

Food Trends Understanding Customer Preferences

Ages

35 67

Sum of Daily Calorie...

1M

Dietary Preferen...

All

Gender

F... M...

Sum of Protein, Sum of Fat and Sum of Carbohydrates

Category	Value	Percentage
Sum of Protein	70K	(30.36%)
Sum of Fat	35K	(15.04%)
Sum of Carbohydrates	126K	(54.61%)

Lunch Suggestion

Suggestion	Sum of Rating
Veggie stir-fry	11
Vegetarian pasta with marinara sauce	
Vegetarian chili with a side of whole-wheat bread	
Vegetarian burrito bowl with brown rice	
Vegan lentil stew with brown rice	
Turkey sandwich with whole-wheat bread	
Turkey sandwich on whole-wheat bread with vegetables	
Turkey sandwich on whole-wheat bread with salad	
Turkey sandwich on whole-wheat bread	
Turkey sandwich on whole wheat bread with vegetables	
Turkey sandwich on whole grain bread	
Turkey sandwich	7
Total	107

Breakfast Suggestion

Suggestion	Sum of Rating
Yogurt with granola and fruit	6
Yogurt with fruit and granola	5
Whole-wheat toast with egg and avocado	3
Wholegrain toast with avocado	5
Vegan pancakes with syrup	99
Tofu scramble with whole-wheat toast	2
Tofu scramble with whole wheat toast and fruit	11
Tofu scramble with whole wheat toast	1
Tofu scramble with veggies and whole-wheat toast	6
Tofu scramble with veggies	134
Tofu scramble with vegetables and whole-wheat toast	9
Total	1433

Sum of Fiber, Sum of Sugar and Sum of Sodium

Category	Value	Percentage
Sum of Fiber	14K	(15.21%)
Sum of Sugar	63K	(68.38%)
Sum of Sodium	15.15K	(16.41%)

2.20K

Average of Calories

238K

Sum of Protein

118K

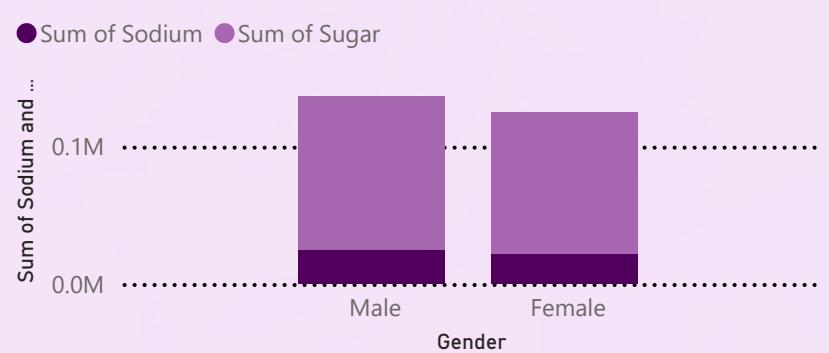
Sum of Fat

Dietary Preferences And Averages

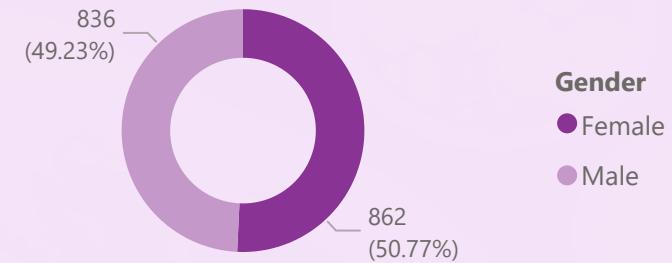
Count of Disease by Dietary Preference



Sum of Sodium and Sum of Sugar by Gender



Count of Gender, Sum of Daily Calorie Target, Sum of Rating and Sum of Price by Gender



