



## Web Data Mining for Designing of Healthy Eating System

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### Abstract

*In this fast paced and busy scheduled life, people very seldom are giving importance to the quality of food they are eating. Fast food consumption is increasing dramatically among the people over the past few years. And this consequently, has lead to unhealthy food habits among the people of all generations. Hence, it has become very essential for the people to have a good balanced nutritional healthy diet. Not only does it reduce the tendency of falling ill, by building up the immune system but also increase the resistance to diseases such as high cholesterol, obesity, high blood pressure, ulcers and diabetes and heart attacks. For a better recovery from the illness, different individuals have different needs according to their medical history, social backgrounds and nutrient and mineral requirements. Here, we present a proposal of healthy food habits and eating system based on web data mining, to discover hidden patterns and business strategies from their customer and web data, which would track your eating habit and recommend the types of food that improve your health and avoid the type of food that raise the risk of illness.*

**Keywords:** *Data Mining, Web Mining, Healthy Diet, Decision Tree, Bagging.*

### INTRODUCTION

With the pace of life gradually accelerated nowadays, people seem too busy to pay much attention to their eating. Therefore, fast-food becomes more and more popular in daily life, which would lead unhealthy eating habit. In order to solve this problem, we present a proposal of healthy eating analyzing and recommender system based on web data mining, which would track your eating habit and recommend the types of foods that improve your health and avoid the types of foods that raise your risk for illnesses. Medical research has shown that by eating healthy foods and strengthening their immune system, people stand a greater chance of countering free radicals and