

# McDonald's Menu Nutrition Analysis

## Project Scope:

*This project is initiated to analyze the Nutritious vegetarian Menu at McDonald's restaurant. The documentation of the project starts with the project's scope, followed by objective of the project, Data sourced Platform, Data Cleaning process and finally the analysis results and Insights.*

## Objective:

The objective of the project is to identify Foods from McDonald's menu which is optimal to be consumed during a diet. The analysis should display Vegetarian food items with high Macro Nutrition profile.

## Data Source:

*The source of the data used in the project is fetched from Kaggle, However, this data is directly sourced from the McDonald's India page and the facts are completely reliable*

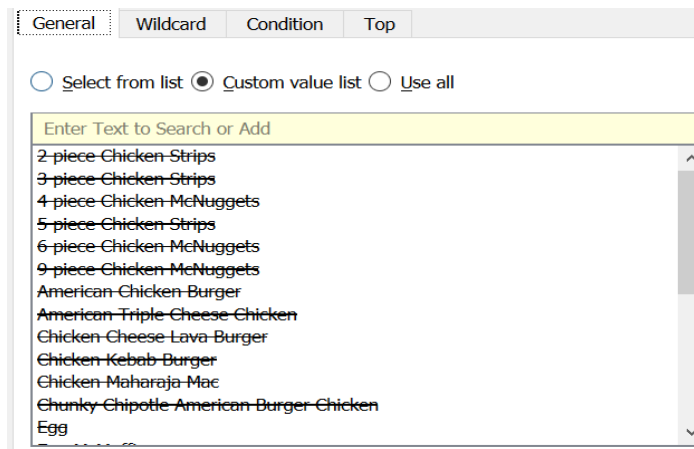
## Data Exploration:

*Based on the initial exploration, it is clear that the Dataset has records of 141 Food Items from McDonald's Menu 12 unique records about the item which covers 11 Nutritional fact about the food item and all the fields got appropriate Data type.*

|                                 |               |                      |                |               |
|---------------------------------|---------------|----------------------|----------------|---------------|
| Mcd Menu.csv 13 fields 141 rows |               |                      |                |               |
| Table Details                   | Abc           | Abc                  | Abc            | #             |
|                                 | Mcd Menu.csv  | Mcd Menu.csv         | Mcd Menu.csv   | Mcd Menu.csv  |
|                                 | Menu Category | Menu Items           | Per Serve Size | Energy (kCal) |
|                                 | Regular Menu  | McVeggie™ Burger     | 168 g          | 402.050       |
|                                 | Regular Menu  | McAloo Tikki Burger® | 146 g          | 339.520       |

## Data Cleaning

- *As the outcome of the Analysis focuses only on Vegetarian menu, removing Non-Vegetarian Menu from the Dataset. And, as checked the McDonald's India site, the McDonald's outlet in India offers only Chicken and Eggs in non veg category.*



The screenshot shows a data cleaning interface with tabs: General, Wildcard, Condition, and Top. The 'General' tab is active. Below the tabs, there are three radio buttons: 'Select from list' (unselected), 'Custom value list' (selected), and 'Use all' (unselected). Below the radio buttons is a text input field with the placeholder 'Enter Text to Search or Add'. Below the input field is a list of food items: 2-piece Chicken Strips, 3-piece Chicken Strips, 4-piece Chicken McNuggets, 5-piece Chicken Strips, 6-piece Chicken McNuggets, 9-piece Chicken McNuggets, American Chicken Burger, American Triple Cheese Chicken, Chicken Cheese Lava Burger, Chicken Kebab Burger, Chicken Maharaja Mac, Chunky Chipotle American Burger Chicken, and Egg. The list is scrollable and has a search bar at the top.

- A calculated field of percentage has been created to find the relative percentage of the nutrition from the overall Calories of the Food.



The screenshot shows a calculated field dialog box. At the top, there is a text input field containing 'Protein %' and a close button (X). Below the input field is a large text area containing the formula `[Protein (g)]/[Energy (kCal)]`. At the bottom, there is a status bar that says 'The calculation is valid.' followed by '7 Dependencies' and a dropdown arrow. To the right of the status bar are two buttons: 'Apply' and 'OK'.

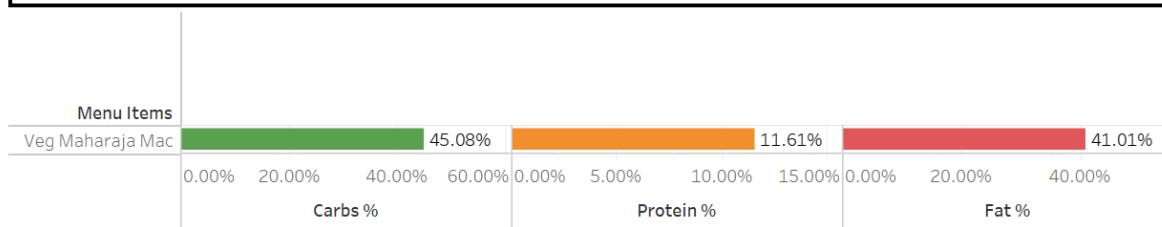
## Insights:

- From the below chart we can see that Veg Maharaja Mac is the richest in protein and high caloric food out of all the items. However, from the second chart we can see that the Veg Maharaj Mac Burger has only 11% of protein and has 40% of Fat.

