NutriTrack - AI-Based Health Wellness System

ON

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Bachelor of Engineering

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This is to certify that project entitled

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Abstract

In recent years, personalized health and nutrition technologies have gained significant traction due to increasing awareness of fitness and well-being. This project presents an integrated platform that delivers personalized diet and fitness recommendations based on user-specific parameters such as age, height, weight, gender, activity level, health goals, and dietary preferences. The system combines multiple functionalities, including a diet planner, custom food recommendation engine, real-time dietary tracker, and fitness guidance module. The project explores and compares different machine learning models to enhance prediction accuracy of nutritional values. Models such as K-Nearest Neighbors (KNN), K-Means, Weighted Euclidean Distance, and Support Vector Regression (SVR) were evaluated using metrics like Mean Squared Error (MSE), Mean Absolute Error (MAE), and nutritional deviation percentages. Among these, **KNN demonstrated the most balanced and reliable performance**, making it the preferred model for accurate and personalized meal recommendations. This platform not only empowers users to make informed dietary decisions but also adapts intelligently through continuous tracking and feedback, offering a comprehensive solution for managing personal nutrition and fitness goals.

Keywords- **Personalized Diet Recommendation, Fitness Planning, Nutritional Tracking, K-Nearest Neighbors (KNN),Dietary Recommendation System**

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CHAPTER: 1

INTRODUCTION

Chapter 1

Introduction

1.1. Introduction

In today's fast-paced lifestyle, individuals often struggle to maintain a healthy diet and fitness regime tailored to their specific body requirements and goals. Generic dietary recommendations often fall short in catering to personalized needs, which may vary based on age, gender, activity levels, and health conditions. The integration of technology and machine learning offers a promising solution for generating accurate and personalized nutritional and fitness guidance.

This project presents a comprehensive system that offers personalized diet and workout recommendations based on individual health parameters. The system combines various components like calorie and BMI calculators, recipe suggestions based on nutritional values, allergen filtering, and a dynamic diet tracker. By analyzing user inputs and historical dietary patterns, the system continuously adapts its suggestions to align with user goals, such as weight loss, maintenance, or muscle gain.

1.2. Objectives

The primary objective of this project is to develop an integrated platform that offers personalized diet and fitness recommendations tailored to an individual's unique body metrics and health goals. The system is designed to compute user-specific nutritional requirements using BMI and maintenance calorie calculations. It aims to suggest appropriate meals and recipes aligned with the user's dietary preferences and fitness objectives. A crucial part of the system is the implementation of a diet tracker that records the user's food intake and uses that data to refine and adapt future recommendations. Additionally, the project focuses on building a custom food recommendation feature where users can input specific nutritional requirements, enforce or exclude certain ingredients, and receive personalized suggestions accordingly. Another key objective is to apply and evaluate various machine learning models to predict nutritional values accurately, with the goal of determining the most effective approach. Overall, the system seeks to enhance user health outcomes by promoting consistent, informed, and personalized dietary choices.

1.3. Motivation

The motivation for this project stems from the desire to build a solution that not only provides theoretical guidelines but also actively learns from a user's dietary habits to improve recommendations over time. With machine learning, especially models like KNN, this platform aims to bridge the gap between static meal planning and dynamic nutritional guidance—thereby empowering users to achieve their fitness goals with scientifically backed recommendations.

Furthermore, the flexibility to handle food allergies, specific nutritional needs, and health plans ensures that the platform is inclusive and widely applicable across different user groups.

1.4. Scope of the Work

The scope of this project revolves around the implementation of a machine learning–driven personalized diet and nutrition recommendation system. The process begins with the collection of essential user data such as age, gender, weight, height, activity level, and health goals. This information is used to calculate each user's Body Mass Index (BMI) and maintenance calories, which serve as the foundation for personalized meal planning. Following this, the system suggests recipes for each meal based on these metrics.

To achieve intelligent and accurate recommendations, multiple machine learning models were implemented and compared, including K-Nearest Neighbors (KNN), K-Means Clustering, Support Vector Regression (SVR), and a Weighted Euclidean Distance–based approach. The dataset used contains recipes with detailed nutritional information. The models were trained using this dataset to predict nutritional values and classify meals suited to specific goals like weight loss or maintenance. The KNN model was found to perform the best based on evaluation metrics such as Mean Squared Error (MSE), Mean Absolute Error (MAE), and deviation percentages across multiple nutrients.

