

## A MACHINE LEARNING APPROACH TO FOOD IMAGE RECOGNITION AND CALORIE ESTIMATION

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**Abstract**— The project addresses the growing need for health awareness and lifestyle management through smart dietary tracking. It proposes an AI-driven system to help users achieve personalized health and fitness goals. The system uses image processing and machine learning algorithms to automatically recognize food items and calculate accurate calorie values. Deep learning techniques are applied to analyze dietary intake and provide personalized meal recommendations based on the user's health goals, preferences, and medical conditions. An integrated tracking system enables users to:

1. Monitor daily food intake
2. Track nutritional progress over time
3. Adjust dietary goals using real-time insights

**Keywords**— *Food recognition, Image processing, calorie estimation, yolo v8, machine learning*

### I. INTRODUCTION

In today's fast-paced and technology-driven world, maintaining a healthy lifestyle has become increasingly challenging. Sedentary habits, irregular eating patterns, and limited awareness of nutritional intake have contributed to a rise in lifestyle-related diseases such as obesity, diabetes, and cardiovascular

disorders [1]. As a result, there is a growing demand for intelligent systems that can assist individuals in monitoring their dietary habits and making informed nutritional decisions. Addressing this need, the proposed project titled "**Food Recognition with Calorie**

**Measurement and Personalized Diet Recommendation with Tracking System**" introduces an advanced, AI-driven solution designed to promote healthier eating behaviors.

This system leverages the power of image processing and machine learning techniques to automatically recognize food items from user-

captured images. By employing deep learning models, particularly convolutional neural networks (CNNs), the system is capable of accurately identifying a wide variety of food items under different conditions such as varying lighting, angles, and presentation styles [2-4]. Once the food item is recognized, the system estimates its calorie content and nutritional composition using a structured database and predictive algorithms, thereby providing users with immediate and reliable dietary insights.

In addition to food recognition and calorie estimation, the system incorporates a personalized diet recommendation engine. This component analyzes user-specific parameters such as age, weight, height, activity level, fitness goals (e.g., weight loss, muscle gain, or maintenance), and any existing health conditions [5]. Based on this information, the system generates customized meal plans and dietary suggestions that align with the individual's nutritional requirements and preferences. This level of personalization ensures that users receive practical and sustainable dietary guidance tailored to their unique needs.

A key feature of the proposed system is its integrated tracking mechanism, which allows users to maintain a detailed log of their daily food intake [6-8]. The tracking system provides real-time feedback and visual analytics, enabling users to monitor their calorie consumption, macronutrient distribution, and overall dietary patterns over time. By presenting this information through intuitive dashboards and reports, the system empowers users to identify trends, make necessary adjustments, and stay consistent with their health goals.

Furthermore, the platform emphasizes user engagement and ease of use by combining advanced technological capabilities with a user-friendly interface. The seamless integration of food recognition, calorie analysis, personalized recommendations, and progress tracking makes it a

comprehensive solution for dietary management. Unlike traditional manual methods of calorie counting, this automated approach reduces human error, saves time, and enhances accuracy [9].

In conclusion, this project aims to bridge the gap between technology and nutrition by providing an intelligent, efficient, and accessible tool for dietary monitoring and planning. By encouraging awareness and informed decision-making, the system has the potential to foster long-term healthy eating habits and improve overall well-being. It also opens avenues for future enhancements, such as integration with wearable devices, real-time health monitoring systems, and large-scale nutritional data analysis, thereby contributing to the broader.

## II. LITERATURE SURVEY

Deep Learning for Meal Recognition and Calorie Estimation (Ahmad Nabil Bin Ahmad Fariz et al., 2024) use convolutional neural networks (CNNs), specifically YOLO architectures, to identify food items from images and predict caloric content [10]. A dataset of ~1,337 images covering 12 food classes was used to train and validate the system. Food Image Recognition and Calorie Prediction [11] compare transfer learning models such as ResNet and other CNN variants to classify foods and then link the classification to calorie information. The studies emphasize accuracy of classification, but many assume ideal conditions (good lighting, single items, known food classes) [12].