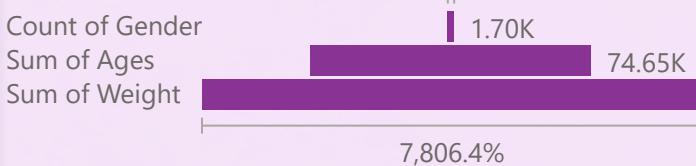
Dinner Suggestions

- Vegetarian lasagna
- Vegetarian lasagna
- Vegetarian chili con carne
- Vegetarian chili con carne
- Vegetarian chili con carne
- Vegetable stir-fry
- Vegetable stir-fry
- Vegetable stir-fry
- Vegetable stir-fry

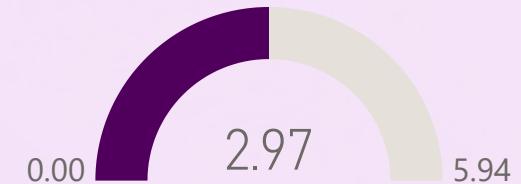
Snack Suggestion

Snack Suggestion	Sum of Rating
Almond milk with banana and chia seeds	6
Almonds	16
Almonds with dried fruit	2
Apple slices with almond butter	48
Apple slices with peanut butter	46
Apple with almond butter	768
Apple with peanut butter	58
Banana	4
Banana with almond butter	63
Banana with peanut butter	404
Carrot sticks with hummus	3
Total	5045

Count of Gender, Sum of Ages and Sum of Weight



Average of Rating

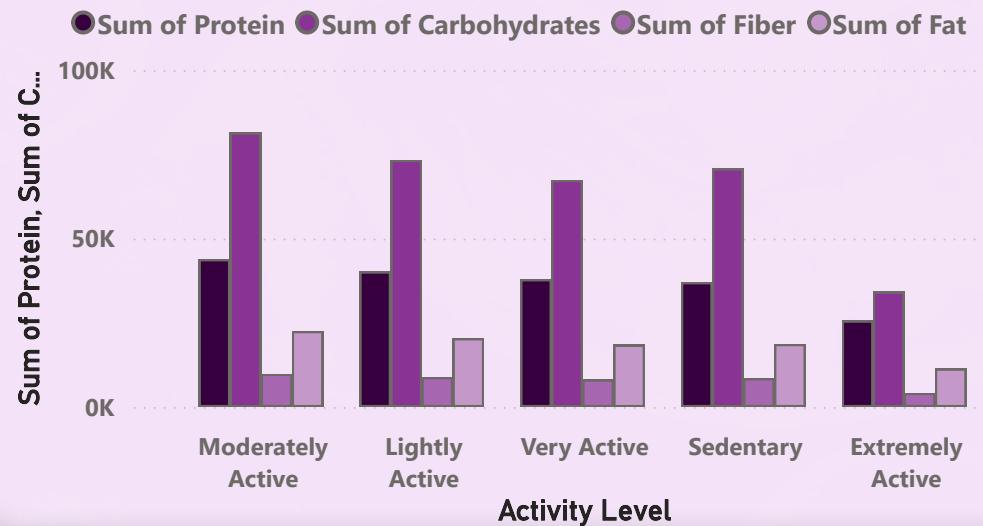


Disease

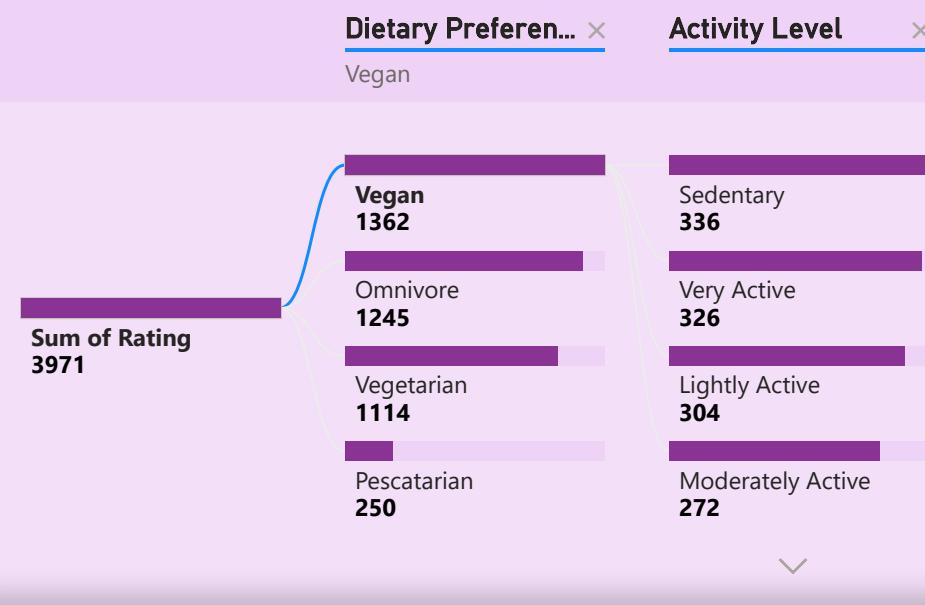
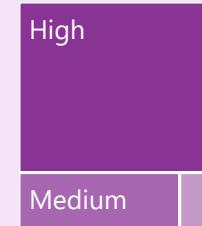


