Content

Declaration by Research Scholar Originally of Research Work I

Certificate of Supervisor II

Thesis Approval Form IV

Declaration by Research Scholar Submission of Thesis V

Acknowledgment VI

Content IV

List of Figures XII

List of Tables XVI

Abstract XVII

Chapter 1 1

1 Introduction to Cardiac Patient Food Recommendation System 1

1.1 Introduction 1

1.2 Overview of Cardiovascular Patient 2

1.2.1 Challenges and Difficulties of Cardiac Patients 3

1.2.2 A Study of Cardiac Patient Nutrition based food 3

1.2.3 An impact of nutrition base food on Cardiac Patient 4

1.2.3.1 Types of Food for Cardiac Patients 4

1.2.3.1.1 Gujarati Raw Food and Cooked Food 5

1.2.3.1.2 Fruits 5

1.3 Overview of Machine Learning 6

1.3.1 Current Use of Machine Learning 6

1.3.2 Role of Machine Learning 7

1.3.3 Classification of Machine Learning Algorithm 7

1.3.3.1 Supervised Machine Learning: 8

1.3.3.1.1 Regression 8

1.3.3.1.2 Decision Tree 8

1.3.3.1.3 Random Forest 9
1.3.3.1.4 Classification 9
1.3.3.2 Unsupervised Machine Learning: 9
1.3.3.2.1 Clustering 10
1.3.3.2.2 Association analysis 10
1.3.3.2.3 Hidden Markev Model 10
1.3.3.3 Reinforcement Machine Learning: 11
1.4 Overview of Recommendation System 11
1.4.1 Introduction to Recommendation System 12
1.4.1.1 Types of Recommendation System 12
1.4.1.1.1 Content Base Filtering 14
1.4.1.1.2 Collaborative Base Filtering 15
1.4.1.1.3 Knowledge Base Filtering 16
1.4.1.1.4 Demographic Base Filtering 17
1.4.1.1.5 Utility Base Filtering 17
1.4.1.1.6 Hybrid Filtering 17
1.4.2 Overview of Category of Recommendation System 18
1.4.2.1 Movie Base Recommendation System 19
1.4.2.2 Product Base Recommendation System 19
1.4.2.3 Music Base Recommendation System 19
1.4.2.4 Health Base Recommendation System 19
1.4.2.4.1 Diet Base Recommendation System 20
1.4.2.4.2 Nutrition Value Base Recommendation System 20
1.4.2.4.3 Disease Base Recommendation System 20
1.4.2.4.3.1 Cardiovascular Disease Patient Food Recommendation System 21
1.5 Problem Statement 22
1.6 Need and Importance of Research 23

1.7 Research Objectives 24
1.8 Advantages of Study 26
1.9 Scope of Study 26
1.10 Limitation of Study 27
1.11 Organization of Thesis 27
1.11.1 Introduction 27
1.11.2 Literature Review 27
1.11.3 Analysis and Design of NBRS Model 27
1.11.4 NBRS Model Development 28
1.11.5 Results and Discussion 28
1.11.6 Conclusion and Future Scope 29
Chapter 2 30
2 Literature Review 30
2.1 Introduction to Literature Review 30
2.2 Literature Review on Different Categories 31
2.2.1 Cardiac Patient 31
2.2.2 BMR (Basal Metabolic Rate) 35
2.2.3 Calorie Calculation 35
2.2.4 Nutrition Values for Different Foods 35
2.2.5 Algorithms for Food Recommendation 38
2.2.5.1 Baseline Algorithm 38
2.2.5.2 Co-Clustering Algorithm 41
2.2.5.3 KNN-Basic Algorithm 42
2.2.5.4 KNN-with means Algorithm 44
2.2.5.5 KNN-withZscore Algorithm 47
2.2.5.6 NMF Algorithm 49
2.2.5.7 Slope-One Algorithm 51