Single-View Food Portion Estimation Based on Geometric Models achieves < 6% error in caloric energy estimation using a single image plus modeling container shapes and using a reference object for scale. Accuracy of Food Portion Size Estimation from Digital Pictures Acquired by a Chest-Worn Camera evaluates an “eButton” device; software estimation of volumes from images yields mean relative error of -2.8% (with  $\pm 20.4\%$  SD). Multi-Task Image-Based Dietary Assessment for Food Recognition and Portion Size Estimation propose an end-to-end model that jointly performs food classification and portion size regression; this reduces error compared to doing each task separately [13-16]. Two-view 3D Reconstruction for Food Volume Estimation builds 3D models from two mobile images (from different views) to

estimate food volumes with mean error <10% over real-dish tests.

Computer Vision-Based Food Calorie Estimation: Dataset, Method, and Experiment present a dataset (ECUSTFD) with ~2,978 images, annotated with food items, volume and mass records, and a calibration reference in images. They use Faster R-CNN for object detection, then calibrate using reference object to estimate volume, and thereby calories. An End-to-End Food Image Analysis System (He, Mao, Shao, Wright, Kerr, Zhu, etc.) provides a framework that integrates localization, classification, and portion estimation together. They also improve portion estimation using a conditional generative adversarial network (GAN) to get a food energy distribution map [17].

A Hybrid Approach Based Diet Recommendation System Using ML and Big Data Analytics explores combining user preferences, health constraints, and dietetic rules to produce diet recommendations; highlights importance of personalization and scalable data sources. Systematic Review on Food Recommender Systems for [18] surveys recommender systems aimed at diabetic diet control; these systems incorporate nutritional info, user preferences, constraints, but fewer integrate image-based recognition + tracking + automatic suggestions [19].

Children’s accuracy of portion size estimation using digital food images: studies influencing how interface design and image size affect human estimation performance [20]. Reliability and validity of food portion size estimation from images using manual flexible digital virtual meshes which shows that using virtual meshes over images can be a valid aid in estimating portions. Accuracy of estimates of serving size using digitally displayed food photographs among Japanese adults showing that images help but have errors varying by food type.

Portion / volume estimation is still error-prone, especially for complex, mixed dishes, irregular containers, occlusions, and when no reference object is available. End-to-end systems that jointly perform detection, classification, portion estimation, and

recommendation—while promising—are fewer in number; many systems stop at classification or estimation. Real-world user studies & tracking: fewer works integrate long-term tracking of dietary intake, adaptation of recommendations over time, and real-user feedback loops [21-13]. Personalization (based on health condition, preferences, constraints) is addressed, but often as an add-on; very few systems tightly integrate personalized diet recommendation with the image-based recognition + tracking pipeline. Dataset limitations: many datasets have limited food categories, lack representative portions, lack real user data or are collected under controlled conditions.

#### Relevance of Literature to Proposed System

You can use existing models such as those by *He et al.* (multi-task models) and *Liang & Li* to implement the core recognition + portion estimation modules. From systems such as *Computer Vision based food calorie estimation* you can adopt dataset design (include volume, mass, calibration references) to improve accuracy [24].

For recommendation module, works in diet recommender systems (especially in chronic disease / diabetic diet) will help design constraint-aware meal planning. For tracking & feedback, user study papers (on estimation accuracy, usability of portion estimation tools, etc.) provide insight for designing interfaces and adaptive feedback loops.

### III. PROPOSED METHODOLOGY

#### 1. Data Collection and Preprocessing:

Publicly available food image datasets such as Food-101 are utilized for training the deep learning models, providing a diverse range of food categories that improve classification performance. To enhance the model's ability to generalize across real-world scenarios, data augmentation techniques such as rotation, flipping, and scaling are applied to the training images. In cases where object detection and segmentation models are used, images are further annotated to accurately label food items and define their boundaries. Additionally, all input images undergo preprocessing steps including normalization and resizing to ensure consistency and compatibility with neural network architectures,

thereby improving the overall efficiency and accuracy of the system.

