



# INFOSYS VIRTUAL INTERNSHIP 6.0

## Food Trends Understanding Customer Preferences in Food and Beverage

**GROUP - A**

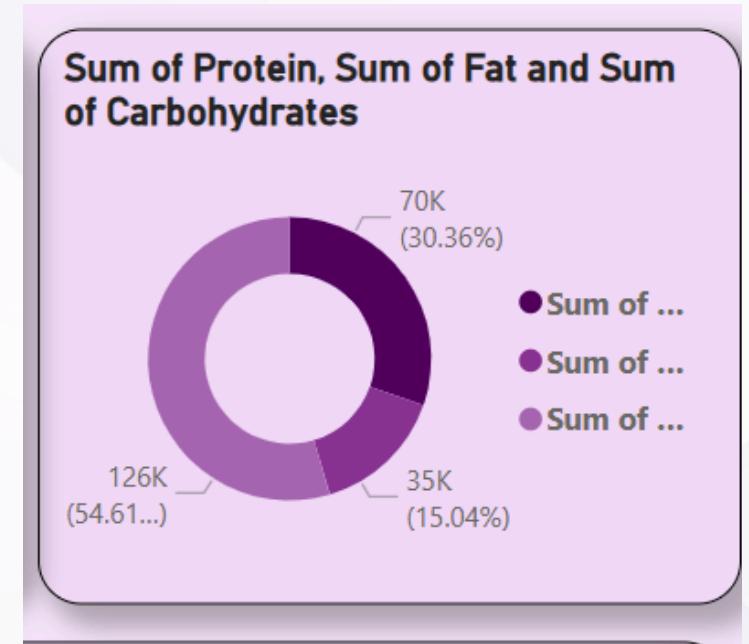
By SHIVATHARANI M

# INTRODUCTION

- THIS DASHBOARD PROVIDES DATA-DRIVEN INSIGHTS INTO FOOD TRENDS AND CUSTOMER DIETARY PREFERENCES.
- ANALYZES MACRONUTRIENT DISTRIBUTIONS FOCUSING ON PROTEIN, FAT, AND CARBOHYDRATES.
- EXPLORES DIETARY PATTERNS AND THEIR POTENTIAL IMPACT ON HEALTH AND DISEASE OCCURRENCE.
- UTILIZES POWER BI FOR INTERACTIVE DATA VISUALIZATION AND ANALYSIS.
- AIMS TO SUPPORT INFORMED NUTRITIONAL DECISIONS AND PERSONALIZED DIET PLANNING.

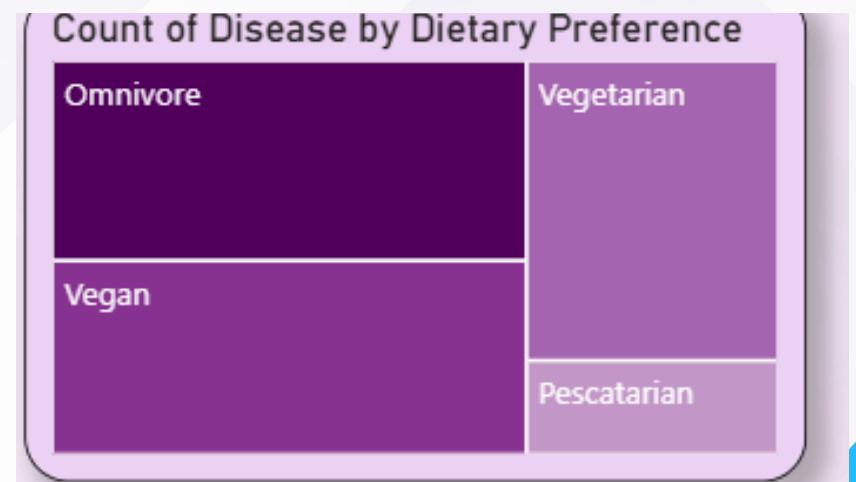
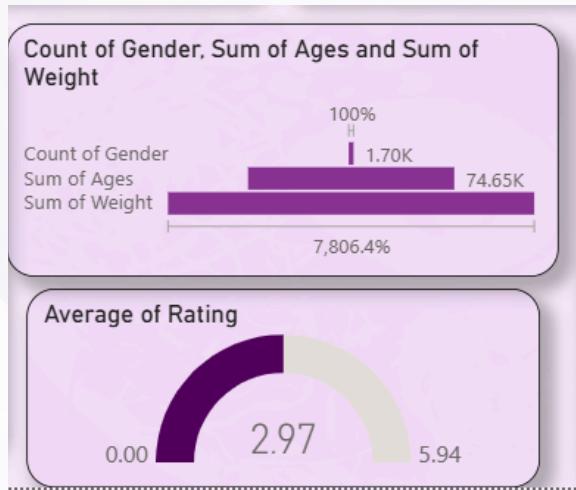
# OVERVIEW OF DASHBOARD

- Presents a comprehensive view of total calories, nutrient intake, food ratings, and prices.
- Interactive filters enable examination by demographic segments including gender and age.
- Visualization includes summary cards and bar charts depicting nutrient distributions.
- Facilitates exploration of meal types: breakfast, lunch, dinner, and snacks.
- Designed to reveal correlations between diet, nutrient intake, and health indicators.



