

A System for Recommending Food Based on User's Health Preferences

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Abstract: Making healthy decisions might feel like an uphill fight in a world where there are countless food alternatives and contradicting dietary recommendations. This is particularly true for people dealing with particular health issues, such pregnancy or long-term illnesses, where dietary choices can significantly affect overall health. However, what if there was a method to make the procedure simpler? Imagine having a personal nutritionist always with you, someone who understands your needs intimately and can help you make better decisions with a few smartphone clicks. That's the idea behind our most recent invention, an app meant to completely change the way we think about nutrition. With the use of state-of-the-art technology and the most recent findings in nutritional science, we have developed a tool that gives you access to the power of individualized nutrition. This is how it operates: you begin by providing the app with some personal information, such as your age, height, weight, and any particular health issues you may be aware of. The software uses this data to estimate your daily caloric needs and compute your Body Mass Index (BMI). We don't stop there, though. Based on your individual profile, the app creates a customized list of food suggestions by utilizing a large library of foods and nutritional data.

Keywords: Personal nutrition, food recommendation, BMI

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