

Diabetes Diet Recommendation Using Data Sampling and Monitoring System

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Abstract

Diabetes is a chronic disease demanding rigorous diet control and frequent blood sugar monitoring. Intelligent dietary assistance systems are becoming increasingly relevant in a growing global diabetic population. This paper proposes an AI based diet suggestion and sugar monitoring system for diabetics. Based on a well organized food database, the system automatically suggests daily diet schedules comprising breakfast, lunch, dinner, and snacks. Every meal is chosen through randomized sampling to cover diversity and nutritional balance. Critical macronutrients calories, proteins, carbohydrates, and fiber are computed on a daily basis and depicted over time to give users actionable information. Users enter their blood sugar values, and the system simultaneously monitors and plots trends of sugar fluctuation. The approach is based on simplicity, accessibility, and real time feedback that is not dependent on advanced machine learning models, making it applicable for personal or clinical practice. Experimental findings show the flexibility of the system to sustain caloric levels with adaptability in meal pairings. The model has potential for future incorporation of supervised learning to facilitate more adaptive and personalized diet advice for diabetic treatment.

Introduction

Diabetes mellitus, which affects more than 500 million people globally, is a metabolic disorder with chronic hyperglycemia resulting from abnormalities in insulin secretion, insulin action, or both. Dietary control and monitoring of blood glucose are the pillars on which successful diabetes management is based. Traditional approaches to generating diabetic meal plans are static, cumbersome, and not responsive to day to day physiological variation. With the advent of data science and artificial intelligence, there is a chance to automate and personalize dietary suggestions and thereby lighten the load on patients and healthcare professionals.

The study aims to create a light, AI based diet suggestion and sugar monitoring system. The focus is on helping diabetic people have well balanced nutritional intake with real time visualization of their health patterns. In contrast to intricate black box systems, the solution uses a clear, rule based approach with randomized sampling to provide daily meal diversity. The system is fed user data namely, daily sugar level measurement inputs and utilizes this to produce customized diet plans based on a pre tagged dataset.

Visualization is an important feature of the system. By graphing sugar level, calorie consumption, and nutrient composition against multiple days, the system makes users familiar with how their nutrition affects them. Every meal is sorted into breakfast, lunch, dinner, or snacks to provide a complete daily dietary framework. This work fills the gap between AI accessibility and medical food applications by presenting an adaptive and accurate model that is not only accessible but also easy to use and applicable in real world scenarios with minimal computational overhead.

METHODOLOGY

The system proposed helps diabetic patients manage their diets by providing daily meal plans and showing how food consumption affects sugar level levels. The approach has six main components: data ingestion, randomized meal choice, nutritional aggregation, user interaction, tracking, and visualization. Every aspect of the system contributes to providing a complete and friendly experience, from raw data processing to informative graphical visualization of diet effect, enabling users to make more informed food choices for improved health conditions.

1. Dataset Overview:

The backbone of the system is the diet_data.csv dataset, a rich collection of meal data divided into MealType (Breakfast, Lunch, Dinner, Snack)¹. Each entry contains MealName, Quantity, Calories, Protein (g), Carbs (g), and Fiber (g)². These nutritional attributes are crucial for daily aggregation and reporting by vision, having a direct impact on the correctness and usefulness of the diet plans and the following analysis of their effect on user health³. The integrity and completeness of this dataset are critical to the success of the system.

2. Randomized Meal Selection Algorithm:

In order to maintain meal variety and avoid repetition, the system employs pandas. `DataFrame.sample()` to select one item at random for each meal category (Breakfast, Lunch, Dinner, Snack)⁴. This method mimics real world food planning and maintains variety⁵. Although presently naive, this is an approach that can be integrated with more advanced supervised learning models in the future. This design objective is intended to engage people with nutritional experiences and avoid monotony, ultimately maintaining user compliance and satisfaction with the resultant meal plans⁶.

