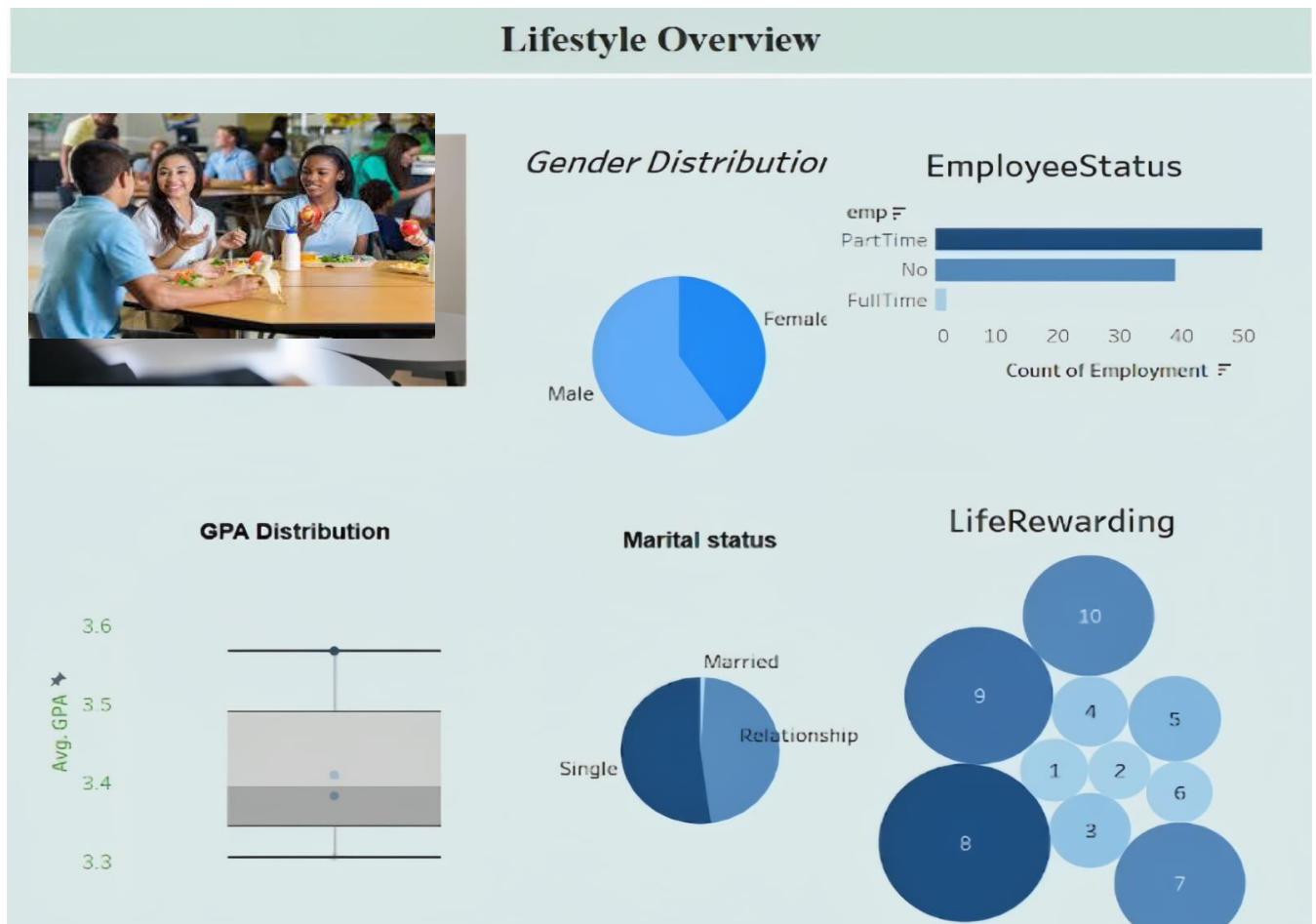


A COLLEGE FOOD CHOICES CASE STUDY

USING TABLEAU

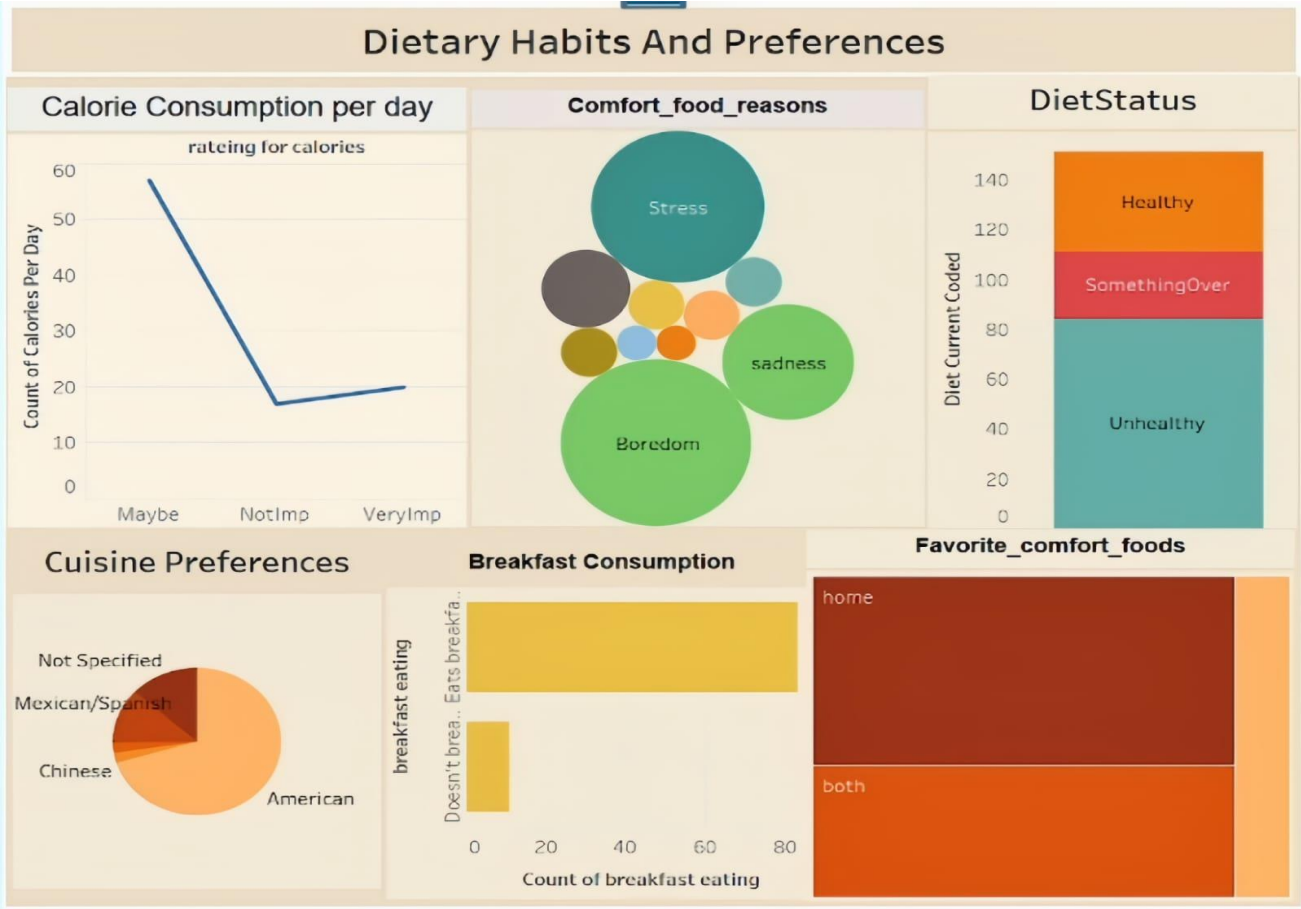
Lifestyle Overview:

This dashboard provides a Lifestyle Overview of students, showcasing gender and marital status, employment types, GPA distribution, and perceptions of life rewarding experiences.



