A Brief Review on Diet Recommendation System *

Aditya Bandgar
Department of Computer Engineering
Pune Institute of Computer Technology
Pune, India
aditya.s.bandgar@gmail.com

Anup Kesarwani
Department of Computer Engineering)
Pune Institute of Computer Technology
Pune, India
anupkesarwani2029@gmail.com

Harsh Lambe
Department of Computer Engineering)
Pune Institute of Computer Technology
Pune, India
harsh.lambe070@gmail.com

Sahil Pawar
Department of Computer Engineering)
Pune Institute of Computer Technology
Pune, India
pawarsahil9889@gmail.com

Dr.A R Deshpande
Department of Computer Engineering)
Pune Institute of Computer Technology
Pune, India
ardeshpande@pict.edu

***Abstract*——In today's fast-paced environment, maintaining a nutritious and balanced diet can be challenging, especially with the rise of lifestyle-related diseases such as obesity, diabetes, and cardiovascular conditions. Many people find it difficult to select diets that both fulfil their nutritional requirements and align with their personal preferences and health objectives. Existing solutions often lack personalization, making it difficult to cater to specific health conditions and dietary restrictions. This project proposes the creation of a personalized Diet Recommendation System, which offers tailored dietary suggestions based on individual health data, preferences, and goals. By incorporating user-specific details such as age, weight, health conditions, and food preferences, the system generates customized meal plans. Utilizing machine learning algorithms and nutritional databases, the system ensures that the recommendations are balanced and nutritionally adequate. The solution not only supports users in making informed food choices but also aids in long-term health management. With continuous feedback and updates, the system can adjust to evolving health metrics, ensuring the recommended diet remains appropriate and beneficial. In summary, the diet recommendation system addresses common dietary challenges by delivering customized meal plans that encourage healthier eating habits, ultimately contributing to improved overall health and well-being.**

***Index Terms*—Diet Recommendation System Personalized Nutrition, Machine Learning, Health Management.**

I. Introduction

A Diet Recommendation System is an intelligent tool designed to provide personalized dietary guidance based on an individual's unique health information, lifestyle choices, and food preferences. It uses specific data such as age, weight, height, activity levels, dietary restrictions, and personal health goals to tailor meal plans that fit the user's nutritional needs. These meal plans are intended to help users achieve various health objectives, including improving overall wellness, managing or losing weight, and addressing specific medical conditions like diabetes, heart disease, or other dietary related issues. The system works by leveraging advanced algorithms and a comprehensive nutritional database, ensuring that the recommended meals are nutritionally balanced and suitable for each individual's needs. For example, someone trying to lose weight might receive a meal plan that focuses on reducing calorie intake while still ensuring they get essential nutrients. Alternatively, someone managing diabetes might get a plan that helps control blood sugar levels with a balance of carbohydrates, proteins, and healthy fats. One of the key strengths of the system is its adaptability. As the user's health metrics or lifestyle changes over time, the system updates its recommendations to reflect those changes. For instance, if a user's weight or activity level changes, the system adjusts the meal plans accordingly to ensure continued progress toward their health goals. This makes the diet plans dynamic, offering continuous support that evolves with the user's needs. The Diet Recommendation System also encourages users to make informed food choices by providing detailed nutritional information about the meals it suggests. This empowers individuals to understand the impact of their food choices on their health and fosters long-term healthy eating habits. By helping users establish these habits, the system not only helps with immediate goals but also contributes to preventing chronic diseases such as obesity, cardiovascular issues, and other lifestyle related health problems.

II. LITERATURE REVIEW

A. *BM25, Causal Inference, GPT-3*

The system utilizes BM25 for ranking food recommendations based on user queries. Causal inference is used to model how dietary changes affect health outcomes, while GPT-3 supports the natural language processing component to provide interactive, real-time dietary advice.

In [6] uses a combination of causal reasoning and large language models (LLMs) like GPT-3 to offer personalized nutrition advice. The system creates causal graphs to understand the effects of different foods on health outcomes, such as weight loss or sleep quality. The conversational interface is powered by natural language processing (NLP), allowing users to interact easily and receive real-time recommendations. The algorithms used are BM25 for information retrieval, which ranks food items based on relevance to user queries. Causal Inference: The system builds personalized health graphs to track how dietary changes influence specific health factors. LLM (GPT-3): Used for processing user input and generating recommendations. The integration of LLMs with causal reasoning allows for highly interactive and personalized diet recommendations. It demonstrates that using advanced NLP models can significantly enhance user engagement and satisfaction in nutrition systems.