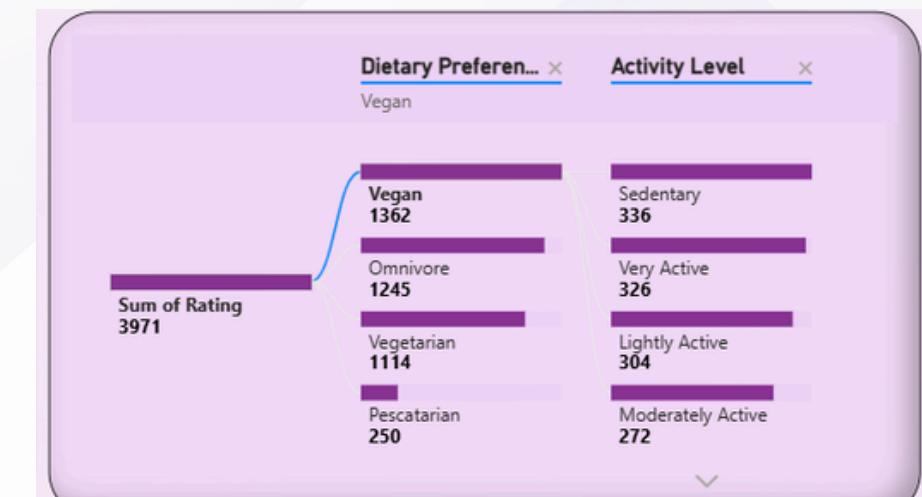
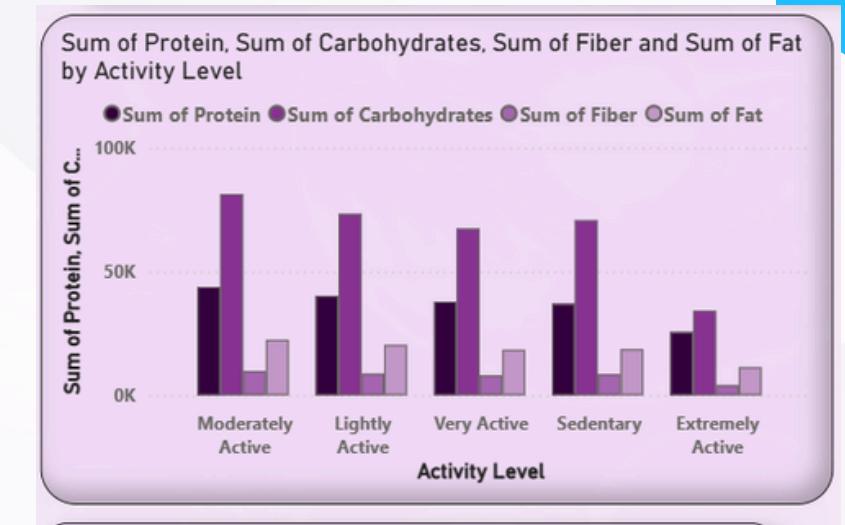
# DIETARY PREFERENCES

- Comparison across dietary groups: omnivore, vegetarian, vegan, pescatarian highlighting nutrient intake differences.
- Bar charts illustrate calorie, sodium, and sugar consumption by gender within each dietary preference.
- Disease count visuals connect dietary choices to health conditions like diabetes and hypertension.
- Highlights preferences influencing nutrient consumption and meal ratings.
- Provides a gender-disaggregated view of nutritional quality per diet.



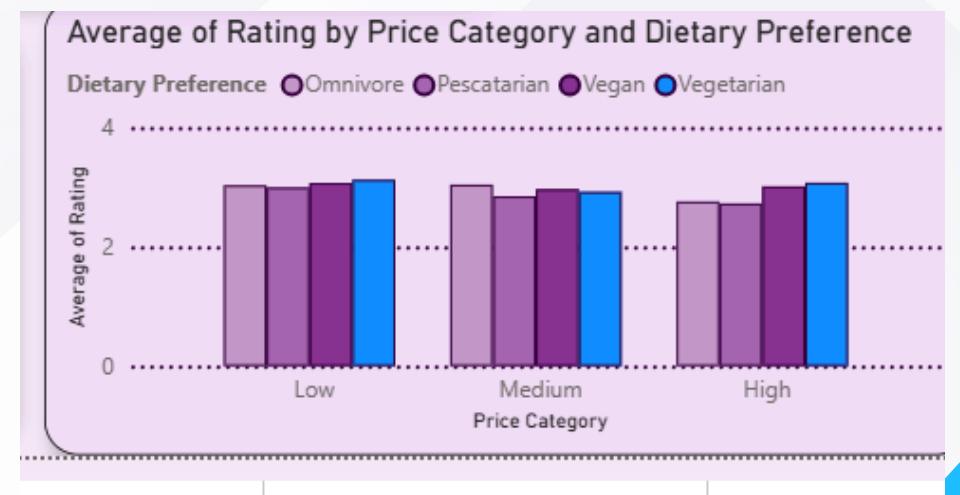
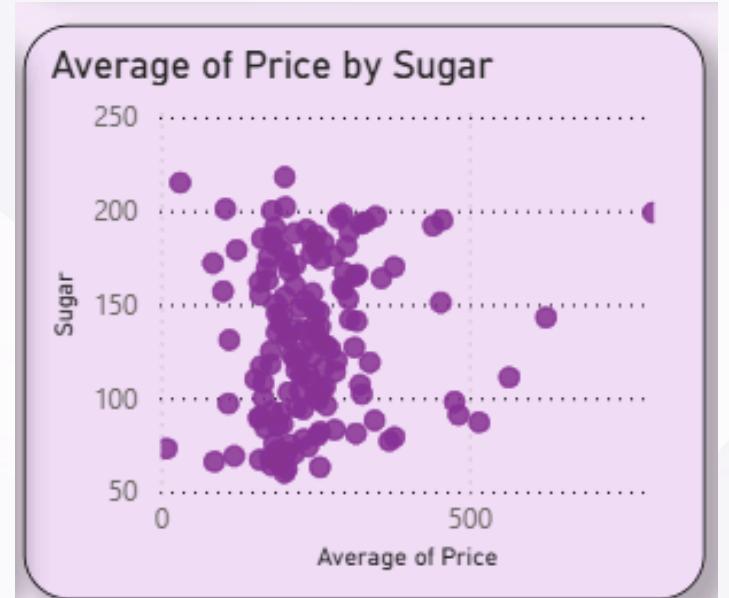
# NUTRIENT AND DISEASES

