



# A Dive into McDonald's Nutriti...

In this project, where we break down McDonald's nutrition values into a visually compelling and easy-to-understand format. Through dynamic charts and insightful visuals, we aim to provide a quick glance at the nutritional content of your favorite McDonald's menu items. Join us in this interactive journey as we explore the data behind the meals, helping you make informed choices for a healthier and satisfying dining experience. Let the power of data enhance your understanding of McDonald's nutrition value with just a click!





# McDonald's Nutrition Value

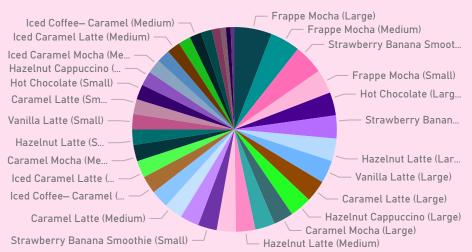
3,276 Sum of Total Fat (g)

328 DAX distinct items

99,589

**Sum of Weight Watchers Pnts** 

### **Amount of Sugar in Beverages**



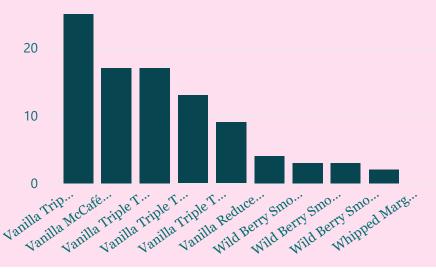
### Sum of Total Calories by Total Fat



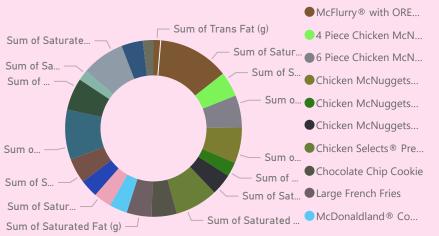
## Max Protein Value from Sugars

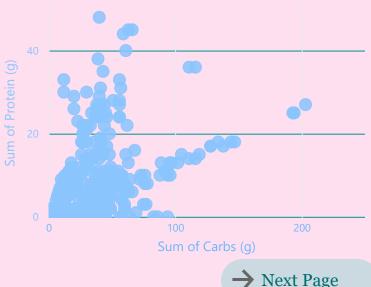
DAX cal

### **Top 10 values with Sum of Protein by Items**



### Sum of Saturated and Trans Fat by ...







# i Help Q&... Add synonyms now X ☐ Ask a question about your data ☐ ※ Try one of these to get started what is the DAX cal by item what is the DAX\_distinct items by item

# Summary

This project on McDonald's nutrition value is a comprehensive exploration of key dietary components such as carbs, proteins, fats, calories, sodium, fiber, and more. Through visually appealing charts and interactive dashboards, we have distilled complex nutritional data into an accessible format. This project allows users to easily compare and analyze the nutritional content of various McDonald's menu items, empowering them to make informed choices based on their dietary preferences and health goals. From identifying high-protein options to tracking daily sodium intake, also this project serves as a valuable tool for anyone seeking a deeper understanding of the nutritional aspects of McDonald's offerings. Dive into the data, navigate through the visuals, and uncover the insights that will guide you towards a balanced and mindful approach to your McDonald's dining experience.