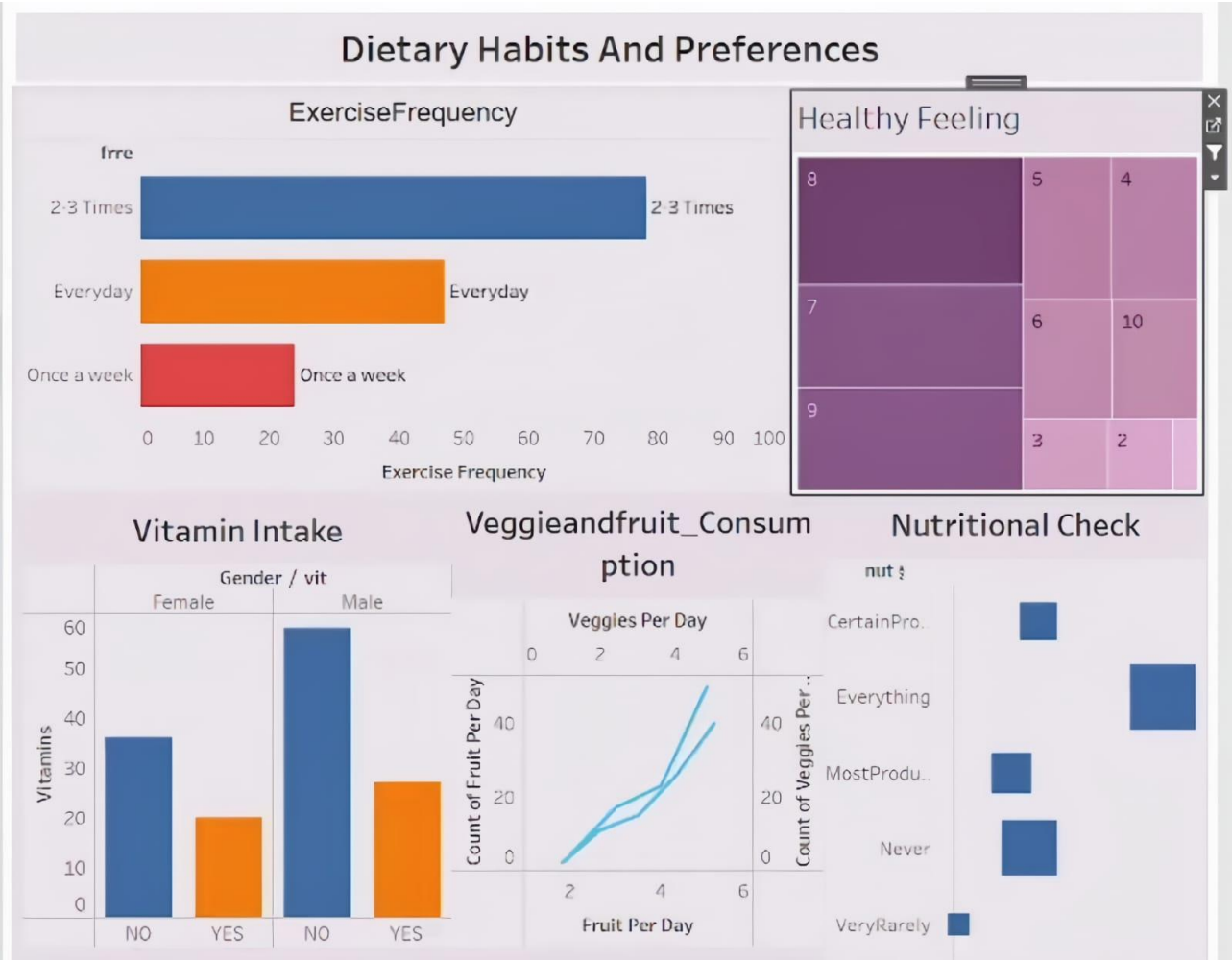
Dietary Habits and Preferences:

This dashboard highlights students' dietary habits and preferences, covering calorie awareness, diet status, comfort food reasons, cuisine choices, breakfast habits, and favourite sources of comfort food.



