

A Food Recommendation System Based on the User's Calories and Macros

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Abstract: Obesity is one of the largest contributing factors to the four big killers namely heart disease, cancer, Alzheimer's and diabetes. Reduction in body fat and weight has been shown to improve a person's resistance to a myriad of health complications. Even though a healthy and sustainable diet is an ideal way to lose weight research from has shown that when calories are equated being in a hypocaloric state gives all the benefits of a perfect diet. Using the user's data we aim to help the user maintain their diet and make smarter choices. This paper aims to compare different algorithms to find out which algorithm gives the best result.

Keywords: Meal Recommendation, Recommendation Systems, Nutritional Information, Machine Learning, K Nearest Neighbour.