

# Food Trends Understanding Customer Preferences

Ages

35

67

Gender

Fe...

M...

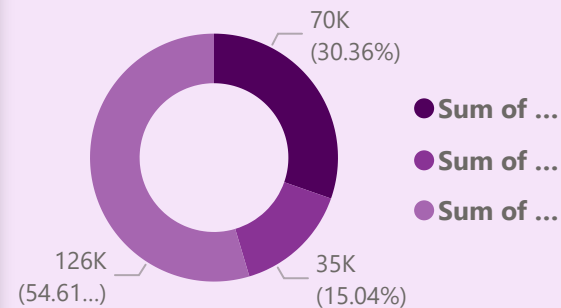
Sum of Daily Calorie...

1M

Dietary Preferen...

All

Sum of Protein, Sum of Fat and Sum of Carbohydrates



Lunch Suggestion

Sum of Rating

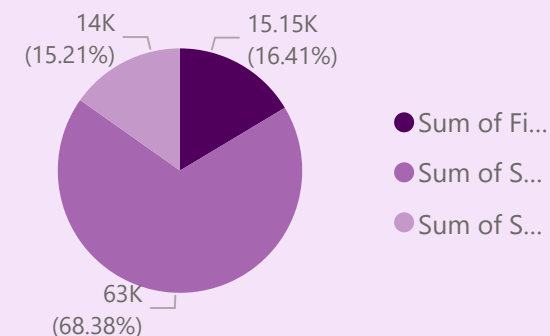
Veggie stir-fry	11
Vegetarian pasta with marinara sauce	
Vegetarian chili with a side of whole-wheat bread	
Vegetarian burrito bowl with brown rice	
Vegan lentil stew with brown rice	
Turkey sandwich with whole-wheat bread	
Turkey sandwich on whole-wheat bread with vegetables	
Turkey sandwich on whole-wheat 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

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



2.20K

Average of Calories

238K

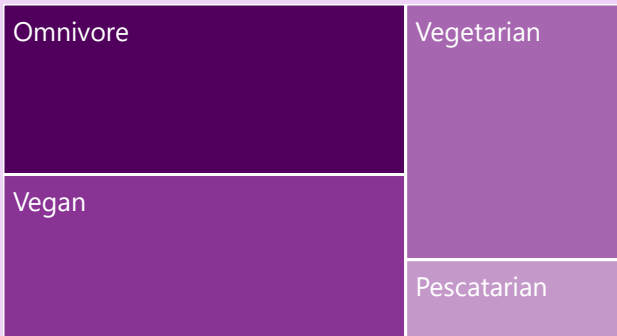
Sum of Protein

118K

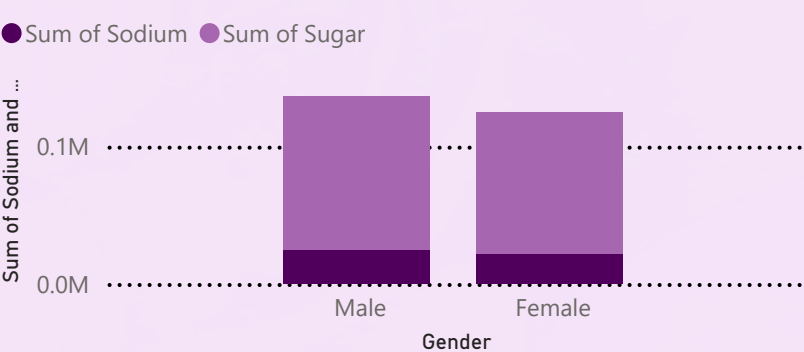
Sum of Fat

# Dietary Preferences And Averages

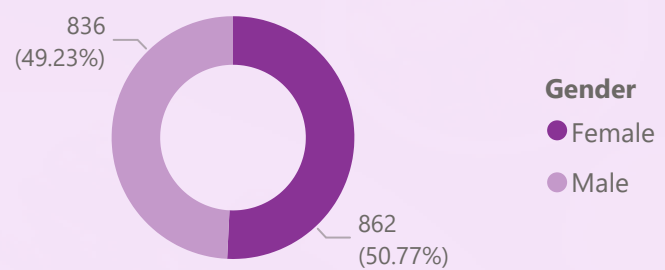
## Count of Disease by Dietary Preference



