




CaloriMate – The Calorie Estimator

 Upload a food image



Drag and drop file here

Limit 200MB per file • JPG, JPEG, PNG

[Browse files](#)



indian_thali.jpg 100.3KB



Tell me the total calories



Analysis Result:

This Thali looks delicious and relatively balanced! Here's a calorie breakdown, keeping in mind these are estimates and can vary based on specific ingredients and preparation methods:

1. **Roti (2 pieces):** ~250 calories (125 calories per roti)
2. **Vegetable Pulao:** ~200 calories
3. **Chana Masala (Chickpea Curry):** ~200 calories
4. **Mixed Vegetable Curry:** ~150 calories
5. **Paneer (Indian Cheese) Curry:** ~250 calories
6. **Dal (Lentil Soup):** ~150 calories
7. **Raita (Yogurt Dip):** ~100 calories
8. **Aloo Matar (Potato and Pea Curry):** ~150 calories
9. **Gulab Jamun (Sweet Dessert):** ~200 calories

Total estimated calories: ~1650 calories

Health Assessment:

This meal offers a decent balance of macronutrients: carbohydrates from the roti, rice, and potatoes; proteins from the paneer, chana (chickpeas), and dal (lentils); and fats from the cooking oils used in the various dishes. It also provides a good source of fiber from the vegetables and legumes.

However, the inclusion of gulab jamun significantly increases the sugar and overall calorie content. While a treat occasionally is fine, regularly consuming such a high-calorie dessert could contribute to weight

However, the inclusion of gulab jamun significantly increases the sugar and overall calorie content. While a treat occasionally is fine, regularly consuming such a high-calorie dessert could contribute to weight gain. Also, depending on the preparation methods, the sodium content could be high due to the use of salt in the curries.

To make this meal healthier, consider the following:

- **Reduce the portion of gulab jamun** or swap it for a fresh fruit option.
- **Control oil usage** during preparation.
- **Increase the vegetable portion** relative to other items.
- **Choose whole wheat roti** for added fiber.
- **Be mindful of added salt.**

Overall, this Thali provides a good range of nutrients and can be part of a healthy diet with a few mindful modifications.



CaloriMate – The Calorie Estimator

📷 Upload a food image



Drag and drop file here

Limit 200MB per file • JPG, JPEG, PNG

Browse files



IMG20231216141912.jpg 4.2MB



Tell me the total calories

Analysis Result:

Here's a breakdown of the estimated calorie content of the food items in the image:

1. **Large Chicken Pizza:** Approximately 1200-1500 calories (depending on toppings and crust thickness)
2. **Small Chicken Pizza:** Approximately 600-800 calories (depending on toppings and crust thickness)
3. **Fried Momos (larger portion):** Approximately 300-400 calories (depending on filling and frying method)
4. **Fried Momos (smaller portion):** Approximately 200-300 calories (depending on filling and frying method)
5. **French Fries (larger portion):** Approximately 400-500 calories (depending on size and oil used for frying, and added mayo)
6. **French Fries (smaller portion):** Approximately 200-250 calories (depending on size and oil used for frying, and added mayo)

Total Estimated Calories: 2700 - 3750 calories (This is a broad estimate, and the actual calorie count could vary)

Health Assessment: This meal is not considered healthy. It is high in:

- **Saturated and unhealthy fats:** From the cheese, fried momos, and french fries.
- **Refined carbohydrates:** Primarily from the pizza dough and french fries.
- **Sodium:** From the processed cheese, sauces, and fried foods.

It is low in:

- **Fruits and vegetables:** The pizzas have a few vegetables, but not nearly enough to balance out the meal.
- **Fiber:** Refined carbohydrates lack fiber, essential for digestive health and blood sugar regulation.
- **Essential micronutrients:** While there might be some micronutrients present, the overall nutritional value is poor compared to the high calorie content.

A single meal like this occasionally is unlikely to cause significant harm, but regularly consuming such high-calorie, low-nutrient meals can contribute to weight gain, heart disease, and other health problems. A healthy diet focuses on whole, unprocessed foods like fruits, vegetables, lean proteins, and whole grains.