2.2.5.8 SVD Algorithm 53
2.2.5.9 SVD++ Algorithm 56
2.3 Literature Based on Machine Learning Techniques 58
2.3.1 Types of Machine Learning 58
2.3.1.1 Content Base Filtering 58
2.3.1.2 Collaborative Base Filtering 60
2.3.1.3 Hybrid Filtering 62
2.4 Research Gap 63
2.5 Review Finding 64
2.6 Conclusion 66
Chapter 3 67
3 Analysis and Design of the Nutrition-Based Recommendation System (NBRS) Model 67
3.1 Introduction 67
3.2 Study of Cardiac Patients 67
3.3 Food Dataset for Cardiac Patients 68
3.3.1 Gujarati Food 70
3.3.2 Fruits 72
3.4 Nutrition-Based Study 74
3.4.1 Nutrition-Based Study for Gujarati Food & Fruits 75
Chapter 4 78
4 Development of the Nutrition-Based Recommendation System (NBRS) Model 78
4.1 Introduction 78
4.2 Data Collection 78
4.2.1 Primary Data Collection 79
4.2.1.1 Online & Physical Collection of Cardiac Patients Data 80
4.2.1.2 Online Collection of Food Preference of Cardiac Patients 83
4.2.2 Secondary Data Collection 91

4.2.2.1 Database for Gujarati Food & Fruit Items Nutritional Values & Calorie Specification 91
4.2.2.1.1 Gujarati Food 91
4.2.2.1.2 Raw Fruits 111
4.3 Data Analysis 116
4.3.1 Introduction to Data Analysis 116
4.3.1.1 Overview of Data Analysis Process 116
4.3.1.2 Importance of Data Analysis in Research 116
4.3.2 Data Cleaning and Preprocessing 117
4.3.2.1 Data Cleaning Techniques 117
4.3.2.2 Handling Missing Values 117
4.3.2.3 Removing Duplicates 118
4.3.2.4 Data Normalization and Transformation 118
4.3.3 Data Classification and Modeling 118
4.3.3.1 Selection of Classification Algorithms 119
4.3.3.2 Model Training and Testing 119
4.3.3.3 Evaluation Metrics for Model Performance 119
4.3.3.4 Mean Squared Error (MSE) 120
4.3.3.5 Root Mean Squared Error (RMSE) 120
4.3.3.6 R-Squared (R^2) 120
4.3.4 Visualization of Results 121
4.3.4.1 Graphical Representation of Findings 121
4.4 Tools Used 130
4.4.1 Utilization of Django Framework for Front-End Development 130
4.4.2 Utilization of Machine Learning Techniques & Tools for Back-End Development 130
4.5 Conclusion 131
Chapter 5 132

5 Result and Discussion 132
5.1 Introduction 132
5.2 Decision Support System 133
5.2.1 Implemented Proposed Model 134
5.3 Implementation of Machine Learning Algorithm for DSS 136
5.3.1 Implementation Base-Line Algorithm 137
5.3.1.1 Introduction 137
5.3.1.2 Implementation 137
5.3.1.3 Result 140
5.3.1.4 Conclusion 141
5.3.2 Implementation Co-Clustering Algorithm 141
5.3.2.1 Introduction 141
5.3.2.2 Implementation 141
5.3.2.3 Result 144
5.3.2.4 Conclusion 145
5.3.3 Implementation KNN-Basic Algorithm 145
5.3.3.1 Introduction 145
5.3.3.2 Implementation 145
5.3.3.3 Result 148
5.3.3.4 Conclusion 149
5.3.4 Implementation KNNWithMeans Algorithm 149
5.3.4.1 Introduction 149
5.3.4.2 Implementation 150
5.3.4.3 Result 152
5.3.4.4 Conclusion 153
5.3.5 Implementation KNNWithZScore Algorithm 153
5.3.5.1 Introduction 153

