***Abstract-*This project aims is to estimate volume and calories from food images. We used the pre-trained model Faster RCNN from Tensorflow-hub to detect the type of food and the coin in the image. The coin plays an important role because thanks to it we calculate the volume of our food giving us the true size of a pixel; the coin is the OneYuan. Then to get each food’s contour we use Grab Cut algorithm. At the end we estimate volume and calories. To test if our results were correct, we check on a file called “density.xls” if the scores were equal. The experiment results show our estimation method is effective.**

1. INTRODUCTION

In 2022, the distribution of body-mass-index (BMI) across Italy varied greatly by region. According to the data, southern regions had a higher share of overweight and obese people compared to the national average. Overall, the [overweight population in Italy](https://www.statista.com/forecasts/1166441/overweight-population-share-forecast-in-italy) is projected to reach 68 percent by 2025. The Italian regions with the highest share of people considered as having a normal weight in 2022 were Lazio, Trentino-South Tyrol, and Veneto. Conversely, the region of Aosta Valley hosted the most underweight people in the country, in relative terms, with 5.7 percent. The number of [individuals suffering from diabetes in Italy](https://www.statista.com/statistics/581711/individuals-with-diabetes-italy/) amounted to 3,888 in 2022. Although the risk factors related to type one diabetes are not fully known, among the risk factors for diabetes type 2, being overweight or obese are among the most common. Indeed, in 2021, almost 17 percent of [obese women were also diabetic](https://www.statista.com/statistics/936999/diabetes-and-obesity-among-females-in-italy/). This rate lowers to 14.1 percent for men.

Childhood obesity is becoming an issue in the country, with the share of overweight and obese children growing every year. Indeed, Italy has become one of the European countries with the highest obesity rate among children. This tendency is more prevalent among young boys, with 29.8 percent of [male minors overweight](https://www.statista.com/statistics/829704/distribution-of-overweight-minors-by-gender-and-age-in-italy/) between 2019 and 2021, compared to 24 percent of females.

For these situations, careful monitoring of the food consumed by the individual is necessary, in order to minimize the risks and to give the possibility to medical-health personnel to improve the conditions of a patient's life. These considerations have led to the development of assisted and automated monitoring strategies through the use of portable and wearable devices equipped with artificial vision algorithms. However, looking for solutions for the automatic recognition of foods, the estimation of the volume and thesubsequent calculation of the nutritional values ​​represents a problem that is anything but trivial, given the extremely variable nature of the food presented once it has been processed, cooked and served.

A computer vision project that estimates the volume of foods could help fight obesity and related health problems in several ways. For example:

* Estimating the volume of foods can help people be more aware of their calorie intake. This can be especially helpful for those dieting or trying to maintain a healthy body weight.
* Obesity is often associated with eating too many portions. A computer vision application that informs people that they are consuming too large portions can be an educational tool to promote portion control.
* People with specific dietary needs, such as diets based on calorie restrictions or specific nutritional needs, can benefit from an app that tracks their food choices precisely and provides personalized suggestions.
* In clinical settings, an app that estimates food volume can be used by doctors and nutritionists to monitor patients' eating behavior remotely, offering advice and support when needed.

For this reason, our work has focused on the volume estimation problem and on the calculation of nutritional values. From an algorithmic point of view, the first step is to understand what food is represented and then dedicate the study on the estimation of the volume. Researches on this last issue were therefore conducted.

1. RELATED WORK

This section reviews three relevant studies that have employed different methodologies and models for volume estimation problem.

One important work has be done by Yanchao Liang and Jianhua Li supported by National Natural Science Foundation of China. They created a very useful dataset for volume estimation problem called “ECUSTFD” which has 19 types of food: apple, banana, bread, bun, doughnut, egg, fired dough nut, grape, lemon, litchi, mango, mooncake, orange, peach, pear, plum, qiwi, sachima, tomato and the number of food images is 2978. Each image contains a coin which is the calibration object and they provides food's volume and quality information useful to test the final results. Their results show us that for most types of food in their experiment, the estimation volume is closer to reference volume. The mean error between estimation volume and true volume does not exceed ±20% except banana, grape, mooncake.