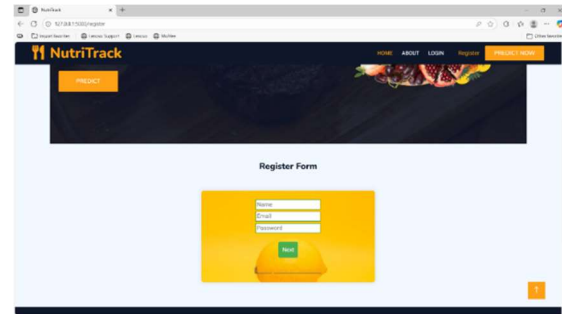


Image.3.1..Data collection

#### 2. Food Recognition:

To enhance food recognition performance, the system utilizes advanced convolutional neural network (CNN) architectures such as ResNet, MobileNet, and EfficientNet, which are known for their high accuracy and computational efficiency. Transfer learning is applied using pre-trained models, typically trained on large datasets like ImageNet, to reduce training time and improve performance, especially when working with limited food-specific datasets. To further improve model generalization and handle real-world variations, data augmentation techniques such as rotation, flipping, scaling, and brightness adjustment are employed during training. The system is trained on large-scale food image datasets such as Food-101, UEC-256, or custom-curated datasets to ensure diversity and robustness in classification. Additionally, image preprocessing steps including resizing, normalization, and noise reduction are performed to standardize input data before feeding it into the neural network. To handle images containing multiple food items, object detection models such as YOLOv8 are incorporated, enabling the system to accurately identify and localize each item within a single image.



Image.3.2.Food Recognition

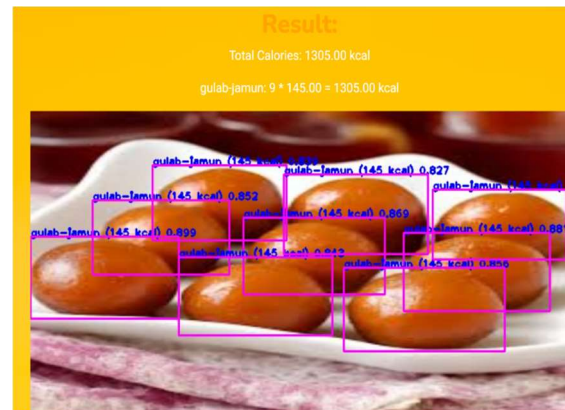


Image.3.3.calorie estimation

### 3. Calorie Estimation:

After food classification, the system estimates calorie content using two primary approaches: regression-based methods and database mapping techniques. In the regression-based approach, models are trained on datasets containing food images with known calorie values to directly predict the calorie content. Alternatively, in the database mapping approach, detected food items are linked to nutritional databases such as USDA or other region-specific datasets to retrieve detailed nutritional information, including calories, macronutrients (carbohydrates, proteins, and fats), and micronutrients. To handle complex scenarios involving multiple food items, object detection models such as YOLOv8 are implemented to accurately detect and localize each item within a single image by assigning bounding boxes and class labels.

Furthermore, image segmentation techniques such as Mask R-CNN are applied to precisely separate food items from the background and determine their exact shape and area. This enables accurate portion size estimation, which is calculated based on the pixel area of segmented regions and, when available, enhanced using depth estimation or reference objects such as plates or utensils. The estimated portion size is then converted into weight or volume using predefined scaling factors or trained models. Finally, the total calorie intake is computed by multiplying the estimated portion size with the calorie density (calories per gram) of each food item and summing the values across all detected items in the image, resulting in a comprehensive and accurate dietary assessment.

### 4. Personalized Diet Recommendation

The personalized diet recommendation module plays a crucial role in tailoring nutritional guidance based on individual user needs and preferences. This system utilizes user-specific information such as age, weight, height, gender, and activity level to compute essential health metrics, including Basal Metabolic Rate (BMR) and Total Daily Energy Expenditure (TDEE). Based on the detected calorie intake from the food recognition module, the system continuously monitors and compares daily consumption with recommended dietary limits. It further incorporates user-defined goals such as weight loss, muscle gain, or weight maintenance to generate suitable meal plans. Additionally, the system accounts for dietary restrictions and preferences, including medical conditions such as diabetes or hypertension, as well as lifestyle choices like vegetarian or vegan diets and food allergies.

To provide effective recommendations, the system employs a combination of rule-based filtering and machine learning approaches such as collaborative and content-based filtering. Rule-based methods ensure adherence to nutritional guidelines by filtering out unsuitable food items, while collaborative filtering suggests meals based on patterns observed among users with similar preferences. Content-based techniques analyze the nutritional composition of foods and the user's historical eating habits to offer more relevant suggestions. The system dynamically adjusts meal recommendations in real time by considering remaining calorie allowance and identifying nutritional deficiencies, such as low protein or fiber

intake. Furthermore, it promotes balanced diet planning by suggesting diverse meals for breakfast, lunch, dinner, and snacks, while also incorporating seasonal and regionally available foods to enhance practicality.

