Healthy and conscious eating is one of the most important factors affecting our quality of life from infancy to old age. Foods that we consume directly affect our mental health as well as our physical health. Unhealthy eating consists of excessive sugar, fat and salt consumption, overeating or consuming fewer healthy nutrition than our body needs to function correctly. As the consumption of unhealthy products increases, the likelihood of consuming the healthy nutrients needed by the body decreases. In order to prevent this situation, it has become an important issue to obtain information about the nutrition quality of the food products that we consume. In this study, it is aimed to raise awareness about healthy food consumption and provide guidance for people to consume healthy food products. To this end, we conducted an experimental study to estimate the nutritional quality of food products by applying most commonly used machine learning algorithms that are Decision Tree, Multilayer Perceptron, Naive Bayes, Random Forest, K-nearest Neighbors. Our experimental results, showed that nutritional quality of foods can be predicted with the accuracy over 91 percent.