- Table and bar chart show how protein, carbs, fat, fiber, sugar, and calories vary across activity levels (Sedentary to Very Active).
- Q/A panel identifies diseases linked to nutrient imbalance—Diabetes, Acne, Hypertension, Heart Disease—reinforcing dietary implications.
- Bar chart and checklist highlight disease prevalence, enabling targeted health interventions.
- Sum of Price (₹1.3M) and gauge charts for Height and Calories (3M) provide economic and physiological context.
- Tabs like “Awareness by Disease” and “Lifestyle & Nutrition Habits” support deeper exploration of health and nutrition trends.



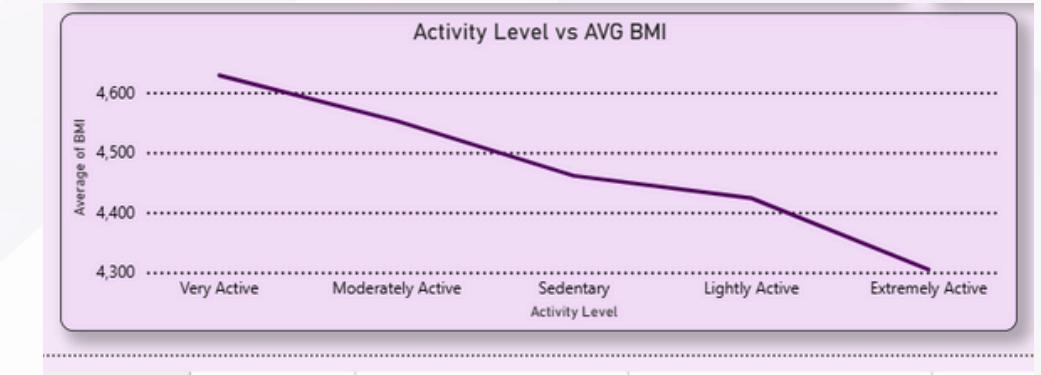
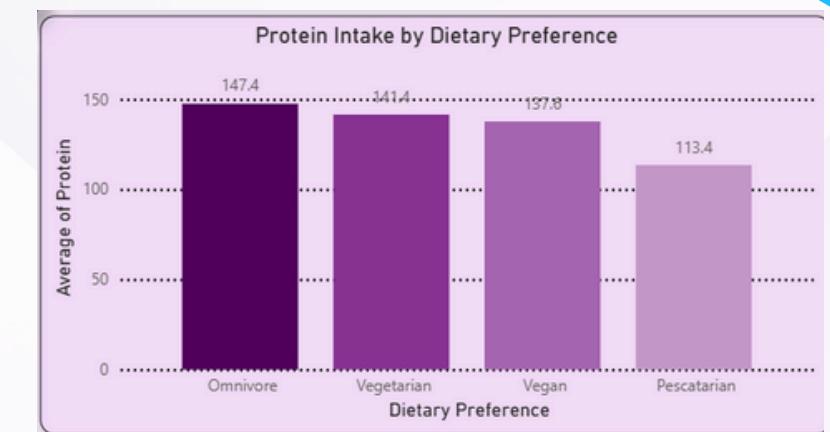
# AVERAGES BY BREAKFAST

- Column charts present averages for calories, protein, price, and ratings of popular breakfast items.
- Clustered bar charts visualize breakfast choices segmented by age brackets.
- Highlights nutrient distribution and consumer ratings to inform healthier meal options.
- Supports evaluation of cost versus nutritional value for breakfast meals.
- Illustrates top-rated breakfast foods preferred across demographics.