## 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

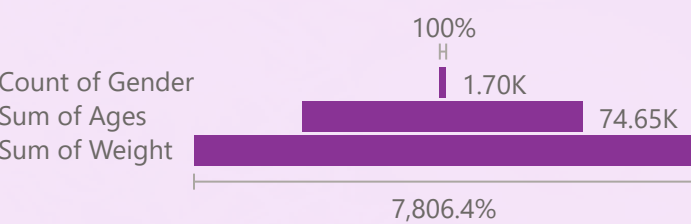


## Dinner Suggesti...

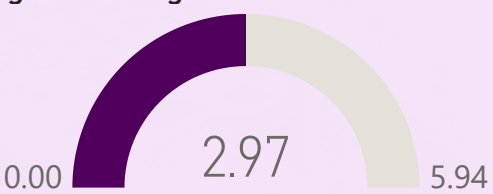
- ☐ Vegetarian lasa...
- ☐ Vegetarian lasa...
- ☐ Vegetarian chili ...
- ☐ Vegetarian chili ...
- ☐ Vegetarian chili
- ☐ Vegetable stir-fr...
- ☐ Vegetable stir-fr...
- ☐ Vegetable stir-fr...
- ☐ Vegetable stir-fr...

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

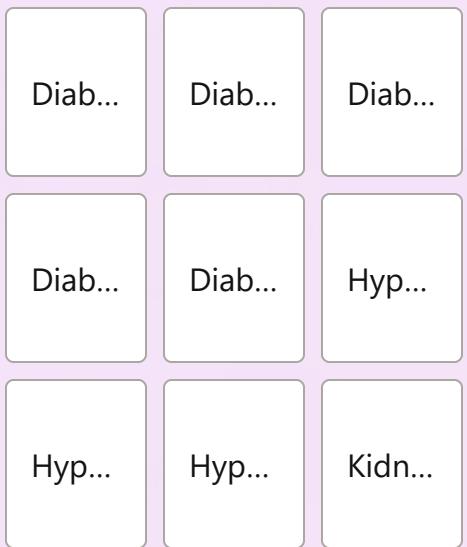
## Count of Gender, Sum of Ages and Sum of Weight



