

## ABSTRACT

This project is a real-time website designed for health institutions, suggesting foods to patients for individuals in managing their diets. The system stores users health information, including disease data, and automatically retrieve medical records upon login into their account. The proposed system calculates food calories based on patients health history and compare the reference with uploaded food images to determine if the food are suitable for patient. The project developed with ASP.NET and SQL Server backend. The admin controls the user data and food details. The Food Recognition system helps users to maintain their diets by providing instant suggestion on the food choices, ensuring adherence to calorie limits. Each user gets a separate login session, and after uploading a food image, they receive guidance on whether to consume it or not.