In addition to prediction, the system also supports a custom food recommendation feature where users can input target nutritional values or specify allergens and ingredients to include or exclude. A diet tracker module stores the user’s dietary intake in a database and allows dynamic adjustment of future recommendations based on historical consumption patterns. This ensures adaptive learning and improves personalization over time. Visual elements like graphs and pie charts are integrated to show actual versus target calorie intake and the nutritional breakdown of daily meals. While this project is currently focused on diet and nutritional recommendation, it lays the groundwork for future expansion into integrated fitness and workout tracking.

CHAPTER: 2

LITERATURE SURVEY

Chapter 2

Literature Survey

2.1. Review of Literature Survey

1. **Mohammed Shaheel (2023) – Diet Recommendation System Using Machine Learning**

- **Problem Statement:** The paper focuses on creating a diet recommendation system using machine learning to help users make better food choices based on personal health data like age, weight, height, blood sugar, etc. It aims to support people who cannot afford a personal nutritionist by offering automated, personalized diet suggestions.
- **Models used and accuracies:**
    1. **K-Means Clustering** – Groups users with similar dietary needs.
    2. **Random Forest** – Predicts suitable food items using multiple decision trees.
    3. **Decision Tree** – Breaks down decisions based on health attributes.
    4. **Naive Bayes** – Uses probabilities to suggest food based on user data.
- **Dataset & Tools:**
    1. Uses USDA and Food.com nutritional datasets.
    2. Preprocessing includes normalization and encoding.
    3. Feature selection via Recursive Feature Elimination (RFE).
    4. Frontend built using Streamlit and FastAPI.

- **Conclusion:**
  The system provides accurate and personalized diet recommendations using a mix of machine learning models. It's especially useful for people without access to expert nutrition advice, promoting healthier eating habits through a user-friendly web interface.

  2. Personalized Diet Recommendation System Using Machine Learning - B.R, Praveen and Kumari, D. Navya Narayana and Manikanta, B. and Chandana, A. Phani and Aditya, Y. L.S

- **Problem Statement:** This research presents a system that offers personalized diet plans based on a user's physical attributes (age, gender, height, weight), daily routine, and preferences. The system aims to address poor eating habits and nutrition-related health issues by recommending complete meals (breakfast to dinner), along with nutritional breakdowns and preparation steps.

- **Models used and Accuracies:**
    1. **Nearest Neighbors with Cosine Similarity** – A content-based filtering model

that finds and recommends food items with similar nutritional profiles based on user input.
2. Tools: **FastAPI** (backend), **Streamlit** (frontend), and **Standard Scaler** (data normalization).

- **Datasets and Tools**
  1. Based on recipe and nutritional data from Food.com.
  2. Includes BMI calculations and caloric analysis.
  3. Recommender model built using brute-force cosine similarity for fast computation on small datasets.

- **Conclusion:** The system offers tailored food recommendations by combining nutritional science with machine learning. Users receive meal suggestions with full recipes, nutrient breakdowns, and visual feedback, encouraging healthier food choices and improved well-being. It emphasizes accessibility and user engagement, making it a practical tool for personalized dietary planning.

CHAPTER: 3

DESIGN AND IMPLEMENTATION

Chapter 3

Design and Implementation

3.1. Introduction

The design and implementation of the personalized diet and nutrition recommendation system are centered around creating an intuitive, responsive, and intelligent platform that seamlessly integrates a user-friendly frontend with a robust backend powered by machine learning models. The system is developed using React for the frontend and FastAPI for the backend to ensure efficient, scalable, and real-time communication between the user interface and the machine learning recommendation engine. The backend processes user inputs, computes personalized nutritional requirements, and returns tailored meal suggestions based on pre-trained machine learning models. These predictions are then rendered on the frontend, providing an engaging and interactive experience for users.

3.2. Requirement Gathering

The development of the integrated diet and fitness recommendation platform required a comprehensive understanding of both functional and non-functional requirements. Functionally, the system needed to support the collection of key user information such as age, gender, weight, height, activity level, number of meals per day, and specific weight loss goals. This information forms the basis for calculating essential health indicators like BMI and maintenance calories. Once the daily caloric requirement is estimated, the system dynamically distributes it across meals—such as breakfast, lunch, and dinner—based on standard calorie distribution percentages. The platform also had to offer personalized meal recommendations for each meal, allowing users to select from a set of recipes tailored to their nutritional targets. Additionally, a custom food recommendation module was necessary to allow users to input their own nutritional requirements, enforce inclusion of certain ingredients, and avoid recipes containing specific allergens.

