

# Utilizing the CNN Algorithm to Identify Meals and Calculate Calories

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**Abstract:** *Food is one of the most important requirements of every living being on earth. The human beings require their food to be fresh, pure and of standard quality. The standards imposed and automation carried out in food processing industry takes care of food quality. Now a day, people across the universe are becoming more sensitive to their diet. Food recognition and calorie measurement project will describe the relationship between nutritional ingredients identification in food and inspecting calories through Machine Learning models to perform the data analysis, the experiments on real life dataset to show that our method improves the performance with efficient accuracy. Also, our System will recommend food for some different age groups. This work is able to identify the Nutrition that we may get effected by lacking of certain nutritional ingredients in our body and recommends the food that can benefit the rehabilitation of those Age groups. To achieve high accuracy and low time complexity, the proposed system implemented using CNN Machine Learning models.*

**Keywords:** Calculate Calories.

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