International Journal of Research Publication and Reviews

Journal homepage: www.ijrpr.com ISSN 2582-7421

Nutrition and calculate calorie from Food image

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ABSTRACT:

As society becomes increasingly healthier, the need for effective tools to monitor calorie intake and nutrition increases. In this paper, we propose a new method for measuring the caloric content and nutritional value of food, designed to help patients and dietitians manage daily food intake. Our research proposition provides solution for calorie counting by leveraging advances in food imaging and nutritional information.

With the proliferation of personal mobile technologies such as smartphones and tablets, our body captures pre- and post-meal images of the food using the built-in camera of these devices. Our proposed system calculates the calorie and nutritional values of food through a special calibration process. The results show that our bodies provide another way to measure calories, improving accuracy and convenience.

Introduction

The increasing number of obese adults has become a global health crisis with a major impact on human health and global health. Obesity is defined as a body mass index (BMI) of 30 or more (kg/m²), which predisposes a person to a variety of health problems, including but not limited to high blood pressure, heart disease, type II diabetes, dyslipidemia, and others. diseases. The cause of obesity is multifactorial, among which diet plays an important role. The imbalance between calorie intake and expenditure is the main cause of weight gain and obesity [3].

Therefore, proper monitoring and control of proper nutrition is important for weight control and prevention of obesity-related complications. Value for measuring energy balance. However, this approach is fraught with problems such as predictability, inaccuracy, and difficulty in closing the book.

Therefore, new solutions that will facilitate correct and easy food care are urgently needed. The device makes it easy to measure calories and healthy eating using a camera like smartphones. Using image processing and segmentation techniques, the preparation system can identify individual foods in a meal. Nutritional information is obtained by measuring the volume of each food item and cross-referencing it with the created food library. While the first iteration of this system has been described previously [5], this paper continues this approach by presenting a volume measurement that can accurately identify normal food. Additionally, performance has been evaluated across a wide range of food products, including food and liquids in mixed and unmixed forms. Color and texture are valuable features of natural images and play an important role in object recognition and pattern recognition.

By using these features, the system is said to achieve greater accuracy in identifying and measuring food, thereby increasing the accuracy of calorie and nutritional value estimates [6][7][8]. Our system differs from existing systems in several important ways. First, it systematically addresses and evaluates uncertainty in image-based calorie measurements, providing a general framework for assessing the reliability of measurements.

Additionally, unlike previous studies that relied on limited data and did not account for environmental variables such as lighting and camera changes, this study uses a robust data set that includes a variety of food items captured in different conditions. This holistic approach ensures the generalizability and applicability of the conceptual system in global scenarios.

In addition, many combinations such as color, texture, size and shape distinguish the process from the existing process, ensuring accuracy and efficiency are achieved [9]. A new tissue segmentation technique using Gabor filters enables the system to distinguish food items based on the characteristics of the data.

The scheme achieves granularity in texture analysis by using a series of Gabor filters with different orientations and wavelengths, thus improving segmentation accuracy and overall performance of the system. It is planned as follows; Our designs that comply with our food packaging standards are introduced. Including assessing the effectiveness of our plan as well as identifying planned activities. concludes the paper and briefly discusses future work.

