Intelligent Personalized Nutrition Guidance System Using IoT and Machine Learning Algorithm

P. Santhuja
Assistant Professor, Department of Computer Science Engineering, CMR Technical Campus,
Hyderabad, Telangana, India
santhuja.pandu@gmail.com

Dr. Subramani Roy Choudri
Professor, Department of Computer Science and Engineering, Vardhaman College of Engineering,
Hyderabad, Telangana, India
roychoudri@gmail.com

S.Balaji
Assistant Professor, Department of Information Technology, Sri Shanmugha College of Engineering and Technology,
Salem, Tamil Nadu, India
balaji.s@shanmugha.edu.in

Dr. Elangovan Guruva Reddy
Associate Professor, Department of Artificial Intelligence and Data Science, Koneru Lakshmaiah Education Foundation,
Vaddeswaram, Andhra Pradesh, India
gurugovan@gmail.com

M. Muthulekshmi
Adjunct Professor, Department of Biomedical Engineering, Saveetha School of Engineering, Saveetha Institute of Medical and Technical Sciences, Saveetha University,
Chennai, Tamil Nadu, India
muthulekshmisrinivasan@gmail.com

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***Abstract*— Nowadays, dietary issues are increasing around the world. Numerous problems, such as weight gain, obesity, diabetes, etc., can arise from an unbalanced diet. By integrating image processing, the system can assess food images in new ways to provide personalized solutions for better eating habits. The system uses machine learning, IoT, and image processing techniques to evaluate food image data and extract useful information. IoT devices like smartphones or specialized cameras take images of food and send to the cloud for analysis. The Support Vector Machine (SVM) is a machine learning technique that is integrated with Internet of Things (IoT) technology in this study to propose a novel method for creating a system that uses personalized nutritional suggestions. The SVM algorithm is then used to analyze and analyze this data to find patterns, correlations, and individual dietary requirements. A cloud database is used to process and store all the data related to food consumption. The system analyzes food images and determines the nutrition and caloric content of the food using image processing and segmentation. The system takes up new abilities using an extensive collection of dietary records that have been labeled and include details about the sorts of foods, portion sizes, and nutritional value. The system can predict and identify users' nutritional needs, deficits, and personalized dietary objectives by using this trained SVM model to their nutritional data.**

Keywords—Nutrition Guidance, IoT, Machine Learning, Dietetics, SVM Algorithm

I. Introduction

A crucial and significant issue in health care is the monitoring of daily dietary consumption. Smart healthcare wearables or monitoring devices aim to maintain a healthy lifestyle that emphasizes tracking calories consumed and expended. It is as crucial to monitoring on calories consumed as it is to keep an eye on calories expended. The main goal of these monitoring systems is to correct nutritional imbalances, even if their main emphasis might vary from tracking weight loss to maintaining a healthy, balanced diet [1]. The method described in this study uses Internet of Things (IoT) technologies to track and control nutrition. The system gathers information from numerous IoT devices and sensors, including wearable technology and smart home appliances, to monitor a person's nutritional consumption and provide tailored suggestions. The authors suggest using a heterogeneous IoT platform, which facilitates the integration and interoperability of many devices and data sources. By using IoT technology, the system aims to enhance nutrition monitoring and encourage good eating habits [2]. The article discusses a women-specific healthcare system that uses Internet of Things (IoT) technologies for diet tracking. The approach tries to accommodate particular dietary requirements and women's health issues. It uses IoT devices and sensors to gather information on food intake, physical activity, and health factors. The system combines data analysis and machine learning algorithms to provide customers with individualized suggestions and feedback. The chapter strongly emphasizes the IoT-based healthcare system's security and privacy measures [3].

This study describes a future system that uses Internet of Things (IoT) technology to monitor and track dietary consumption in the comfort of one's home. The design aims to pool the knowledge and information of all the Internet of Things devices in a smart home. The method may learn about a person's eating patterns by evaluating data from sensors like smart appliances and wearables. The study stresses the significance of user-centered design and privacy issues while discussing the possible advantages and obstacles of establishing such a system [4]. This study describes a technique for employing innovative technology to keep tabs on a person's diet. The system uses many sensors and other devices to compile information on the user's eating and exercise habits. Its purpose is to encourage healthy eating by constantly tracking and analyzing a person's food intake. The article stresses integrating intelligent technologies into nutrition monitoring to provide reliable results [5].