On the non-functional side, the project prioritized performance and responsiveness. The backend was designed using FastAPI, chosen for its speed and efficiency in serving machine learning predictions and managing data requests. The frontend, developed using ReactJS, was required to be interactive and responsive to ensure a smooth user experience. Nutritional data for the recommendations and tracking modules were sourced from reliable external APIs or datasets, ensuring accuracy and comprehensiveness. A secure and structured database was implemented to persist user inputs and historical dietary records, supporting continuous feedback and improvement in future recommendations. Visualization tools were incorporated to help users better understand the relationship between their goals and actual intake, making the system not only functional but also informative and user-friendly.

3.3. Proposed Design

The proposed system follows a modular architecture that integrates multiple components to deliver a personalized diet and fitness recommendation experience. The frontend of the platform is developed using ReactJS and includes a dynamic form where users can input their personal and dietary details such as age, gender, height, weight, activity level, number of meals per day, and their preferred weight goal (e.g., mild loss, maintain). Once submitted, the data is sent to the backend server for processing. Depending on the selected number of meals—typically three in our implementation—the system distributes the total daily caloric requirement into specific percentages for breakfast, lunch, and dinner. The meal recommendations are then rendered dynamically on the frontend in a user-friendly interface.

The backend, built with FastAPI, receives the user input and computes vital metrics such as BMI and maintenance calories. Based on the weight loss goal selected by the user, a corresponding multiplier is applied (e.g., 0.8 for weight loss) to determine the adjusted daily caloric intake. This intake is divided across meals using the defined calorie distribution logic. The backend also leverages the selected machine learning model—K-Nearest Neighbors (KNN), chosen for its superior performance—to predict and recommend meals from a dataset that closely match the nutritional targets for each meal. A separate module handles custom food recommendations, allowing users to input their own nutritional constraints, include certain ingredients, and avoid allergens, ensuring that the system caters to unique dietary needs.

Several machine learning models were tested for recipe prediction, including KNN, K-Means, Weighted Euclidean Distance, and Support Vector Regression (SVR). Among these, KNN showed the best performance based on key evaluation metrics such as Mean Squared Error (MSE), Mean Absolute Error (MAE), and nutrient-wise deviation percentages, and was therefore selected for the final implementation. The prediction engine focuses on various nutritional parameters such as Calories, Fat, Saturated Fat, Cholesterol, Sodium, Carbohydrates, Fiber, Sugar, and Protein to generate accurate and health-aligned suggestions.

In addition to recommendation functionality, the system maintains a structured database that logs each user’s food intake. This historical data is instrumental in adapting future recommendations—for example, by reducing high-fat suggestions for users on a weight loss plan. Furthermore, the system generates visualizations such as bar graphs to compare target versus actual calorie intake and pie charts to provide a breakdown of daily nutritional values. This design ensures a scalable, adaptable platform that can be extended in the future to include fitness tracking, personalized workout suggestions, and an expanded recipe base.

3.4. Proposed Algorithm

- **KNN (with cosine similarity)**

KNN recommends recipes by computing Euclidean distances between a target nutritional vector (e.g., Calories, Protein) and each recipe’s 9 scaled nutritional features, selecting the k closest recipes without any training phase, and applies ingredient/allergy filters beforehand in your system; it was chosen for its simplicity, requiring no model training, effectiveness in direct nutritional matching for precise targets, scalability with small datasets, alignment with your MSE/MAE evaluation metrics, flexibility to incorporate user preferences like ingredient filters, and baseline performance (MSE: 51095.76 with cosine similarity), making it a robust starting point for recipe recommendations.

- **Weighted Euclidean Distance**

Weighted Euclidean Distance, a KNN variant, uses a custom metric (sqrt(sum(w_i * (x_i - y_i)^2))) to prioritize nutrients (e.g., Calories weight=2.0) when computing distances between the target and scaled recipe nutritional profiles, recommending the k nearest recipes after filtering; it was chosen to extend KNN's simplicity with tunable weights for emphasizing key nutrients like Calories and Protein (56.38%), improve control over high deviations (previously 76.07% for Calories), achieve better MSE (38406.71) than cosine similarity, maintain compatibility with your filtering logic, and allow user-driven nutrient prioritization for personalized recommendations.