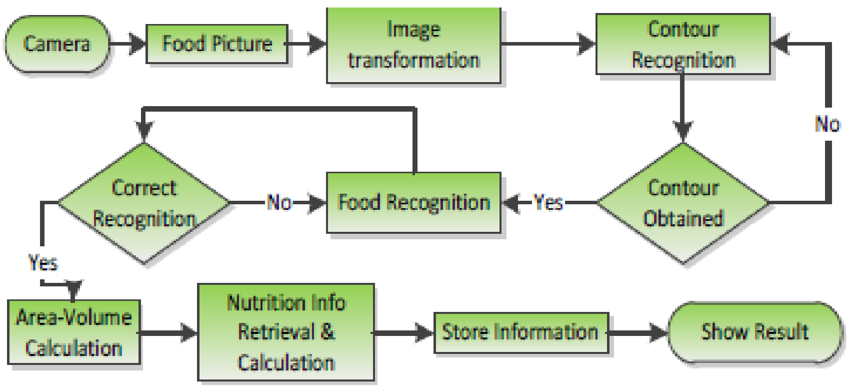
Related Work

Various methods have been proposed to measure daily food intake and dietary information; The 24-hour dietary recall is an important example of current clinical practice. This method involves recording food intake over a 24-hour period, usually with the help of a trained interviewer. Although 24 hours has the advantage of short-term memory and load, people need to remember and report their food intake, which can be difficult. The limitations of the method have led researchers to look for other methods. Some methods involve taking images of food before eating and then processing these images offline to estimate calorie intake. For example, one way to use calibration cards is placed next to the food in the picture for reference. However, this requires the card to be present in every picture and causes difficulties if it is incorrect or forgotten. Capture images for calibration. Similarly, personal assistant (PDA) systems that allow users to record food on a mobile phone have also been proposed, but have been plagued by inaccurate predictions and long closing times.

Alternatively, comparing food images to pre-packaged images of nutritious foods ignores the importance of portion sizes. In contrast, our proposed method overcomes many of these shortcomings by eliminating the need for cards or trays by using the patient's thumb for calibration. Initially, the system captures and stores an image of the thumb and the scale used for calibration.

Then take a photo of the food by placing your thumb next to the bowl so its size can be accurately measured. Imaging and classification techniques are then used to identify foods, estimate their volume, and determine their nutritional value.

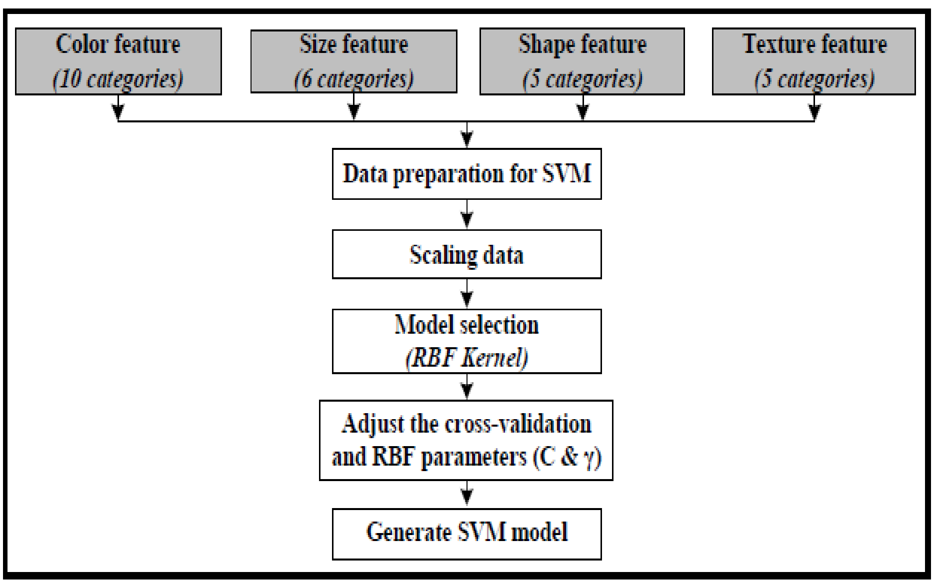
Segmentation is then used to extract one of the food items that are important for success. To achieve this, we use color combination and texture segmentation technology to achieve food discrimination. These extracted features are then fed into the classification step, where a Support Vector Machine (SVM) is used to identify each feature. This method of measurement provides convenience, control, and reliability over other systems because thumb users can use other fingers or objects such as coins for measurement.



All steps in our system include capturing top and side images of the food, using image segmentation to classify the food, and using the Gabor filter for texture feature extraction. The Gabor filter bank described in [23] facilitates the removal of local artifacts by performing a filter operation on each image.

