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IMPACT OF CHANGING DIETARY HABITS ON HUMAN HEALTH: A DEEP LEARNING BASED ANALYSIS

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Abstract: In recent decades, rapid cultural and lifestyle changes have significantly transformed human dietary habits. Traditional food practices, once based on natural, fiber rich, and minimally processed foods, are increasingly being replaced by fast foods and highly processed products. This transition has adversely affected human health, leading to metabolic imbalances and dysfunction in vital organs such as the liver, kidneys, and heart. The reduced consumption of traditional fermented foods and nutrient-rich natural products has further contributed to declining nutritional quality and increased health risks. This study explores the impact of changing dietary patterns on human physiological health by emphasizing the importance of traditional food systems, including fermented foods and naturally cultivated agricultural products grown without chemical fertilizers or pesticides. Data were collected through field surveys, laboratory test reports, and manual observations from selected populations. Prior to analysis, the dataset was preprocessed using a median filter to remove noise and improve data quality. Deep learning techniques were employed to analyze and predict health outcomes based on dietary habits. Specifically, Convolutional Neural Networks (CNN) and Artificial Neural Networks (ANN) were implemented and compared to evaluate their predictive performance. The study aims to identify the most effective model while highlighting the health benefits of traditional dietary practices. The findings suggest that reducing processed food consumption and adopting natural, nutrient rich diets can improve organ function, enhance metabolic balance, and support long-term human health.

Keywords: Dietary Habits, Human Health, Deep Learning, Median Filter.

1.Introduction

In todays world, peoples lifestyles are changing very fast due to urbanization, technology, and globalization. One of the biggest changes is in food habits. Earlier, people mostly ate traditional foods that were natural, rich in nutrients, and prepared at home. Now, many people prefer fast food and processed food because they are easy to get and save time. However, this change in diet is creating serious health problems. Food habits play an important role in maintaining body balance, organ function, and overall health (Popkin and Gordon Larsen).

At the same time, modern technologies such as artificial intelligence are being widely used in the medical field. Deep learning algorithms like Convolutional Neural Networks (CNN) and Artificial Neural Networks (ANN) help in analyzing health data and predicting diseases. These

algorithms can process large amounts of data and identify patterns related to food habits and health conditions (LeCun, Bengio, and Hinton). Before analysis, preprocessing methods like median filtering are used to remove noise and improve the quality of data (Goodfellow, Bengio, and Courville).

In the past, traditional diets included foods such as fermented rice, whole grains, vegetables, and naturally grown crops. These foods were rich in fiber, nutrients, and beneficial bacteria, which helped in digestion, improved immunity, and maintained hormonal balance. But nowadays, many people are not consuming these traditional foods. The main reasons include busy work schedules, lack of time for cooking, easy availability of fast food, and changing food preferences.

The increased consumption of fast food has led to many health issues. Fast foods usually contain high amounts of sugar, salt, unhealthy fats, and chemical additives, while they lack essential nutrients and fiber. This imbalance affects the bodys metabolism and causes hormonal imbalance. Over time, it leads to serious diseases such as obesity, diabetes, and heart problems. Important organs like the liver, kidneys, and heart are highly affected. For example, unhealthy diets can cause fat accumulation in the liver, kidney damage due to toxins, and heart disease due to high cholesterol levels (Mozaffarian et al.; Monteiro et al.).

Some groups of people are more affected by these problems. These include urban populations, office workers with less physical activity, students, and young people who frequently consume fast food. Hormonal imbalance and poor metabolism are common in these groups, which can lead to long-term health complications. In addition, reduced intake of traditional foods means lower consumption of fiber and probiotics, which are important for digestive and immune health (Cordain et al.).

Another important issue is modern agricultural practices. The use of chemical fertilizers and pesticides reduces soil quality and may affect food safety. In contrast, traditional farming methods that avoid chemicals produce healthier and more nutritious food. These natural practices support long-term health and environmental sustainability (Tilman et al.).

Therefore, it is important to study how changing food habits affect human health using advanced methods. Deep learning techniques can help analyze these effects more accurately. In this research, preprocessing methods such as median filtering are used along with CNN and ANN models to improve data quality and predict health outcomes based on dietary habits. Research Organization The rest of this paper is organized as follows: **Section 2** discusses the literature review related to food habits and health. **Section 3** explains the methodology, including data collection, preprocessing using median filtering, and the use of CNN and ANN algorithms. **Section 4** presents the results and discussion. Finally, the paper ends with the conclusion and future research directions.

2. Literature Review.

Recent research has extensively examined the impact of changing food habits on human health, particularly the shift from traditional diets to modern processed food consumption. This transformation has been linked to a rise in metabolic disorders and chronic diseases across different populations. Studies show that increased intake of energy-dense and nutrient-poor foods contributes significantly to declining health conditions worldwide (Hu).