## Average of Rating

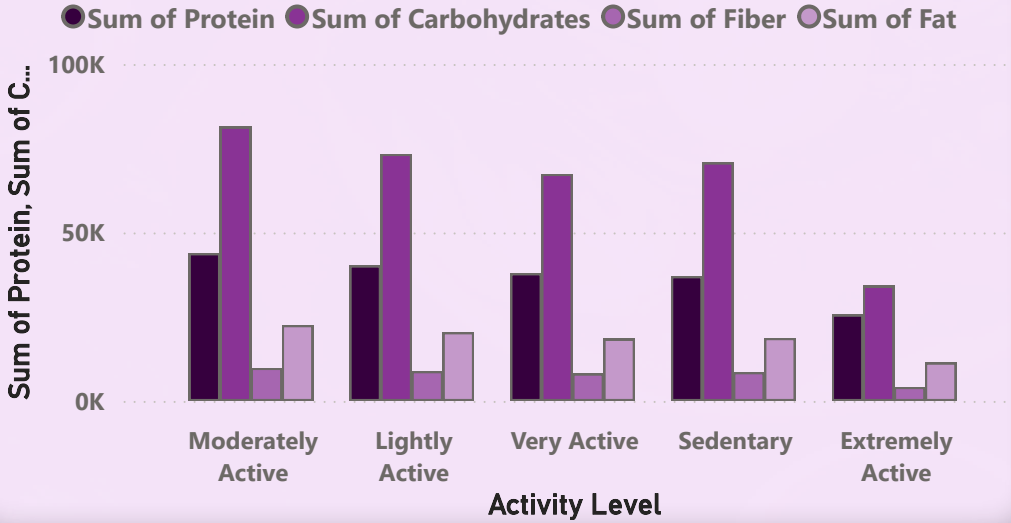


## Disease



# Nutrients And Diseases

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



Q/A

Show lowest calorie food

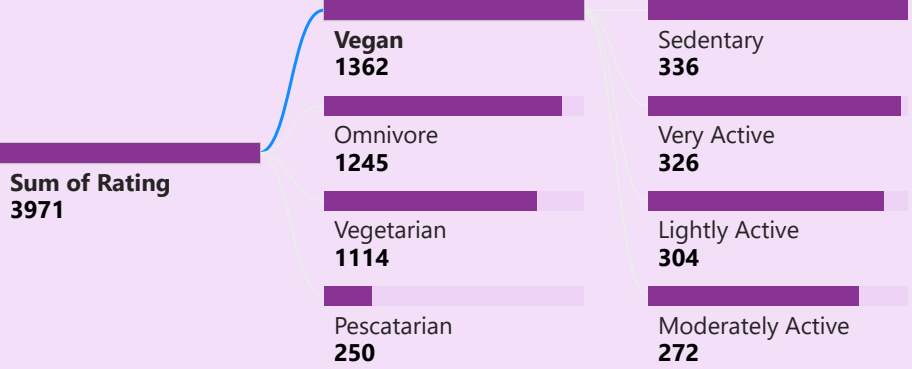
Sum of Price by Price Category



Height  
All

Dietary Preferen... x Activity Level x

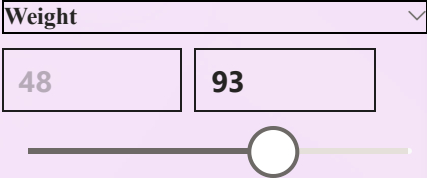
Vegan



- Disease
- ☐ Diabetes, Acne, Hypertension, Heart Disease
  - ☐ Diabetes, Acne, Hypertension, Kidney Disease
  - ☐ Diabetes, Acne, Weight Gain, Hypertension, Heart Disease
  - ☐ Diabetes, Acne, Weight Gain, Hypertension, Heart Disease,...
  - ☐ Diabetes, Acne, Weight Loss, Hypertension, Heart Disease,...

3M

Sum of Calories



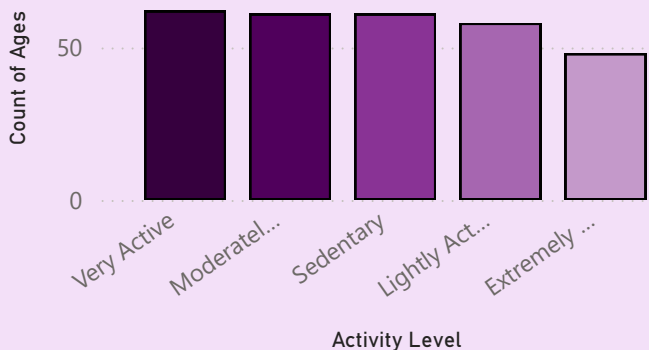
# Averages By Breakfast Suggestions

Average of Rating by Breakfast Suggestion

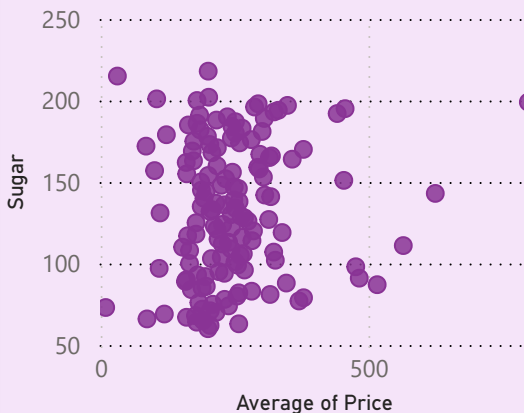


Breakfast Suggestion	Average of Protein	Average of Calories
Breakfast burrito with beans and veggies	100.00	1740.00
Breakfast burrito with eggs and vegetables	95.00	1670.00
Total	81.50	1523.50

