

80 CEREALS-ANALYSIS

Hello All,

Thrilled to unveil my Task 2 of internship at CognoRise InfoTech

80 CEREALS-Analysis

Understanding the nutritional composition of cereals is crucial for promoting public health, informing dietary guidelines, and supporting food industry innovation. This project aimed to develop an extensive Analysis of cereal nutritional data, encompassing various parameters such as protein, fiber, vitamins etc. The Analysis offers insights into the nutritional profiles of different cereals, identifies key factors influencing consumer choices, and conducts trend analysis to uncover patterns in cereal consumption habits. By providing comprehensive analytics, this dashboard assists stakeholders in the food industry, policymakers, and nutritionists in making informed decisions to enhance dietary recommendations, product development, and marketing strategies.



Tools : MySQL



Insights & Impact :

Key insights from the project highlighted:



Cereal named '**All-Bran with Extra Fiber**' is the top-rated cereal.



Majority of the top-rated cereals, specifically five out of six, originate from Manufacturer '**N**'.



The presence of **little or no fat and sugar in highly-rated cereals** suggests that people's concern for health has influenced cereal ratings.



DatasetLink : [80 Cereals \(kaggle.com\)](https://www.kaggle.com/datasets/80cereals/80-cereals)