



Food Label Scanner & Personalized Supplement Recommendation System

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Abstract

The Food Label Scanner and Supplement Recommendation System is a smart tool that helps users make better food choices. It uses advanced tools like OpenFoodFacts and USDA FoodData to give users more control over their diet. With this system, people can scan barcodes on food items to get accurate details about their nutrition. This includes information on calories major nutrients, and what's in the food. The system checks the ingredients for any harmful additives and gives the product a health score based on how nutritious it is. On top of analyzing food, the system has a Personalized Supplement Recommendation Engine. This engine proposes vitamins, minerals, and dietary supplements that fit the user's specific health profile. The profile takes into account things like age, weight, fitness goals, food preferences, and current health issues. By looking at nutrient gaps and daily eating habits, the system offers custom advice to help muscle recovery, strengthen immunity, and sharpen brain function. The platform also includes a User Profile System to keep track of food preferences, fitness aims, and nutrition history. This allows for personalized insights and monitoring over time. Built for health-minded people, fitness buffs, and those with special dietary needs, this adaptable and smart solution combines real-time food info and data-backed insights to encourage healthier living.

INTRODUCTION

In today's fast-paced, health-conscious world, making informed food choices has become increasingly difficult. Consumers often struggle to interpret complex nutrition labels and identify hidden harmful additives in processed foods. Many products are marketed as "healthy," yet they contain excessive sugars, artificial preservatives, and unhealthy fats that can negatively impact overall well-being. This confusion leads to poor dietary decisions, contributing to rising cases of

obesity, diabetes, and other nutrition-related health issues. Additionally, many individuals lack personalized dietary guidance, as generic nutrition advice does not cater to specific health conditions, fitness goals, or dietary preferences. Without access to customized recommendations, people may unknowingly miss essential nutrients in their diet, leading to long-term deficiencies. To address these challenges, the Food Label Scanner & Personalized Supplement Recommendation System provides a comprehensive solution that combines food analysis with tailored supplement guidance. By scanning a product's barcode, users can instantly access detailed nutritional data sourced from trusted databases such as OpenFoodFacts and USDA FoodData. The system simplifies nutrition labels, detects harmful additives, and assigns a health score, helping consumers quickly evaluate the quality of their food. Beyond food analysis, the system personalizes nutrition recommendations by assessing user-specific factors such as age, weight, fitness goals, dietary restrictions, and health conditions. By identifying nutrient gaps, it suggests essential vitamins, minerals, and dietary supplements to support a balanced diet. This project aims to empower individuals to make smarter, healthier food choices while ensuring they receive the right nutrients for their unique needs. By merging real-time food data analysis with personalized supplement recommendations, the system provides a holistic approach to nutrition, promoting better health, preventing deficiencies, and simplifying the decision-making process for consumers.

LITERATURE SURVEY

1. Food Fraud and Consumer Trust:

Food fraud is a growing concern, as consumers often struggle to determine if the products they buy are genuine. Charlebois et al. (2018) highlighted how people rely on regulatory bodies to ensure food authenticity. The study emphasizes the need for clearer policies, better food labeling, and increased public awareness to help consumers make safe and informed choices.

2. Nutrition Labeling and Consumer Understanding:

Understanding nutrition labels can be challenging. Grunert et al. (2010) and Cowburn & Stockley (2005) found that many people find food labels too complex or inconsistent. Wartella et al. (2010) pointed out that front-of-package labels, designed to help consumers make healthier choices, often lack standardization and can be misleading. Clearer and more uniform labeling can make it easier for people to choose nutritious foods.

3. Digital Tools for Food Analysis and Nutrition Guidance:

Dunford et al. (2014) introduced FoodSwitch, an app that helps users make healthier food choices by scanning product barcodes. However, their research found that most digital tools lack ingredient analysis and do not offer personalized recommendations. Pomeranz & Mozaffarian (2022) emphasized the need for accurate, up-to-date digital food databases, as many apps rely on outdated data, leading to misinformation. Real-time, dynamic food databases are essential for improving the reliability of digital nutrition tools.

4. Personalized Nutrition and Consumer Expectations:

There is growing interest in personalized nutrition, but concerns over credibility and data privacy slow its adoption. Koutoukidis et al. (2019) found that while people like the idea of personalized dietary guidance, many are hesitant due to privacy concerns. Ordovas et al. (2018) and D'Adamo & Whitney (2016) highlighted how nutrigenomics can create tailored diet plans, but digital solutions still lack the precision needed to deliver fully customized advice. Fallaize et al. (2015) found that many consumers are interested in personalized nutrition but are skeptical due to limited access and awareness. Integrating advanced algorithms and detailed user profiles can improve the accuracy and effectiveness of these tools.