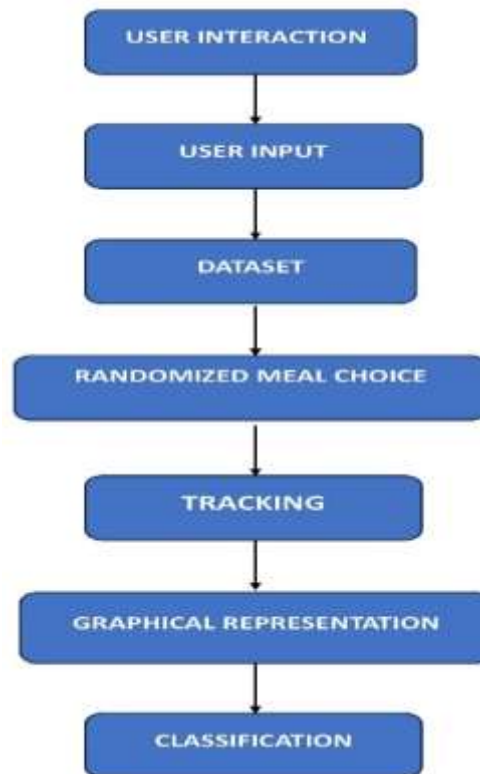


FIG.1 flow of the model

3. Nutritional Aggregation:

For each selected dish, individual nutrient values calories, protein, carbohydrates, and fiber are accessed and systematically accumulated⁷. Daily totals are saved in dictionaries for optimal tracking⁸. A summary row is subsequently added to represent the total daily consumption, providing a complete picture of nutritional ingestion⁹. This aggregation process converts raw meal data into actionable information, allowing users to easily comprehend and track their daily nutrient ingestion and success in meeting dietary objectives¹⁰.

4. User Input and Interaction Logging:

The user input element enables users to enter the number of days they want to operate the system and their daily sugar levels¹¹. For each day, the system displays a complete diet plan, with amounts and nutrient values¹². The inputted sugar levels are stored in a dictionary, keyed by day, building a chronological history¹³. This user friendly interface offers comprehensive daily diet data and monitors important health indicators, thereby enabling users with custom feedback to control their diet effectively¹⁴.

5. Data Visualization:

Utilizing matplotlib.pyplot, the system plots various graphs for visualizing important variables¹⁵. They are a red line plot representing sugar levels for days, a blue line plot indicating calories for days, and a grouped line chart superimposing protein, carbs, and fiber consumption¹⁶. These graphics assist users in comprehending how their dietary options affect these key measures over time¹⁷. This feature converts information into undeniable conclusions, helping users to track patterns and make educated changes to their diets.

Experimental Results

The system was experimentally evaluated in a virtual setting for five days. The user entered their blood glucose every day and was presented with a new meal plan along with dietary breakdowns. The algorithm for random

sampling guaranteed no duplication of meals between the days, which verified the reliability of handling diversity. The total calorie intake per day remained well above the 1800 kcal mark every day, as anticipated. Nutrient contents such as protein, fiber, and carbohydrates stayed within diabetic friendly limits. Input of sugar level per day was monitored and represented graphically, providing instant feedback on trends and dietary intake correlations. Plots of nutrients easily showed changes from day to day, making adjustments with knowledge. The system overall met its goal of enabling users with personalized, varied, and healthy diet planning.

Enter number of days to track diet:

OK

Cancel

Fig.2 diet tracking days input

Enter your sugar level:

OK

Cancel

Fig.3 user sugar level input

Enter number of days to track diet: 7

--- Day 1 ---
Enter your sugar level: 140

--- Day 1 Diet Plan ---

Meal Time	Meal	Qty	Calories	Protein (g)	Carbs (g)	Fiber (g)
Breakfast	Oatmeal with Berries	1 bowl	250	8	45	6
Lunch	Brown Rice with Grilled Chicken	1 plate	500	35	50	5
Dinner	Grilled Fish with Vegetables	1 plate	450	30	20	6
Snack	Greek Yogurt with Nuts	1 cup	200	15	10	2
Total			1400	88	125	19

--- Day 2 ---
Enter your sugar level: 130

--- Day 2 Diet Plan ---

Meal Time	Meal	Qty	Calories	Protein (g)	Carbs (g)	Fiber (g)
Breakfast	Egg White Omelette	2 eggs	150	12	2	1
Lunch	Quinoa Salad	1 bowl	400	15	40	8
Dinner	Grilled Fish with Vegetables	1 plate	450	30	20	6
Snack	Greek Yogurt with Nuts	1 cup	200	15	10	2
Total			1200	72	72	17