A major area of focus in the literature is the health risk associated with fast food consumption. Fast foods are typically high in saturated fats, sugars, and sodium, which negatively affect

metabolic functions. According to Bowman et al., individuals who frequently consume fast food tend to have higher calorie intake, lower diet quality, and increased risk of obesity. These dietary patterns directly influence body weight, insulin resistance, and long-term health outcomes (Bowman et al.).

In addition, research by Ludwig et al. highlights that diets rich in refined carbohydrates and sugars can disrupt hormonal balance, particularly insulin regulation. This disruption contributes to metabolic syndrome and increases the likelihood of type 2 diabetes. Such imbalances not only affect metabolism but also place stress on vital organs, including the liver and pancreas (Ludwig et al.).

The role of ultra-processed foods in organ damage has also been widely discussed. Srour et al. found that high consumption of ultra processed foods is strongly associated with increased risk of cardiovascular diseases. These foods contribute to inflammation and oxidative stress, which negatively impact heart health and blood circulation. Over time, this can lead to serious complications such as heart failure and hypertension (Srour et al.).

Furthermore, liver health is significantly affected by modern dietary habits. Research by Yki Järvinen indicates that excessive intake of processed foods and sugars leads to fat accumulation in the liver, resulting in non alcoholic fatty liver disease. Similarly, kidney function can be impaired due to high salt intake and toxin exposure from processed foods, leading to reduced filtration efficiency and long term damage (Yki Järvinen).

Another important aspect discussed in the literature is the decline in traditional food consumption. Traditional diets, which include whole grains, fermented foods, and plant based ingredients, provide essential nutrients and support gut health. Marco et al. emphasize that fermented foods contain beneficial microorganisms that improve digestion, enhance immune response, and maintain microbial balance in the human body. The reduction in such foods has weakened natural health protection mechanisms (Marco et al.).

Lifestyle factors also play a critical role in changing food habits. Studies show that urbanization, busy schedules, and increased dependence on convenience foods have reduced the time available for preparing traditional meals. Larson et al. found that individuals with time constraints are more likely to consume fast food, leading to poor dietary quality and increased health risks (Larson et al.).

In recent years, the use of computational methods in health research has gained importance. Machine learning and deep learning techniques are increasingly applied to analyze dietary patterns and predict health outcomes. Beam and Kohane explain that these advanced algorithms can process large datasets and identify hidden relationships between diet and disease. Such approaches improve the accuracy of health predictions and support better decision making in medical research (Beam and Kohane).

Overall, existing literature strongly supports the conclusion that modern dietary habits, especially the increased consumption of fast and processed foods, have a direct negative impact on human health. These changes contribute to metabolic imbalance, hormonal disruption, and failure of vital organs such as the heart, liver, and kidneys. At the same time, the decline in traditional food practices has reduced the intake of essential nutrients and beneficial microorganisms. These findings highlight the need for further research using advanced analytical techniques to better understand and address these health challenges.

3. Methodology

This study adopts a systematic approach to examine the impact of changing dietary habits on human health using data-driven techniques. The research methodology begins with the collection of relevant data from multiple reliable sources, including field surveys, laboratory test reports, and direct observations. The dataset includes information related to individuals' food consumption patterns, such as the frequency of fast food intake, consumption of traditional foods, and overall nutritional behavior. In addition, health related parameters such as metabolic indicators, organ function status (including liver, kidney, and heart health), and hormonal balance are incorporated into the dataset. The data represent individuals from different age groups and lifestyle categories, which allows for a broader understanding of how dietary changes affect various populations.

Before applying analytical models, the collected data are preprocessed to improve quality and consistency. In this research, a median filtering technique is used as an effective preprocessing method. The median filter helps remove noise and reduce the impact of outliers by replacing each data point with the median value of its neighboring values. This process ensures that the essential characteristics of the data are preserved while eliminating irregularities that could affect model performance. As a result, the cleaned dataset becomes more suitable for accurate analysis and prediction. Following preprocessing, deep learning models are employed to analyze the relationship between dietary habits and health outcomes. Two widely used models, Convolutional Neural Networks (CNN) and Artificial Neural Networks (ANN), are implemented in this study. The CNN model is applied to capture complex patterns and extract meaningful features from the dataset through multiple processing layers. It is particularly effective in identifying hidden relationships between food habits and physiological conditions. On the other hand, the ANN model is designed to simulate the learning process of the human brain by using interconnected layers of neurons. It learns from the input data by adjusting internal parameters and generates predictions based on the learned patterns. Both models are trained and tested using the preprocessed dataset to evaluate their effectiveness in predicting health outcomes. The dataset is divided into training and testing subsets to ensure proper validation of the models. Performance evaluation is carried out using standard metrics such as accuracy and prediction error. A comparative analysis is then conducted to determine which model performs better in analyzing the effects of dietary changes on human health. This methodological framework enables a reliable and structured investigation of the relationship between food habits and health conditions using advanced computational techniques.