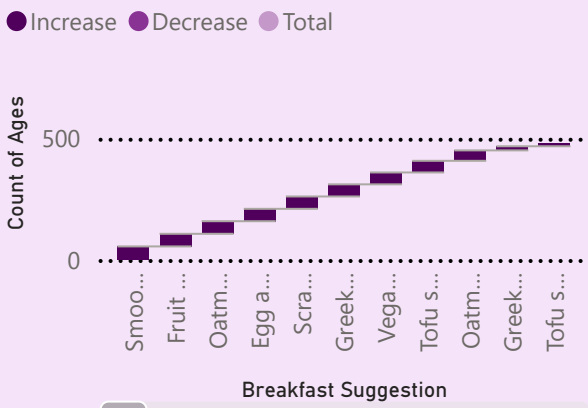
Count of Ages by Activity Level



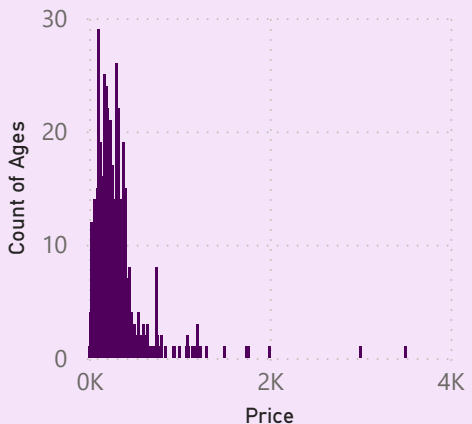
Average of Price by Sugar



Count of Ages by Breakfast Suggestion

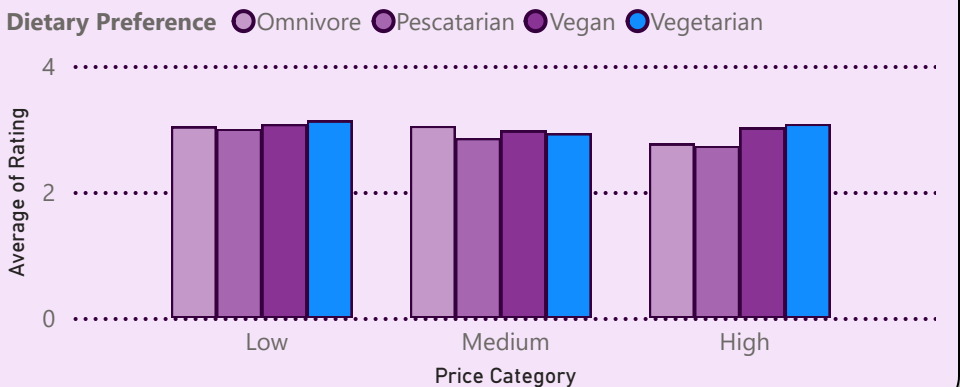


Count of Ages by Price



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	27.50

Average of Rating by Price Category and Dietary Preference



AVG BMI

4.50K

% Within Calorie Target

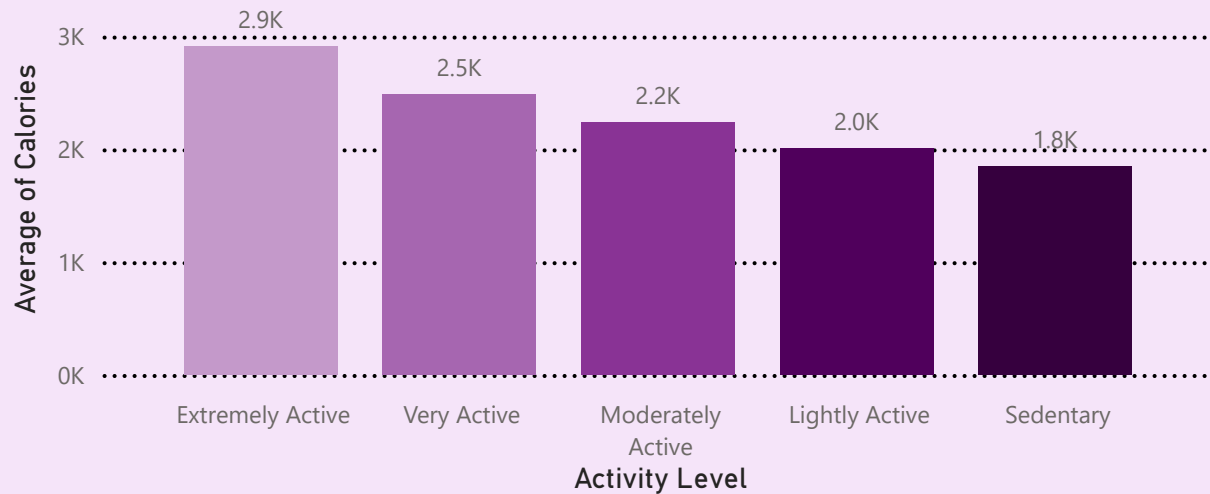
82.9%

