

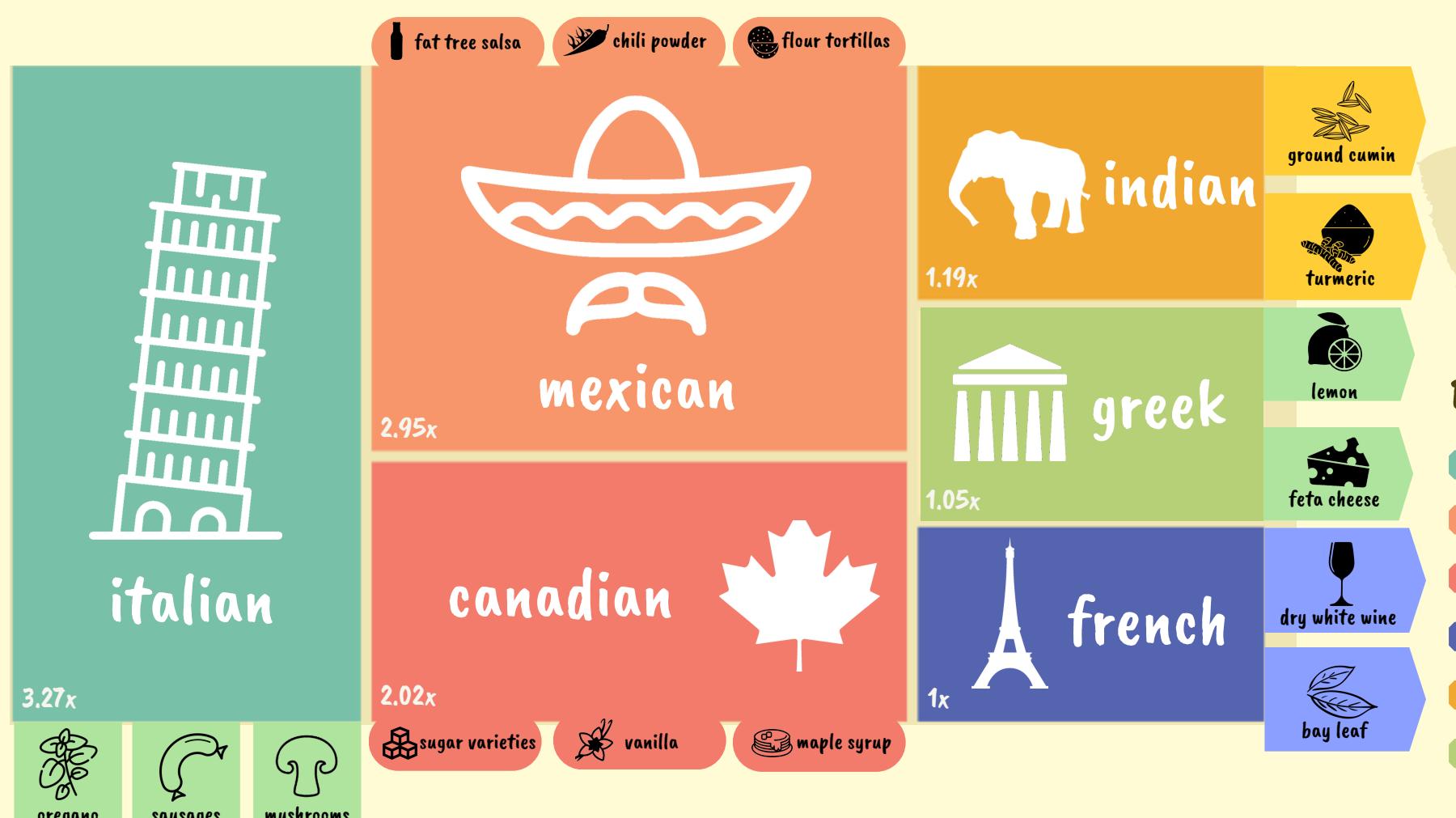
WORLD CUISINES ANALYSIS



Recipes are books alike. To people belongs the task to uncover the untold stories of the world of food. The website's role as to be holder is seen as the space where the creativity and knowledge is shared. To us comes a duty to bring the possibilites to people.

We've decided to work on data from FOODS.com website as it was one of the most popular place to share recipes. The journey starts from finding information about worlds most popular cuisines and their commonly used non trivial ingrediants.