Nutrients And Diseases

Sum of Protein, Sum of Carbohydrates, Sum of Fiber and Sum of Fat by Activity Level



Sum of Price by Price Category



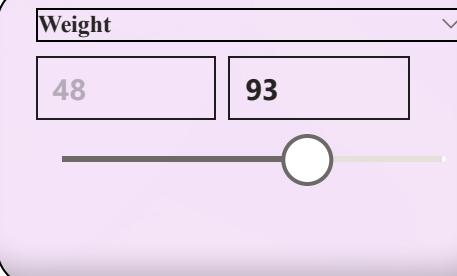
Q/A

Show lowest calorie food



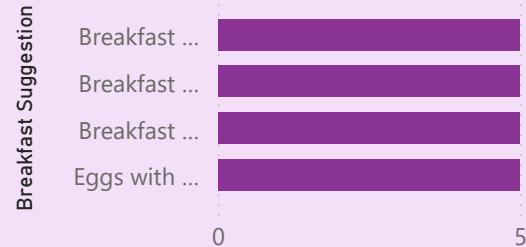
3M

Sum of Calories



Averages By Breakfast Suggestions

Average of Rating by Breakfast Suggestion

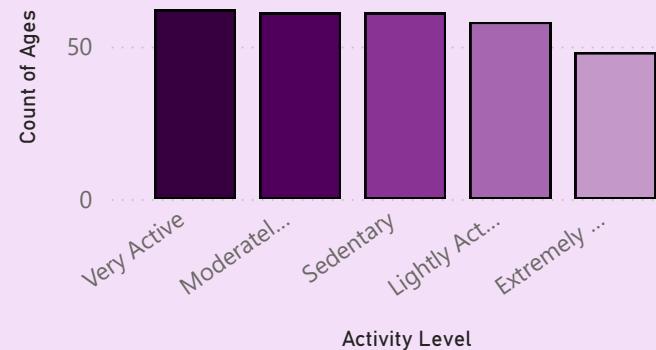


Breakfast Suggestion

Average of Protein Average of Calories

Breakfast burrito with beans and veggies	100.00	1740.00
Breakfast burrito with eggs and vegetables	95.00	1670.00
Total	81.50	1523.50