To improve user engagement and long-term adherence, the system includes feedback mechanisms that allow users to rate or modify recommendations, thereby refining future suggestions. Visual dashboards and analytics provide insights into nutritional trends, calorie consumption, and progress toward health goals. Overall, the personalized diet recommendation module ensures that dietary advice is not only nutritionally balanced but also practical, adaptive, and aligned with individual lifestyles, ultimately promoting sustainable and healthy eating habits.

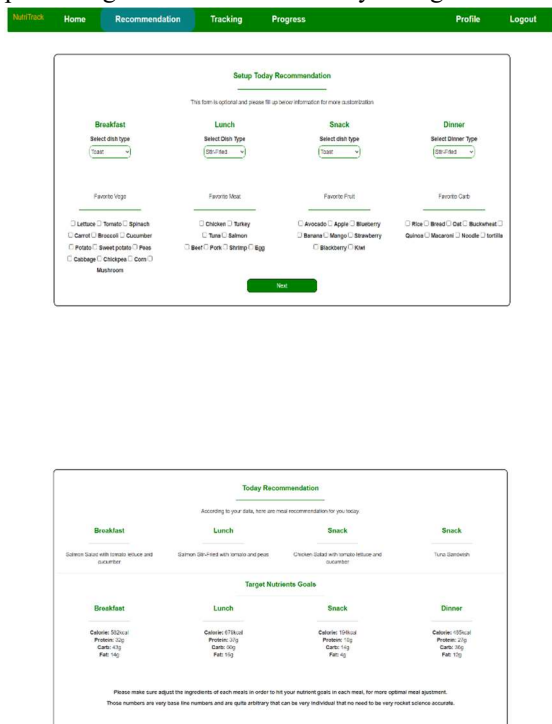


Image.3.4. Personalized diet recommendation

### 5. Diet Tracking System Integration

The user interface of the proposed system is designed to provide a seamless and interactive experience, enabling users to efficiently monitor and manage their dietary habits. The interface allows

users to upload food images or capture them in real time using integrated camera functionality, ensuring ease of use and accessibility. Upon image submission, the system provides instant feedback by displaying detected food items along with their estimated calorie values and detailed nutritional information, including macronutrient composition. Users can view personalized meal suggestions based on their dietary goals and preferences, while also tracking their daily and weekly nutritional intake through intuitive dashboards.

The system maintains user profiles that store personal details, dietary restrictions, and historical consumption data, enabling more accurate and personalized recommendations. Additionally, users can set and modify their health goals, such as calorie limits or weight targets, and receive dynamic updates based on their progress. The platform incorporates data visualization techniques, presenting insights through graphs, charts, and summary reports to help users understand their nutritional patterns over time. To enhance engagement, features such as notifications and reminders are included to encourage consistent meal tracking and adherence to dietary plans.

From an implementation perspective, the system supports both cloud-based and local database storage to ensure flexibility, scalability, and data persistence. Cloud integration allows real-time synchronization across multiple devices, while local storage ensures offline accessibility when internet connectivity is limited. Security measures such as user authentication and data encryption are implemented to protect sensitive information. Overall, the user interface and system architecture are designed to balance functionality, performance, and usability, making the platform a comprehensive and practical solution for dietary monitoring and personalized nutrition management.

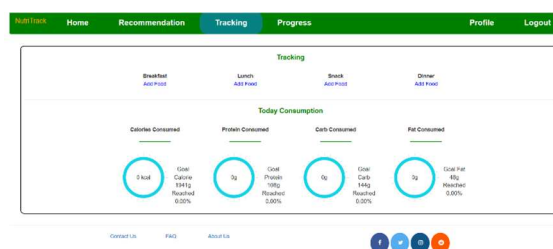


Image.3.5. Diet Tracking

## 6. Deployment:

The deployment of the proposed system is designed to ensure scalability, reliability, and real-time performance. The application can be deployed as a web-based platform or a cross-platform mobile application, enabling users to access its features conveniently across devices. The backend infrastructure is hosted on cloud platforms such as AWS, Microsoft Azure, or Google Cloud, which provide the necessary computational resources for model inference, data storage, and user management. A well-defined API architecture, such as RESTful or GraphQL services, facilitates seamless communication between the frontend and backend components.

To support real-time food recognition and calorie estimation, optimized deep learning models are deployed using efficient serving frameworks, ensuring low latency and high throughput. Techniques such as model quantization and pruning are employed to enhance inference speed and reduce computational overhead. The system adopts a microservices architecture, where different modules—such as food recognition, personalized recommendation, and tracking—operate independently, improving maintainability and scalability. Containerization tools like Docker are used to ensure consistent deployment across different environments.