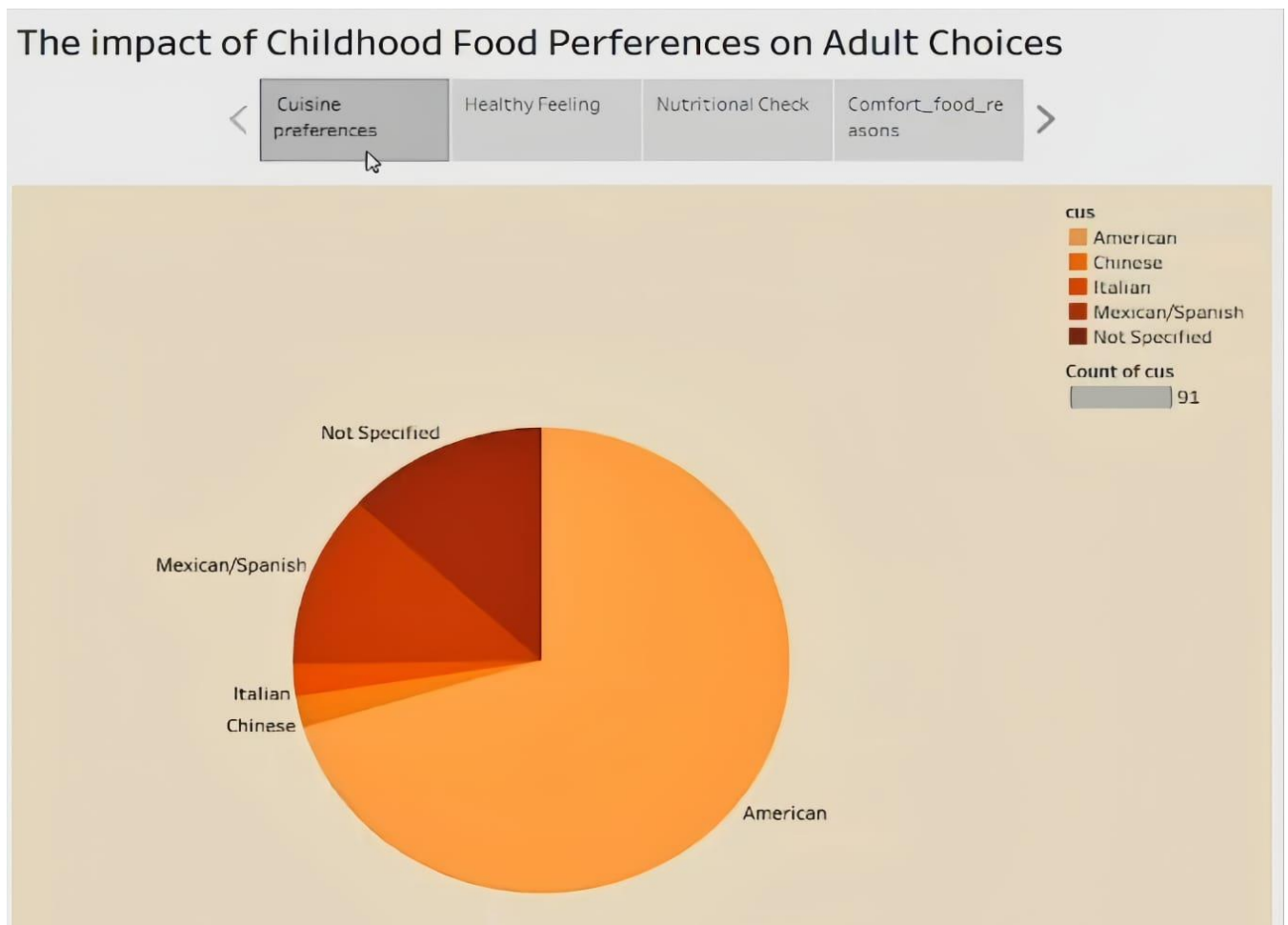
Dietary Habits and Preferences:

This dashboard explores students' dietary wellness through exercise frequency, vitamin intake by gender, fruit and veggie consumption patterns, nutritional awareness, and their self-perceived healthy feeling.