Count of Ages by Activity Level

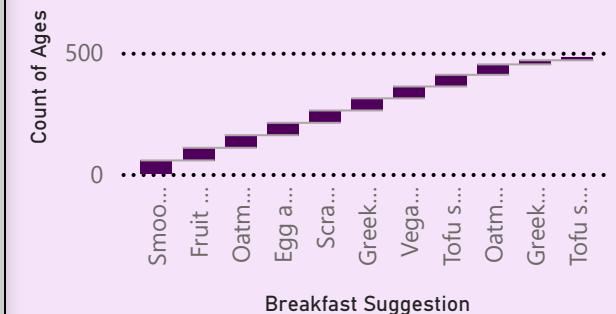


Average of Price by Sugar

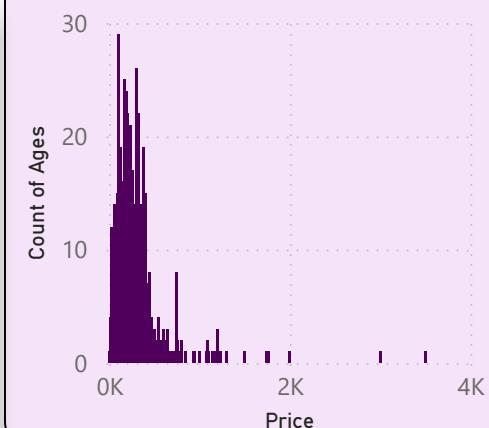


Count of Ages by Breakfast Suggestion

● Increase ● Decrease ● Total



Count of Ages by Price



Breakfast Suggestion

Breakfast Suggestion	Average of Rating	Average of Price	Average of Sodium
3 eggs with whole-wheat toast and avocado	4.00	98.00	44.00
Scrambled eggs with whole-wheat toast and fruit	3.00	77.50	42.00
Scrambled eggs with whole wheat toast	2.88	222.53	36.00
Greek yogurt with granola and berries	4.00	57.50	36.00
Oatmeal with protein powder	3.00	95.00	36.00
Pancakes with fruit and nuts	1.00	169.00	36.00
Total	2.97	226.73	27.90

