**Abstract**

The main aim is to provide personalized dietary advice to individuals based on their unique characteristics, preferences, and health goals. In today's modern environment, people are increasingly concerned about their health and lifestyle. A balanced diet is essential for maintaining good health, but it can be challenging to make informed food choices. This system proposes a content-based recommendation system that uses machine learning to provide personalized diet recommendations based on individual characteristics, such as height, weight, and age. The system analyze the nutritional content and ingredients of foods and make tailored recommendations. The system allows users to input their preferences and receive personalized diet recommendations. At the end goal is to promote healthy eating habits and support individuals in achieving their health and wellness objectives.

Keywords: Diet Recommendation, Content-Based Filtering, Machine Learning, Personalized Nutrition, Health and Wellness