- **K-Means Clustering**

K-Means clusters recipes into k groups (e.g., 50) based on their 9 nutritional features by minimizing within-cluster variance, then, for a target input, identifies the cluster with the closest centroid to the scaled target via Euclidean distance and recommends the top n recipes from that cluster; it was selected to enhance recommendation diversity by grouping similar recipes, improve computational efficiency by reducing the search space, operate without labeled data as an unsupervised method, suit nutritional similarity tasks when exact matches are scarce, complement KNN's direct approach, and address high deviations like Calories (76.07%) by focusing on grouped nutritional patterns.

- **Support Vector Regressor (SVR)**

SVR trains a separate regression model per nutrient (9 total) with an RBF kernel to predict nutritional values from TF-IDF encoded ingredients and numerical CookTime/PrepTime, then computes Euclidean distances between predicted recipe profiles and the target to recommend the closest k recipes; it was selected to model complex ingredient-nutrient relationships unlike KNN, leverage predictive power to potentially reduce Calories/Protein deviations, handle high-dimensional TF-IDF features robustly, complement K-Means' unsupervised approach with supervised learning, balance accuracy and computational cost for small datasets, and address noisy nutritional data with outlier resilience.

3.5. Hardware Requirements

- Processor: Intel Core i5/i7 (min 2.4 GHz)
- RAM: 8 GB or higher
- Storage: 100 GB HDD/SSD
- GPU: Optional (for faster training)

3.6. Software Requirements

- **OS:** Windows/Linux/macOS
- **Python 3.8+**
- **Jupyter Notebook**
- **Libraries:** pandas, numpy, matplotlib, seaborn, scikit-learn
- **IDE:** VS Code / Jupyter Lab

CHAPTER 4:

RESULTS AND DISCUSSION

Chapter 4

Results and Discussion

4.1. Dataset Description

The recipes dataset contains 522,517 recipes from 312 different categories. This dataset provides information about each recipe like cooking times, servings, ingredients, nutrition, instructions, and more.

Features:

RecipeId: A unique identifier for each recipe.

Name: The title or name of the recipe**CookTime** : The time required to cook the dish (excluding prep time), formatted in ISO 8601 duration (e.g., PT30M for 30 minutes).

PrepTime: The time required to prepare the ingredients before cooking, also in ISO 8601 format.

TotalTime: The total time taken for the recipe (CookTime + PrepTime), formatted in ISO 8601 duration.

RecipeIngredientParts: A list (or stringified list) of ingredients used in the recipe. **Calories**: The total caloric content of the dish (usually per serving), measured in kilocalories (kcal).

FatContent: The total fat content (in grams) per serving.

SaturatedFatContent: The amount of saturated fat in the recipe (in grams) per serving.

CholesterolContent: The amount of cholesterol in the dish (in milligrams) per serving.

SodiumContent: The sodium level in the recipe (in milligrams) per serving.

CarbohydrateContent: Total carbohydrate content (in grams) per serving.

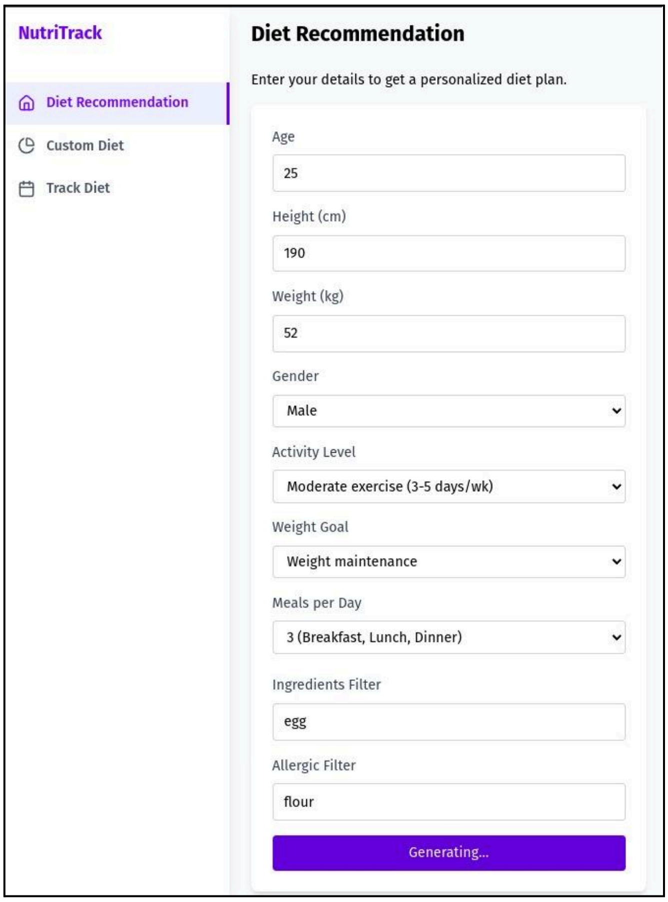
FiberContent: Dietary fiber content (in grams) per serving.