B. Hybrid Recommender Systems, Rule-Based Systems

Hybrid recommender systems combine both collaborative filtering (which relies on user behaviour similarities) and content-based filtering (which focuses on item features) to improve recommendation accuracy. Rule-based systems, on the other hand, apply pre-defined rules to suggest diets, often tailored for conditions like diabetes.

In [5] reviews 25 studies on different types of Nutrition Recommendation Systems (NRS), focusing on the algorithms used to deliver personalized diets. It examines the effectiveness of various techniques like rule-based systems, content-based filtering, and hybrid recommendation models that combine multiple methods for better accuracy. Hybrid Recommender Systems (HRS): A combination of collaborative filtering and content-based filtering. Rule-Based Systems: Use f ixed rules to provide diet recommendations, particularly useful for users with health conditions like diabetes. Hybrid recommender systems are the most effective in providing personalized nutrition advice, as they can combine different strengths of various algorithms. Mobile platforms are the most common interface for these systems, making nutrition advice accessible.

C. Ripple Down Rules (RDR), Case-Based Reasoning (CBR), Genetic Algorithms

Case-based reasoning suggests diets by comparing new cases with previously solved cases. Ripple Down Rules (RDR) refine the system over time as dietitians provide feedback. Genetic algorithms are employed to optimize meal plans within the constraints of nutritional and user preferences.

In [4] proposes an expert system that uses case-based reasoning (CBR) to recommend personalized diets based on past similar cases. It also employs ripple down rules (RDR) to incrementally improve the system’s knowledge base by allowing dietitians to refine rules over time. Case-Based Reasoning (CBR): Solves new dietary problems by f inding similar past cases and applying their solutions. Ripple Down Rules (RDR): Allows incremental rulebuilding, refining diet recommendations based on realworld expert input. Genetic Algorithms and Linear Programming: These are used to optimize diet plans under specific constraints like nutrient intake and user preferences. The case-based approach effectively personalizes diet recommendations by leveraging past cases, while RDR enhances the system’s adaptability. The use of genetic algorithms and linear programming ensures that diet plans are both personalized and optimized for health needs.

D. Content-Based Filtering, Collaborative Filtering, Hybrid Methods

Food recommender systems often use content-based f iltering, collaborative filtering, and hybrid approaches to suggest foods. These systems typically struggle with personalization due to the complex nature of dietary preferences and food data.

In [10] is a systematic literature review (SLR) of Food Recommender Systems (FRS), analyzing various methodologies, algorithms, and data processing techniques used in the domain. The review categorizes the recommendation methods into content-based f iltering, collaborative filtering, graph-based methods, and hybrid methods. It also discusses machine learning techniques as a significant component. The study found that most FRS utilize content-based filtering and machine learning approaches to deliver nonpersonalized recommendations. It highlights the diversity in food recommendation systems and the need for more reproducible research. The review emphasizes the challenges in food recommendation due to personal dietary preferences and the complexity of food data.

E. Random Forest, K-means Clustering, Long Short-Term Memory (LSTM) Networks

This system uses machine learning to enhance diet recommendations. Random Forest and K-means clustering analyse user data such as BMI and age, while LSTM networks can improve prediction accuracy in personalized meal planning.

In [1] proposes a diet recommendation system that leverages machine learning to provide personalized meal plans based on user-specific health metrics and preferences. The system employs various machine learning techniques, including Random Forest, K-means clustering, and Long Short-Term Memory (LSTM) networks. The proposed system demonstrates improved accuracy in meal planning compared to existing systems, achieving personalized dietary recommendations based on user input such as BMI, age, and health conditions. The results indicate that machine learning can effectively tailor diet plans to individual nutritional needs.

F. AHP Sort, Optimization-Based Approach

AHP Sort helps filter foods based on multiple criteria, while an optimization-based method generates meal plans that align with nutritional goals and user preferences for more personalized diet suggestions.

