Getting Nutrition Information When Eating Out

Do you know what are the nutrients of menu items from national restaurant chains? Nowadays, customers care more and more about the nutritional value of the foods they’re eating. Although some restaurants already include calorie information and other nutrition information in their menus, many customers want to see more details and compare similar items in different restaurants.

Recently in the news:

*Medical News Today*

**What happens when you eat fast food?**

Not all fast food is bad, and a person can make an informed choice by doing research to find out the nutritional content of particular fast food items. These are available on the websites of most major restaurants.

Our Goal:

Inspired by how nutritional values affect human health, we aim to develop an App using R shiny to visualize the most common nutrients and the menu information of the top national restaurant chains, following with these restaurants’ location in New York City. This app does not only help users the insights of nutritional values of top restaurants, but also provide a useful tool for users to find nearby restaurants and their nutritional values comparison.

User Guide:

* Map: This part contains a map of NYC. The user can click a location on the map and view the restaurants in that area.
* Comparison:
* Statistics Analysis: This part contains some interactive graphs and bar charts that help users to better understand of all main nutritional factors and provide the list of low or high content of each specific nutrient per each restaurant.
* Data Search

Limitations:

* The dataset does not have all the nutritional values from all the restaurants. We eliminated the restaurants that do not have enough information to analyze.
* This dataset contains mostly fast food restaurant chains; thus, the menu items may tend to be unhealthier.