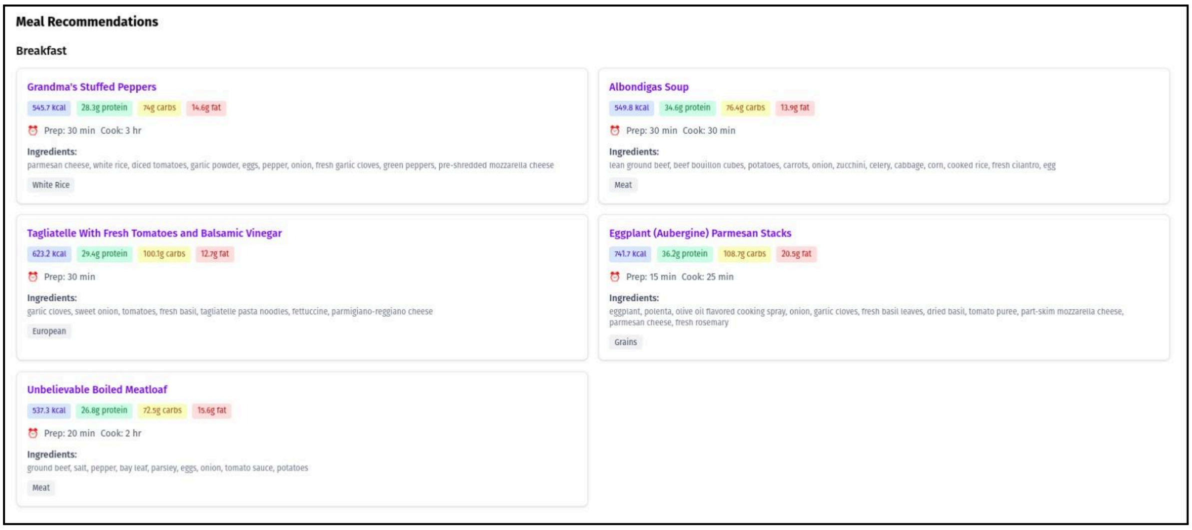
SugarContent: The amount of sugar in the dish (in grams) per serving.

ProteinContent: Protein content (in grams) per serving.

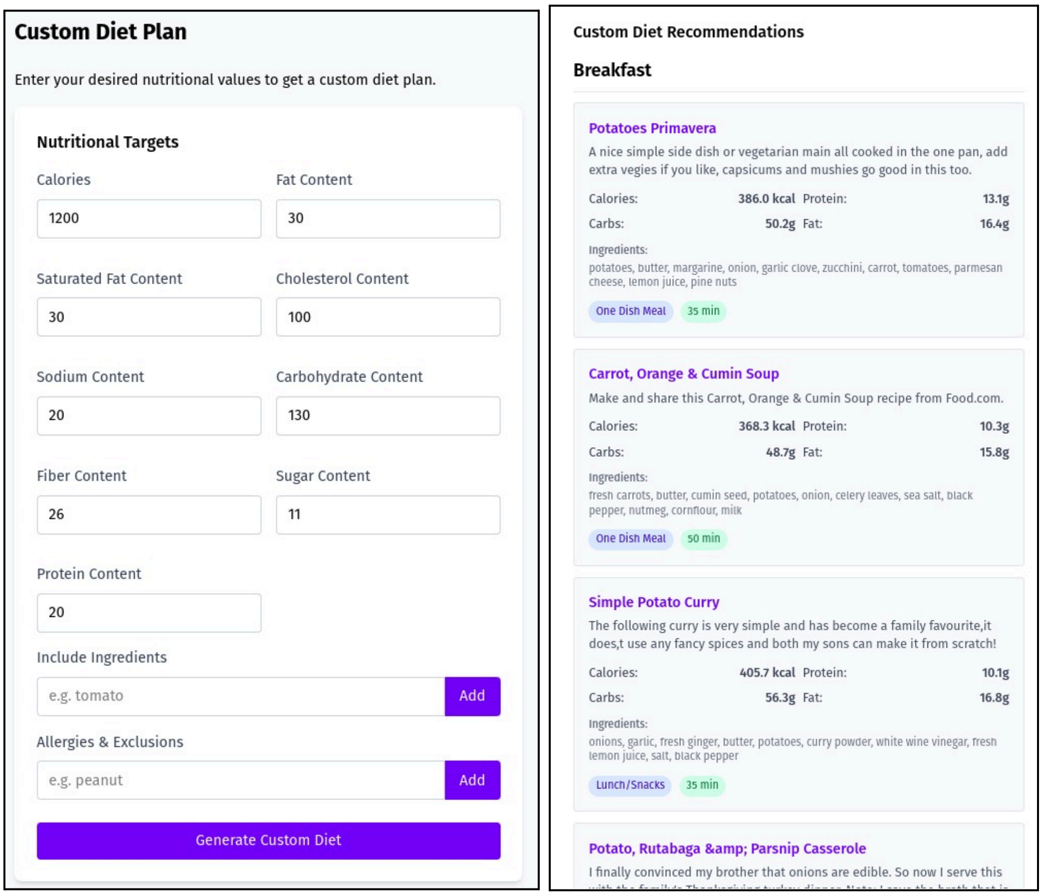
RecipeInstructions: A string or list of instructions describing how to prepare and cook the recipe, typically step-by-step.