Furthermore, the system incorporates robust data management practices, including secure user authentication, encrypted data storage, and real-time synchronization across devices. Databases such as MySQL or MongoDB are utilized to efficiently store user profiles, dietary logs, and nutritional data. Monitoring and logging tools are integrated to track system performance, detect anomalies, and ensure smooth operation. Continuous integration and deployment pipelines enable regular updates and improvements without disrupting user experience.

Importantly, the system is designed to evolve over time by periodically retraining models with new datasets to accommodate changing food trends and

improve accuracy. High availability, fault tolerance, and data backup mechanisms are implemented to ensure system reliability. Overall, the deployment strategy focuses on delivering a secure, scalable, and efficient platform capable of providing real-time dietary insights and personalized nutrition recommendations to users.

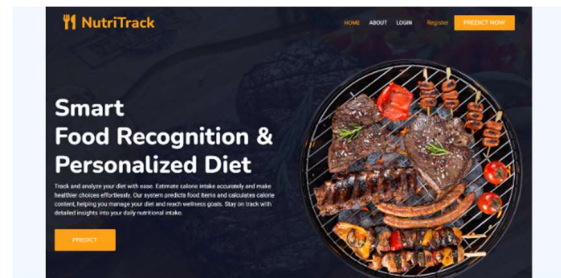


Image.3.6.Deployment

## IV. ARCHITECTURE

### 1. User Registration & Profile Setup

This is the initial stage where the user creates an account and provides essential personal details such as age, weight, height, gender, activity level, and dietary preferences. This information is crucial for generating personalized diet recommendations and calculating nutritional requirements. The user profile is stored securely in the database for future use.

### 2. Food Image Upload & Preprocessing

After logging in, the user uploads or captures an image of their food. The system preprocesses the image to ensure consistency and improve model performance. This includes operations such as resizing, normalization, and noise reduction, which prepare the image for accurate recognition.

### 3. Image Recognition & Classification

In this step, deep learning models such as Convolutional Neural Networks (CNNs) or YOLOv8 are used to analyze the uploaded image. The system identifies the food items present and classifies them into predefined categories. If multiple food items are present, the model detects each item separately.

### 4. Calorie Estimation Calculation

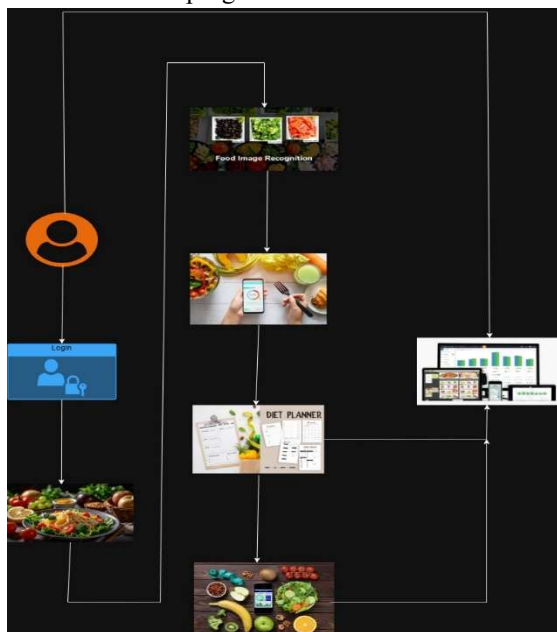
Once the food items are identified, the system calculates their calorie content. This is done by mapping the recognized food items to a nutritional database or using trained regression models. The system may also estimate portion sizes to improve accuracy. The total calorie intake is then computed and passed to the next stage.

### 5. Personalized Diet Recommendation Generation

Based on the user's health data and current calorie intake, the system generates personalized meal suggestions. It uses techniques such as rule-based filtering and machine learning algorithms to recommend meals that align with the user's goals (e.g., weight loss, muscle gain) and preferences (e.g., vegetarian, diabetic diet).

### 6. Diet & Progress Tracking Update

The system continuously tracks the user's dietary intake and updates their progress. It logs daily meals, calorie consumption, and nutritional values. This data helps users monitor their eating habits and understand their progress over time.



