of 1000 food products, each described by eight features.

III. PROPOSED SYSTEM

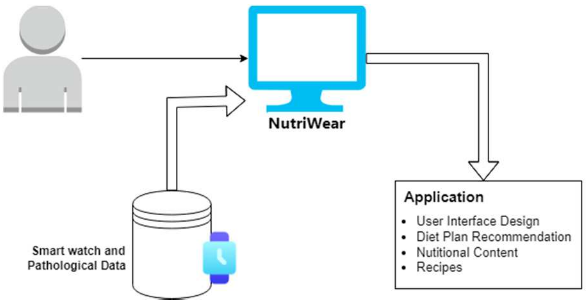

Figure 1: Proposed System

NutriWear, our proposed system, revolutionizes the way individuals approach nutrition and dietary planning by harnessing the power of personalized data. By seamlessly integrating information such as age, height, weight, step count, and dietary preferences provided by people, NutriWear tailors its recommendations to suit each individual's specific needs and goals. Using the K-Nearest Neighbors (KNN) algorithm, NutriWear analyzes user profiles alongside data collected from smartwatches to identify the most suitable food options. These recommendations, comprising detailed nutritional information and recipes, empower users to make informed choices about their diet, promoting healthier eating habits and facilitating progress towards their wellness objectives.

NutriWear's functionality lies in its user-centric design, which prioritizes personalization and relevance. By leveraging KNN's ability to identify patterns and similarities in user data, NutriWear ensures that its recommendations are accurate and tailored to each individual's unique circumstances. Whether users strive for weight loss, weight gain, or simply a balanced diet, NutriWear provides comprehensive guidance that aligns with their dietary preferences and goals. Through NutriWear, users embark on a journey towards improved health and well-being, empowered by personalized dietary recommendations catering to their needs and preferences. NutriWear also provides recipes to the users.

IV. METHODOLOGY

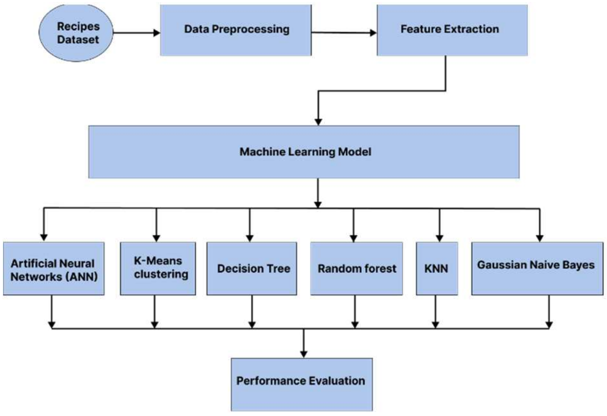

Figure 2: Architecture for Diet Plan Recommendation

The above diagram shows the step to get the best model for the diet plan recommendation to the user. In the diagram comparison of various algorithm is done.

1) Recipes Dataset:

Instances: The recipes dataset comprises 522,517 recipes spanning across 312 distinct categories. Each entry in this dataset offers comprehensive details about the recipes, including cooking times, servings, ingredients, nutritional content, preparation instructions, and additional relevant information.

The parameter which we have used to calculate success of a model are as follows.

1.) $Accuracy = \frac{(TP+TN)}{TP+TN+FP+FN}$

2.) $Precision = \frac{TP}{(TP+FP)}$

3.) $Recall = \frac{TP}{(TP+FN)}$

4.) $F1Score = \frac{2 \times (P \times R)}{P-R}$

B. Data Acquisition and Integration

Data acquisition and integration encompass essential steps in preparing the dataset for analysis and model training. Initially, the "Food.com - Recipes and Reviews" dataset was fetched using the Kaggle API, which contains diverse information about recipes and user reviews. Following this, the code conducts data preprocessing, addressing missing values and converting data types where necessary. Subsequently, it focuses on extracting relevant columns related to nutritional information and recipe details, filtering out unnecessary ones to create a cohesive dataset tailored for the recommendation system's requirements. Feature engineering is also performed to derive useful features like Body Mass Index (BMI), enhancing the dataset's richness. Finally, data transformation standardizes numerical features using StandardScaler to ensure consistent scales, crucial for subsequent machine learning model training. This comprehensive approach ensures the dataset's readiness for analysis, facilitating accurate dietary recommendations based on user preferences and nutritional needs.