Impact of Childhood Food Preferences on Adult Choices:

This pie chart reflects the influence of childhood cuisine preferences on adulthood choices, with American cuisine being the most favoured, followed by Mexican/Spanish and unspecified options.



Impact of Childhood Food Preferences and Adult Choices:

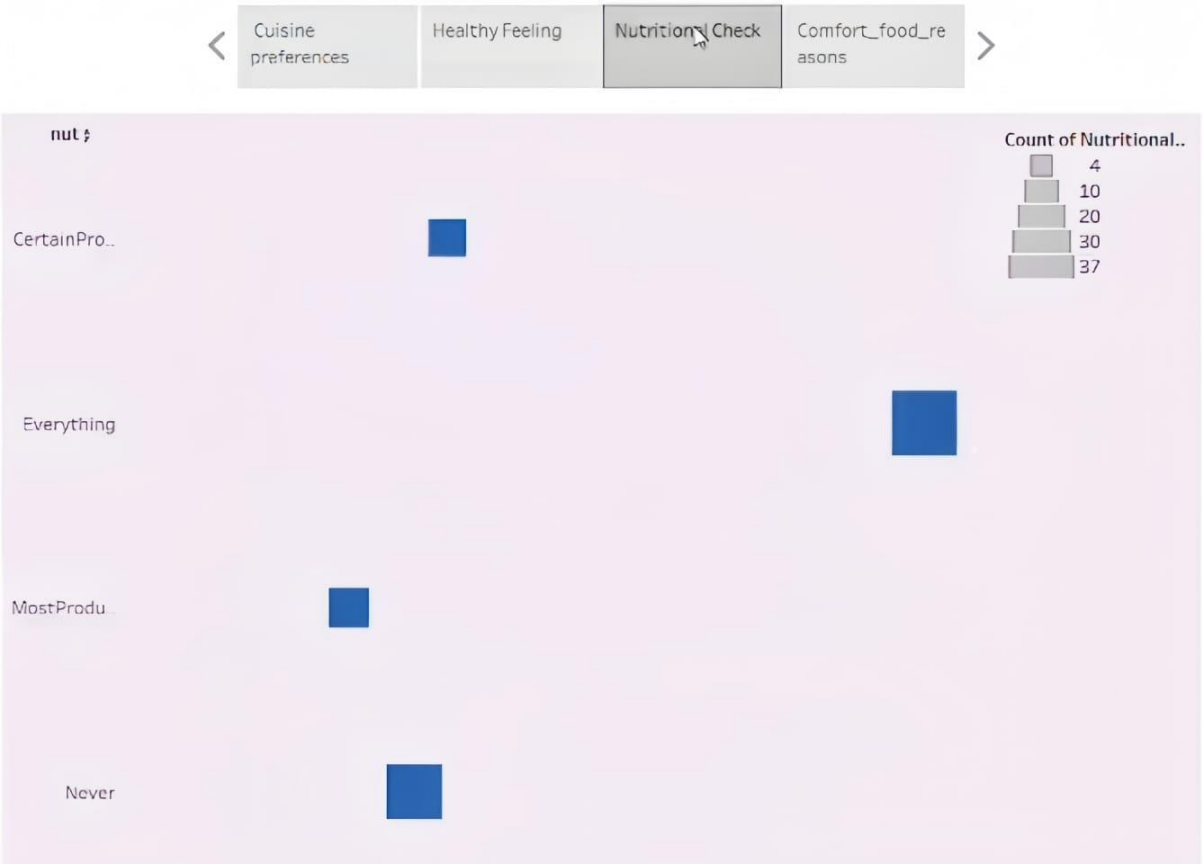
This treemap illustrates how individuals perceive their overall health, with varying degrees of healthy feelings shaped by early dietary experiences.



Impact of Childhood Food Preferences on Adult Choices:

This visualization shows the frequency of nutritional awareness in adults, linked to childhood eating habits—ranging from never checking to consistently monitoring food nutrients.

The impact of Childhood Food Preferences on Adult Choices



Comfort Food Reasons:

This bubble chart highlights emotional triggers behind comfort food consumption in adulthood—such as boredom, stress, sadness, and happiness—rooted in childhood associations.