This filter bank consists of Gabor filters with a Gaussian kernel function modulated by sinusoidal plane waves of different directions and frequencies, allowing texture analysis.

$$h(x,y) = -\exp\frac{}{2}\left\{\frac{}{\sigma_x^2}+\frac{}{\sigma_y^2}\right\}\cos(2\pi U_x+\varphi)$$



As the figure below illustrates, we have utilized these features as inputs for classification, and the outcomes are fed into the SVM phase. Each feature encompasses several categories, as depicted in Figure

METHODOLOGY

A. Measuring the volume of food

To measure the size of food on a plate, our system uses a two-step process that involves capturing two images, one from the top and one from the side. Lateral images allow us to determine the depth of the food, which is important for estimating size. From these images, the system can calculate the accuracy of each food based on the image above. This area is divided by the depth obtained from the side image to estimate the volume of the food. Since there are pixels, the area is the same.

This grid-based approach has two advantages. First, it provides more solutions to unhealthy nutrition than other methods. Food products often have irregular shapes and grills may be better suited for these variations.

Although some prediction errors may occur, a finer mesh can reduce this error. Second, the granularity of the grid can be adjusted according to the user's device capabilities and the required response time.

A finer grid can produce more measurements but increase processing time; a coarser grid sacrifices accuracy for faster reaction time. Adjusting the grid granularity can provide a balance between measurement accuracy and physical performance. middle. This calculation can be expressed by the following equation:

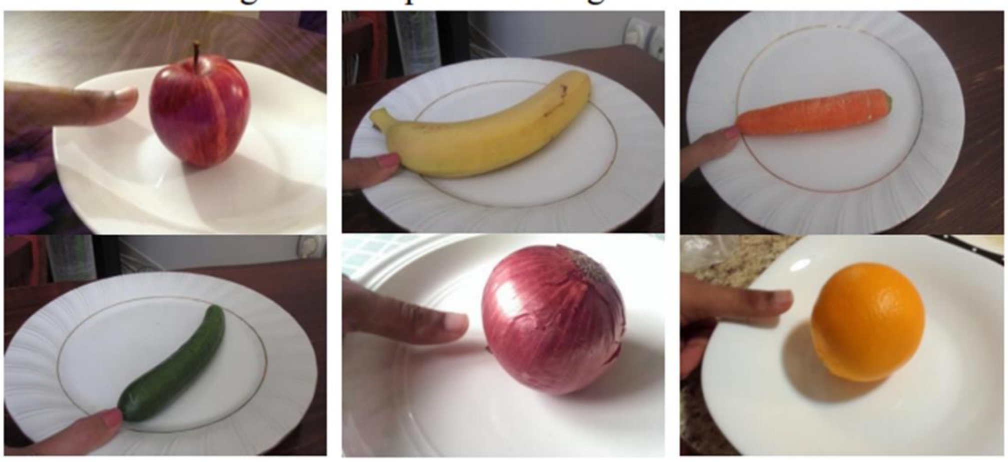
$$\mathrm{TA} = \sum_{i=1}^{n} \mathrm{T}i$$

B. Calorie and Nutritional Value Measurement

The above volume measurement is only an intermediate step in measuring the size of food. What we really want is quality because every meal depends on quality food. Once we determine the size, we can use this table to calculate calories and other nutrients as explained below. Information on the nutritional values of foods is stored in these tables and can be obtained from national and international health institutions. These tables, such as those shown in Table 1, can help us quickly calculate calorie content without resorting to the Internet or experts. The equation to calculate the dimensions:
$M = V \times \rho$

Where M represents the size of the food, V represents the volume, and Ï represents the size of the food. The density of various foods can be obtained from available tables, such as those used by aqua-calc, which provide a large variation for many foods and ingredients. Foods recognized by our SVM-based food recognition module. The SVM module processes master data to identify the type of each food item. In addition, users are reminded to confirm the accuracy of the identified foods in order to correct the guide when necessary. Measure the size of each food item. The process is based on the following equation:
Nutritional content=Food portion mass×Nutritional value per unit mass

Figure 1 Sample food images in dataset



PERFORMANCE EVALUATION

a. Evaluation strategy -

In our performance evaluation, we use our system as a software model and conduct experiments to evaluate its effectiveness.