C. Feature Engineering

Feature engineering is a crucial step in building the recommendation system, where we carefully select and extract relevant features from the dataset to enhance the model's performance. In this process, we identify essential nutritional characteristics and ingredients from the recipe data, ensuring that only pertinent information is retained for analysis. Additionally, we employ techniques to clean and preprocess textual data, such as recipe instructions and keywords, to facilitate accurate model training. By filtering recipes based on specific criteria, such as nutritional values and ingredient preferences, we refine the dataset to include only the most relevant information for generating personalized food recommendations.

1) Random Forest:

Random Forest is an ensemble learning method renowned for its efficacy in blending predictions from multiple decision trees to bolster accuracy and resilience. In this approach, each tree within the ensemble undergoes training on a unique random subset of both the dataset and features, effectively reducing the likelihood of overfitting while simultaneously ensuring that the trees remain uncorrelated. The final prediction of the Random Forest is typically made by averaging the predictions of all the trees. In diet plan recommendation systems, Random Forest can analyze individuals' dietary preferences, health metrics, and nutritional goals to suggest personalized meal plans. By training on a dataset containing features such as age, weight, dietary restrictions, and fitness objectives, the algorithm can predict suitable meal options and portion sizes tailored to each user's unique characteristics and goals.

2) Artificial Neural Networks (ANN):

Artificial Neural Networks (ANNs) emulate the structure and functions of the human brain, comprising layers of interconnected nodes known as neurons. These neurons receive inputs, undergo transformations using weighted connections and biases, and propagate results to subsequent layers. Through iterative training, ANNs can discern complex patterns and relationships within data by adjusting weights and biases to minimize a predefined loss function. In diet planning, ANN models can be utilized by processing large datasets containing information about users' dietary habits, lifestyle choices, and health conditions. By training on such data, ANNs can learn to predict personalized meal plans that align with users' nutritional needs and preferences.

3) K-Means Clustering:

K-Means is a frequently utilized unsupervised learning algorithm employed to group similar data points into distinct clusters or sets. Through an iterative process, the algorithm divides the dataset into K clusters by assigning each data point to the nearest cluster center and updating these centers based on the average position of the assigned points. By striving to minimize intra-cluster variance, K-Means facilitates the creation of homogeneous clusters that are well-separated from each other. In diet planning, K-Means clustering can aid by grouping individuals with similar dietary preferences and nutritional requirements into clusters. By segmenting users based on features such as dietary habits, health metrics, and fitness goals, K-Means can help recommend personalized food options that cater to the specific requirements of each cluster, facilitating more targeted and effective dietary recommendations.

4) Decision Tree:

Decision Trees represent adaptable and interpretable tools in machine learning, employing a recursive mechanism to divide data based on feature attributes to predict outcomes. Within this hierarchical structure, each internal node signifies a decision determined by a feature, while each leaf node corresponds to a class label or numerical value. These models excel in handling both classification and regression tasks, providing valuable insights into the relevance of different features present in the dataset. Decision Trees can contribute to diet planning by identifying the most relevant features and decision points for personalized meal planning. By analyzing factors such as dietary preferences, lifestyle habits, and health conditions, Decision Trees can generate decision rules to recommend suitable meal options and portion sizes tailored to each individual's unique requirements and objectives.

5) K-Nearest Neighbors (KNN):

K-Nearest Neighbors (KNN) is an uncomplicated yet intuitive classification approach that categorizes novel data points by evaluating the prevailing class among their K nearest neighbors within the feature space. Notably, KNN operates without necessitating explicit training, leveraging stored information from the complete training dataset to derive predictions based on proximity-based comparisons. The choice of K determines the smoothness of the decision boundary, with smaller values leading to more complex boundaries. In diet planning, KNN can assist by recommending meal options based on the similarity of users' dietary profiles. By considering the dietary preferences and nutritional needs of individuals in the vicinity of a target user in the feature space, KNN can suggest meal plans that are likely to align with the user's tastes and requirements, offering personalized recommendations for improved dietary adherence and satisfaction.

6) Gaussian Naïve Bayes (NB):

Gaussian Naive Bayes operates as a probabilistic classifier, deriving from Bayes' theorem and the simplified feature independence assumption. Despite its simplicity, Gaussian NB is often effective in practice, especially for text classification tasks. It models the conditional probability of each class given the feature values as Gaussian distributions, allowing for efficient and straightforward classification. Gaussian Naive Bayes can be supported in diet plan recommendation systems by classifying users into dietary categories based on their feature vectors. By modeling the conditional probability of different dietary preferences given the observed features, Gaussian NB can assign users to appropriate dietary groups and recommend meal plans tailored to each category's nutritional guidelines and recommendations, facilitating personalized dietary guidance and support.

The methodology for recommending personalized meals based on caloric and nutrient requirements through smart wearable technology involves several key steps. Firstly, the system calculates the individual user's required daily calories and nutrient intake, considering factors such as age, height, weight, and daily steps count. This forms the baseline for determining the nutritional goals.