Most popular cuisines with their unique ingredients and dishes



Explanation of the treemap

- ? ingr: one of the most popular ingredients
- ? cuisine: one of the most popular cuisines

Dishes preferences in cuisines

- copycat olive garden, italian meatballs
- chicken tortilla soup, buritto caserolle
- bacardi rum cake, banana cream pie
- boeuf bourguignon, onions soup
- aloo gobi, vindaloo pot chicken
- ground beef gyros, tzatziki

The information presented on the left is structured in three layers. The first layer represents a large rectangle divided into six regions. The area of its representation is a combination of the most popular cuisines, whose tags appear most often under the recipes. The numbers in the bottom left corner indicate how many times a given cuisine is more popular than the French one, which may mistakenly seem to be the most popular for many people.

The second layer consists of ingredients used very often in specific cuisines.

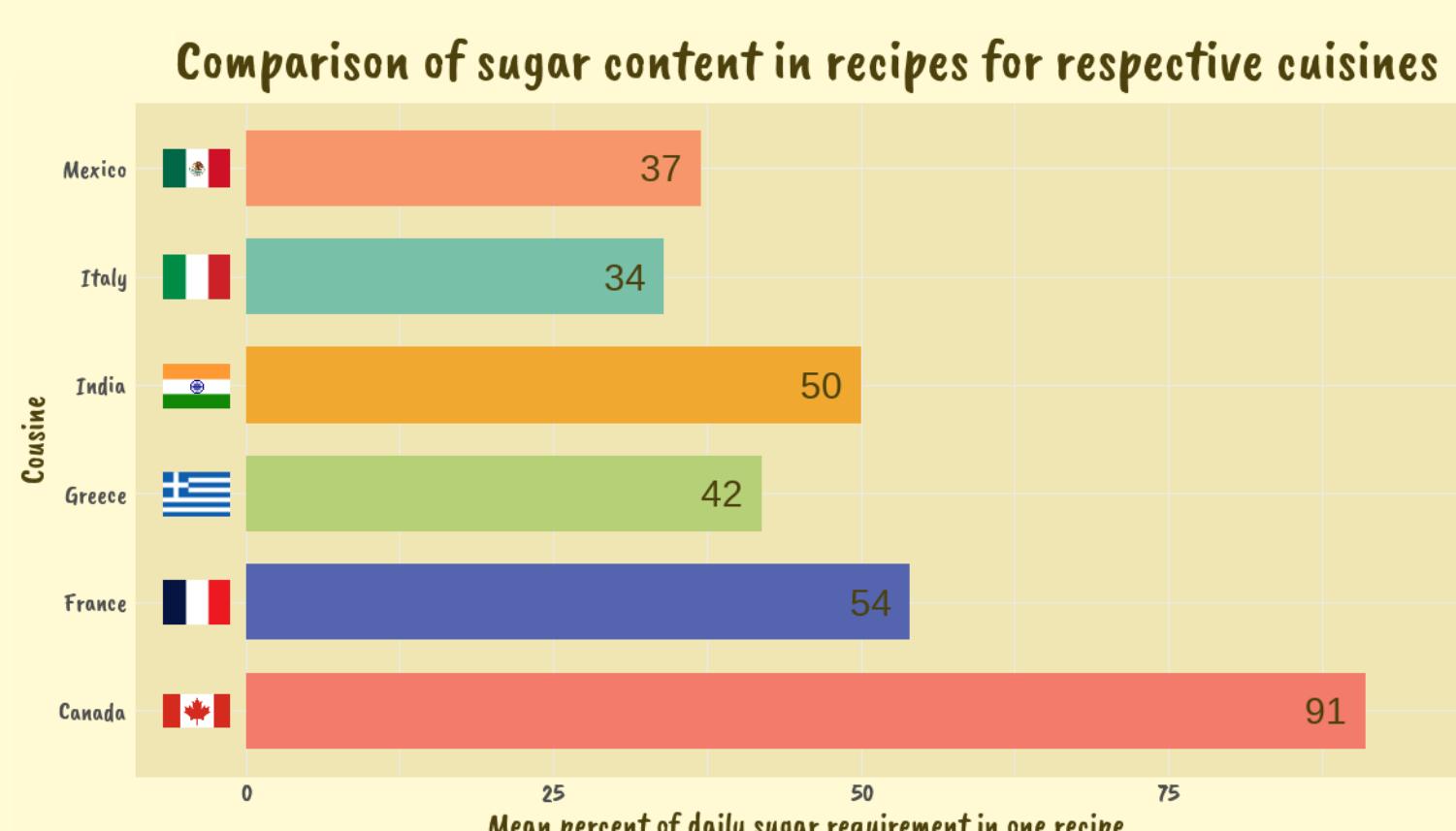
The last layer is all about the dishes. We wanted to know which dishes are most popular, in respective cuisines, among internet users.