AVG of Calories

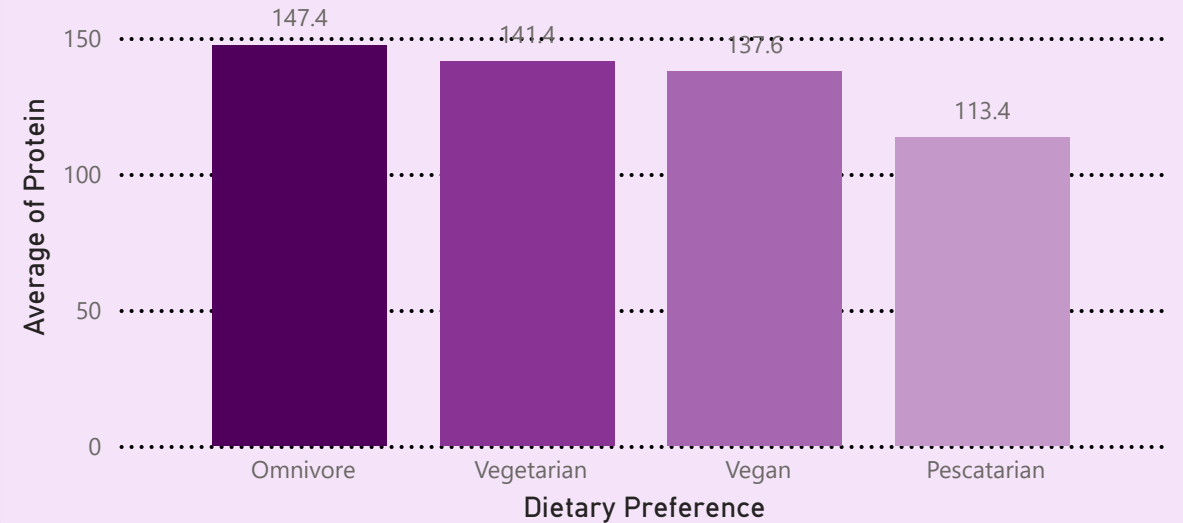
2.20K

# Lifestyle & Nutrition Impact

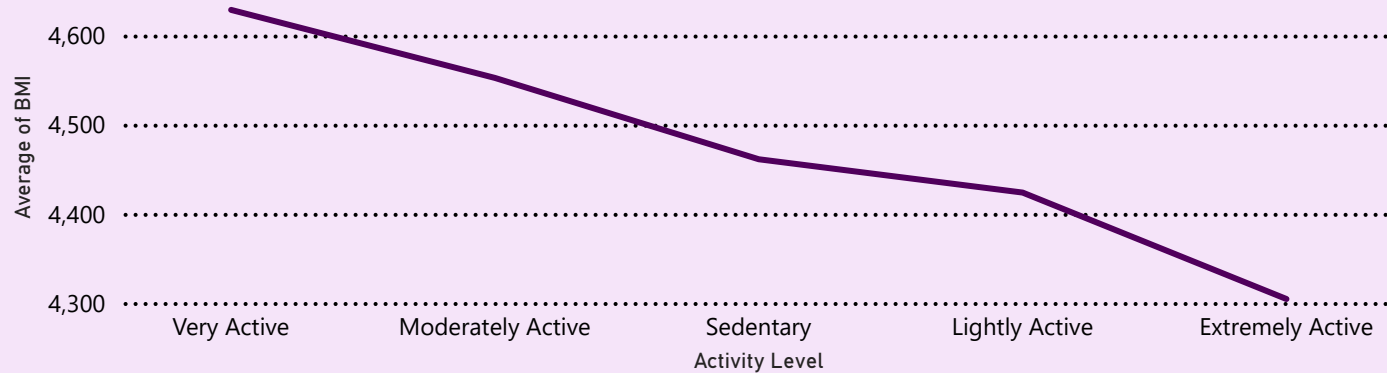
Activity Level VS AVG Calories



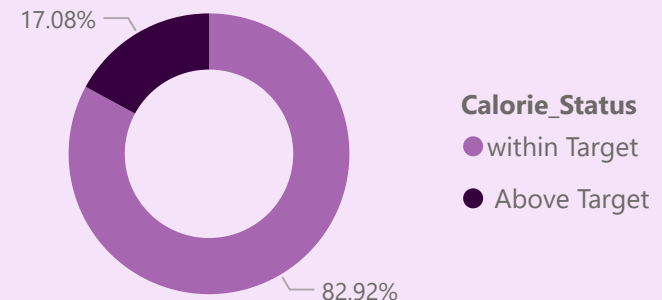
Protein Intake by Dietary Preference



Activity Level vs AVG BMI



Calorie Balance Distribution

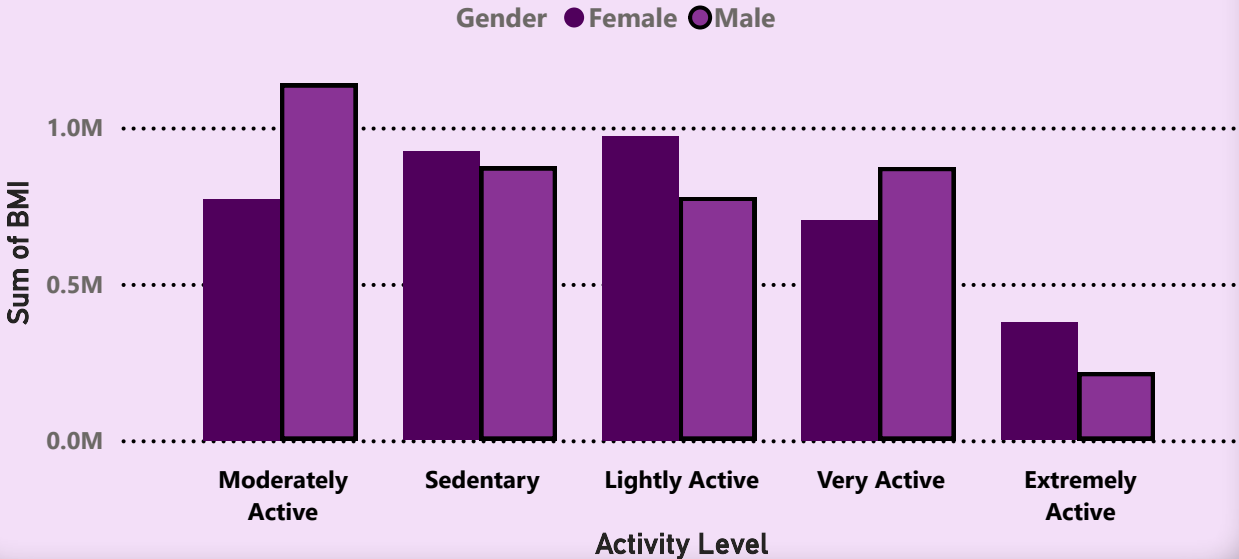


Female

Male

# Nutrition And Health Insights

Sum of BMI by Activity Level and Gender



