

DIET RECOMMENDATION SYSTEM USING ML TECHNIQUES

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Rising health concerns among all sections of society and across age groups has brought us to a crucial point which demands for a smart, accessible and effective solution. Traditional healthcare monitoring models not only lack in terms of accessibility and logistical/infrastructural aspects but also breed the possibility of human errors taking place. At a point in time, when people's requirements vary depending on a variety of variables, a personalised approach to solve their health concerns would prove to be an accessible as well as a fairly sought after option. From this paper, we present a diet recommendation system that uses various Machine Learning algorithms like logistic regression, random forest, SVC, K-nearest neighbours, GNB and XGB to analyse diseases and generate diet as per report. A thorough assessment demonstrates the system's accuracy in producing insightful recommendations and highlights its potential to influence dietary decisions that improve health.