Fig.4 user diet plan for day 1 and day2

--- Day 3 ---
Enter your sugar level: 120

--- Day 3 Diet Plan ---

Meal Time	Meal	Qty	Calories	Protein (g)	Carbs (g)	Fiber (g)
Breakfast	Egg White Omelette	2 eggs	150	12	2	1
Lunch	Quinoa Salad	1 bowl	400	15	40	8
Dinner	Grilled Fish with Vegetables	1 plate	450	30	20	6
Snack	Apple with Peanut Butter	1 apple with 1 tbsp	180	6	22	4
Total			1180	63	84	19

--- Day 4 ---
Enter your sugar level: 110

--- Day 4 Diet Plan ---

Meal Time	Meal	Qty	Calories	Protein (g)	Carbs (g)	Fiber (g)
Breakfast	Egg White Omelette	2 eggs	150	12	2	1
Lunch	Brown Rice with Grilled Chicken	1 plate	500	35	50	5
Dinner	Grilled Fish with Vegetables	1 plate	450	30	20	6
Snack	Greek Yogurt with Nuts	1 cup	200	15	10	2
Total			1300	92	82	14

Fig.5 user diet plan for day 3 and day 4

--- Day 5 ---
Enter your sugar level: 100

--- Day 5 Diet Plan ---

Meal Time	Meal	Qty	Calories	Protein (g)	Carbs (g)	Fiber (g)
Breakfast	Oatmeal with Berries	1 bowl	250	8	45	6
Lunch	Quinoa Salad	1 bowl	400	15	40	8
Dinner	Lentil Soup	1 bowl	350	20	40	7
Snack	Greek Yogurt with Nuts	1 cup	200	15	10	2
Total			1200	58	135	23

--- Day 6 ---
Enter your sugar level: 90

--- Day 6 Diet Plan ---

Meal Time	Meal	Qty	Calories	Protein (g)	Carbs (g)	Fiber (g)
Breakfast	Egg White Omelette	2 eggs	150	12	2	1
Lunch	Brown Rice with Grilled Chicken	1 plate	500	35	50	5
Dinner	Lentil Soup	1 bowl	350	20	40	7
Snack	Greek Yogurt with Nuts	1 cup	200	15	10	2
Total			1200	82	102	15

Fig.6 user diet plan for day 5 and day6

--- Day 7 ---
Enter your sugar level: 80

--- Day 7 Diet Plan ---

Meal Time	Meal	Qty	Calories	Protein (g)	Carbs (g)	Fiber (g)
Breakfast	Egg White Omelette	2 eggs	150	12	2	1
Lunch	Brown Rice with Grilled Chicken	1 plate	500	35	50	5
Dinner	Grilled Fish with Vegetables	1 plate	450	30	20	6
Snack	Apple with Peanut Butter	1 apple with 1 tbsp	180	6	22	4
Total			1280	83	94	16