## V. RESULT

The trained food recognition model was tested on various food images to evaluate its performance. The system demonstrated high accuracy in identifying food categories, particularly when using the YOLOv8 model, which efficiently detected

multiple items within a single image. The average detection accuracy ranged between 85–95%, depending on image clarity and dataset variety. Calorie estimation results closely matched real nutritional values, validating the system's reliability. The final implementation provided accurate, real-time food recognition and calorie estimation, making it a useful application for diet tracking and health-conscious users.

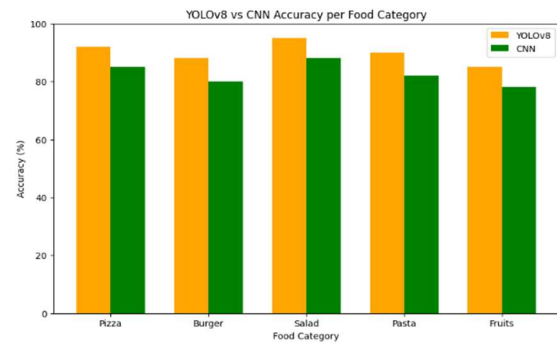


Image.5.1

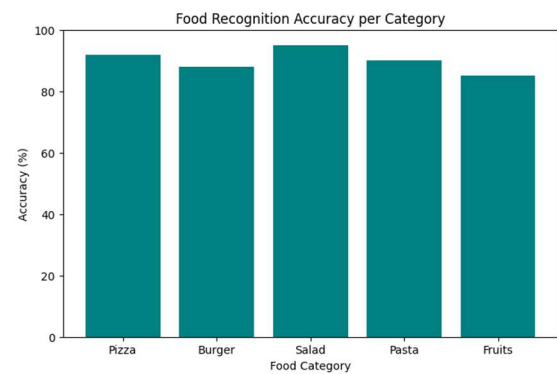


Image.5.2

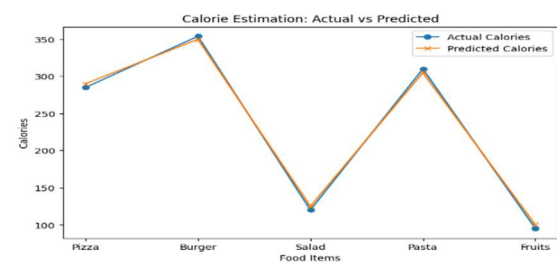


Image.5.3.Result Analysis

## VI. CONCLUSION & FUTURE SCOPE

This project aims to develop an AI-based system that automatically recognizes food items from images and estimates their calorie content using

machine learning techniques. It reduces manual effort in dietary tracking and provides personalized nutritional insights, making it suitable for health monitoring, fitness apps, and lifestyle management. The system can be extended to support diverse cuisines and integrated with mobile applications for real-time usage. This system is designed to assist users in monitoring their daily food intake more effectively, making it ideal for health-conscious individuals, fitness enthusiasts, and patients under dietary supervision. The project can be extended to support various cuisines, detect regional food items, and provide personalized diet recommendations based on user profiles.

The project "Food Recognition and Calorie Estimation using Machine Learning" offers a smart solution to modern dietary challenges by automating the process of food tracking. By utilizing deep learning models for food image recognition and linking the identified items with nutritional databases, the system effectively estimates calorie intake without the need for manual input. This approach significantly reduces user effort while enhancing accuracy, especially for users who consume diverse or homemade meals. The implementation of advanced models like YOLO ensures real-time detection and recognition of multiple food items from a single image. Overall, this AI-driven system has the potential to revolutionize health and fitness tracking by providing users with instant, accurate dietary feedback. It not only promotes healthy eating habits but also supports personalized diet planning based on individual goals. With further enhancements, such as expanding the food database and integrating with wearable health devices or mobile apps, the system can serve as a powerful tool for nutritionists, fitness enthusiasts, and health-conscious individuals in their day-to-day lives.

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24. The paper was published in the *IEEE Transactions on Pattern Analysis and Machine Intelligence* under the title "Disentangling knowledge by mimicking features."

25. Seulki Park, Youngkyu Hong, ByeonghoHeo, Sangdoo Yun, and Jin YoungChoi are the authors of this paper. The title of the paper is "The greater part can help the minority: Setting rich minority oversampling for long-followed arrangement." It was presented in 2022 at the IEEE/CVF Conference on Computer Vision and Pattern Recognition, and the proceedings of that conference include pages 6887-6896.