Healthiest Starbucks Drinks

Analysis of Nutritional Information of Starbuck Beverages

Goal

- Many people require caffeine to wake up in the morning. In many cases their daily intake comes from buying starbucks. For health conscious consumers, it would be best to maximize their caffeine intake while reducing unhealthy substances such as sugar and fats.

Data

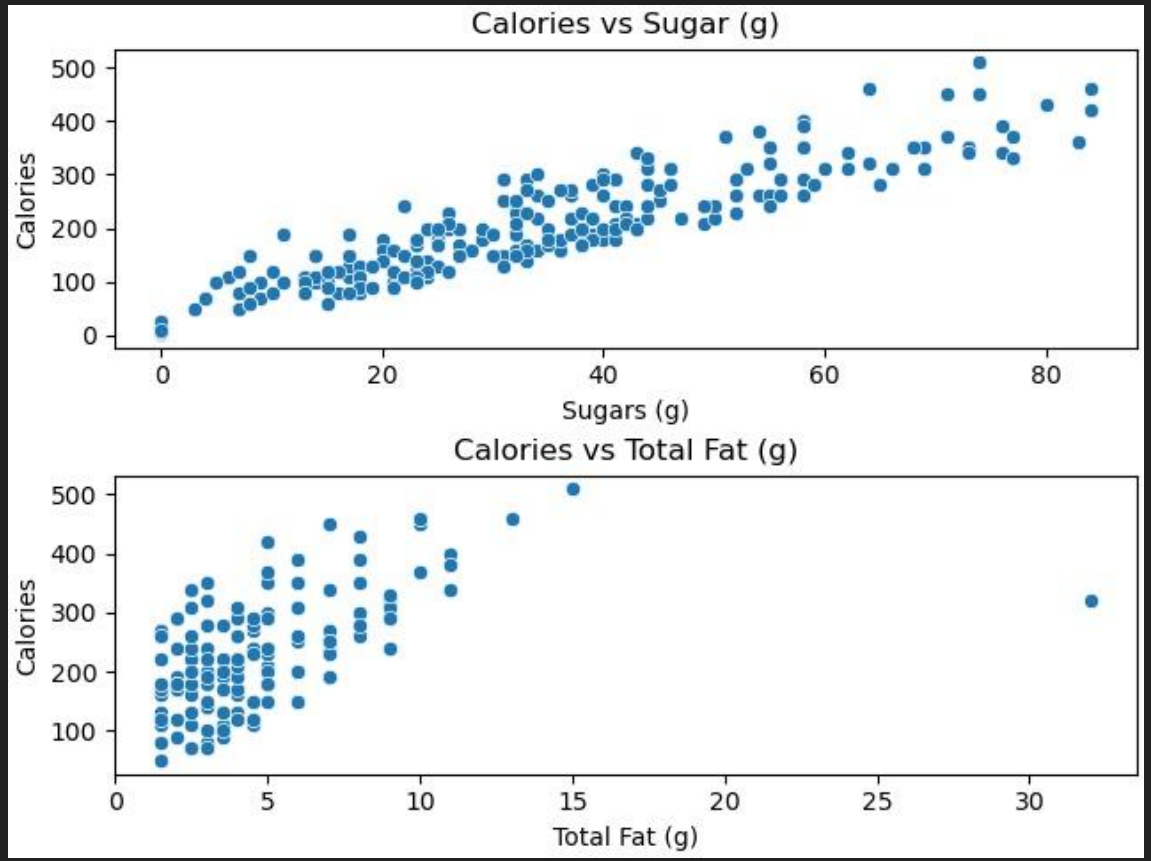
- The Dataset was obtained using Kaggle.
- It has over 200 drinks with different nutritional information such as Calories, Total Fat, Sugar, and Caffeine.
    - Kaggle Dataset

Cleaning

Large Issues Encountered:

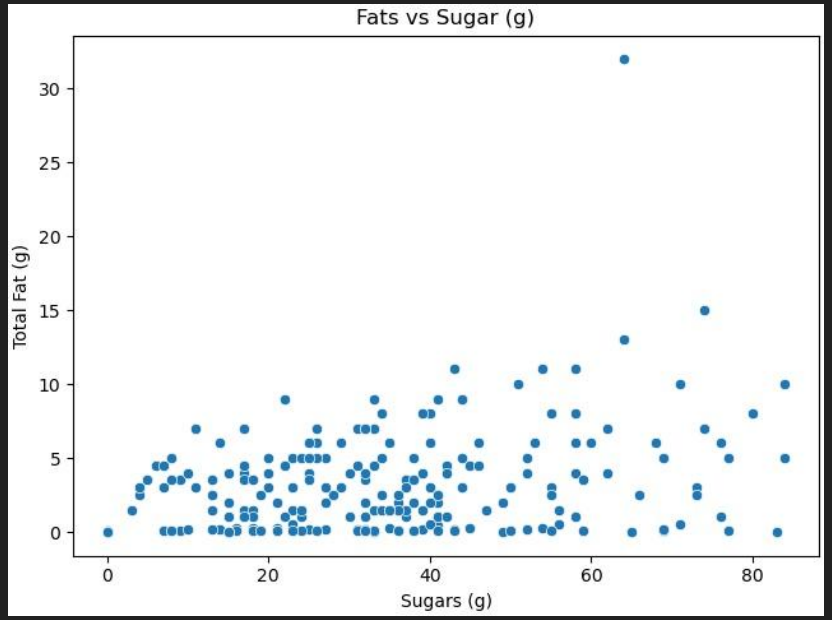
- Problem 1: Incorrect Data Types
  - Many of the Data Types were objects and strings, changed them their int or float counterparts
- Problem 2: Imputing Null and Non-clear values
  - Using Starbucks nutrition information on their website to infer unclear nutritional information

EDA: Calories vs Sugar and Total Fats

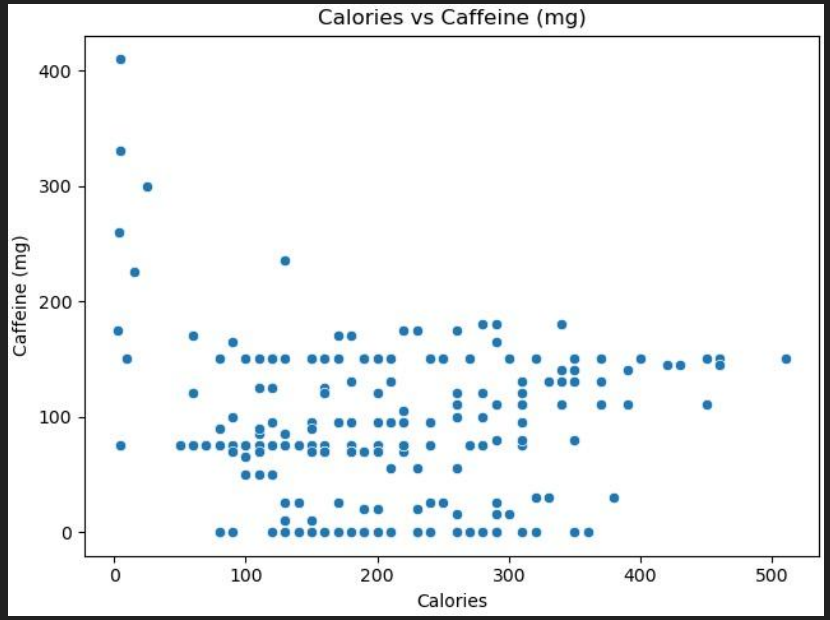


- Clear Positive Trend between Calories and Sugar
- Weaker Positive Trend between Calories and Total Fat