Average of Rating by Price Category and Dietary Preference

Dietary Preference ● Omnivore ● Pescatarian ● Vegan ● Vegetarian



AVG BMI

4.50K

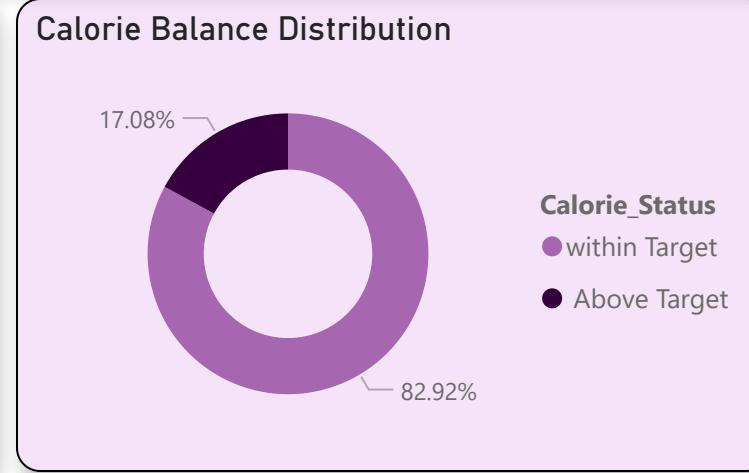