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



Gender ▾  
□ Female  
□ Male

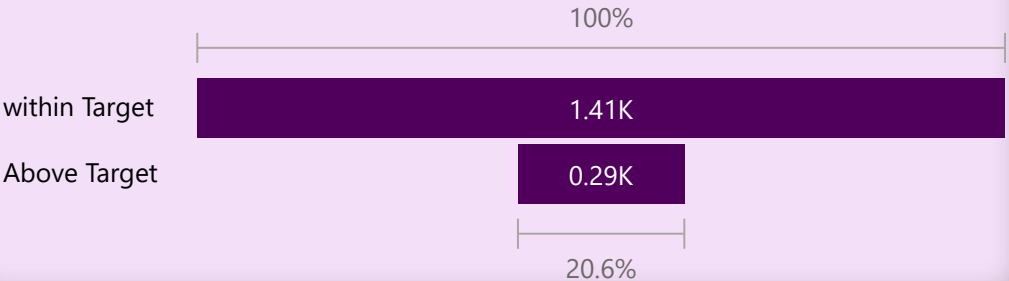
0.83

% Within Target

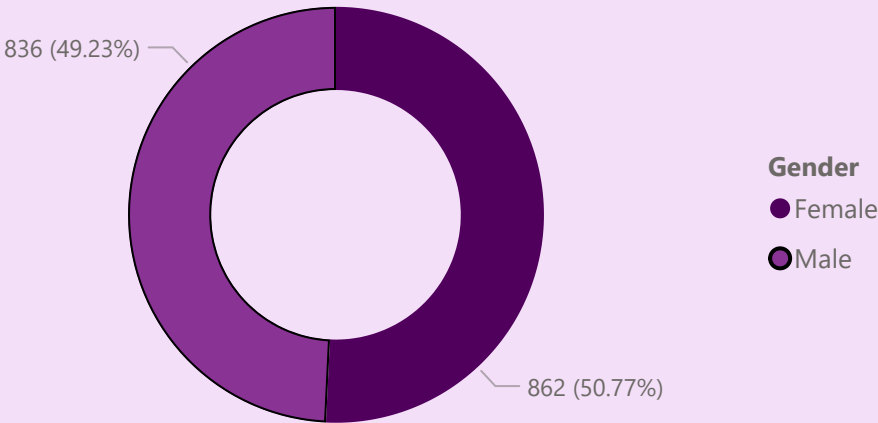
82.9%

% Within Calorie Target

Count of Gender by Calorie\_Status

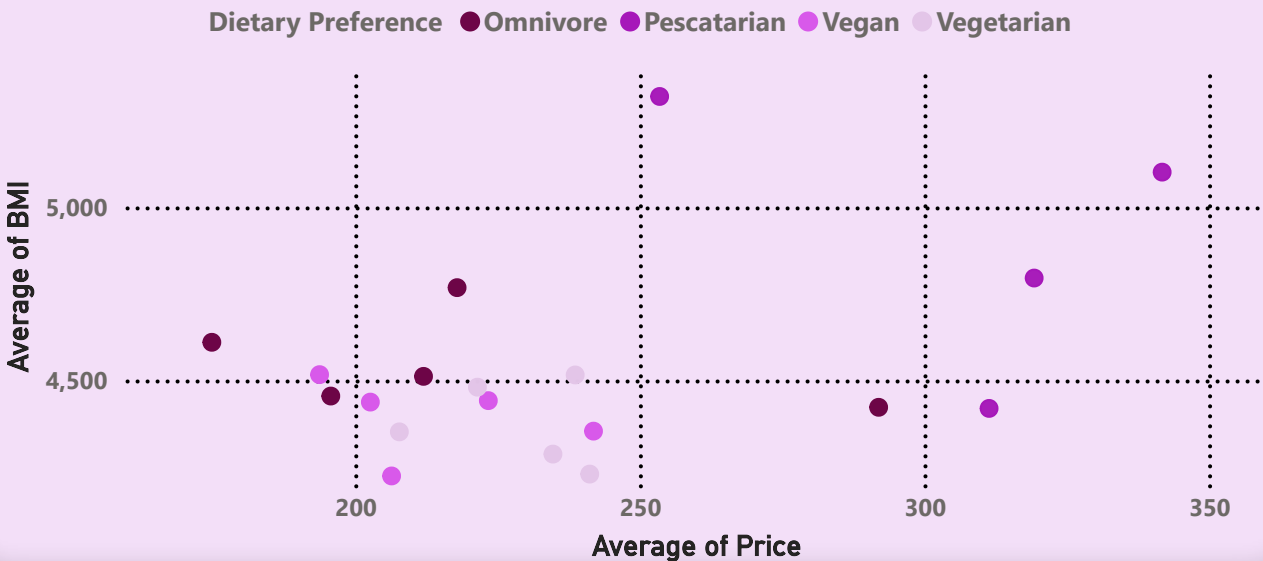


Count of Dietary Preference by Gender



# Value & Cost Analysis

Cost vs. Health Outcome: BMI by Price Point



Total Cost Distribution by Meal Type



## Carbohydrat...

Most Cost-Efficient Nutrient Name

Price Per Gram (\$)

0.90

Lowest Cost Per Gram Value

Itemized Price Comparison

Baked chicken with roa...

173.00

Sum of Price

Baked chicken with swe...

424.00

Sum of Price

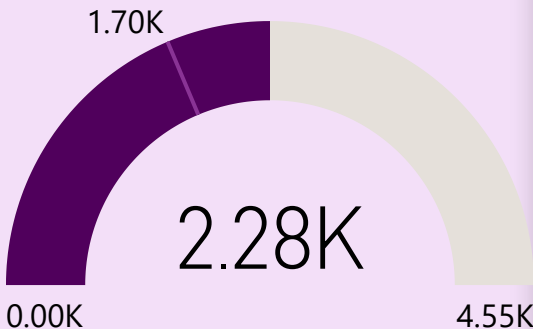
Baked fish with steame...

179.00

Sum of Price

Baked salmon with veg...

Calorie Target Adherence



Average of Rating by Price Category and Dietary Preference

Dietary Preference ● Omnivore ● Pescatarian ● Vegan ● Vegetarian