Next, the system computes the Euclidean distance between the nutritional composition of meals available and the user's requirements. This involves comparing each meal's calories, carbohydrates, proteins, and fats to the corresponding recommended values for the user. The Euclidean distance formula considers these variations to gauge the resemblance between meals and the user's dietary requirements.

D. Diet Plan Recommendation System

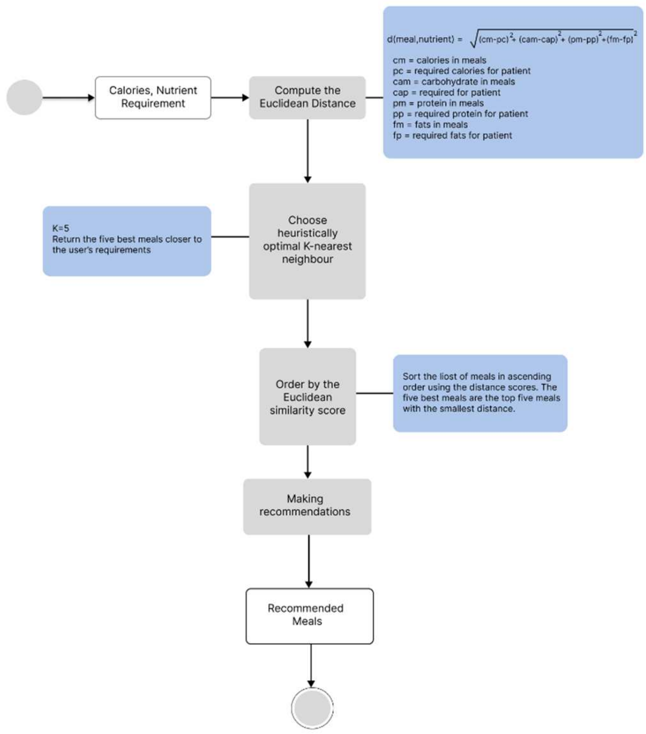

Figure 3: KNN Algorithm for Diet Recommendation

Following the calculation of distances, the system proceeds to select the optimal number of nearest neighbors, typically set to five in this case. These neighbors indicate the meals that closely match the user's nutritional requirements, as determined by their proximity in the calculated distances. The system efficiently selects relevant meal options by choosing a heuristic approach, such as the K-nearest neighbor algorithm with K=5.

After identifying the nearest neighbors, the system arranges them according to their Euclidean similarity scores. Organizing the meals in ascending order of distance enables the system to highlight the most appropriate options. Subsequently, the system suggests the top five meals with the lowest distances to the user, tailored to their nutritional requirements.

Finally, the system presents the recommended meals to the user, providing clear and concise information about each option. Users can review the nutritional content of the suggested meals and make informed decisions about their dietary choices. By leveraging smart wearable technology, this methodology offers tailored solutions for personalized health enhancement, promoting better nutrition and overall well-being.

V. RESULTS AND ANALYSIS

After thoroughly evaluating multiple machine learning algorithms to determine their efficacy in generating personalized dietary recommendations, KNN emerged as the most accurate and suitable choice. NutriWear, our innovative system aimed at personalized health management, opted for

KNN due to its superior performance in providing precise and individualized suggestions for dietary plans. By leveraging the accuracy and efficiency of KNN, NutriWear addresses the challenges posed by the rising prevalence of obesity and sedentary lifestyles, offering tailored guidance to promote healthier habits and improve overall well-being.

```
Accuracy: 0.92
Precision: [0.48       0.89215686 1.        ]
Recall: [1.         0.94791667 0.        ]
F1 Score: 0.9191919191919192
ROC AUC Score: 0.921073717948718
Confusion Matrix:
 [[93 11]
 [ 5 91]]
```

Figure 4: Random Forest

```
Accuracy: 0.835
Precision: [0.48       0.78378378 1.        ]
Recall: [1.      0.90625 0.     ]
F1 Score: 0.8405797101449275
ROC AUC Score: 0.8377403846153846
Confusion Matrix:
 [[80 24]
 [ 9 87]]
```

Figure 5: Decision Tree Classifier

```
Accuracy: 0.865
Precision: [0.48      0.8556701 1.       ]
Recall: [1.         0.86458333 0.        ]
F1 Score: 0.8601036269430052
ROC AUC Score: 0.8649839743589745
Confusion Matrix:
 [[90 14]
 [13 83]]
```