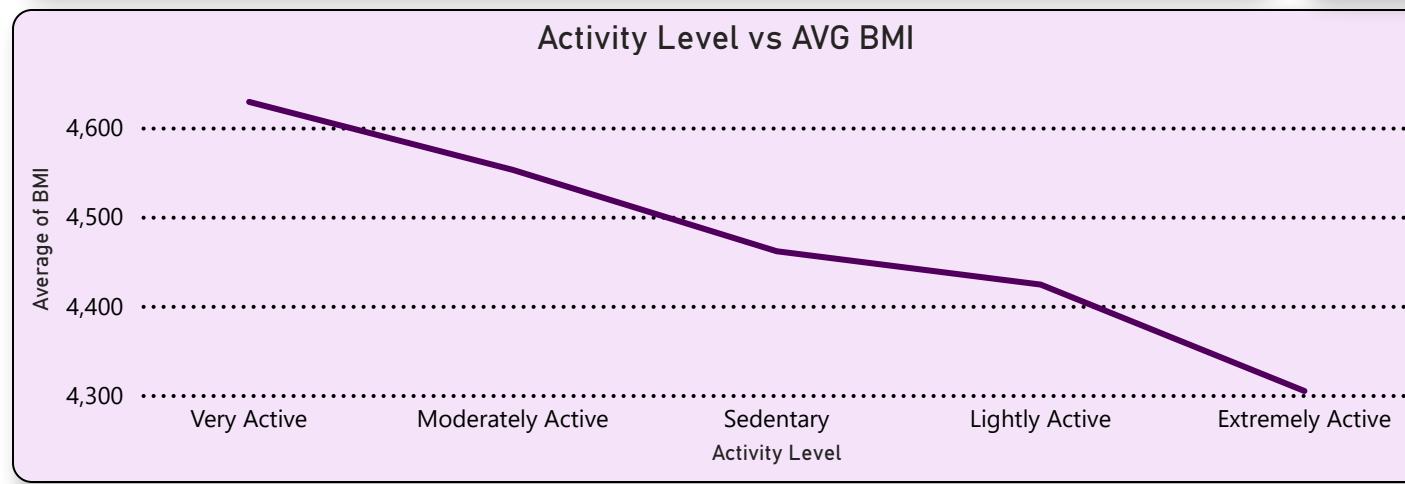
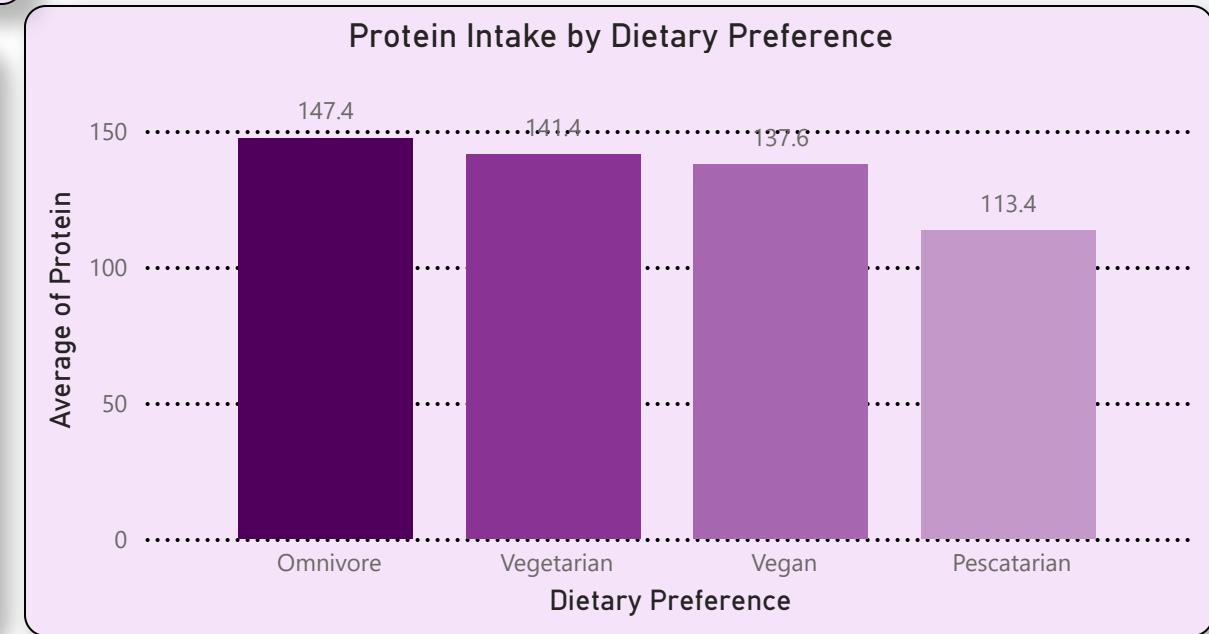
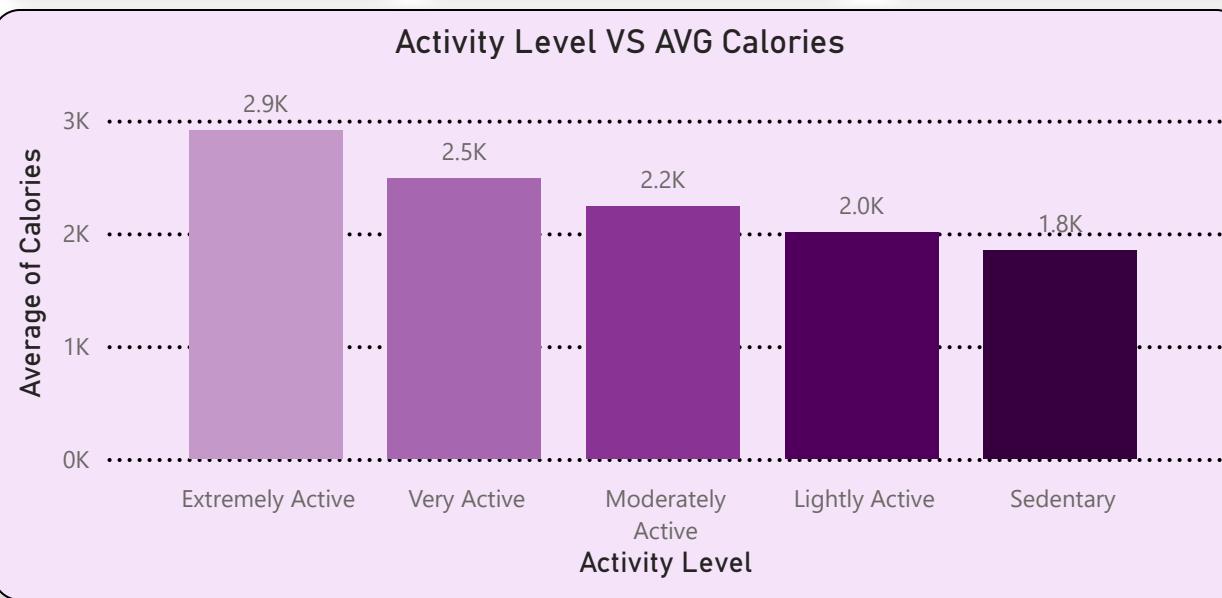
% Within Calorie Target