EDA: Fats vs Sugar, Calories vs Caffeine

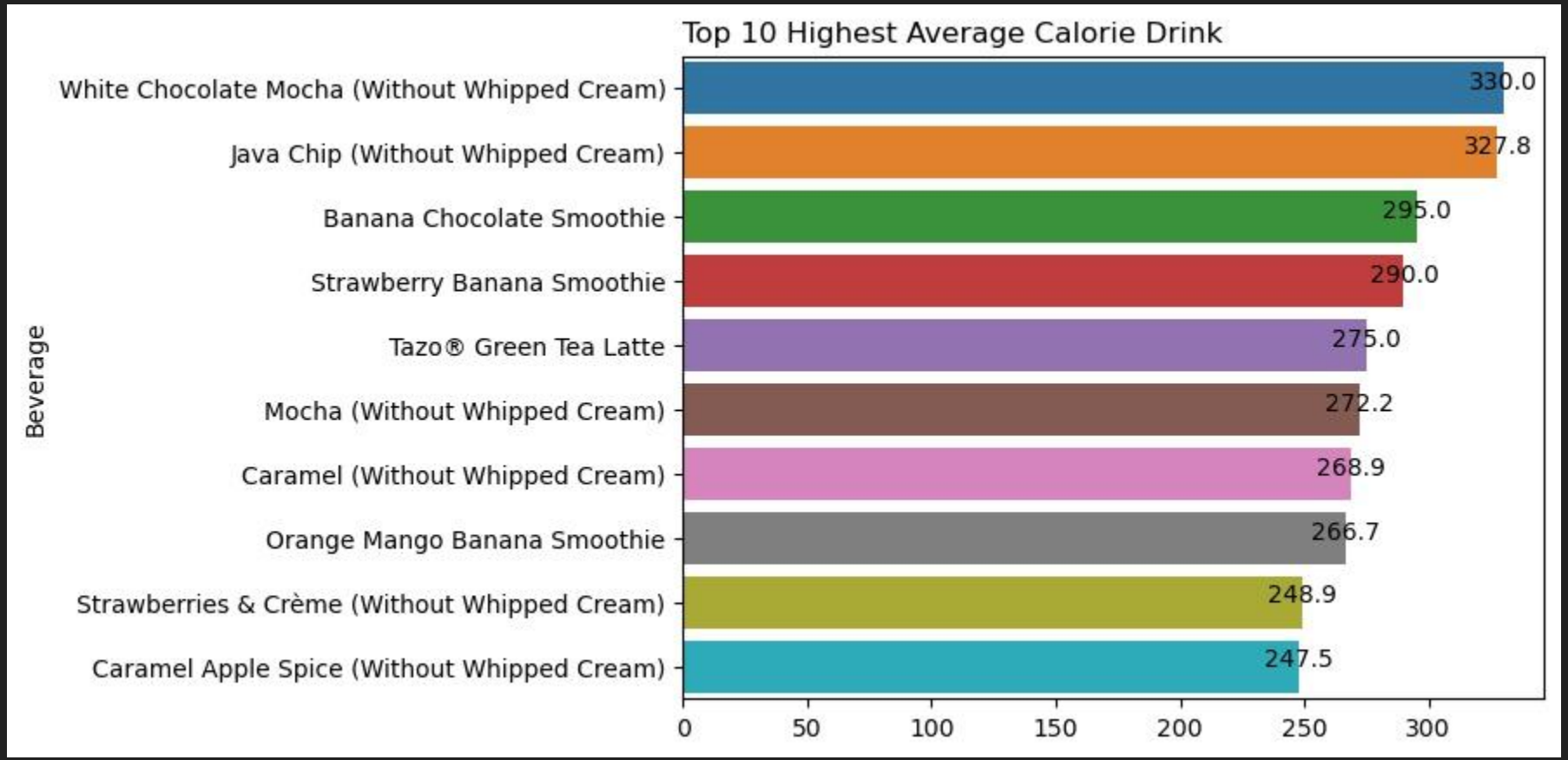


- Very minimal Trend between Fats and Sugar

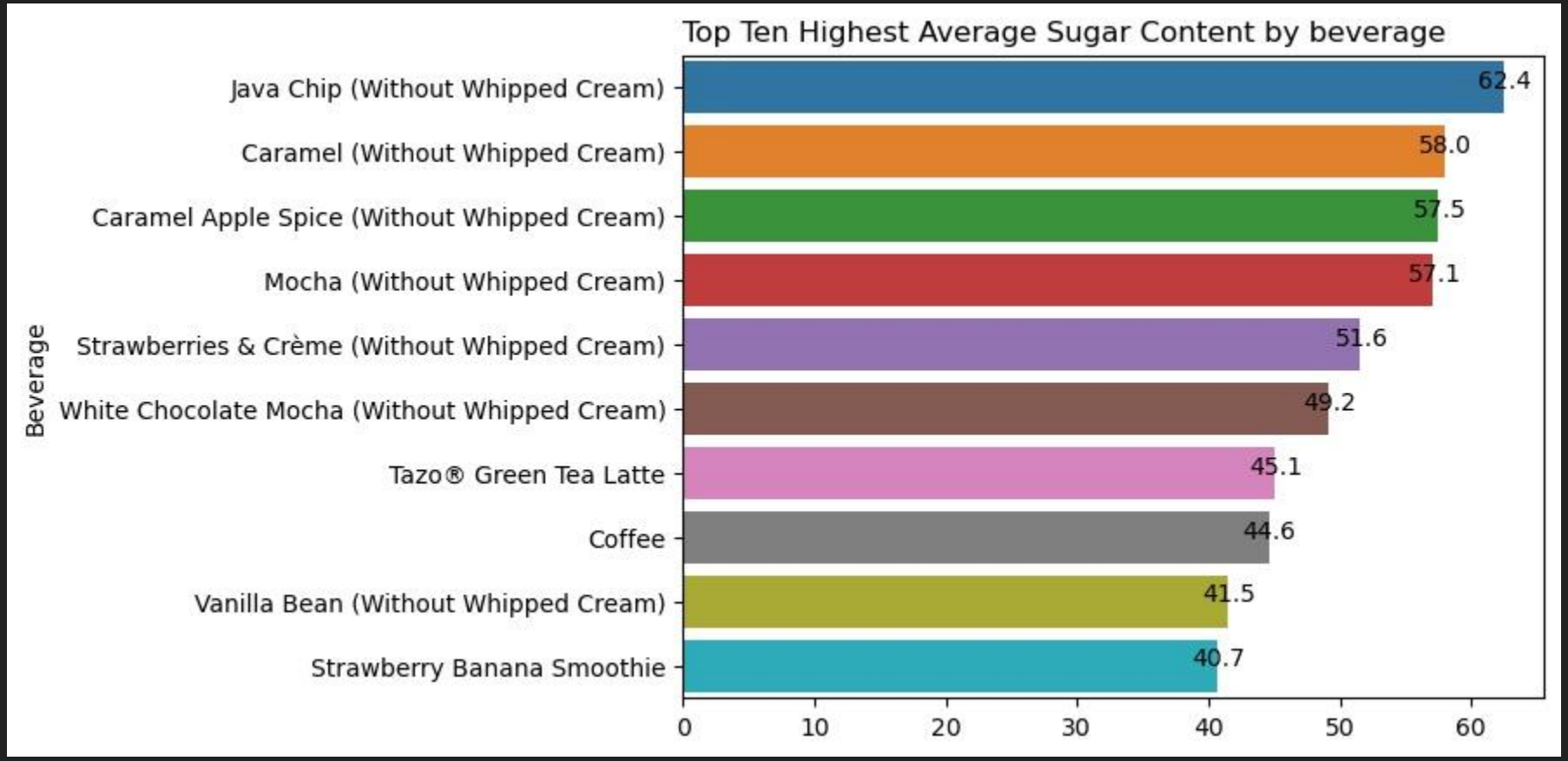


- No Obvious Trend between Caffeine and Calories

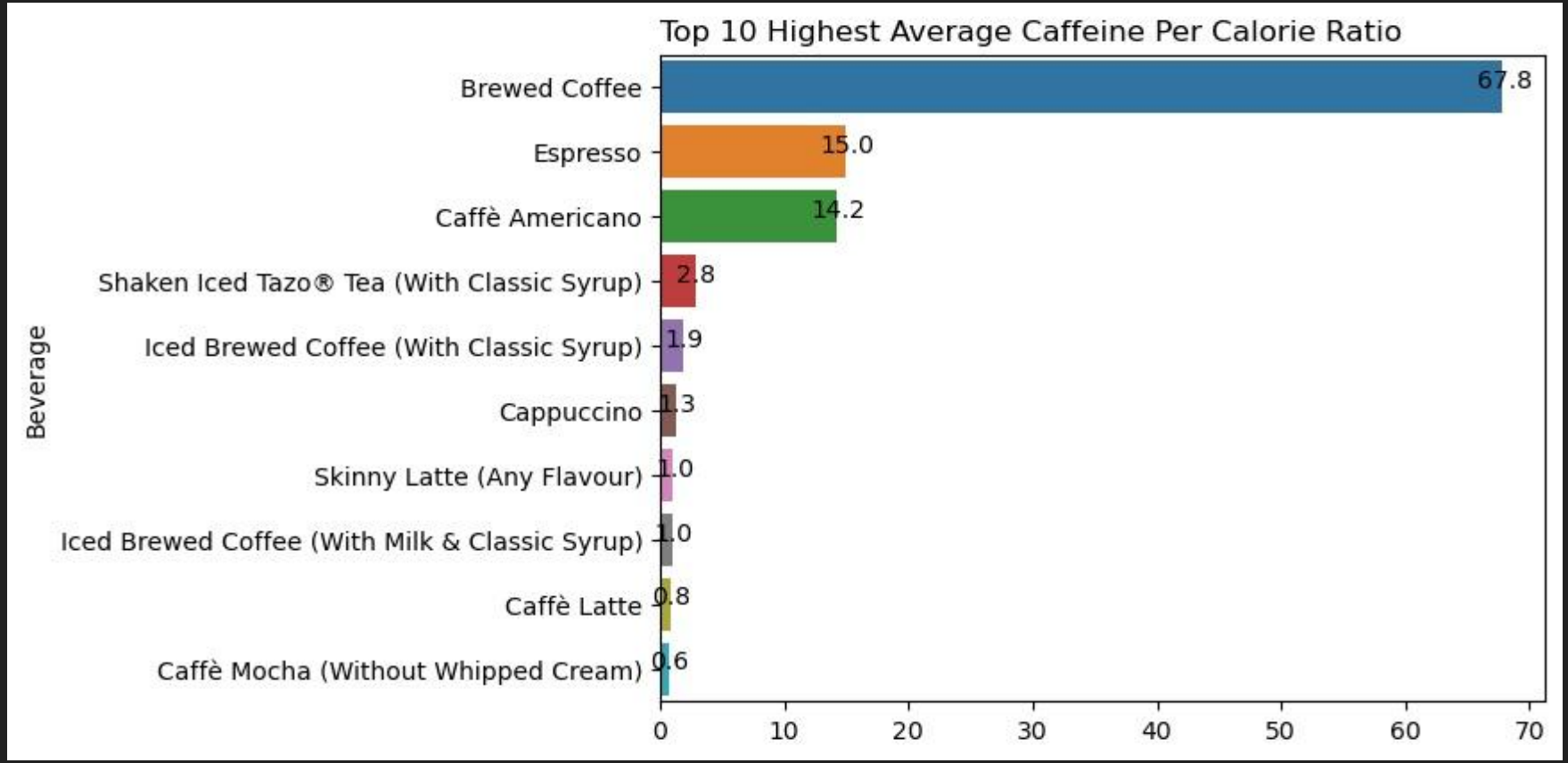