In[9] introduces a framework for generating daily meal plans that incorporate both nutritional information and user preferences, aiming to provide personalized dietary advice. The study utilizes a multi-criteria decision analysis tool (AHP Sort) for food filtering and an optimization-based approach for meal plan generation. The framework effectively integrates nutritional principles and user preferences, resulting in more tailored meal plans. The approach successfully f ilters out inappropriate foods based on user characteristics and maximizes user satisfaction by recommending foods that align with their preferences and nutritional needs.

G. Nearest Neighbour, Cosine Similarity

The system applies a content-based filtering technique using the nearest neighbour algorithm and cosine similarity to recommend meals by comparing nutritional profiles and user inputs like BMI and health metrics.
In [2] presents a personalized diet recommendation system using machine learning to provide users with tailored dietary advice based on input parameters such as age, gender, BMI, and exercise levels. The system uses a content-based filtering approach with the Nearest Neighbour Algorithm, employing cosine similarity to recommend meals based on nutritional profiles. Key algorithms and tools include FastAPI for backend integration and Streamlit for the user interface. The findings highlight that personalized diet recommendations improve adherence to healthy eating habits, promoting better health outcomes. The system effectively recommends meals by considering both user preferences and nutritional needs .

H. Decision Tree

This algorithm is used to classify and predict dietary plans based on user-specific parameters such as BMI, weight, and height, ensuring that the suggested meals support health goals like calorie control.
In [8] focuses on a diet recommendation system that incorporates machine learning techniques to provide optimal diet suggestions based on the user's physical characteristics (BMI, weight, and height) and personal preferences. The authors employ a Decision Tree Algorithm to classify and predict diet plans based on calorie requirements derived from the user's BMI. The paper also integrates content-based filtering for the food recommendation process. Key findings show that such a system can effectively suggest balanced meals, promoting healthier lifestyles. The decision tree model provided accurate and efficient dietary recommendations, which can be customized for different health conditions and goals.

I. Ant Colony Optimization

This system utilizes Ant Colony Optimization to recommend meal plans by considering user activity levels and caloric needs, helping users align their diet with fitness routines and health objectives.
s In [3] explores a diet recommendation system built as a case study in software development using the Agile SDLC (Software Development Life Cycle) methodology. The system is developed in Flutter to ensure crossplatform accessibility, and it provides personalized diet plans based on users' workout routines and calorie consumption. It uses Ant Colony Optimization for meal recommendation and BLoC architecture for state management. Key findings reveal that combining workout data with diet recommendations results in better adherence to fitness goals. The system enhances user engagement by offering detailed visualizations of health progress, and it integrates Basal Metabolic Rate (BMR) calculations for accurate calorie management.

III. RESEARCH GAPS IDENTIFIED

A. Lack of Holistic Integration of Health and Nutrition Data

While the ChatDiet paper focuses on causal reasoning and language models to generate personalized recommendations, there is a lack of integration with real t ime health data from sources like wearable devices or health records. This would provide more accurate and t imely dietary suggestions based on current health metrics (e.g., blood sugar levels, physical activity).

B. Limited Adaptability and Continuous Learning

Most rule-based and expert systems, as seen in the Systematic Review and Expert System for Diet Recommendation, rely on predefined rules or past cases. These systems often struggle to adapt in real-time to changes in user preferences or health conditions. There's a gap in implementing dynamic learning algorithms (like reinforcement learning) that can continuously improve based on user feedback and evolving health data.

C. Personalization Beyond Standard Parameters

Many systems primarily use standard parameters like age, weight, and health conditions (diabetes, hypertension) for personalization. The Systematic Review highlights that many NRS lack deeper personalization that factors in cultural, psychological, and socio-economic aspects of diet, which play a critical role in sustainable health behaviour changes.

D. Explainability and User Trust

The ChatDiet paper incorporates explainability through causal reasoning, but this is still not fully explored in other systems. Many NRS lack transparency in how recommendations are generated, making it hard for users to trust or understand why certain foods are suggested. There's a gap in ensuring that recommendations are easy to understand and justify for users.

E. Scalability and Generalization

Systems like the Expert System for Diet Recommendation show promise in personalized diets for specific cases, but their approach is not easily scalable to broader populations. There is a need for generalized models that can handle diverse populations and dietary needs while still being personalized. F. Real-Time Feedback Integration While feedback mechanisms are mentioned, particularly in rule-based systems, there is a gap in integrating realtime feedback loops that can immediately adjust diet recommendations based on user input (e.g., user dislikes certain foods or experiences adverse reactions).

