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### **Project Summary: Fast-Food Nutrition Breakdown**

This project analyzed fast-food menu items to uncover trends in sodium, fat, and keto-friendly options while comparing similar items across chains. Here are the key takeaways:

#### **Key Findings:**

1. **Sodium Overload**: KFC dominated the top 10 saltiest items, with 5 exceeding the 2300 mg daily limit. Many were "family-sized," suggesting they aren’t meant for one person. Taco Bell barely made the top 50.
2. **Saturated Fat**: Pizza Hut led in saturated fat, while KFC had the lowest average. Chains like McDonald’s, Wendy’s, and Burger King showed significant variability, with notable outliers.
3. **Keto-Friendly Choices**: Every chain has keto-friendly items (high fat, low carbs). Options ranged from calorie-heavy indulgences to lighter picks, offering flexibility for anyone on a keto diet.
4. **Similar Items, Different Nutrition**: McDonald’s and Wendy’s had the lowest sodium and calories for comparable items. Meanwhile, KFC items packed more sodium, and Burger King led in calories.
5. **Calories vs. Sodium**: Higher calories typically mean more sodium, but some outliers—likely drinks—broke the trend.

This analysis shows the wide nutritional variation across chains. Whether managing sodium, fat, or carbs, the data and visualizations help make smarter choices. There’s room to expand this, but it’s a good start for breaking down fast-food nutrition.