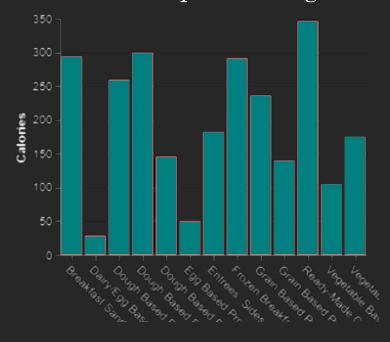


## Analysis of the USDA Packaged Meals Dataset



## What food categories had more calories per serving?



## What ingredients were most common?

Ingredient	Appearances
SALT	3808
<sup>I</sup> WATER	3301
SUGAR	2398
SPICES	2148
CITRIC ACID	2120
ENZYMES	1831
NATURAL FLAVORS	1586
FOLIC ACID	1541
NIACIN	1476
RIBOFLAVIN	1463

## What ingredients appeared together the most?

	SUGAR	SPICES	CITRIC ACI	ENZYMES	NATURAL	FOLIC ACI	NIACIN	RIBOFLAV	SODIUM P	WHEAT FL
SUGAR	0	1534	1442	1323	1165	1225	1188	1180	1103	1057
SPICES	1534	0	1190	1094	979	939	893	912	746	784
CITRIC ACID	1442	1190	0	1217	967	991	987	991	940	840
ENZYMES	1323	1094	1217		742	995	978	1004	1066	878
NATURAL FLAVORS	1165	979	967	742		722	659	666	618	605
FOLIC ACID	1225	939	991	995	722	0	1399	1353	876	999
NIACIN	1188	893	987	978	659	1399		1305	859	983
RIBOFLAVIN	1180	912	991	1004	666	1353	1305	0	878	1005
	1103	746	940	1066	618	876	859	878	0	830
	1057	784	840	878	605	999	983	1005	830	
	1136	920	990	955	585	848	841	872	820	676
	785	841	604	601	605	463	434	428	336	384
	940	791	866	893	575	684	635	683	756	539
	995	842	831	723	565	715	726	745	716	628
	830	719	833	1151	515	572	560	578	718	463
	849	717	746	907	528	580	578	596	613	467
	896	699	761	632	703	513	480	491	554	417