This study describes an intelligent method for keeping track of food consumption. Data on food intake is collected and analyzed with the use of innovative nanoelectronics and IT systems. Its purpose is to keep tabs on users' eating habits and provide constructive criticism in real-time. The study explores the use of intelligent technology to encourage healthy eating habits and stresses its relevance [6]. The study proposes an IoT-based food monitoring and health advice system. The system collects food consumption and other statistics using IoT devices. The technology provides individualized health advice by analyzing data. The study explores the pros and cons of such a system, and IoT is changing nutritional monitoring and healthcare [7]. Intelligent nutrition monitoring using IoT technology is presented in the article. A heterogeneous IoT platform allows the system to integrate many devices and data sources. It uses IoT devices like wearables and innovative appliances to monitor an individual's diet and provide personalized suggestions. According to the study, IoT technology may enhance nutrition monitoring and encourage healthy eating [8].

II. LITERATURE REVIEW

Hydroponic nutrient control using IoT technology is presented in the paper. The system automatically automates and optimizes nutrition supply by combining sensors, actuators, and IoT devices. Remote monitoring and control are possible because of their real-time nutrition, temperature, and other data. The report highlights the efficiency, accuracy, and labor savings of implementing IoT technology in hydroponics [9]. The study describes a system that monitors food calorie consumption using RFID and the Internet of Things (IoT). Food products are tagged with RFID tags to measure calories. The system uses IoT devices and technology to monitor and analyze calorie consumption in real-time. The research shows that RFID and IoT can track food calories [10]. The study describes an intelligent monitoring system that measures and controls nutrient content, pH, and temperature in deep flow-cultivated vegetable leaves. The system's superior sensing and data processing algorithms provide real-time monitoring and feedback for plant growth optimization. According to the report, smart monitoring is crucial for hydroponic nutrient absorption and development [11].

Smart Diet Diary is a real-time food recognition smartphone app shown in the paper. Users may use their phones to take images of their meals, and the software utilizes image recognition algorithms to identify the item. Tracking diet and nutrition is easy with the app. The article shows the potential advantages of deploying such a mobile app to promote healthy eating habits and support balanced diets [12]. The technology described in the study uses a Raspberry Pi single-board computer to encourage seniors to eat healthily. The method emphasizes diet management and offers tools like meal planning, nutritional analysis, and medication reminders. To sustain the health and well-being of the senior population, the study emphasizes the significance of such a system [13].

The system described in this research monitors food contamination using Internet of Things (IoT) technologies. The technique combines sensors and smart algorithms to find and evaluate possible contaminants in food. It attempts to give real-time monitoring and alarms to maintain food safety and avoid consuming tainted food. To reduce health risks and guarantee food quality, the study underlines the significance of such a system [14]. The design of a diabetic patient in-home monitoring system using Internet of Things (IoT) technologies and sensors is presented in the study. By continually tracking a patient's health indicators and offering real-time feedback and support, the system hopes to help people with diabetes. The two case studies used in this article to explain the iterative learning process emphasize the difficulties and lessons discovered throughout the system's development [15].

III. PROPOSED SYSTEM

Personalized nutrition guidance for improving individual health outcomes is becoming more in demand as dietetics continues fast change. Cloud databases and other Internet of Things (IoT) devices monitor users' movements, height, weight, and food consumption in real-time. In addition, users' meals may be recorded by taking images using a camera. To analyze the food images that users provide, the system uses image processing methods. Methods like image processing, segmentation, and feature extraction all belong under this classification. The goal is to analyze food images and determine factors like portion size and food type.

The SVM algorithm uses a labeled dataset containing food intake data and images. The SVM model is trained to identify and predict nutritional information based on these collected features. The system can accurately predict the calories and other nutrients in unlabeled food images with this information. The trained SVM model is then used to determine the collected diet data, including data from image processing and other valuable data. The system determines patterns, correlations, and specific dietary requirements based on this information. Nutritional recommendations and guidance are developed based on an individual's tastes, goals, and dietary needs. Figure 1 shows a block diagram of the system.