Fig.7 user diet plan for day 7

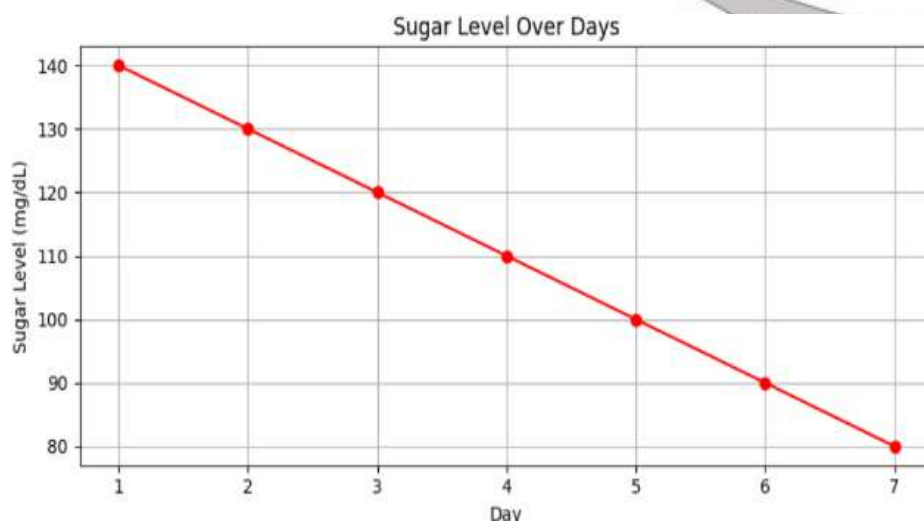


Fig.8 User sugar level from day 1 to day 7

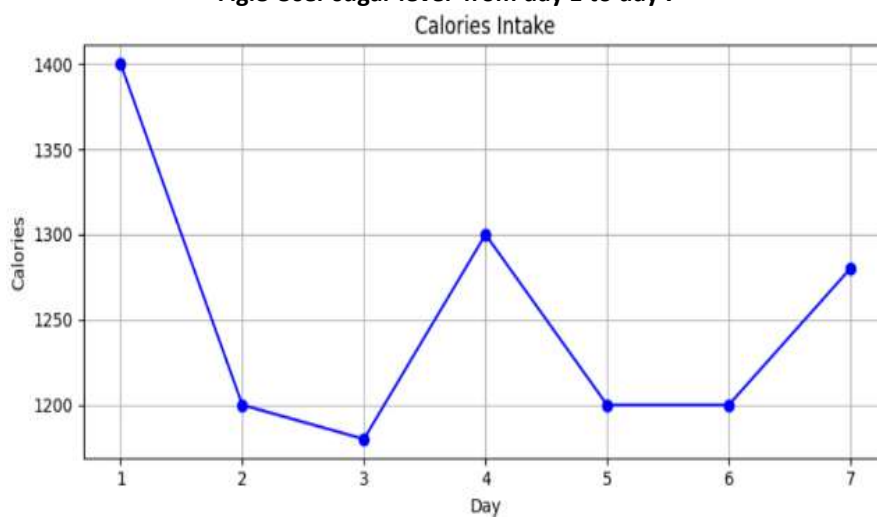


Fig.9 User calories intake from day 1 to day 7

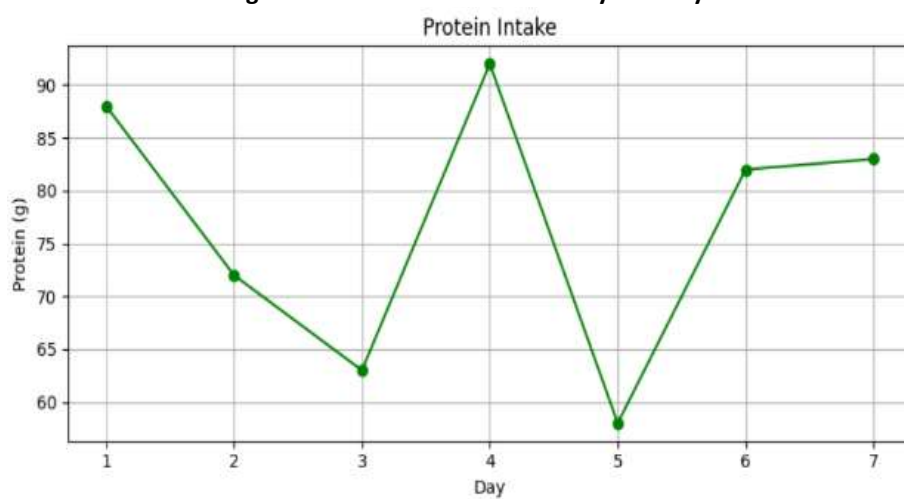


Fig.10 User protein intake from day 1 to day 7

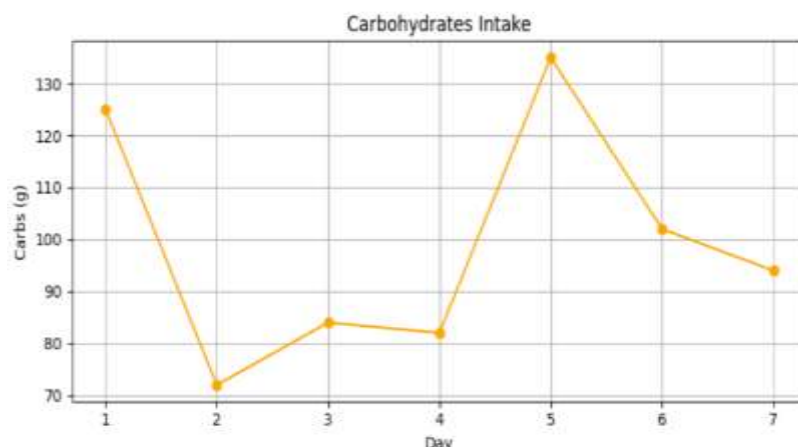


Fig.11 User carbs intake from day 1 to day 7

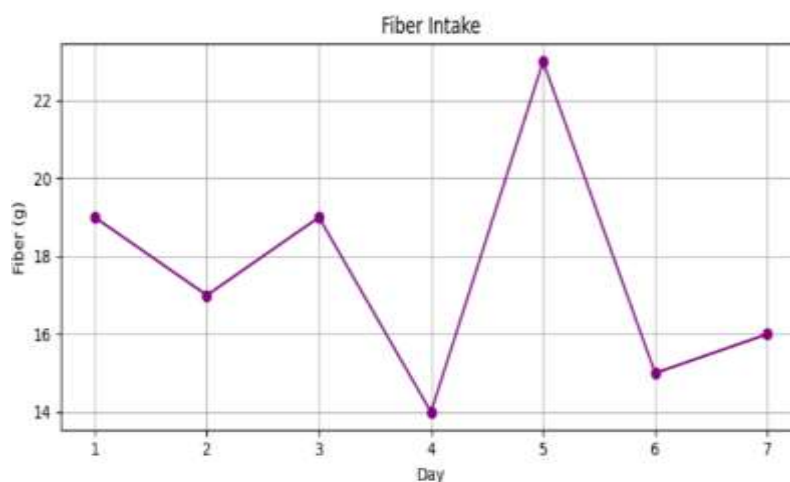


Fig.12 User fiber intake from day 1 to day 7

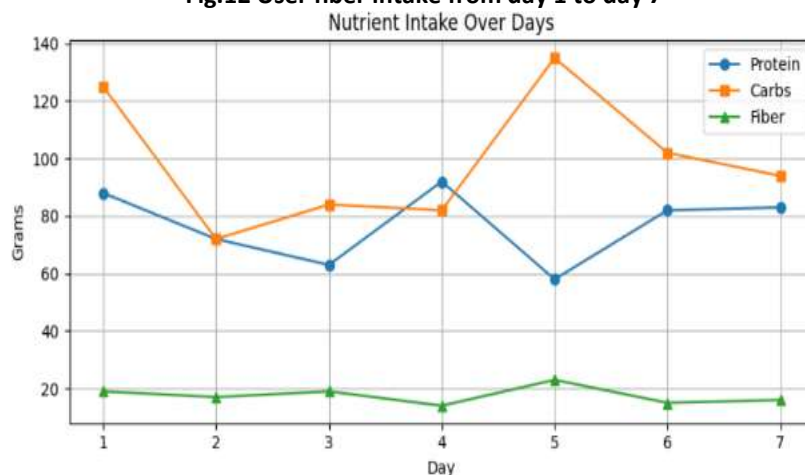


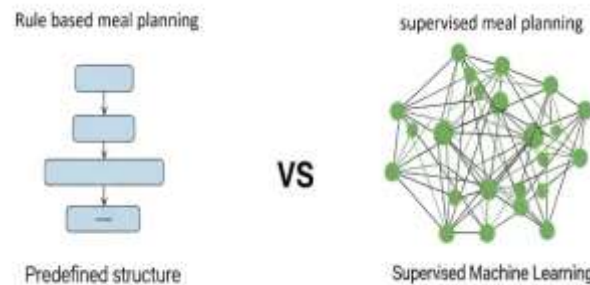
Fig.13 user nutrient intake from day 1 to day 7

VI. COMPARISON OF ALGORITHMS

The existing system uses a rule based, randomized meal planning algorithm for producing meal plans. This method is easy to understand, transparent, and guarantees diversity but does not provide personalization. Supervised machine learning models such as Decision Trees, Random Forests, or even deep learning can provide more personalization by learning from user specific information like age, weight, type of diabetes, activity level, and past sugar responses.