Figure 6: Gaussian Naïve Bayes

```
Accuracy: 0.875
Precision: [0.85714286 0.88888889]
Recall: [0.85714286 0.88888889]
F1 Score: 0.875
ROC AUC Score: 0.873015873015873
Confusion Matrix:
 [[6 1]
 [1 8]]
```

Figure 7: K-means Clustering

```
Accuracy: 0.945
Precision: [0.48       0.92929293 1.        ]
Recall: [1.         0.95833333 0.        ]
F1 Score: 0.9435897435897437
ROC AUC Score: 0.9455128205128206
Confusion Matrix:
 [[97  7]
 [ 4 92]]
```

Figure 8: KNN

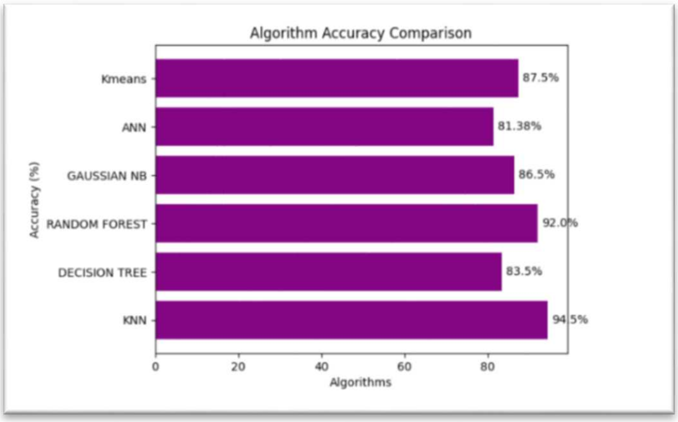

Figure 9: Comparison of Algorithms.

With KNN as the chosen algorithm, NutriWear ensures optimal health outcomes by analyzing user data from smartwatches and pathological insights to deliver personalized dietary recommendations. By harnessing the power of technology-driven approaches, NutriWear integrates wearable devices, mobile apps, and cloud-based storage to offer tailored solutions for personalized health enhancement. Through this integration, NutriWear empowers users to make informed decisions about their dietary habits, providing insights and guidance that cater to individual needs and preferences. This approach facilitates progress towards wellness goals and contributes to the broader effort of combating the global health crisis associated with obesity and sedentary lifestyles.

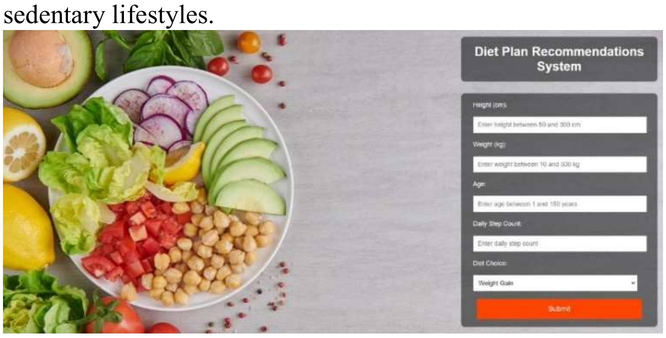

Figure 10: Diet Plan Recommendation System.

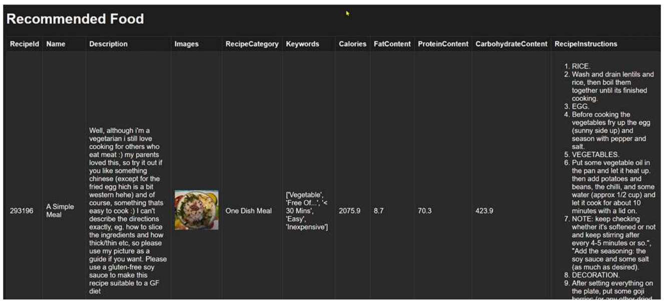

Figure 11: Output of the system.

VI. CONCLUSION

In conclusion, the NutriWear system represents a significant advancement in personalized health management, offering tailored dietary recommendations by integrating smart wearable technology and sophisticated machine learning algorithms. By harnessing the power of K-Nearest Neighbors (KNN) alongside user-provided data from smartwatches and pathological insights, NutriWear provides actionable strategies for individuals to enhance their dietary habits and overall well-being. Through meticulous evaluation, KNN emerged as the algorithm of choice for its unparalleled accuracy in catering to individualized health needs. With NutriWear, users embark on a journey towards improved health outcomes, empowered by personalized dietary recommendations that align with their unique nutritional requirements and goals. As we continue to innovate in the realm of personalized health enhancement, NutriWear stands as a beacon of progress, offering practical solutions to address the challenges of obesity and sedentary lifestyles in today's society.

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