4.2. Results of Implementation

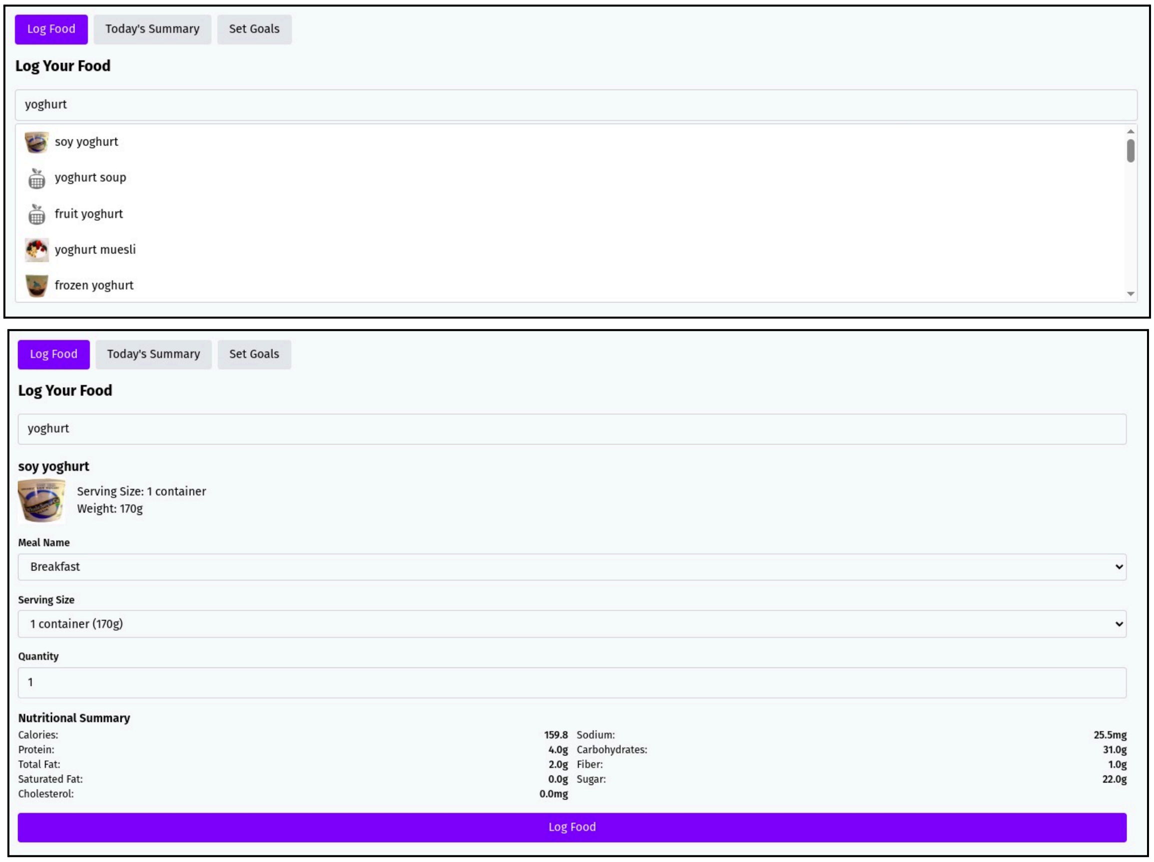




Meal recommendations based on user data



Custom diet recommendations based on user requirements



Custom Diet goals based on user intake

4.3. Result Analysis

Accuracies of Model:

1. **KNN (with cosine similarity)**

```
Evaluation Metrics for Breakfast:
MSE: 30517.99
MAE: 101.99
Deviation Percentages (%):
  Calories: 24.01%
  FatContent: 30.20%
  SaturatedFatContent: 30.50%
  CholesterolContent: 49.94%
  SodiumContent: 21.27%
  CarbohydrateContent: 66.75%
  FiberContent: 53.67%
  SugarContent: 46.50%
  ProteinContent: 54.74%
```

KNN is a supervised learning algorithm that makes predictions based on the average nutritional values of the 'K' most similar data points. It is simple, interpretable, and effective for regression tasks where patterns are locally grouped. KNN yielded a Mean Squared Error (MSE) of 30517.99 and Mean Absolute Error (MAE) of 101.99, reflecting moderate error in prediction. The deviation percentages across nutrients like Calories (24.01%), Sodium (21.27%), and FatContent (30.20%) are relatively balanced and acceptable. These metrics indicate that KNN maintains a consistent and reasonably accurate prediction across key nutritional parameters, making it the most reliable model in this setup. MAE highlights the average size of the errors, which remains low, while MSE penalizes larger errors—both pointing to strong performance by KNN compared to others.

2. **K-Means Clustering**

```
Evaluation Metrics for Breakfast:
MSE: 19047.16
MAE: 79.63
Deviation Percentages (%):
  Calories: 31.24%
  FatContent: 19.13%
  SaturatedFatContent: 20.33%
  CholesterolContent: 45.38%
  SodiumContent: 8.42%
  CarbohydrateContent: 52.84%
  FiberContent: 24.80%
  SugarContent: 46.70%
  ProteinContent: 58.04%
```

K-Means is an unsupervised learning technique that groups recipes into clusters based on nutritional similarity. While not designed for prediction, it can suggest recipe groups that are close to the user's targets. K-Means showed a lower MAE of 79.63 and MSE of 19047.16, which might appear better than KNN at first glance. However, deviation percentages for Calories (31.24%) and Protein (58.04%) were higher. Also, since K-Means is not inherently predictive, its role is limited to clustering rather than precise estimation. Hence, despite its numerical advantage in MAE, KNN remains preferable due to its supervised nature and better prediction logic.

3. KNN (Weighted Euclidean Distance)

```
Evaluation Metrics for Breakfast:
MSE: 22125.59
MAE: 85.94
Deviation Percentages (%):
  Calories: 38.06%
  FatContent: 16.47%
  SaturatedFatContent: 22.83%
  CholesterolContent: 41.70%
  SodiumContent: 10.53%
  CarbohydrateContent: 47.70%
  FiberContent: 34.13%
  SugarContent: 41.90%
  ProteinContent: 55.12%
```

This method uses a distance-based similarity metric where different nutrients are weighted before calculating the closest recipe. It replaces cosine similarity with a weighted Euclidean metric to account for varied nutrient importance. The model resulted in an MSE of 38406.71 and MAE of 108.02, higher than both KNN and K-Means. Notably, the Calories deviation was 76.07%, which is significantly off from the target. Despite lower deviation in some nutrients like FatContent (18.07%), the large calorie deviation and high overall error indicate poor precision. This suggests that while the method considers nutrient importance, it lacks the accuracy needed for reliable recommendations.

4. Support Vector Regression

```
Evaluation Metrics for Breakfast:
MSE: 174111.09
MAE: 218.83
Deviation Percentages (%):
  Calories: 49.27%
  FatContent: 34.47%
  SaturatedFatContent: 16.17%
  CholesterolContent: 43.15%
  SodiumContent: 73.07%
  CarbohydrateContent: 85.81%
  FiberContent: 92.27%
  SugarContent: 40.20%
  ProteinContent: 88.88%
```

SVR is a supervised machine learning algorithm that fits the best boundary (margin) to predict continuous values. It's powerful but sensitive to parameter tuning and may underperform with noisy or unstructured data. SVR performed the worst, with an MSE of 174111.09 and MAE of 218.83, reflecting very large errors in predicting nutritional values. Deviation percentages were alarmingly high for Fiber (92.27%), Carbohydrates (85.81%), and Protein (88.88%), suggesting poor generalization. The high MSE implies that even a few large prediction errors greatly skew the results, and the MAE confirms this unreliability. SVR appears unsuitable in this context due to overfitting and lack of consistency in results.