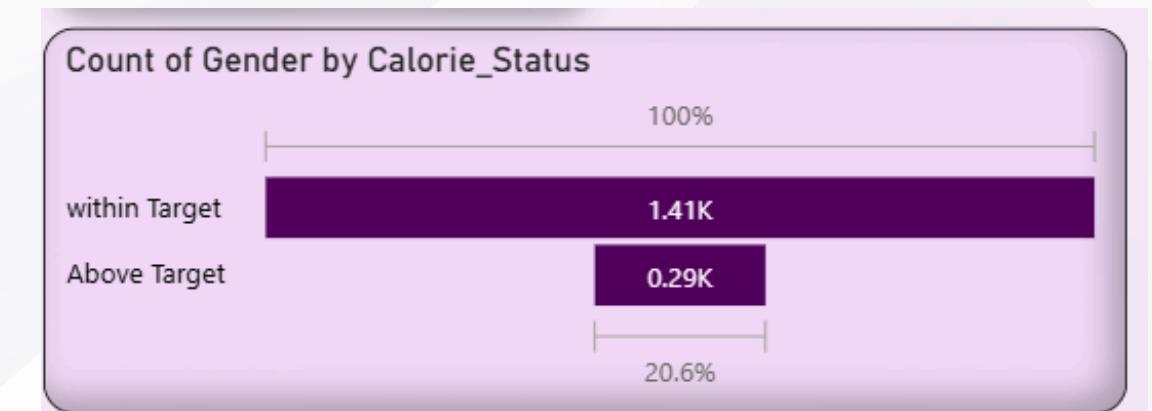
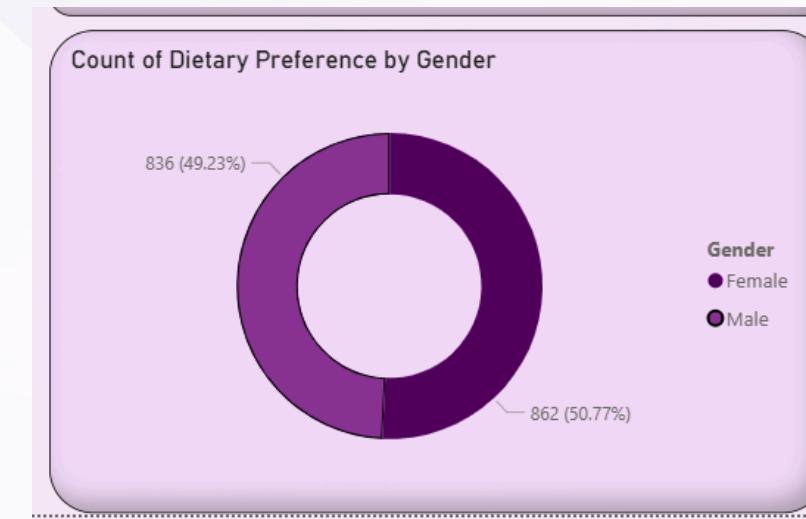
# LIFESTYLE AND NUTRITION IMPACT

- Line and bar charts show trends in nutrient intake and BMI across various activity levels.
- Provides insight into how lifestyle activity influences calorie consumption and health outcomes.
- Gender-disaggregated charts reveal differences in nutrient uptake by life stage.
- Enriches understanding of nutrient needs in relation to lifestyle intensity.
- Facilitates recommendations tailored to specific activity profiles.



# NUTRIENT AND HEALTH INSIGHTS

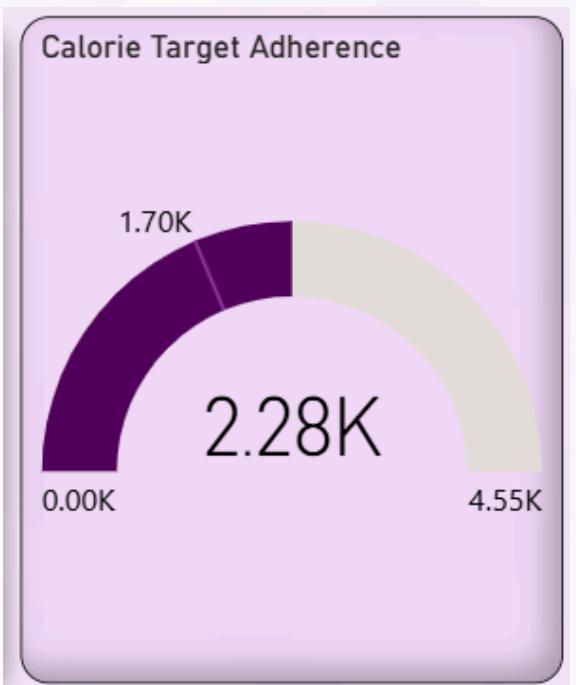
- Scatter plots and pie charts detail BMI distribution and calorie target adherence by gender and activity level.
- Analysis of protein intake variations by dietary preference through bar charts.
- Visual representation of diet-related health risks aids in identifying vulnerable groups.
- Provides actionable insights for optimizing nutrient intake to improve health.
- Enhances comprehension of nutrition's role in maintaining healthy BMI and disease prevention.



