

DATE	19 JUNE 2025
TEAM ID	LTVIP2025TMID52276
PROJECT NAME	Comprehensive Analysis and Dietary Strategies with Tableau: A College Food Choices Case Study
MARKS	4 MARKS

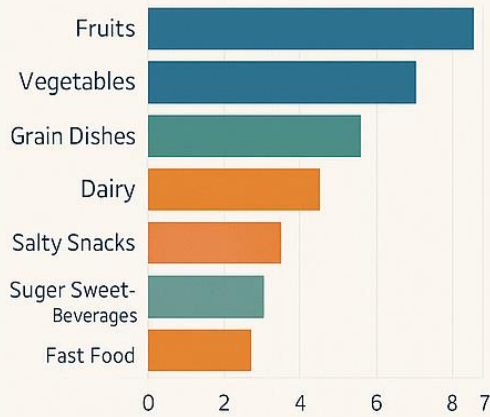
Problem Statement

College students often face challenges in maintaining a balanced diet due to limited time, budget constraints, lack of nutritional awareness, and easy access to fast food. These factors contribute to poor eating habits, which can negatively impact academic performance, physical health, and overall well-being. Despite the availability of dining options on and off-campus, there is limited insight into students' actual food choices, preferences, and nutritional intake.

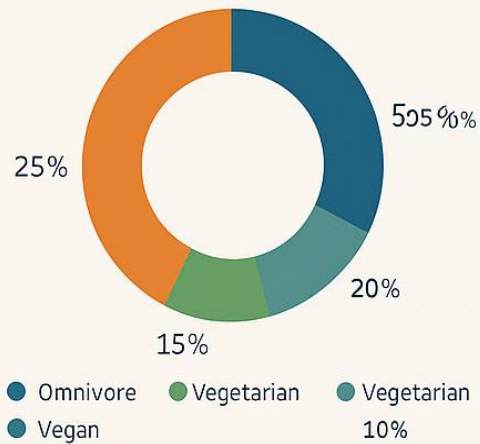
This case study aims to analyze college students' food choices using data visualization in Tableau to uncover dietary trends, identify unhealthy eating patterns, and propose strategic recommendations for promoting healthier dietary behaviors within college community.

A College Food Choices Case Study

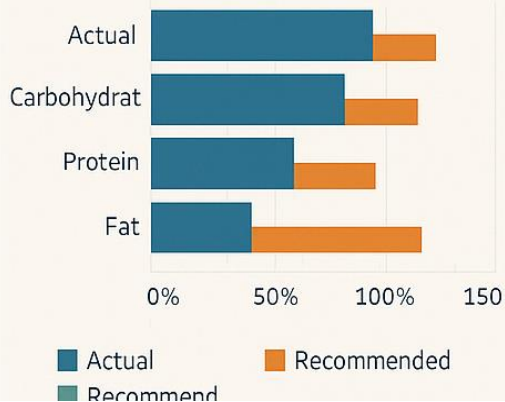
Food Consumption by Frequency



Dietary Preference



Nutrient Intake vs. Recommendations



Factors Influencing Food Choices

