On the Data Tab on the Excel ribbon, click on data then select the source of data whiich in this case is MYSQL.

Select the database and the table to choose data from.

To use the data efficiently, clean up the document by removing duplicates, blank cell and format the columns.

To ensure there is consistency, ensure there is no duplicates.

Transfer only the needed data from SQL to excel.

Also compare if the number of rows and columns match innboth documents.