# VALUE AND COST ANALYSIS

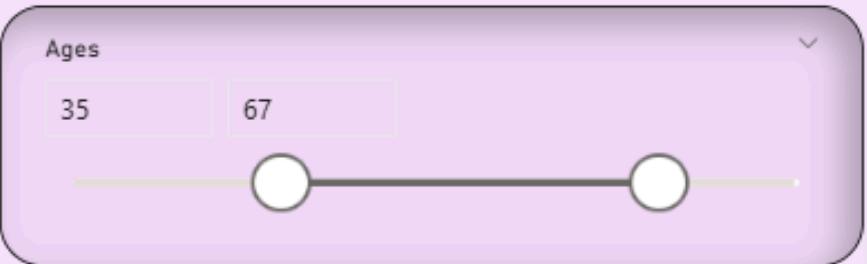
- Histograms and bubble charts compare meal prices and nutrient density by dietary group and meal type.
- Reveals cost-efficiency of nutrients across different foods and diets.
- Correlates BMI averages with meal price points to assess economic implications of diet choices.
- Visualizes food ratings versus price categories to highlight best value options.
- Supports decision-making balancing health benefits and food costs

Itemized Price Comparison	
Baked chicken with roast...	173.00
	Sum of Price
Baked chicken with sweet ...	424.00
	Sum of Price
Baked fish with steamed v...	179.00
	Sum of Price
Baked salmon with veggies	

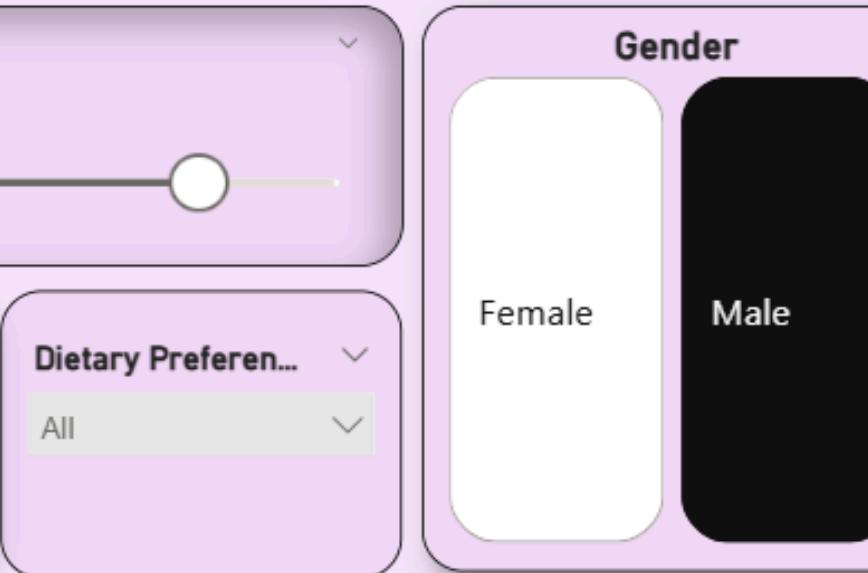


# DASHBOARD

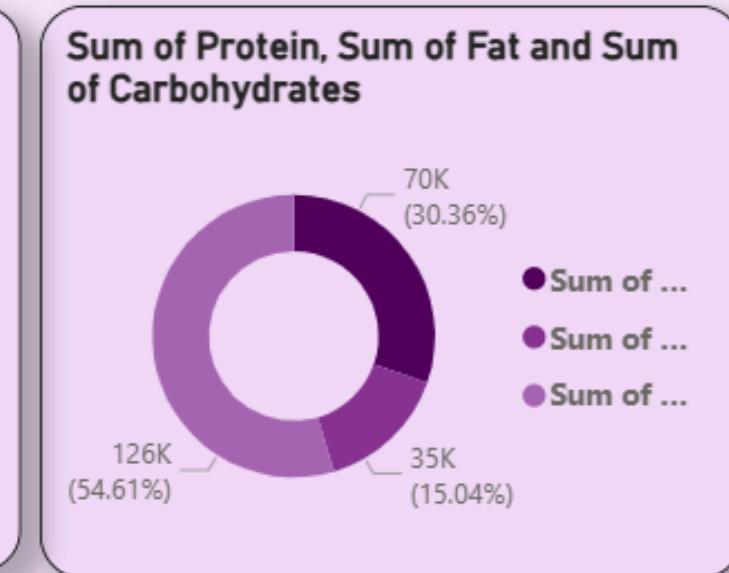
## Food Trends Understanding Customer Preferences



