

Burger King Nutrition Analysis

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™ 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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