F. Focus on Specific Conditions but Lack of General Wellness Recommendations

The reviewed systems often focus on dietary needs for chronic conditions (diabetes, hypertension) but there is less emphasis on general wellness, preventive health, and lifestyle improvements. Expanding these systems to cover general wellness goals could make them more applicable to a larger user base.

G. Integration of Multiple Techniques

Current systems often focus on standalone approaches like collaborative filtering, content-based filtering, or optimization-based models. However, there is a lack of research on integrating diverse techniques to enhance accuracy and adaptability. For instance, while causal inference is used to model dietary changes' health effects (as in [6]), it is rarely combined with hybrid recommender systems or optimization-based approaches like genetic algorithms.

H. Complex Data Integration

Handling both structured data (e.g., BMI, age) and unstructured data (e.g., cultural preferences, user feedback) can enhance system personalization. While systems in [1] employ machine learning techniques like Random Forest and LSTM networks for structured data, there is little research on integrating unstructured data. Similarly, [10] highlights the complexity of food data but does not provide solutions for managing unstructured inputs.

IV. COMPARISON TABLE

Reference Title	Algorithms	Data Sources	Advantages	Limitations
ChatDiet [6]	BM25, Casual Inference, GPT-3.	User input, casual graphs	Lightweight and scales well for large datasets.	Focuses on exact or near-exact matches, which may not capture broader semantics.
Systematic Review of NRS[5]	Hybrid Recommender Systems, Rule-based	NRS datasets, user preference health data	Combines multiple techniques (e.g., collaborative and content-based filtering) to improve recommendation quality.	More complex to implement and tune compared to standalone approaches
Expert System for Diet Recommendation [4]	Ripple Down Rules, CBR, Genetic Algorithms	Patient data, health conditions	Incrementally builds rules, allowing for easy updates and maintenance.	Performance heavily depends on the quality and coverage of the rules.
Systematic Review of Food Recommender Systems [10]	Content-based filtering, Hybrid methods	Food datasets, user preference	Independent of other users' data, ensuring unique recommendations.	Lacks diversity as it tends to recommend items similar to those already interacted with.
Personalized Diet Recommendation System[1]	Random Forest, K-means Clustering.	A dataset that includes user demographic and health metrics	Capable of processing large datasets	Prone to overfitting without tuning.

V. CONCLUSION

The Personalized Diet Recommendation System Using Machine Learning paper concludes that integrating machine learning into diet recommendation systems is an effective method to promote healthier lifestyle choices. The system utilizes a content-based filtering approach, combined with the Nearest Neighbour Algorithm, to generate personalized meal plans tailored to individual user preferences and nutritional needs. This approach ensures that users receive diet recommendations that are not only relevant but also aligned with their health and fitness goals. The study underscores the importance of such systems in addressing widespread health issues related to poor diet, demonstrating that machine learning can enhance the precision and relevance of dietary suggestions, thereby contributing to better overall health outcomes.

In the Diet Recommendation System Using Machine Learning, the authors conclude that employing machine learning techniques, particularly the Decision Tree Algorithm, provides an effective way to offer personalized diet plans. By analysing user-specific data such as BMI, height, and weight, the system is able to recommend diet plans that cater to the individual's health and nutrition requirements. The study demonstrates the strength of the Decision Tree in predicting and classifying appropriate dietary suggestions, showing that the approach is both accurate and efficient. The paper emphasizes that such diet recommendation systems can play a crucial role in enhancing public health by providing tailored nutritional advice that helps users make better dietary choices.

The Software Development Lifecycle Case Study on: Diet Recommendation System Based on User Activities concludes that combining diet recommendations with workout data offers users a more comprehensive approach to achieving fitness goals. Developed using the Agile Software Development Lifecycle (SDLC) methodology, the system effectively tracks user activity and suggests personalized diets based on their workout routine and caloric needs. By employing Ant Colony Optimization and the Bloc architecture, the system ensures seamless performance and accurate recommendations. The study highlights the benefits of integrating workout and dietary planning, which simplifies health management for users and provides them with an efficient way to maintain both fitness and nutrition, ultimately enhancing overall well-being.

VI. REFERENCES

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