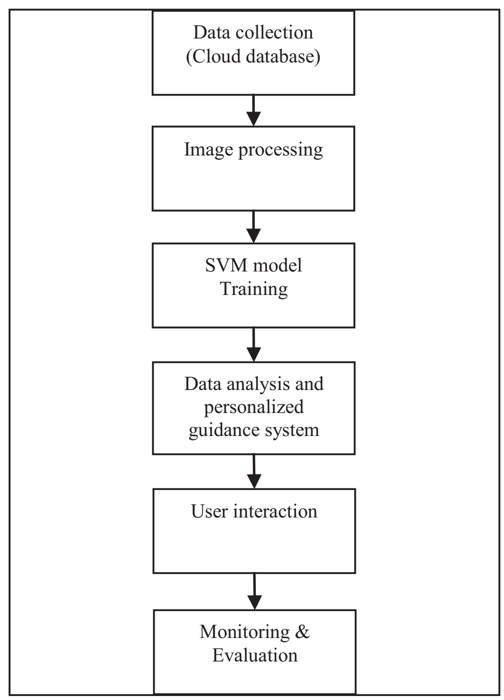

Fig. 1. Block diagram of the system

Users can interact with the system using this interface. The user may enter their preferences, establish objectives, monitor their progress, and offer feedback on the proposals provided. The system's direction may be improved, and user engagement can be increased with the help of this feedback loop. Using information collected from connected devices and human input, the system keeps a close eye that its users correctly follow nutritional guidelines. It monitors changes in body weight, body mass index, and physical activity levels to evaluate individualized healthy guidance works. The proposed approach enables precise nutritional analysis, tailored advice, and careful monitoring. Image processing allows a better analysis of user meals and improves the accuracy of the nutritional calculation in the system's individualized guidance.

A. Working model

Real-time information on users' activity routines, body measurements, and food intake is collected through Internet of Things devices such as cloud databases. Data acquired by IoT devices is sent on for further analysis and processing. Food images are processed using several image analysis methods to collect valuable data. It uses image processing methods to improve food images' resolution, contrast, and clarity. Segmentation methods can separate the food from the scene's background and other distractions. The foods' shape, color, texture, and size are only some of the visual traits extracted using feature extraction algorithms.

The system uses a labeled dataset, including images of foods and their related nutritional information. The SVM algorithm is trained on this dataset by utilizing the retrieved features from the food images as input and the nutritional information as the goal output. The SVM model is trained to categorize and predict food's nutritional content based on the observed characteristics.

Once the SVM model has been trained, it is applied to analyzing user-captured food images in near-real time. The system uses a trained support vector machine (SVM) model to perform food classification, nutrient estimation, and meal valuation tasks. User information (preferences, objectives, and dietary needs) is combined with the gathered dietary data to provide individualized nutritional recommendations and counseling. Food planning advice, portion sizes, macronutrient distribution, and other specifics may be included in the guidance.

The system has a user-friendly interface that encourages participation and allows for the upload of further data. User choices, goal setting (for weight reduction or muscle growth), progress monitoring, and recommended feedback are all considered. The system finds user input and adjusts the tailored assistance to improve the suggestions further. The system keeps track of the user's adherence to the dietary recommendations. Internet-of-Things technologies monitor users' physical activity, weight, and other vital statistics. Users' progress is tracked and compared to their objectives, and the system provides feedback to healthy users following individualized dietary suggestions.

The considering person, the system can better engage its users, give accurate and individualized nutrition advice, and monitor their progress toward their dietary objectives. They provide numerous advantages, such as increased user assistance, more accurate nutritional analysis, and efficient adherence monitoring.

B. Support Vector Machine (SVM) Model

The system often collects images of food, such as user-uploaded stored in the cloud or Internet-of-Things devices with cameras. For the SVM algorithm, these pictures are the raw material. A preprocessing step is performed to improve the quality and standardize the format of the collected food images. Maintaining consistency in the image data may require scaling, cropping, normalizing, reducing noise, and correcting colors. To train the SVM model, features are taken from the food images. Finding a hyperplane that optimally divides food types or isolates certain nutritional features is the goal of the Support Vector Machine (SVM) method. The features are fed into a support vector machine (SVM) model, which is trained using labels attached to the food pictures (such as food categories and nutritional qualities). The trained SVM model's accuracy, precision, recall, and F1 score are measured on a validation or test dataset.

The model may be optimized by adjusting hyperparameters, selecting suitable kernels, or using regularization methods to boost its performance and generalization skills. The SVM model must first be trained and verified to categorize new food images and do nutritional analysis. The model may predict a particular food picture's category or dietary qualities based on the learned patterns. Advice on nutrition, calorie count, serving size, and component identification may all be derived from this data. The SVM model may be regularly retrained on new food picture data to keep up with changing dietary preferences, improve accuracy, and add new categories or nutritional details. The SVM algorithm and image processing methods enable a Nutrition Guidance System to automatically analyze food images, provide immediate feedback on nutritional content, and guide consumers toward health options.

IV. RESULT AND DISCUSSION

Individual preferences, dietary limitations, health objectives, and real-time data acquired from IoT devices are all considered, providing nutrition recommendations unique to each user. User demands can be accommodated via individualized meal planning, portion management, and dietary consumption recommendations. The system can monitor dietary habits, find places for improvement, and educate people about the need for a healthy diet by using Internet of Things devices and machine learning algorithms. Users may improve their health by learning more about what goes into their diet, recognizing the nutritional value of standard items, and acting on that knowledge. Machine learning technologies, such as support vector machine (SVM), may make nutritional analysis faster and more accurate. Compared to human analysts, the system's ability to handle and analyze enormous data sets, categorize food items, estimate calorie content, and detect nutritional features is impressive. Incorporating Internet of Things devices dramatically enhances the system's ability to give real-time feedback and monitor dietary factors. Users may check their activity levels, get made to drink more water when they reach specific metrics, and so on.