Sum of Daily Calorie...  
**1M**



Dietary Preferen...  
All

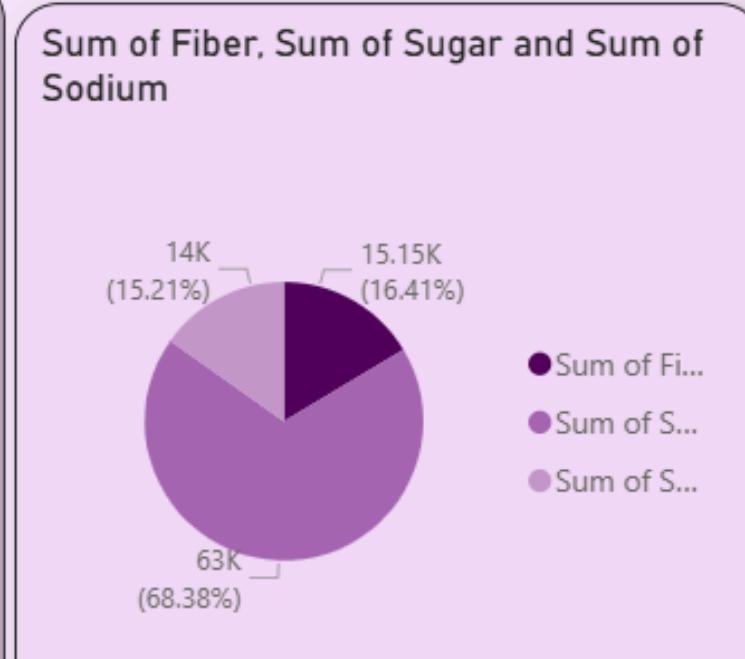


Lunch Suggestion

	Sum of Rating
Veggie stir-fry	11
Vegetarian pasta with marinara sauce	1
Vegetarian chili with a side of whole-wheat bread	1
Vegetarian burrito bowl with brown rice	1
Vegan lentil stew with brown rice	1
Turkey sandwich with whole-wheat bread	1
Turkey sandwich on whole-wheat bread with vegetables	1
Turkey sandwich on whole-wheat bread with salad	1
Turkey sandwich on whole-wheat bread	1
Turkey sandwich on whole wheat bread with vegetables	1
Turkey sandwich on whole grain bread	1
Turkey sandwich	7
<b>Total</b>	<b>1,071</b>

Breakfast Suggestion

	Sum of Rating
Yogurt with granola and fruit	6
Yogurt with fruit and granola	5
Whole-wheat toast with egg and avocado	3
Wholegrain toast with avocado	5
Vegan pancakes with syrup	99
Tofu scramble with whole-wheat toast	2
Tofu scramble with whole wheat toast and fruit	11
Tofu scramble with whole wheat toast	1
Tofu scramble with veggies and whole-wheat toast	6
Tofu scramble with veggies	134
Tofu scramble with vegetables and whole-wheat toast	9
<b>Total</b>	<b>1433</b>



**2.20K**

Average of Calories

**238K**

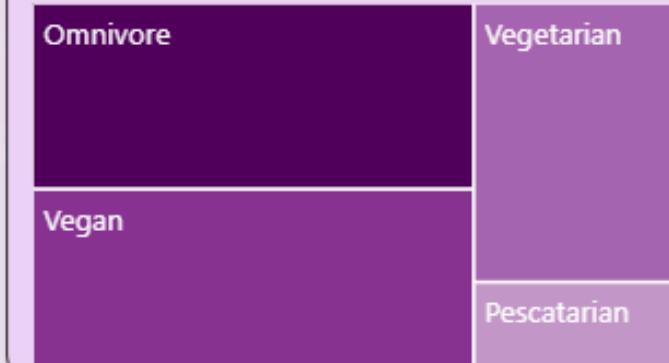
Sum of Protein

**118K**

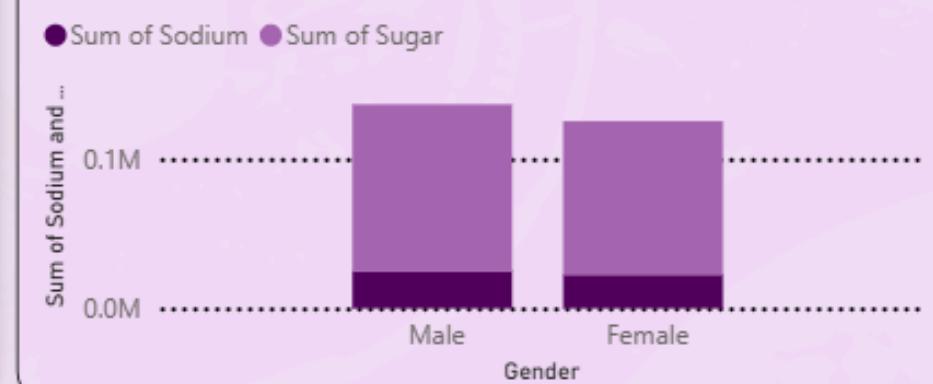
Sum of Fat

## Dietary Preferences And Averages

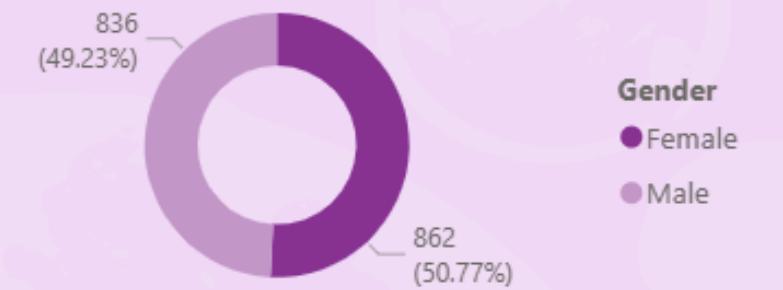
Count of Disease by Dietary Preference



Sum of Sodium and Sum of Sugar by Gender



Count of Gender, Sum of Daily Calorie Target, Sum of Rating and Sum of Price by Gender



