

A Data-Driven Approach to Healthier Choices



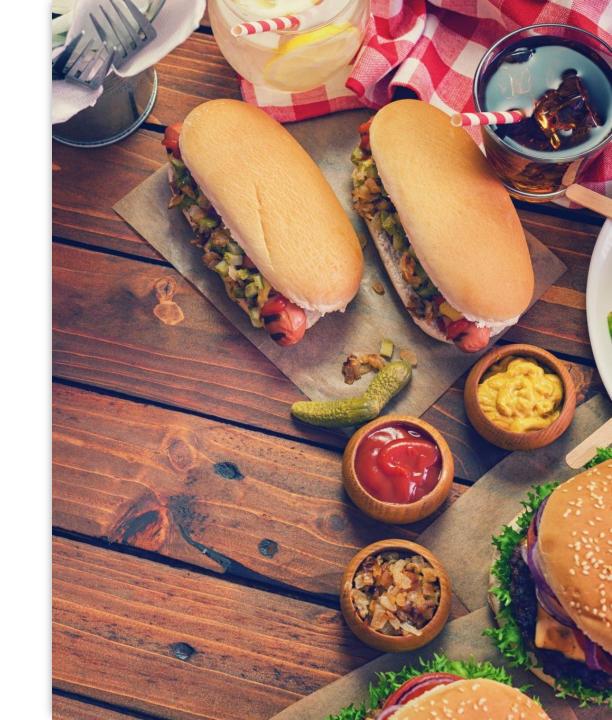
## **Data Overview**

#### **Dataset Source & Structure**

- Total Items: 150+ menu items
- Key attributes: Calories, Fat, Protein, Carbs, Sodium, etc.
- **Data Cleaning Process:** Removed duplicates, handled missing values, corrected inconsistencies

## **Health Score Rankings**

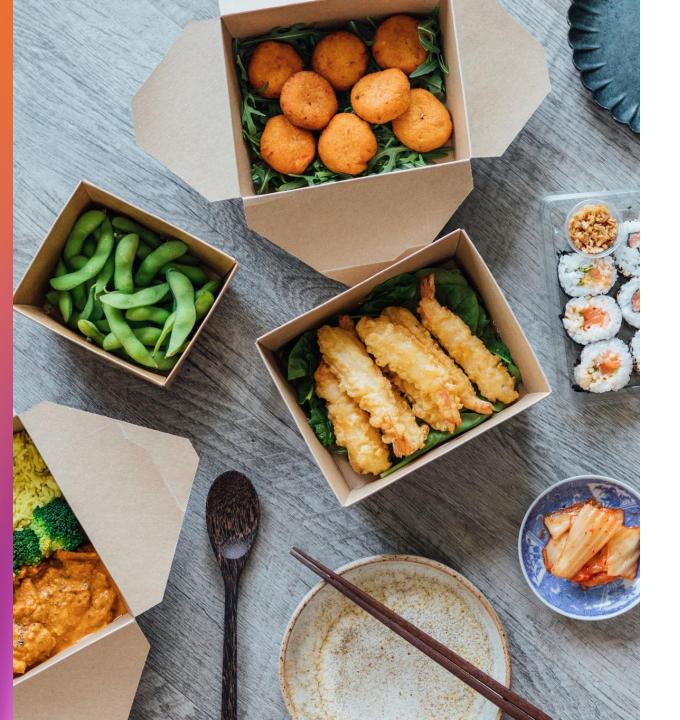
- Calculating using Higher protein, fiber, fat & sugars
- Higher protein & fiber = Healthier Higher
  fat & sugars = Less healthy
- Triple WHOPPER Sandwich with Cheese ( Healthiest Item in menu) with High protein content, good fiber balance.
- Bara's Root Beer (38 fl oz) (Least Healthy Item) with Extremely high sugar, zero fiber & protein





## **Balanced Meal Analysis**

- Meals with equal fat, protein, and carbs
- Beverages like Unsweetened Tea & Black Coffee had zero calories, fat, and carbs



## **High-Protein, Low-Carb Options**

#### **Best Choices for Low-Carb Dieters:**

- Chicken Nuggets (4pc, 6pc)
- Garden Side Salad (High Protein, Low Carb)

## **Sodium Content Analysis**

#### **Heart-Healthy Options (Lowest Sodium):**

- BK Cafe Coffee
- Unsweetened Tea
- Simply Orange Juice

#### **High Sodium Alert:**

• Ham, Egg & Cheese Biscuit (1610 mg sodium!)

### **Least Healthy Items**

#### **Highest Calories & Fat:**

- RODEO King<sup>™</sup> Sandwich (1300 kcal, 83g fat)
- **Triple WHOPPER™** (1220 kcal, 82g fat)
- **Bacon King™** (1200 kcal, 81g fat)



# Salt-to-Fat Ratio Analysis

## Items with the Highest Salt-to-Fat Ratio:

- Ham, Egg, & Cheese Biscuit (70.0 ratio)
- Chicken Fries (9pc) (60.0 ratio)
- Cheeseburger (60.0 ratio)



## Fat-to-Calorie Ratio Analysis

## Identifying High-Fat Items Relative to Calories

- Mayonnaise (Packet) 100% fat calories
- Ken's Golden Italian Dressing 94.7% fat calories
- Zesty Onion Ring Dipping Sauce 93.3% fat calories



### Conclusion

#### **Healthier Menu Suggestions:**

- Promote high-fiber & low-sodium meals
- Offer balanced meal combos
- Introduce healthier snack alternatives



## Thank You

**Q&A Session** 

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