Another important work has been done by Dario Allegra et al. who has proposed an approach focused on distinguishing

between images depicting food and those depicting other types of content. This distinction is treated as a binary classification

problem using the "One-Class Classification" paradigm to test the effectiveness of the proposed approaches, two datasets were collected, one containing 4805 images of food and the other containing 8005 images representing other contents. the problem of recognizing and classifying food is complex due to the great variety of ingredients, shapes, textures and colors present in food images After proving different approaches starting from “Texton” they have reached the best results using “Anti-Texton” that captures the spatial relationships between Textons. This approach resulted in an accuracy of 92.60% in classifying scope types and 86.27% in classifying suggested cutlery types.

[Manika Puri](https://ieeexplore.ieee.org/author/37408005100) et al has proposed a system that improves accuracy of food intake assessment using computer vision technique. Their solution is to use a mobile phone to capture images of foods, recognize food types, estimate their respective volumes and finally return quantitative nutrition information. Accurate recognition of foods presents challenges due to the wide variety of foods, different preparations, and variations in lighting conditions. The use of low-quality images from mobile phones also makes 3D reconstruction difficult. This article addresses these challenges by combining different vision techniques, including visual recognition and 3D reconstruction, and provides experimental evaluations of the obtained results. Their dataset includes 150 common food types and they are working to expand it. The mean error by volume is 5.75( ± 3.75 )% across all sets.

1. DATASET

The dataset we used for this work is “ECUSTFD” dataset, which comprises 19 types of food, including apple, banana, bread, bun, doughnut, egg, fried doughnut, grape, lemon, litchi, mango, mooncake, orange, peach, pear, plum, qiwi, sachima, and tomato. The dataset contains a total of 2978 food images. Each type of food is represented by varying numbers of images and objects.

For a single food portion, multiple pairs of images were captured using smartphones. Each group of images includes a top view and a side view of the food. Each image contains only one calibration object, a One Yuan coin.

Are provided two datasets: one containing original images and another with resized images. In the resized dataset, each image is less than 1000×1000 pixels in size. Another important information that is supplied is a table which contains the number of images, the number of objects, density (g/cm^3), and energy content (kcal/g) for each food type in the ECUSTFD dataset.

Additionally, the dataset includes the following information for each image:

1. Annotation: Bounding boxes are provided for each object in the images, with separate annotations for resized images (original images were not annotated due to their high resolution).

2. Mass: Mass information for each food item, measured using an electronic scale, is included.

3. Volume: Volume information is provided as a reference. Volumes were measured using the drainage method.

4. Density and Energy: To estimate calorie content, density and energy information is provided. Density is calculated using volume and mass data from ECUSTFD. Energy values for each food type are obtained from a nutrition table.

1. LIBRARIES

Here's an explanation of the libraries used in our code:

Tensorflow (tf): TensorFlow is an open-source framework for machine learning and deep learning. It is used to train and implement neural networks.

Tensorflow\_hub (hub): TensorFlow Hub is a library that provides pre-trained machine learning models and model parts (called modules) for specific purposes. These modules can be reused in your own learning transfer applications. It is useful for loading pre-trained models, in our case is used for Faster RCNN model.

Matplotlib.pyplot (plt): Matplotlib is a Python visualization library. "pyplot" is a Matplotlib-specific module that offers a wide range of functions for creating graphs and plots. It is used to display images.

Numpy (np): NumPy is a fundamental library for scientific computing in Python. It provides data structures for representing multidimensional arrays and functions for operating on them. It is often used in conjunction with TensorFlow for data manipulation.

PIL (Python Imaging Library) - Image, ImageColor, ImageDraw, ImageFont, ImageOps: The Python ImagingLibrary is used for image manipulation and processing. The specific modules listed offer functionality for creating, manipulating and drawing on images. For example, ImageOps can be used for image processing operations such as cropping or color conversion.

Time: The "time" module is a standard Python library used for time management.

tempfile: This library provides functions for creating temporary files and folders. It is often used when it is necessary to manipulate temporary data during program execution.

cv2 (OpenCV): OpenCV is a widely used open-source library for computer vision and image processing. It is used for image processing operations, such as loading images or processing them before analysis.