Nutrition Chart

| Menu ..         | Protein (g) | Total carbohydr... | Total Sugars (g) | Added Sugars (g) | Total fat (g) | Sat Fat (g) | Sodium (mg) | Energy (kCal) |
|-----------------|-------------|--------------------|------------------|------------------|---------------|-------------|-------------|---------------|
| Veg Mahar..     | 24.17       | 94                 | 12               | 7                | 38            | 17          | 1,529       | 833           |
| Spicy Panee..   | 20.96       | 59                 | 4                | 1                | 39            | 20          | 1,087       | 675           |
| Cheese Lav..    | 14.99       | 74                 | 16               | 10               | 33            | 14          | 1,154       | 671           |
| McSpicy™ ..     | 20.29       | 52                 | 8                | 5                | 39            | 17          | 1,075       | 653           |
| McSpicy Pr..    | 22.44       | 46                 | 8                | 3                | 39            | 20          | 1,447       | 635           |
| American T..    | 19.54       | 56                 | 8                | 4                | 23            | 15          | 1,174       | 525           |
| Piri piri Mc..  | 11.97       | 59                 | 13               | 7                | 25            | 6           | 1,171       | 518           |
| American V..    | 15.3        | 57                 | 8                | 5                | 23            | 11          | 1,051       | 512           |
| Chocolate O..   | 6.03        | 73                 | 55               | 44               | 19            | 16          | 333         | 481           |
| Large Fries     | 6.76        | 54                 | 1                | 0                | 21            | 10          | 306         | 449           |
| Hot Cake wi..   | 8.6         | 68                 | 26               | 14               | 14            | 7           | 616         | 433           |
| Medium Bla..    | 5.42        | 79                 | 48               | 35               | 10            | 6           | 188         | 430           |
| McVeggie™..     | 10.24       | 57                 | 8                | 4                | 14            | 5           | 706         | 402           |
| American M..    | 5.67        | 65                 | 53               | 34               | 13            | 11          | 186         | 398           |
| Mocha Frap..    | 5.49        | 61                 | 48               | 37               | 15            | 14          | 233         | 398           |
| Large Wedg..    | 7.53        | 54                 | 1                | 0                | 14            | 6           | 675         | 388           |
| Hot Chocola..   | 11.01       | 58                 | 48               | 24               | 13            | 9           | 273         | 383           |
| Cheesy Veg ..   | 12.72       | 35                 | 2                | 0                | 20            | 11          | 642         | 378           |
| Green Chilli .. | 7.91        | 46                 | 5                | 1                | 15            | 6           | 580         | 356           |

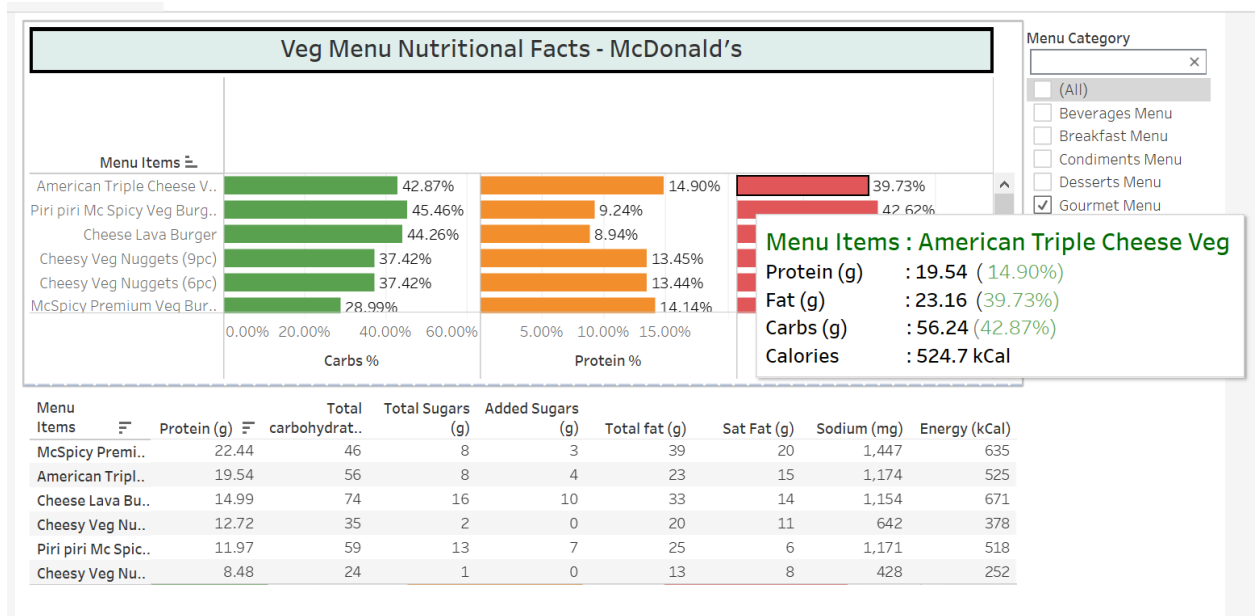
Veg Menu Nutritional Facts - McDonald's



Nutrition Chart

| Menu ..       | Protein (g) | Total carboh.. | Total Sugars .. | Added Sugar.. | Total fat (g) | Sat Fat (g) | Sodium (mg) | Energy (k.. |
|---------------|-------------|----------------|-----------------|---------------|---------------|-------------|-------------|-------------|
| Veg Mahar..   | 24.17       | 94             | 12              | 7             | 38            | 17          | 1,529       | 833         |
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- Further Analysis reveals that the American Triple Cheese Veg burger in the Gourmet Menu has good amount of protein and comparatively less in Fat and overall Calories than most of the foods.



- For a filling meal, A burger with a low calorie or low sugar beverage or breakfast menu can be suitable option to stay under the maintenance calorie throughout the day