5. Impact of Ultra-Processed Foods on Health:

Mialon et al. (2017) conducted a systematic review that linked the consumption of ultra-processed foods to serious health risks, including obesity, metabolic disorders, and cardiovascular diseases. Their study highlighted the harmful effects of artificial additives, excessive sugars, and unhealthy fats. Advanced food analysis tools can help consumers better understand what they are eating and make healthier choices by identifying and avoiding these ingredients.

6. Micronutrient Deficiencies and Public Health Concerns:

Nutrient deficiencies remain a major public health issue. Mora et al. (2019) and Bailey et al. (2015) reported widespread shortages of essential nutrients like iron, vitamin D, and omega-3, leading to health problems such as anemia and weakened immunity. Kesse-Guyot et al. (2020) found that following Nutri-Score dietary guidelines can significantly reduce mortality risks by encouraging a nutrient-rich diet. Their research emphasizes the need for personalized dietary recommendations and digital tools that help individuals address their specific nutritional deficiencies.

PROBLEM STATEMENT

1. Difficulty in Identifying Food Fraud:

Food fraud is a growing problem in today's globalized food industry. Many consumers struggle to determine the authenticity of food products due to misleading labels, unverified health claims, and undisclosed additives. Some manufacturers use deceptive marketing tactics to promote products as healthier than they really are. Additionally, the lack of transparency in the food supply chain means that many buyers rely solely on regulatory agencies to ensure food safety, which is not always enough. The inability to independently verify food authenticity increases the risk of purchasing low-quality or counterfeit products, leading to potential health risks.

2. Complex and Inconsistent Nutrition Labeling:

Consumers often find nutrition labels difficult to understand due to their complexity and lack of consistency. Ingredient lists are sometimes lengthy and filled with scientific names that the average consumer cannot easily interpret. Many food products emphasize health claims such as "low fat" or "high in protein" while hiding the presence of artificial additives, excessive sugar, and unhealthy preservatives. Inconsistent front-of-package labeling systems add further confusion, making it challenging for individuals to compare products and make informed decisions about their diet.

3. Limitations of Existing Digital Food Tracking Tools:

Most mobile food tracking applications focus on counting calories and tracking macronutrients such as carbohydrates, proteins, and fats. While these tools help users monitor their food intake, they fail to provide deeper insights into the quality of the food being consumed. They often do not analyze ingredient quality, identify harmful additives, or evaluate the impact of processed foods on health. Additionally, many existing applications rely on outdated food databases, which means users may receive inaccurate nutritional information, leading to poor dietary choices.

4. Lack of Personalized Nutrition Guidance:

Every individual has unique nutritional needs based on factors such as age, weight, health conditions, and fitness goals. However, most nutrition tools and dietary guides offer generalized advice that does not cater to personal requirements. Without tailored recommendations, people may struggle to meet their specific health goals. Those with deficiencies in key nutrients, such as vitamin D or iron, may not receive guidance on how to adjust their diet or incorporate supplements effectively. This lack of personalized nutrition advice limits the effectiveness of many existing health and wellness solutions.

5. Health Risks Associated with Ultra-Processed Foods:

Ultra-processed foods are widely consumed due to their convenience, affordability, and taste. However, studies have linked the overconsumption of processed foods to serious health problems, including obesity, heart disease, and diabetes. These foods often contain artificial preservatives, sweeteners, and unhealthy fats that negatively impact health over time. Many consumers unknowingly consume high levels of processed foods due to a lack of awareness or misleading product labeling. Without proper education and tools to identify unhealthy food choices, people continue to suffer from diet-related illnesses.

6. Widespread Micronutrient Deficiencies:

Nutrient deficiencies are a significant public health concern worldwide. Many people do not consume adequate amounts of essential vitamins and minerals, leading to conditions such as iron-deficiency anemia, weakened immunity, and bone-related disorders. Deficiencies in omega-3, calcium, and vitamin D are common, yet many individuals are unaware of their impact on long-term health. Lack of awareness and difficulty in tracking nutrient intake contribute to poor dietary habits and increased health risks.