The system may aid in habit adjustment by providing individualized suggestions and keeping checks on advancement toward nutritional goals. Users can be encouraged to adhere to their diets and get helpful feedback to maintain their progress. Leveraging the capabilities of the Internet of Things and machine learning, the system can help users' health in the future. Encouraging healthy eating, aiding in weight control, and enhancing the overall quality of one's food may play a role in warding off chronic illnesses. The system's success depends on building, data, algorithms, and the active users' participation. Continual system updates and improvements in response to user input and new findings in nutrition and machine learning have the potential to improve these outcomes further.

The dataset should include relevant details about food items, including their nutritional makeup and other features. Fruits, vegetables, meat, dairy products, drinks, snacks, and so on should all be included in the dataset. Every piece of food has to be labeled separately. Calories, macronutrients (protein, carbs, and fats), micronutrients (vitamins, minerals), and other essential nutritional properties should all be included in the dataset for every food item. They may learn this data from credible resources, including food composition databases, labels, and scientific analysis.

Each food item in the dataset should be accompanied by its serving size. This facilitates the determination of correct dietary values from given serving sizes. Each food item's compliance with various dietary criteria (such as vegetarian, vegan, or gluten-free) should be included in the dataset if the system is to accommodate those with special diets. Over a thousand pictures of food, including apples, oranges, chicken, ice cream, pizza, coca-cola, and more, were included in the collection. Table 1 displays the information about each class's training and test images.

TABLE I. TRAINING DATASET.

Sr. No.	Category	Training Set	Test Set	Total Instances
1	Apple	800	200	1000
2	Coca Cola	600	150	750
3	Chicken	400	100	500
4	Ice cream	500	125	625
5	Orange	700	175	875
6	French Fries	450	115	565
7	Salad	550	135	685
8	Watermelon	350	90	440
9	Pizza	600	150	750
10	Yogurt	450	110	560

Table 2 shows a real-world scenario, the real environment test that collects the actual data for Accuracy, Average Calories, and Actual Calories based on the system's performance.

TABLE II. REAL ENVIRONMENT TEST.

Item	Accuracy (%)	Average Calories	Actual Calories
Apple	92	52	50
Banana	85	96	90
Chicken Breast	78	154	160
Pasta	91	187	190
Salad	95	75	80
Fish	88	120	115
Pizza	80	285	300
Hamburger	0.79	450	480

The system's accuracy is measured by its capacity to detect and categorize food items correctly, provide individualized recommendations, and provide nutritional data. It may be quantified by quantifying the proportion of accurate predictions the system makes. This statistic evaluates the system's accuracy in calculating the healthy makeup of food products. It compares the system's predicted values for calories, macronutrients, and micronutrients with the actual values collected from trustworthy sources. It offers information on the system that satisfies their wants and preferences and if it enables them to make wise food choices. It is possible to assess the system's performance in offering tailored suggestions and advice based on unique dietary objectives, preferences, and limits.

This involves successfully monitoring the system's response to user input and modifying its suggestions appropriately. A study of the way the system has affected users' health outcomes may be included in the final findings. This can consist of monitoring food habits, nutritional consumption, weight control, or improvements in specific health indicators among users. Performance may be analyzed in terms of computational effectiveness, reaction time, and the system's capacity to scale to handle many users and data inputs. The quality of the dataset, the layout of the algorithms, the precision of the IoT devices, and the level of user participation all play a factor in the system's unique outcomes. Accurate and significant findings for the particular method must be obtained via accurate analysis and real-world data experiments.

V. CONCLUSION

The creation of the system can significantly improve nutritional choices and encourage healthier living. The device can measure nutritional consumption, make individualized recommendations, and provide real-time feedback using IoT and machine learning algorithms. The offering of a complete and accurate dataset that includes food items, their nutritional data, portion sizes, and user preferences is part of this. Effective food identification and nutritional estimate are made possible by applying the Support Vector Machine (SVM). The SVM model can be trained on a labeled dataset to enable reliable classification and prediction of the nutritional characteristics of various food products. A proposed method utilizes a Support Vector Machine for segmentation and classification to determine the number of calories and nutrients in a meal. The technique can provide long-term health advantages by guiding users in maintaining a healthy diet that is both balanced and nutritious. Improvements in weight control, a lower chance of developing chronic diseases like diabetes and heart disease, more energy, and better general health are among the situations.

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