5.3.5.2 Implementation 154
5.3.5.3 Result 156
5.3.5.4 Conclusion 157
5.3.6 Implementation SlopeOne Algorithm 157
5.3.6.1 Introduction 157
5.3.6.2 Implementation 158
5.3.6.3 Result 161
5.3.6.4 Conclusion 162
5.3.7 Implementation SVD Algorithm 162
5.3.7.1 Introduction 162
5.3.7.2 Implementation 162
5.3.7.3 Result 165
5.3.7.4 Conclusion 166
5.3.8 Implementation SVD++ Algorithm 166
5.3.8.1 Introduction 166
5.3.8.2 Implementation 167
5.3.8.3 Result 170
5.3.8.4 Conclusion 171
5.3.9 Implementation of NMF Algorithm 171
5.3.9.1 Introduction 171
5.3.9.2 Implementation 172
5.3.9.3 Result 174
5.3.9.4 Conclusion 175
5.4 Decision Support System with Implementation 176
5.4.1 Introduction 176
5.4.1.1 Development and Implementation of the NBRS 176
5.4.1.2 Technical Architecture and Machine Learning Integration 177

5.4.1.3 User Interface and Accessibility 177
5.4.1.4 Conclusion of Introduction 177
5.4.2 Implement Code and Screenshots 178
5.4.3 Detailed Description of Categories 180
5.4.3.1 User-Based Recommendations: 180
5.4.3.2 Caloric Recommendations: 182
5.4.3.3 Popularity-Based Recommendations: 186
5.4.4 Conclusion 188
Chapter 6 190
6 Conclusion and Future Scope 190
6.1 Introduction 190
6.2 Implementation of Hybrid Model 191
6.2.1 Implementation-Based on Collaborative Filtering 191
6.2.2 Implementation-Based on Popularity-Based 193
6.2.3 Implementation-Based on New-User Recommendation 195
6.3 Conclusion 196
6.4 Future Scope 197
Bibliography 199
Appendix-A Plagiarism Report 210
Appendix-B Publication 211

List of Figures

Figure 1 Classification of Machine Learning[5] 7
Figure 2 Supervised Learning Example[9] 8
Figure 3 Unsupervised Learning Example[11] 10
Figure 4 Reinforcement Learning Example[11] 11
Figure 5 Types of Recommendation System[16] 13
Figure 6 Personalized Recommendation System Example[17] 14
Figure 7 Non-Personalized Recommendation System Example[18] 14
Figure 8 Content Base Filtering Example[20] 15
Figure 9 Collaborative Base Filtering Example[20] 15
Figure 10 Knowledge Based Filtering Example[23] 16
Figure 11 Demographic Base Filtering Example[24] 17
Figure 12 Hybrid Base Filtering Example[26] 18
Figure 13 Food Recommendation for Cardiac Patients[26], [31] 21
Figure 14 Nutrition-Based Calculation for Calorie 77
Figure 15 Online & Physical Collection of Cardiac Patients Data 81
Figure 16 Online & Physical Collection of Cardiac Patients Data 81
Figure 17 Online & Physical Collection of Cardiac Patients Data 82
Figure 18 Online & Physical Collection of Cardiac Patients Data 82
Figure 19 Online & Physical Collection of Cardiac Patients Data 83
Figure 20 Online Collection of Food Preference of Cardiac Patients 84
Figure 21 Online Collection of Food Preference of Cardiac Patients 84
Figure 22 Online Collection of Food Preference of Cardiac Patients 85
Figure 23 Online Collection of Food Preference of Cardiac Patients 85
Figure 24 Online Collection of Food Preference of Cardiac Patients 85
Figure 25 Online Collection of Food Preference of Cardiac Patients 86
Figure 26 Online Collection of Food Preference of Cardiac Patients 86
Figure 27 Online Collection of Food Preference of Cardiac Patients 86
Figure 28 Online Collection of Food Preference of Cardiac Patients 87
Figure 29 Online Collection of Food Preference of Cardiac Patients 87
Figure 30 Online Collection of Food Preference of Cardiac Patients 87
Figure 31 Online Collection of Food Preference of Cardiac Patients 88