The model successfully segmented food images and identified the food using the food's contours. We will then analyze each section individually using the criteria outlined in this article. When all features are included in the recognition phase, the recognition results are evaluated as the results are extracted one by one and combined.

This method involves splitting the dataset into ten equal parts, keeping one sample for validation and using the other for training.

This process is repeated ten times to ensure that each model runs exactly once on valid data. Understanding its effectiveness and efficiency in different food types and conditions.

b. Evaluation of area measurement technique -

We conducted an evaluation of our proposed area measurement technique specifically focusing on simple solid foods (excluding liquids like soup or curry). The evaluation involved measuring the area of each food portion manually from the image and comparing it against measurements obtained using our proposed method.

Our experimental results, summarized in Table IV, demonstrate the effectiveness of our area measurement method. In the worst-case scenario, we observed a reasonable error of approximately 10%, while in the best-case scenario, the error was less than 1%. These findings underscore the accuracy and reliability of our proposed technique in measuring food portion areas, validating its utility for practical application in calorie and nutrition estimation.

Food type	***Error percentage***
Bread	0.63%
Cake	2.30%
Spaghetti	-3.07%
Cookies	0.50%
Omelet	10.5%

Table IV AREA MEASUREMENT EXPERIMENT

C. Measurement uncertainty -

To increase the reliability of experimental data, it is important to quantify the uncertainty associated with measurements. One of the best methods is to repeat the test several times to measure the repeatability of the results and provide a more accurate estimate [1]. There are three basic statistics often considered when analyzing regression analysis: mean, standard deviation, and standard error. Table VI shows these statistics.

Statistic	**What it is**	**Statistical interpretation**	**Symbol**
Average	estimate of the "true" value of the measurement	the central value	x_{ave}
Standard deviation	a measure of the "spread" in the data	You can be reasonably sure that if you repeat the same measurement one more time, that next measurement will be less than one standard deviation away from the average.	s
Standard error	estimate in the uncertainty in the average of the measurements	You can be reasonably sure that if you do the entire experiment again with the same number of repetitions, the average value from the new experiment will be less than one standard error away from the average value from this experiment.	SE

Analysis

We applied our method to three different foods: single foods, unmixed foods and mixed foods. From the results of Table III and Table VII, we see that the accuracy of SVM is about 92.21%, 85%, and 35% to 65%, respectively. Some limitations of our system that need to be addressed:

1. Analysis of Food Mixtures: Our current methods face difficulties in identifying individual nutrients in food mixtures. Segmentation generally does not separate different foods, especially when foods are mixed together and the light changes. Additionally, small differences between foods in mixed dishes make accurate segmentation difficult. To solve this problem, we plan to:

a) Investigate other segmentation methods such as image segmentation to improve accuracy. Education system. Accuracy of food quality measurements: The need to improve the accuracy of food quality prediction. This can be done by:

b) Improving the area estimation of each food by accurate segmentation method. similar. Plate types in simulations: Our simulations were performed on white plates with smooth texture. To expand our body's usability, we need to expand our learning to include different planes, textures, and colors. female gender.

CONCLUSION AND FUTURE WORK

In summary, our work provides a new method to estimate calorie content in food images using image processing techniques and nutritional information. While our main goal is to assist nutritionists in the treatment of overweight and obese patients, our body also serves individuals seeking daily nutritional care. Segment and identify foods from images using vector machines (SVM) for classification, as well as volume and calorie measurements based on size and nutritional information.

Our test shows accurate measurement of area, volume and calories. It is also necessary, if possible, to improve our body's ability to cope with mixed food or liquid. These advances will strengthen the energy efficiency and effectiveness of our calories and measuring devices.

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