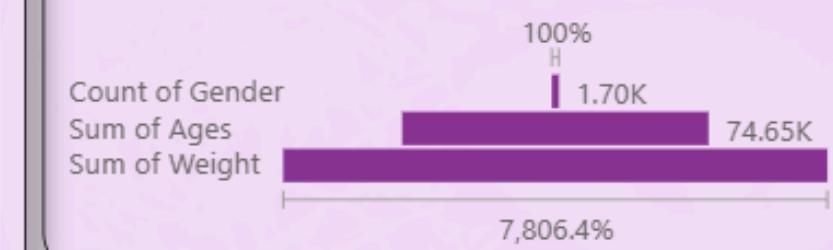
Dinner Suggesti...

- Vegetarian lasa...
- Vegetarian lasa...
- Vegetarian chili ...
- Vegetarian chili ...
- Vegetarian chili
- Vegetable stir-fr...
- Vegetable stir-fr...
- Vegetable stir-fr...
- Vegetable stir-fr...

Snack Suggestion

	Sum of Rating
Almond milk with banana and chia seeds	6
Almonds	16
Almonds with dried fruit	2
Apple slices with almond butter	48
Apple slices with peanut butter	46
Apple with almond butter	768
Apple with peanut butter	58
Banana	4
Banana with almond butter	63
Banana with peanut butter	404
Carrot sticks with hummus	3
<b>Total</b>	<b>5045</b>

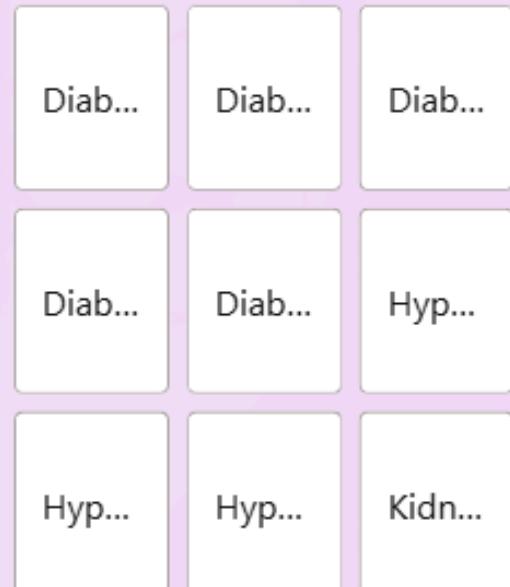
Count of Gender, Sum of Ages and Sum of Weight



Average of Rating

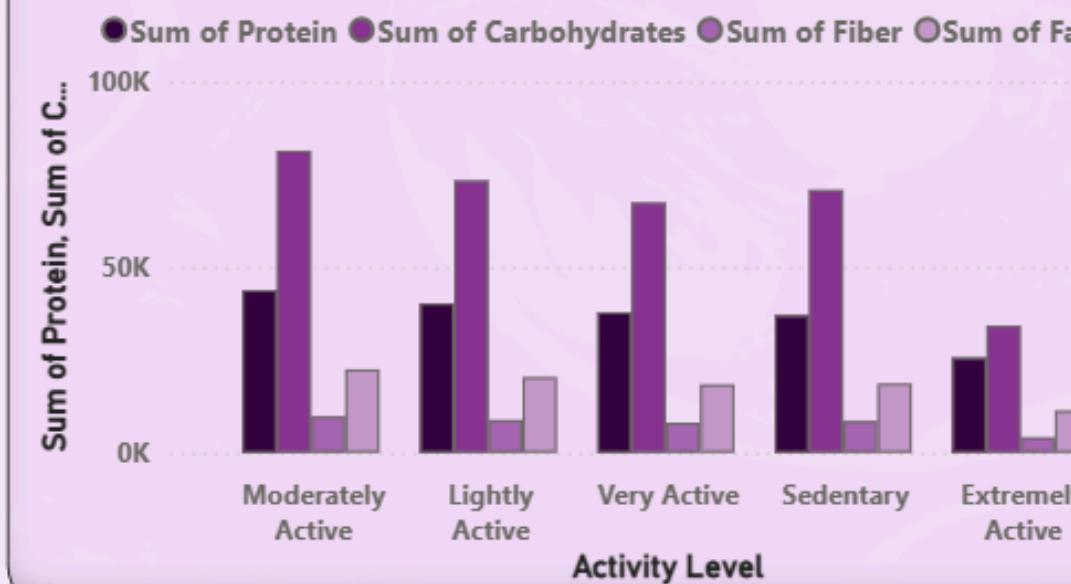


Disease



# Nutrients And Diseases

Sum of Protein, Sum of Carbohydrates, Sum of Fiber and Sum of Fat by Activity Level



Sum of Price by Price Category

High

Medium

Height

All

3M

Dietary Preferen...  Activity Level

Vegan

Vegan

1362

Omnivore

1245

Vegetarian

1114

Pescatarian

250

Sedentary

336

Very Active

326

Lightly Active

304

Moderately Active

272

Disease

Diabetes, Acne, Hypertension, Heart Disease

Diabetes, Acne, Hypertension, Kidney Disease

Diabetes, Acne, Weight Gain, Hypertension, Heart Disease

Diabetes, Acne, Weight Gain, Hypertension, Heart Disease,...