82.9%

AVG of Calories

2.20K

Lifestyle & Nutrition Impact

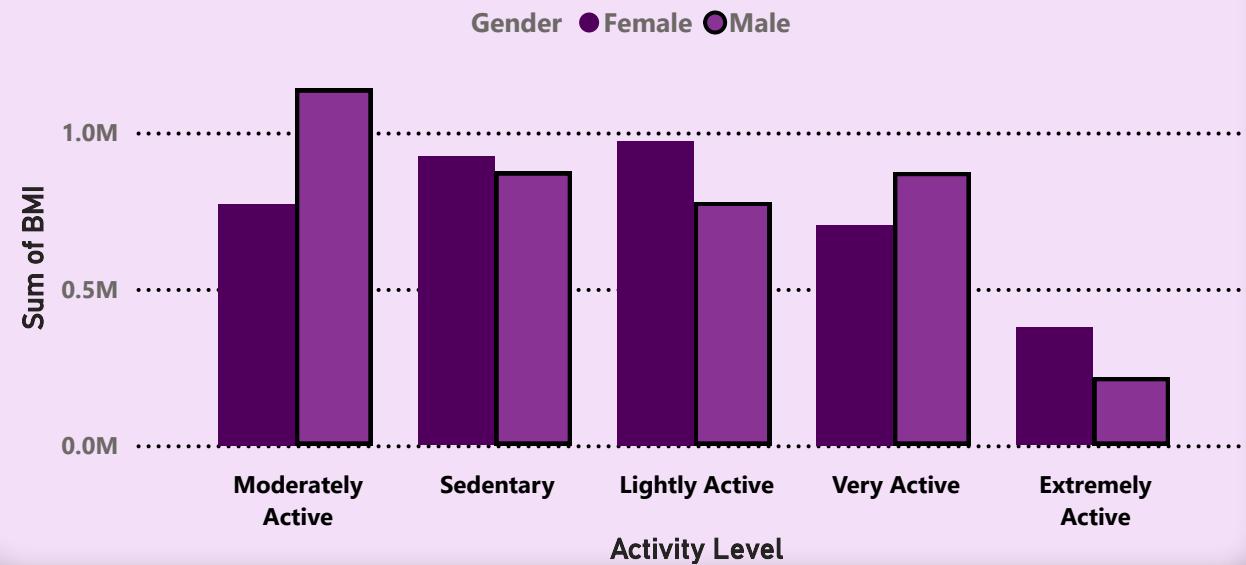


Female

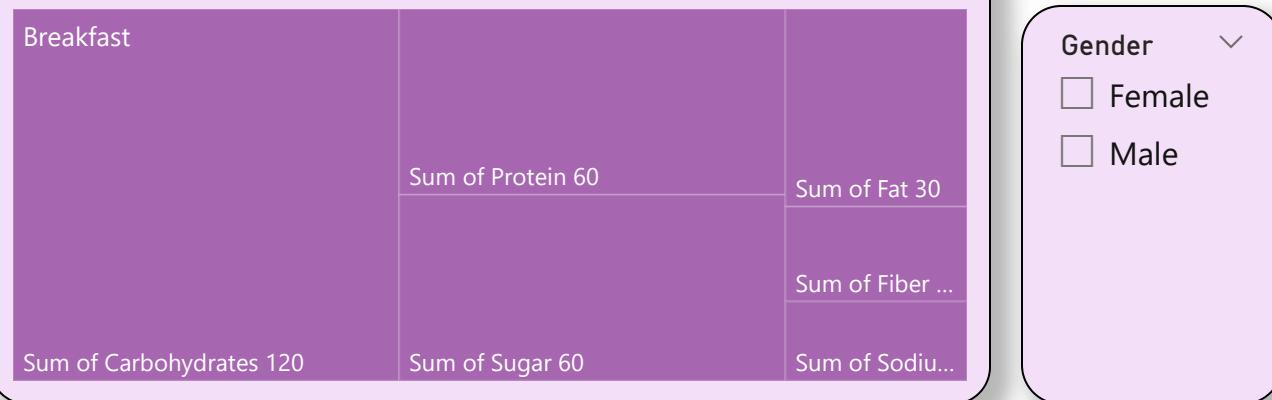
Male

Nutrition And Health Insights

Sum of BMI by Activity Level and Gender



Nutrient Breakdown by Meal Type (Protein, Fat, Carbs, Fiber)