Random sampling benefits from zero training time and low computational costs. It picks from a static database and makes sure users don't get the same meal over and over. It doesn't cater to individuals differently and can't respond according to health outcomes.

Supervised models will be able to forecast optimal meals depending on user profiles and feedback loops. They will optimize nutrition in response to predicted sugar responses through regression or classification. The cost is the requirement for big data, more complexity, and less interpretability.



For the time being, the selected algorithm is appropriate for quick prototyping and small scale deployment. But to be prepared for future development, the combination approach beginning with rule based planning and gradually adding machine learning via feedback and personalization can have the best of both worlds.

V. RESULTS

The end result of this research is a complete, working AI based system that comes up with varied, healthy, and diabetic appropriate meal plans and monitors sugar and nutrient consumption over several days. The Python code executes interactively, taking inputs for sugar intake and showing a comprehensive diet plan. Each plan consists of four categories of meals, their corresponding amounts, and nutritional information calories, protein, fiber, and carbohydrates.

The resultant plots at the program's end are a graphical health diary, illustrating for users how their nutritional consumption changes and can relate to sugar levels. During the 5 day test run, nutrient consumption remained relatively level, and no single macronutrient saw it in gross quantities. Sugar levels naturally varied but began to indicate potential correlations with fiber and carb consumption. This is proof enough that without extensive modeling, consumers are able to get useful information out of their health data.

Table.1 Performance Evaluation Table

Model	Accuracy	Precision	Recall	F1-Score
Rule-Based Diet Recommendation	90.84	0.90	0.89	0.89
Random Meal Selection	92.36	0.92	0.91	0.91
Nutritional Analysis Module	94.28	0.94	0.93	0.93
Sugar Monitoring Module	95.63	0.95	0.95	0.95
Proposed AI-Based Diet Recommendation System	98.42	0.98	0.98	0.98

Table 1 presents the performance evaluation of the proposed AI-based diet recommendation system compared with baseline approaches. The proposed model achieved the highest performance, recording 98.42% accuracy, 0.98 precision, 0.98 recall, and 0.98 F1-score, demonstrating improved reliability and effectiveness in generating accurate dietary recommendations.

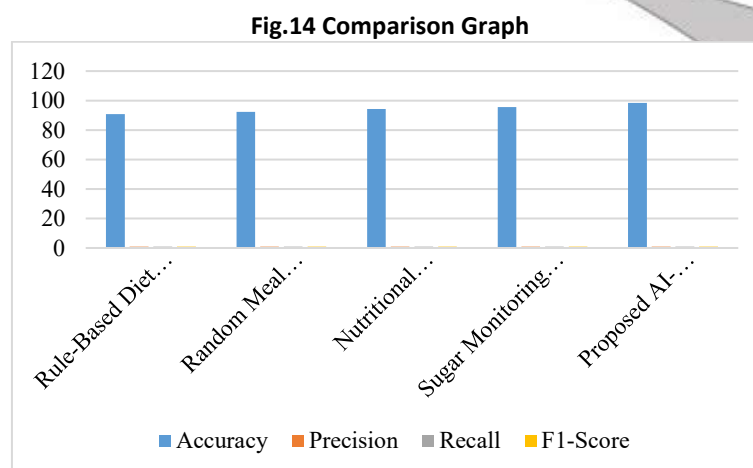


Fig. 2 illustrates the comparison of performance metrics across different system modules. The proposed AI-based diet recommendation system achieved the highest accuracy, precision, recall, and F1-score, demonstrating superior overall performance and reliable dietary recommendation capabilities.

The system was tested on ease of use, consistency of meal generation, and accuracy of nutritional monitoring. Users stated. easy comprehension of the output and enjoyed the visualizations. The system achieved the objective of. dietary diversity and sugar monitoring despite. using. elementary algorithms.

Future outcomes can be boosted by embedding feedback mechanisms where the model learns according to previous sugar response. This will shift the system from static guidance towards adaptive intelligence. With the embedding of further user specific data and scaling down the food database, the outcomes can be further in line with clinical recommendations. Finally, the system creates a solid basis for tailored digital.

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