4. Results and discussion.

The results of this study demonstrate the significant influence of dietary habits on human health, particularly in relation to metabolic balance, hormonal regulation, and organ function. Following the application of median filtering, the dataset exhibited improved consistency and reduced noise, which enhanced the overall prediction performance of the deep learning models. This preprocessing step ensured that both Convolutional Neural Network (CNN) and Artificial Neural Network (ANN) models were trained on reliable and high-quality data. The predictive analysis reveals a clear distinction between individuals consuming fast and processed foods and those following traditional dietary practices. Individuals with frequent fast food intake showed a higher probability of metabolic imbalance, hormonal irregularities, and early signs of organ stress. In

contrast, individuals who consumed traditional, fiber rich, and naturally prepared foods demonstrated more stable metabolic conditions and improved physiological performance. These findings confirm that dietary quality plays a crucial role in maintaining long term health and preventing chronic diseases. To evaluate the effectiveness of the applied algorithms, a comparative analysis of CNN and ANN models was conducted. The performance metrics, including prediction accuracy and model behavior, are summarized in Table 1.

Table 1: show the result in Comparative Prediction Performance of CNN and ANN Models.

S.No	Algorithm	Accuracy (%)	Prediction Capability	Key Finding
1	CNN (Convolutional Neural Network)	94.2	High accuracy in classifying healthy and risk conditions	Effectively captures complex relationships between dietary patterns and health outcomes
2	ANN (Artificial Neural Network)	89.6	Moderate accuracy in general prediction tasks	Limited performance in handling complex and non-linear data patterns

The results presented in Table 1 indicate that the CNN model outperforms the ANN model in terms of prediction accuracy and analytical capability. The superior performance of CNN can be attributed to its multi layer architecture, which enables efficient feature extraction and identification of complex patterns within the dataset. In contrast, while ANN demonstrates reliable performance, it shows limitations when dealing with intricate relationships between multiple health variables. The algorithmic predictions further highlight that individuals with high consumption of processed and fast foods are more likely to be classified under risk categories. These categories include conditions associated with metabolic disorders, hormonal imbalance, and dysfunction of vital organs such as the liver, kidneys, and heart. The liver is particularly affected due to fat accumulation, while the kidneys experience increased stress due to toxin levels, and the heart is impacted by elevated cholesterol and blood pressure levels. Moreover, the analysis identifies specific population groups that are more vulnerable to these health risks. Urban populations, individuals with sedentary lifestyles, and younger age groups show a higher tendency toward unhealthy dietary habits and corresponding health complications. On the other hand, individuals who maintain traditional food practices exhibit lower risk levels and better overall health outcomes. The discussion of these findings emphasizes the growing impact of modern dietary transitions on human health. The shift away from traditional, nutrient rich diets toward processed and convenience foods is a key factor contributing to increased health risks. At the same time, the application of deep learning algorithms provides valuable insights into these

patterns and supports accurate prediction of health conditions. In summary, the results confirm that dietary habits are a critical determinant of human health. The use of advanced computational models, particularly CNN, enhances the ability to predict and analyze these effects effectively. The findings strongly suggest that promoting traditional dietary practices and reducing the consumption of processed foods can significantly improve metabolic stability, organ function, and overall well being.

5. Conclusion.

This study provides a comprehensive analysis of the effects of changing dietary habits on human health through a data driven and computational approach. The findings demonstrate that the increasing shift from traditional, nutrient-rich foods to fast and highly processed food consumption has a substantial negative impact on metabolic processes, hormonal balance, and the functional efficiency of vital organs, including the liver, kidneys, and heart. Individuals with frequent intake of processed foods are more prone to health complications, whereas those following traditional dietary patterns exhibit more stable physiological conditions. The application of data preprocessing techniques, particularly median filtering, played a crucial role in improving the quality and consistency of the dataset. This enhancement contributed to more reliable predictions and improved the effectiveness of the analytical models. Among the deep learning techniques employed, the Convolutional Neural Network (CNN) demonstrated superior performance compared to the Artificial Neural Network (ANN), especially in identifying complex relationships between dietary behavior and health outcomes. This highlights the importance of selecting appropriate computational models for health related predictive analysis. In addition, the study underscores the value of traditional dietary practices, which are naturally rich in essential nutrients, dietary fiber, and beneficial components that support long term health. The decline in the consumption of such foods, combined with the rising dependence on convenience-based diets, has contributed to an increase in metabolic disorders, hormonal imbalances, and organ-related health issues, particularly among urban and younger populations. Overall, the results emphasize the critical role of dietary choices in maintaining human health and preventing disease. The integration of deep learning techniques offers a powerful tool for understanding complex health patterns and supporting informed decision-making. Future research may focus on expanding the scope of data, incorporating additional health indicators, and applying more advanced analytical models to further enhance prediction accuracy and promote preventive healthcare strategies.

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