

ABSTRACT

Health issues caused by poor quality food are never limited to a certain age group, and healthy eating can be a preventive measure to prevent chronic diseases. In an effort to improve public health, the use of information technology can significantly improve health services, especially mobile-based health applications that facilitate dietary management. Therefore, a healthy food recommendation application was developed that aims to assist users in choosing a variety of foods based on their nutritional value, health conditions, and personal preferences such as diseases, allergies, and diet programs that cater to the needs each user. The application development methodology includes the collection and analysis of nutritional data followed by the implementation of machine learning to adjust food variations to the user's health conditions and preferences. The results of application testing show that the application can effectively provide food recommendations that suit the needs of each user. The use of this healthy food recommendation application can make a significant contribution in helping users to make more informed food choices.

Keywords: *Mobile Health Application, Dietary Management, Machine Learning, Nutrition Recommendation, Chronic Disease Prevention*