EDA: Highest Calorie Drinks



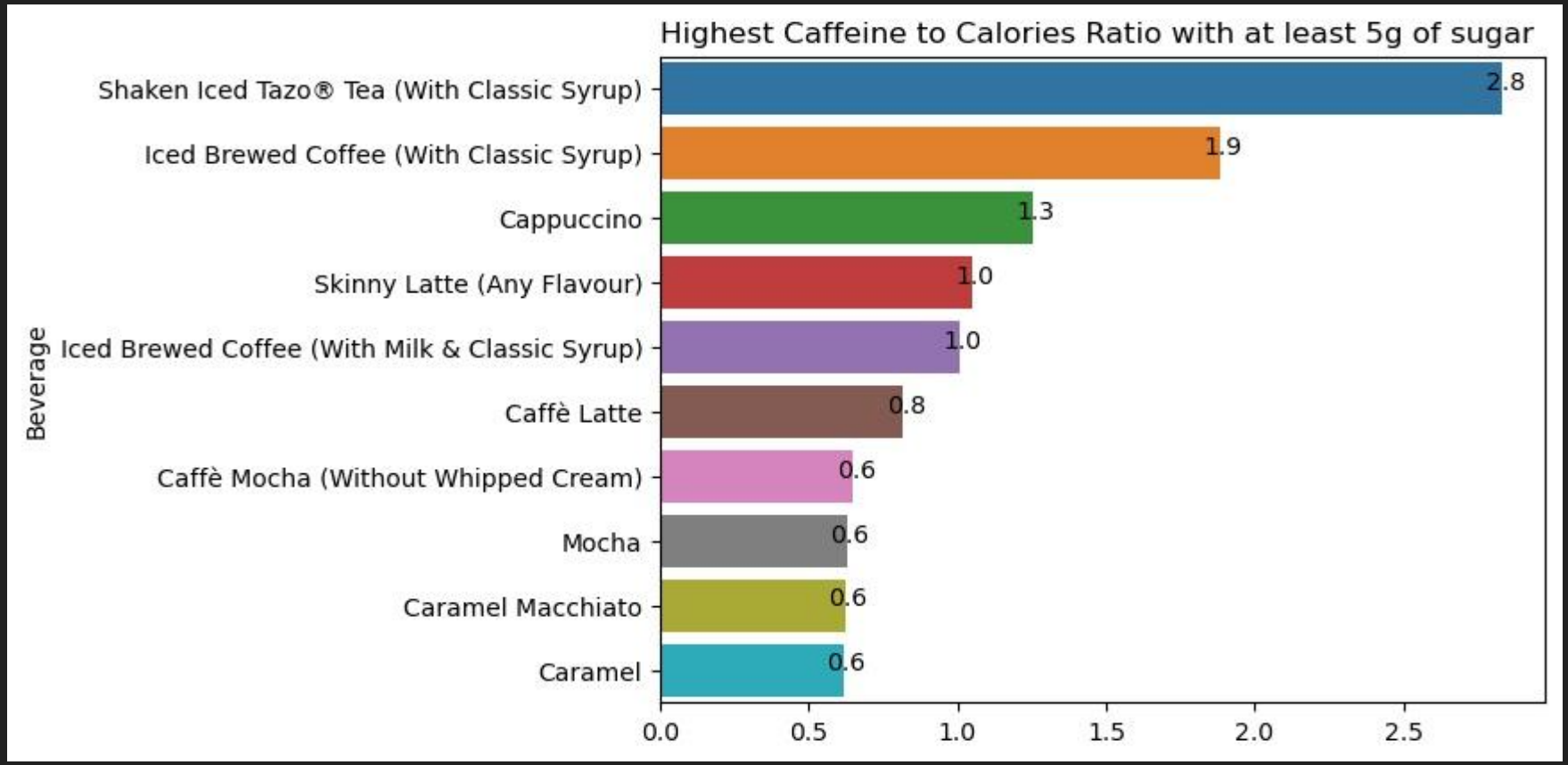
EDA: Highest Sugar Content Drinks



EDA: Highest Average Caffeine per Calorie



EDA: Highest Caffeine per Calorie with at least 5g of sugar



Analysis

- Only 8 of the top 10 highest sugar drinks are in the top 10 highest calorie drinks
    - Increases to 20 when looking at the top 20 drinks for the respective classes
- Only 5 of the top 10 highest fat drinks are in the top 10 highest calorie drinks
    - Increases to 17 when looking at the top 20 drinks for the respective classes
- No drinks are shared between the top 10 highest caffeine to calorie ratio and top 10 highest calorie drinks
    - Increases to 11 when looking at the top 20 drinks for the respective classes