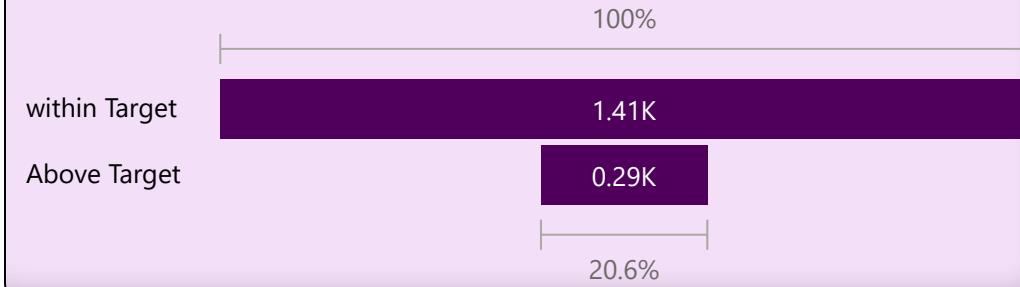
0.83

% Within Target

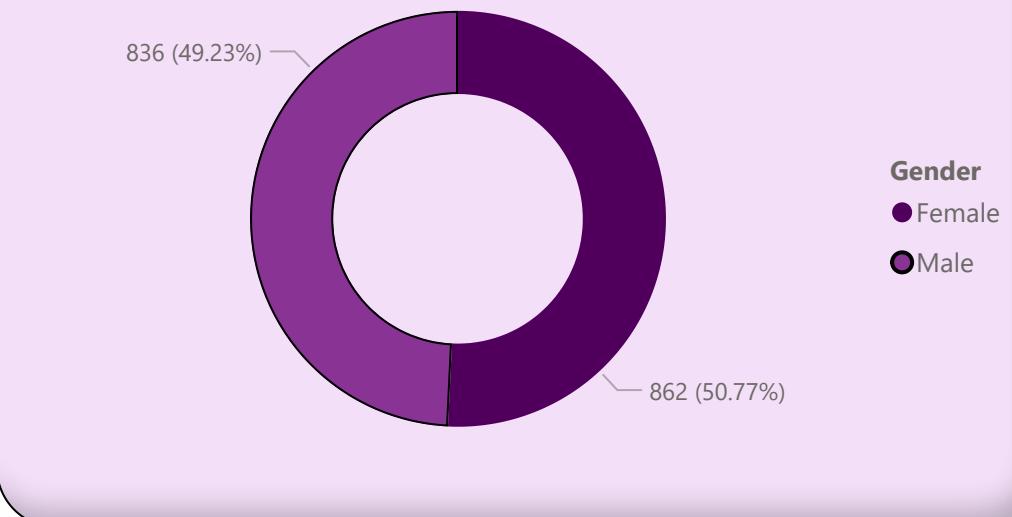
82.9%

% Within Calorie Target

Count of Gender by Calorie_Status

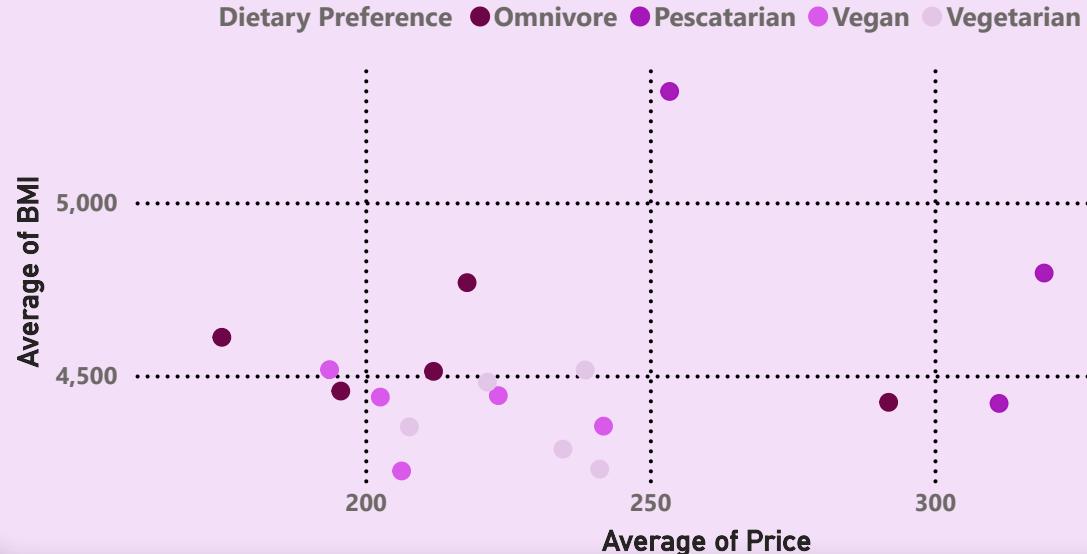


Count of Dietary Preference by Gender



Value & Cost Analysis

Cost vs. Health Outcome: BMI by Price Point



Itemized Price Comparison

Baked chicken with roa...

173.00

Sum of Price

Baked chicken with swe...

424.00

Sum of Price

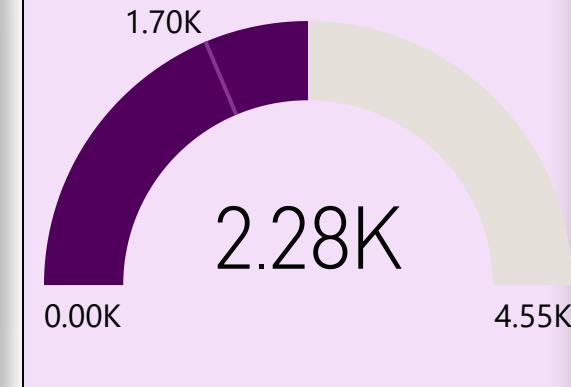
Baked fish with steame...

179.00

Sum of Price

Raked salmon with veg...

Calorie Target Adherence



Average of Rating by Price Category and Dietary Preference

Dietary Preference

Omnivore

Pescatarian

Vegan

Vegetarian

Total Cost Distribution by Meal Type

Breakfast

220.00

Carbohydrat...

Most Cost-Efficient Nutrient Name

Price Per Gram (\$)

0.90

Lowest Cost Per Gram Value

Average of Rating

Low

Medium

High

Price Category