Figure 32 Online Collection of Food Preference of Cardiac Patients 88
Figure 33 Online Collection of Food Preference of Cardiac Patients 88
Figure 34 Online Collection of Food Preference of Cardiac Patients 89
Figure 35 Online Collection of Food Preference of Cardiac Patients 89
Figure 36 Online Collection of Food Preference of Cardiac Patients 89
Figure 37 Online Collection of Food Preference of Cardiac Patients 90
Figure 38 Online Collection of Food Preference of Cardiac Patients 90
Figure 39 Online Collection of Food Preference of Cardiac Patients 90
Figure 40 Online Collection of Food Preference of Cardiac Patients 91
Figure 41 Nutritional Values for Main Meals. 93
Figure 42 Nutritive Values for Dry Snacks 94
Figure 43 Nutritive Values for Dal & Subji 96
Figure 44 Nutritive Values for Gujarati Snacks 97
Figure 45 Nutritive Values for Leafy Vegetables 98
Figure 46 Nutritive Values for Other Vegetables 100
Figure 47 Nutritive Values for Sambhara(2 Table Spoon) 101
Figure 48 Nutritive Values for (Milk Product) (1 Small Bowl) 103
Figure 49 Nutritive Values for (Cereal + Pulse Product) (1 Small Bowl) 104
Figure 50 Nutritive Values for (Cereal + Vegetable Product) (1 Small Bowl) 106
Figure 51 Nutritive Values for (Pulse + Vegetable Product) (1 Small Bowl) 108
Figure 52 Nutritive Values for (Cereal + Pulse + Vegetable Products) (1 Small Bowl) 109
Figure 53 Nutritive Values for (Milk + Pulse Product) (1 Small Bowl) 110
Figure 54 Nutritive Value for (Oil Seeds Product) (1 Small Piece) 111
Figure 55 Nutritive Value for (Raw Fruits) (1 Medium Size) 115
Figure 56 Handling Missing Values [Code of Python] 117
Figure 57 3.6.2.3 Removing Duplicates [Code of Python] 118
Figure 58 Data Normalization and Transformation [Code of Python] 118
Figure 59 Mean Squared Error (MSE) [Code of Python] 120
Figure 60 Root Mean Squared Error (RMSE) [Code of Python] 120
Figure 61 R-Squared (R^2) [Code of Python] 120
Figure 62 Gender Distribution based on Google Form Survey 121
Figure 63 Work Criteria Distribution based on Google Form Survey 122
Figure 64 Main Meal User Preference Based on Google Form Survey 122
Figure 65 Main Meal Rating of Food Preference Based on Google Form Survey 122