7. Lack of Integration Between Food Analysis and Health Recommendations:

Most food tracking applications provide data on food consumption but fail to offer actionable health recommendations. Users may know how many calories they have consumed but remain unaware of how their diet affects their overall well-being. Without integrated health insights, people struggle to make meaningful changes to their eating habits. There is a need for a system that not only tracks food intake but also provides dietary recommendations that align with health goals.

8. Challenges in Real-Time Food Data Accuracy:

As food products frequently change their ingredients and formulations, outdated databases often fail to reflect the most recent nutritional information. Many food tracking apps rely on static databases that are not regularly updated, leading to inaccuracies in food assessments. Users may unknowingly make poor dietary choices due to incorrect or missing data, affecting their overall health and wellness.

SOLUTION

1. Solution for Food Fraud Identification:

Our system integrates OpenFoodFacts and USDA FoodData APIs, allowing users to scan food barcodes and access verified, real-time nutritional details. This ensures transparency in food labeling and helps consumers make informed decisions about the authenticity of food products.

2. Solution for Complex and Inconsistent Nutrition Labeling:

The system simplifies nutrition labels by providing a structured breakdown of key nutritional values and identifying potentially harmful ingredients. By evaluating ingredient quality and assigning a health score, users can quickly determine the overall nutritional value of a food product.

3. Solution for Limitations in Food Tracking Apps:

Unlike traditional food tracking apps, our system goes beyond calorie counting by analyzing ingredient composition and detecting harmful additives. It ensures real-time access to updated food data, helping users make better dietary choices based on comprehensive food analysis rather than just calorie intake.

4. Solution for Lack of Personalized Nutrition Guidance:

Our system includes a Personalized Supplement Recommendation Engine that tailors recommendations based on a user's age, weight, fitness goals, and dietary habits. It identifies

nutrient gaps and suggests vitamins, minerals, and dietary supplements, ensuring a more customized approach to nutrition and wellness.

5. Solution for Risks of Ultra-Processed Foods:

By identifying ultra-processed foods and unhealthy additives, our system assigns a health score to food products, helping users choose healthier options. The system educates users about the long-term risks associated with processed foods and encourages better eating habits.

6. Solution for Micronutrient Deficiencies:

The system analyzes dietary habits and detects nutrient deficiencies, offering personalized supplement recommendations to help users meet their daily nutrient requirements. This approach ensures that individuals can address deficiencies before they impact overall health.

7. Solution for Lack of Integration Between Food Analysis and Health Recommendations:

Our system bridges the gap between food tracking and practical health recommendations. It provides real-time insights that help users make meaningful dietary changes based on their health goals, ensuring a more holistic approach to nutrition and wellness.

8. Solution for Real-Time Food Data Accuracy:

By continuously updating food databases, our system ensures that users have access to the most recent and accurate nutritional information. This eliminates the risk of misinformation and enhances the reliability of food tracking and dietary planning.

OBJECTIVE

The main goals of the Food Label Scanner and Supplement Recommendation System aim to tackle food waste issues nutrient shortages, and the absence of tailored diet advice. The system intends to help users make smart food choices by using cutting-edge tech and APIs. Here are the key objectives:

1. **Barcode Scanning:** Let users scan barcodes on food items and get full nutrition facts through APIs like OpenFoodFacts and USDA FoodData. This feature gives users quick precise food data helping them make smart diet choices.
2. **Ingredient Evaluation:** Look at the ingredients in food products to spot unhealthy additives like preservatives fake sweeteners, and trans fats. The system will give a health rating based on how nutritious the product is helping people pick healthier foods.
3. **Supplement Suggestions:** Give custom supplement advice based on a person's age, weight, fitness aims, food likes, and health issues. By checking for missing nutrients and daily eating habits, the system will propose vitamins, minerals, and dietary supplements to meet specific health needs.
4. **User Profile System:** Build a User Profile System to keep user data like food preferences, health targets, and eating history. This feature allows personalized insights over time and helps people see how they're doing.
5. **Scalability:** Create a system that can grow to add more features such as meal plans and recipe ideas, and handle more users from different places.