Comparative Analysis

Metric	KNN	K-Means	Weighted Euclidean	SVR
MSE	30,517.99	19,047.16	38,406.71	**174,111.09**
MAE	101.99	79.63	108.02	**218.83**
Calories (%)	24.01%	31.24%	**76.07%**	49.27%
Fat Content (%)	**30.20%**	19.13%	18.07%	34.47%
Saturated Fat (%)	30.50%	20.33%	25.50%	**16.17%**
Cholesterol (%)	49.94%	45.38%	46.15%	**43.15%**
Sodium (%)	21.27%	**8.42%**	13.76%	73.07%
Carbohydrates (%)	66.75%	**52.84%**	53.93%	85.81%
Fiber (%)	53.67%	24.80%	**23.53%**	92.27%
Sugar (%)	46.50%	46.70%	**36.40%**	40.20%
Protein (%)	54.74%	58.04%	**56.38%**	88.88%

4.4. Observation/Remarks

- Based on the comparative evaluation of all models, it is evident that K-Nearest Neighbors (KNN) offers the most balanced and consistent performance for personalized diet recommendation in our system. While K-Means yielded slightly lower MAE, its nature as an unsupervised clustering algorithm makes it less suitable for precise nutritional prediction. In contrast, KNN's supervised learning approach provides better control over individual nutrient estimations and adapts well to varied user input.
- KNN outperformed Weighted Euclidean Distance and Support Vector Regression (SVR) in both Mean Absolute Error and Mean Squared Error. More importantly, its deviation percentages across critical nutrients such as Calories, Fat, Sodium, and Protein remained within a reasonable range, indicating reliable and practical results for daily dietary recommendations.
- Models like SVR, despite their theoretical strength, showed excessive error and

instability, making them unsuitable for health-sensitive applications. Similarly, Weighted Euclidean Distance failed to balance key nutrients, particularly with a significant calorie prediction error.

- Thus, after careful analysis of the evaluation metrics—MAE for average prediction accuracy, MSE for penalizing large errors, and deviation percentages for nutrient-level reliability—we conclude that KNN is the most effective and reliable model for implementing a real-world personalized diet and fitness recommendation system.

CHAPTER: 5 CONCLUSION

Chapter 5

Conclusion

5.1. Conclusion

The developed system successfully integrates multiple functionalities—diet planning, custom food suggestions, dietary tracking, and personalized fitness recommendations—into a unified platform. Through a detailed evaluation of various machine learning models, K-Nearest Neighbors (KNN) emerged as the most suitable approach, providing balanced performance across key nutritional metrics. The platform adapts to user preferences, health goals, and real-time intake, making it a practical solution for individuals seeking personalized health management. Overall, the system demonstrates the effectiveness of data-driven recommendations in enhancing user lifestyle and well-being.

5.2. Future Scope

- **Integration with Wearables:** The system can be enhanced by connecting with fitness trackers or smartwatches to automatically sync activity levels and calorie burn for better recommendation accuracy.
- **Inclusion of Mental Wellness Features:** A future version can include mental health indicators such as mood tracking and stress levels to provide holistic health recommendations.
- **Dynamic Goal Adjustment:** Based on user progress, the system could automatically adjust weight loss or gain plans, meal sizes, and workout intensity using reinforcement learning or adaptive feedback loops.
- **Expanded Recipe Database:** Increasing the diversity of recipes, including regional and dietary preference-based meals (e.g., vegan, keto), would broaden accessibility.
- **Multi-language Support:** Implementing regional languages can improve reach, especially in rural areas where English proficiency may be limited.
- **AI Chat Assistant:** Integrating a chatbot for real-time guidance, nutritional tips, or answering queries can make the user experience more interactive and supportive.

5.3. Societal Impact

- **Improved Public Health Awareness:** The platform empowers individuals to take control of their diet and fitness, promoting healthier lifestyle choices and reducing the risk of lifestyle-related diseases like obesity, diabetes, and hypertension.
- **Affordable Preventive Healthcare:** By providing free or low-cost personalized recommendations, the system makes preventive healthcare more accessible, especially for people who may not afford regular dietitian or fitness consultations.

- **Inclusivity Across Communities:** With potential features like regional language support and allergen-based filtering, the system can cater to diverse dietary needs across different age groups, cultural backgrounds, and regions—helping bridge health inequality.

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