But given all the dishes, is there a visible difference between particular cuisines? Below, we will present some of our insight.

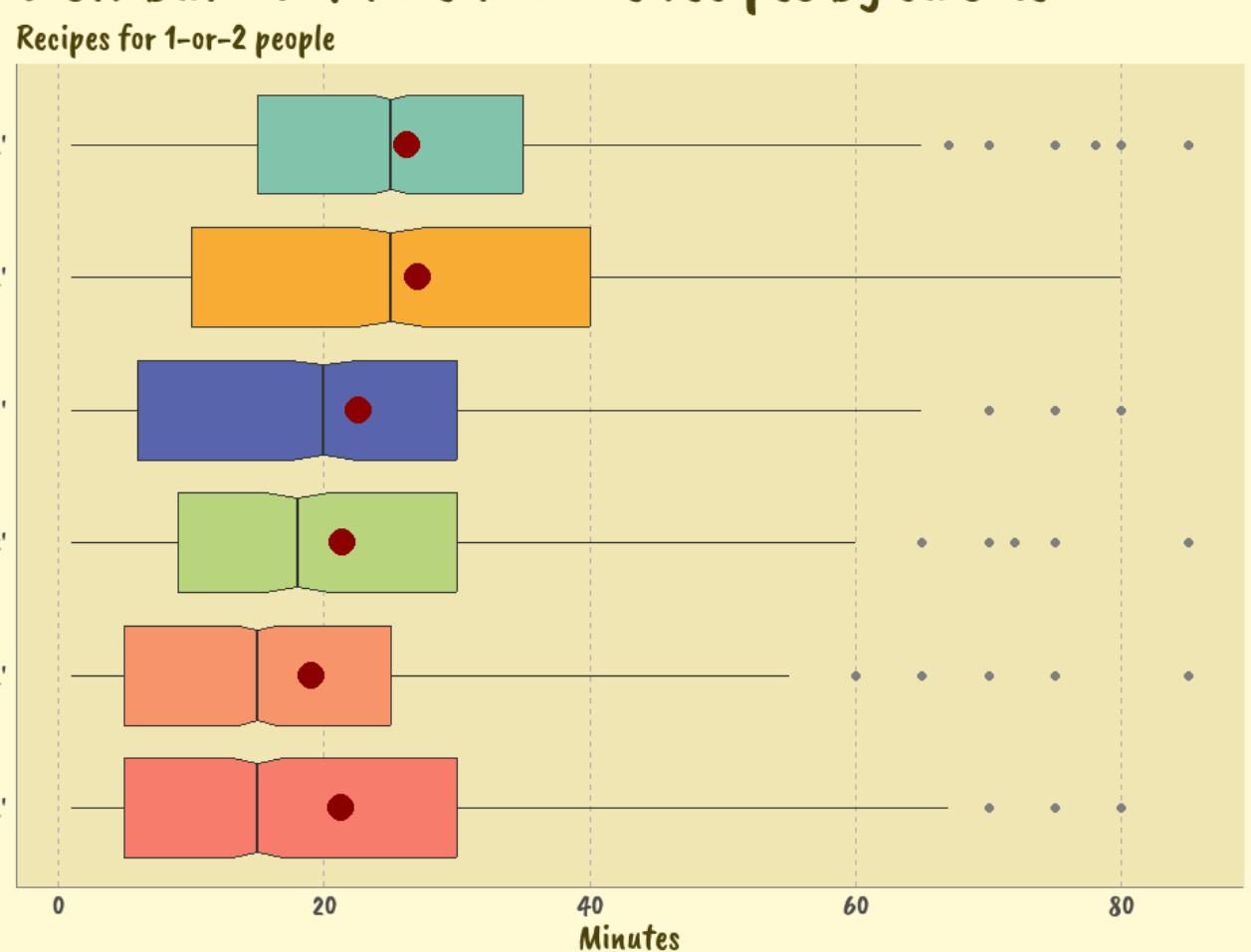
It is commonly known that sugar is called "white death" for a reason. The question arises immediately: What cuisine should I choose to feel the safest and have peace of mind in terms of sugar? The plot on the right side tries to answer this question. It compares the mean percent of referenced daily sugar intake in recipes for respective cuisines. Still unclear? No problem, maybe an example will make it more understandable.