METHODOLOGY

The Food Label Scanner and Supplement Recommendation System uses a step-by-step approach to meet its goals. We designed the method to make sure the system is easy to use, can grow, and gives accurate and personalized diet advice. Here's a detailed breakdown of how we do it:

1. Research and Problem Analysis:

The system's development kicks off with thorough research and analysis of problems to grasp the difficulties users face when they try to understand food labels and make smart food choices. This stage involves:

- 1) Problem Identification:
 - a) Too Much Information: Food labels often have complex nutrition data and different formats making it hard for users to find key details.
 - b) Time-Consuming Process: Reading labels by hand takes a lot of time for people with busy lives.
 - c) Hidden Allergens: Spotting allergens is tough for people with food allergies or sensitivities.
- 2) Data Collection:
 - a) OpenFoodFacts API: This has an impact on extracting product details, ingredient lists, and nutrition facts.
- 3) Stakeholder Interviews: We talked to health-conscious people, fitness buffs, and those with dietary restrictions to grasp their unique needs and obstacles.

2. System Design and Prototyping:

The system design stage aims to build a user-friendly and productive platform. This stage includes:

- 1) Frontend Development:
 - a) We used React.js to create an interactive and easy-to-use interface.
 - b) Key features are barcode scanning, ingredient evaluation, and a user dashboard to track dietary intake and health patterns.
- 2) Backend Development:
 - a) The server-side logic is built with Node.js and Express.js.
- 3) MongoDB stores user profiles, nutrition history, and supplement recommendations.
- 4) Algorithm Design:
 - a) A health score assignment algorithm evaluates food products. It looks at ingredients, calorie density, sugar content, and processing level.
- 5) Prototyping:
 - a) A prototype shows the system's workflow and helps gather initial feedback from stakeholders.

3. Technology Development:

The technology development phase involves building the system with advanced tools and technologies. This phase includes:

- 1) APIs:
 - a) OpenFoodFacts API: Pulls out product info, what's in it, and nutrition facts.
 - b) USDA FoodData API: Gives more details on nutrients and diet insights.
- 2) Programming Languages:
 - a) Frontend: Html, CSS, JavaScript to create a user-friendly interactive experience.
 - b) Backend: Python and Flask to handle server-side tasks.

- 3) Database: Fire base to store user profiles and nutrition history.

4. Pilot Testing and Feedback Integration:

Before the system is put into action , it goes through a trial run to spot and fix any problems. This phase involves:

- 1) Pilot Testing:
 - a) Done with a small set of users to check if it works well and does what it should.
 - b) Users try out things like barcode scanning, ingredient checking, and supplement suggestions.
- 2) User Feedback:
 - a) Gathered through surveys to make supplement suggestions more accurate.
 - b) This input helps to make the system easier to use, improves how well the algorithm works, and makes the whole experience better for users.

5. Full-Scale Implementation:

After the trial run goes well, the system is rolled out to more people. This phase includes:

- 1) Public Launch:
 - a) The model gets spread far and wide through social media, and team-ups with health groups.
 - b) Ads and promos help more people use the webapp.
- 2) Monitoring Tools:
 - a) Screens show important numbers like how much people use the site, what they eat, and which supplements they take.
 - b) Checks make sure the food info and supplement advice are correct.
- 3) Advanced Features:
 - a) Predictive Analysis: Looks at past data to guess future diet trends and what users might like.
- 4) Partnerships:
 - a) The device teams up with grocery stores, health groups, and fitness companies to make it work better and reach more people.

WORKFLOW OF MODEL



Fig.1 Login Screen Page

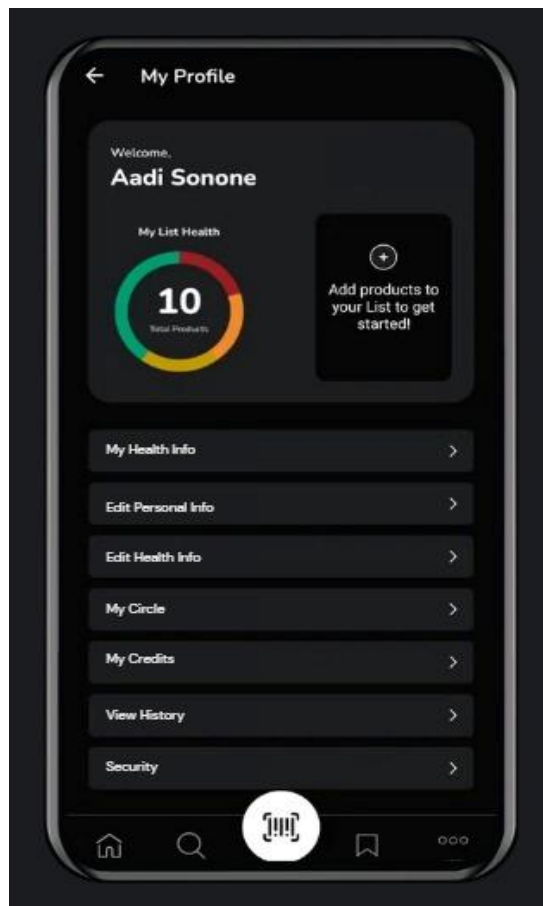


Fig.2 User Profile Page

1. Login Screen Page:

FIG.1 shows that the app welcomes users with a "Welcome!" message. Fields for Username and Password are present. Options for Log in, Forgot Password, and Create Account are displayed. The design features a dark theme with white text and buttons.