Figure 66 Dry Snack User Preference Based on Google Form Survey 123
Figure 67 Dry Snack Rating of Food Preference Based on Google Form Survey 123
Figure 68 Main Meal (Dal & Subji) User Preference Based on Google Form Survey 123
Figure 69 Main Meal (Dal & Subji) Rating of Food Preference Based on Google Form Survey 124
Figure 70 Snacks User Preference Based on Google Form Survey 124
Figure 71 Snacks Rating of Food Preference Based on Google Form Survey 124
Figure 72 Leafy Vegetables User Preference Based on Google Form Survey 124
Figure 73 Leafy Vegetables Rating of Food Preference Based on Google Form Survey 124
Figure 74 Other Vegetables User Preference Based on Google Form Survey 125
Figure 75 Other Vegetables Rating of Food Preference Based on Google Form Survey 125
Figure 76 Sambhara User Preference Based on Google Form Survey 125
Figure 77 Sambhara Rating of Food Preference Based on Google Form Survey 126
Figure 78 Milk Product User Preference Based on Google Form Survey 126
Figure 79 Milk Product Rating of Food Preference Based on Google Form Survey 126
Figure 80 (Cereal + Pulse) Product User Preference Based on Google Form Survey 126
Figure 81 (Cereal + Pulse) Product Rating of Food Preference Based on Google Form Survey 126
Figure 82 (Cereal + Vegetable) Product User Preference Based on Google Form Survey ... 127
Figure 83 (Cereal + Vegetable) Product Rating of Food Preference Based on Google Form Survey 127
Figure 84 (Pulse + Vegetable) Product User Preference Based on Google Form Survey 127
Figure 85 (Pulse + Vegetable) Product Rating of Food Preference Based on Google Form Survey 127
Figure 86 (Cereal + Pulse + Vegetable) Product User Preference Based on Google Form Survey 128
Figure 87 (Cereal + Pulse + Vegetable) Product Rating of Food Preference Based on Google Form Survey 128
Figure 88 (Milk + Pulse) Product User Preference Based on Google Form Survey 128
Figure 89 (Milk + Pulse) Product Rating of Food Preference Based on Google Form Survey 128
Figure 90 Oil Seeds Product User Preference Based on Google Form Survey 129
Figure 91 Oil Seeds Product Rating of Food Preference Based on Google Form Survey 129
Figure 92 Raw Fruits User Preference Based on Google Form Survey 129

Figure 93 Raw Fruits Rating Based on Google Form Survey 129
Figure 94 Proposed Model for NBRS (Nutrition Based Recommendation System).....136
Figure 95 Result of Baseline Algorithm 140
Figure 96 Result of Co-Clustering Algorithm 144
Figure 97 Result of KNN Basic Algorithm.....149
Figure 98 Result for KNNWithMeans Algorithm.....153
Figure 99 Result of KNNWithZScore Algorithm 157
Figure 100 Result of SlopeOne Algorithm 161
Figure 101 Result of SVD Algorithm 166
Figure 102 Result of SVDPP Algorithm.....171
Figure 103 Resultof NMF Algorithm 175
Figure 104 Home Page Food Recommendation System [GUI Design] 180
Figure 105 User-Based Food Recommendation System [GUI Design] 182
Figure 106 Calories-Based Food Recommendation System [GUI Design] 186
Figure 107 Popularity-Based Food Recommendation System [GUI Design] 188

List of Tables

Table 1 Nutritive Gujarati Foods Category 70
Table 2 Nutritive Fruits Category 72
Table 3 Nutritional Value for Main Meals[97], [98] 92
Table 4 Nutritive Values for Dry Snacks[97], [98] 93
Table 5 Nutritive Values for Dal & Subji (1 Small Bowl)[97], [98] 95
Table 6 Nutritive Values for Gujarati Snacks[97], [98] 96
Table 7 Nutritive Values for Leafy Vegetables[97], [98] 97
Table 8 Nutritive Values for Other Vegetables[97], [98] 99
Table 9 Nutritive Values for Sambhara(2 Table Spoon)[97], [98] 101
Table 10 Nutritive Values for (Milk Product) (1 Small Bowl)[97], [98] 102
Table 11 Nutritive Values for (Cereal + Pulse Product) (1 Small Bowl)[97], [98] 103
Table 12 Nutritive Values for (Cereal + Vegetable Product) (1 Small Bowl)[97], [98] 105
Table 13 Nutritive Values for (Pulse + Vegetable Product) (1 Small Bowl)[97], [98] 107
Table 14 Nutritive Values for (Cereal + Pulse + Vegetable Products) (1 Small Bowl)[97], [98] 108
Table 15 Nutritive Values for (Milk + Pulse Product) (1 Small Bowl)[97], [98] 109
Table 16 Nutritive Value for (Oil Seeds Product) (1 Small Piece)[97], [98] 110
Table 17 Nutritive Value for (Raw Fruits) (1 Medium Size)[97], [98] 113
Table 18 List of Classification Algorithms 119