Let's take France, which has a value of 54. This means that when you randomly take a recipe from French cuisine, it will provide on average 54% of daily sugar requirement. So does that mean that I should avoid Canadian cuisine and eat only dishes with similar sugar content as Italian? It depends. The high value in Canada comes from numerous recipes with huge sugar amount.

Keep in mind that they love to add maple syrup everywhere, but if you are looking for something healthy, you will have some options too. However, if you easily fall for appetizing-looking cakes and you are trying to cut sugar off, maybe you should avoid the Canadian part of the website and switch to Mexican or Italian section. Just to be more certain you won't be tempted by innocent-looking sucre a la crème 😊.



Distribution of time to make recipes by cuisine

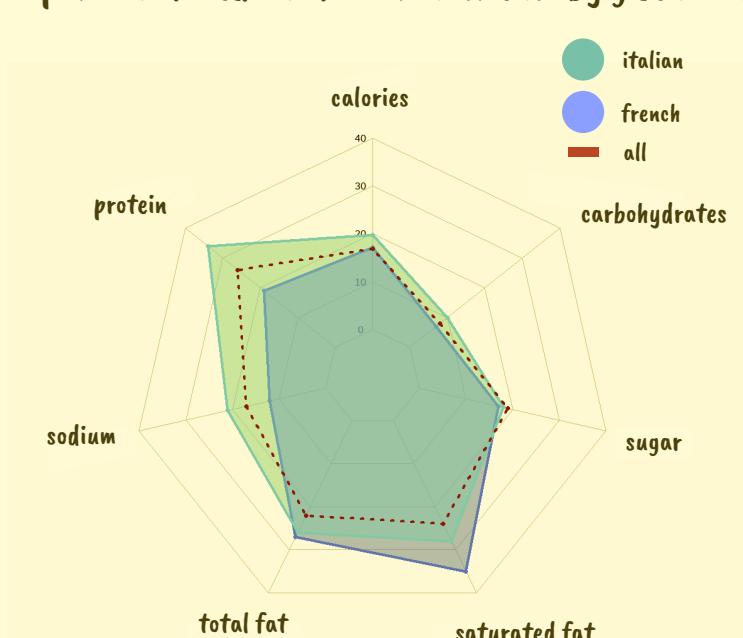


What if you are in a rush? What cuisine should you choose, if you want to spend, as little time, as possible preparing a recipe. Here is a plot showing distibution of time needed to prepare recipes in minutes by cuisines. We took into consideration recipes made for one or two people, as they are the most suitable for the ones in a rush.

Let us tell you more about this chart. For a deeper insight we used boxplot, as they show range of data, 25th and 75th percentile, median, and possible outliers. We have sorted the cuisines in a descending order by median. For a deeper understanding we added mean value for each cuisine. It is represented as a dark red circle on each box.

Now let's analyze the chart together. We can see that Canadian recipes are ranked the lowest. Does that mean that they are the best in the matter of the lowest time to make? Not necessarily. We can see that the 75th percentile is quite high for Canada. A better choice is a Mexican recipe, as the mean and 75th percentile is the lowest out of all and the difference in median between it and Canadian is infinitezimal. What is the worst cuisine to choose, if you are in a rush? The answer to this question is Indian cuisine.

Comparison of median of macronutrients by given cuisines



How does the most numerous cuisine stack up to the least numerous? Are there any differences in their macronutrient content? Let's take a look at Italian and French cuisine.

Each value is median percent daily value of each macronutrient by cuisine. As a reference point we have the dotted line, which represents the median of all the values for all cuisines that we mentioned in this poster.