2. Profile Screen Page:

FIG.2 Displays the user's name (Aadi Sonone). Shows a health score or product list count (10 total products) in a circular progress indicator. Buttons for editing health info, personal info, viewing history, and security settings. A section prompting the user to add products to their list.

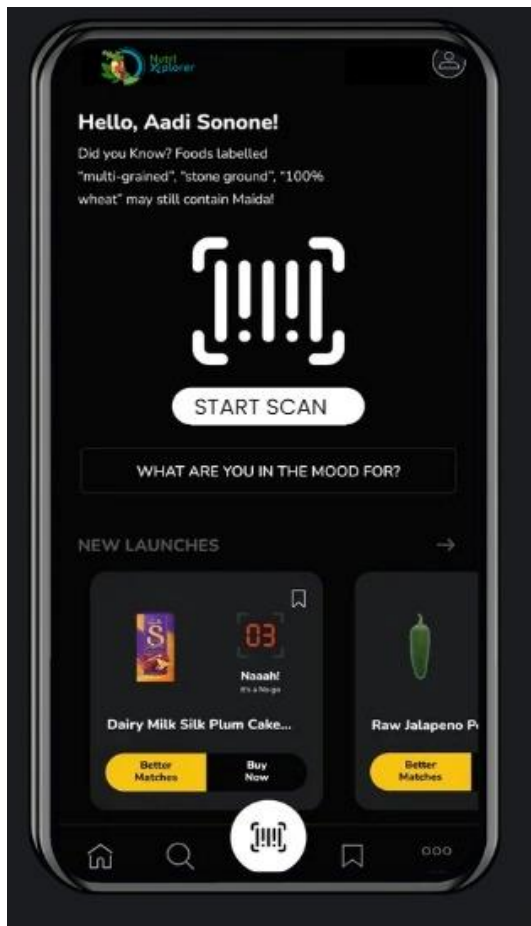


Fig.3 Home Screen



Fig.4 Category Selection Screen

3. Home Screen (Product Scanner & Recommendations):

FIG.3 shows that our model greets the user and provides a health tip. Features a large barcode scanner button for scanning products. A search feature with "What are you in the mood for?" Displays new product recommendations with buttons for viewing better matches.

4. Category Selection Screen:

FIG.4 Displays various food categories in a grid layout with circular icons (e.g., Dairy & Cheese, Beverages, Fruits, Vegetables, etc.). A search bar allows users to search for categories or products. The interface follows a dark theme with intuitive navigation icons.

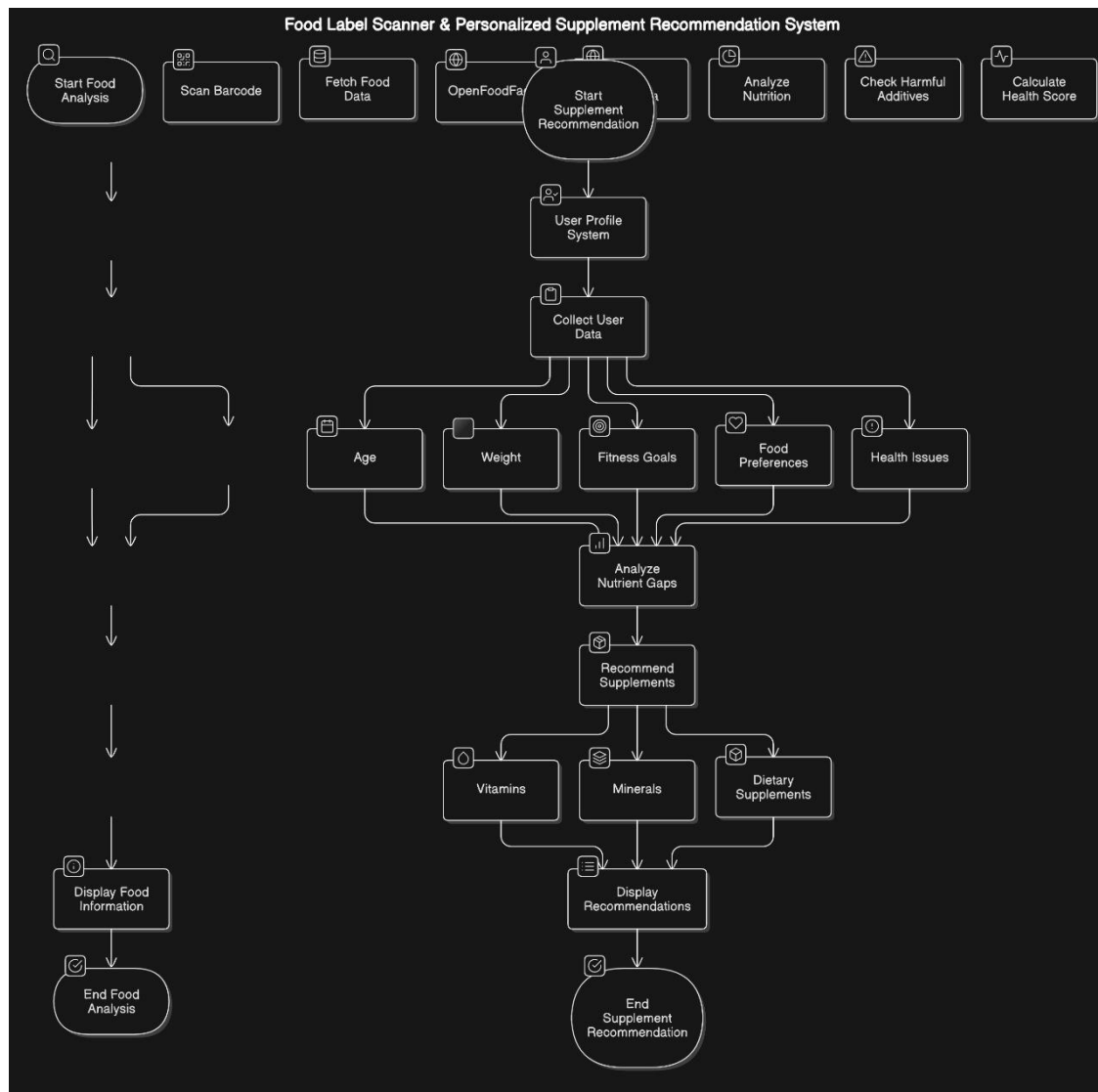


Fig.5 Activity Diagram

FIG.5 shows that users begin by scanning a food item's barcode, allowing the system to fetch real-time nutritional data from OpenFoodFacts. The system then analyzes the food's ingredients, detects harmful additives such as excessive sugar or preservatives, and assigns a health score based on its nutritional quality. This information is displayed in a simple, easy-to-understand format, helping users make informed choices. Next, the system shifts to personalized nutrition by building a user profile based on age, weight, fitness goals, and dietary needs to identify nutrient gaps. Based on these findings, it recommends essential supplements such as vitamins (D, B12, C), minerals (Iron, Calcium), and dietary supplements (Omega-3, Probiotics) tailored to the user's needs. The recommendations include explanations of why each supplement is necessary, its health benefits, and dosage guidance. Finally, the process concludes by providing actionable dietary insights, enabling users to optimize their nutrition and overall well-being.

CONCLUSION

In conclusion, the Food Label Scanner and Supplement Recommendation System serves as an innovative and effective tool for promoting healthier dietary choices and addressing nutrient deficiencies. By utilizing advanced technologies and integrating reliable APIs such as OpenFoodFacts and USDA FoodData, the system ensures the delivery of accurate, real-time nutritional information. This allows users to make well-informed food choices based on comprehensive ingredient and nutrient data. Moreover, the personalized supplement recommendation feature enhances the system's functionality by offering customized nutritional

support tailored to individual health goals. By analyzing dietary intake and identifying potential nutrient gaps, the system provides users with evidence-based supplement suggestions, helping them maintain a balanced and healthy diet. Looking ahead, future developments will focus on expanding the system's capabilities by incorporating additional APIs, improving data accuracy, and refining the recommendation algorithm. Enhancements may include AI-driven insights, barcode scanning improvements, and integration with wearable health devices to provide a more holistic approach to nutrition tracking. These advancements will further empower users to make proactive and informed health decisions, ultimately contributing to overall well-being.

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