Diabetes, Acne, Weight Loss, Hypertension, Heart Disease,...

Q/A

Show lowest calorie food

Calories	Ages	Gender	Height	Weight	Activity Level	Dietary Preference
990	62	Female	155	55	Sedentary	Vegan

Weight

48

93

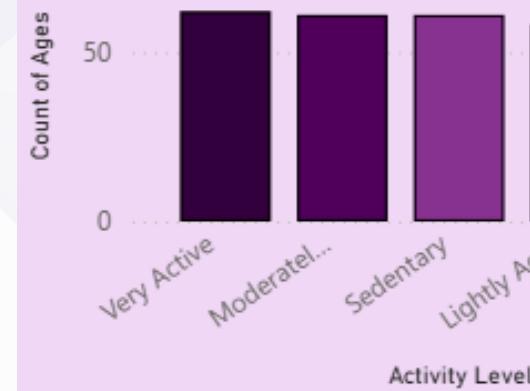


# Averages By Breakfast Suggestions

Average of Rating by Breakfast Suggestion



Count of Ages by Activity Level



Breakfast Suggestion

Breakfast Suggestion	Average of Protein	Average of Calories
Breakfast burrito with beans and veggies	100.00	1740.00
Breakfast burrito with eggs and vegetables	95.00	1670.00
<b>Total</b>	<b>81.50</b>	<b>1523.50</b>

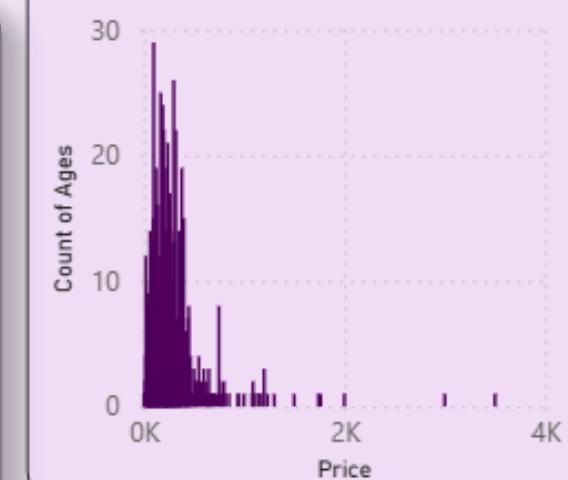
Average of Price by Sugar



Count of Ages by Breakfast Suggestion



Count of Ages by Price

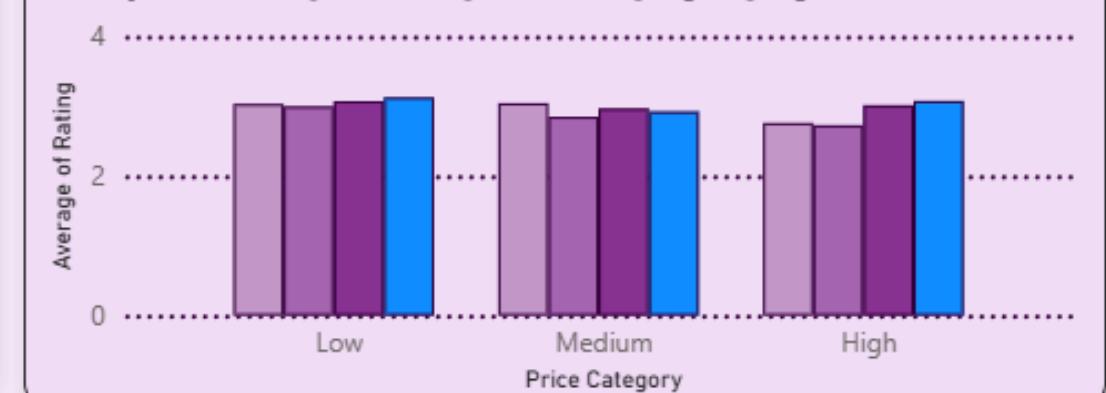


Breakfast Suggestion

Breakfast Suggestion	Average of Rating	Average of Price	Average of Sodium
3 eggs with whole-wheat toast and avocado	4.00	98.00	44.00
Scrambled eggs with whole-wheat toast and fruit	3.00	77.50	42.00
Scrambled eggs with whole wheat toast	2.88	222.53	36.00
Greek yogurt with granola and berries	4.00	57.50	36.00
Oatmeal with protein powder	3.00	95.00	36.00
Pancakes with fruit and nuts	1.00	169.00	36.00
<b>Total</b>	<b>2.97</b>	<b>226.73</b>	<b>27.13</b>

Average of Rating by Price Category and Dietary Preference

Dietary Preference: ● Omnivore ● Pescatarian ● Vegan ● Vegetarian



AVG BMI

**4.50K**

% Within Calorie Target

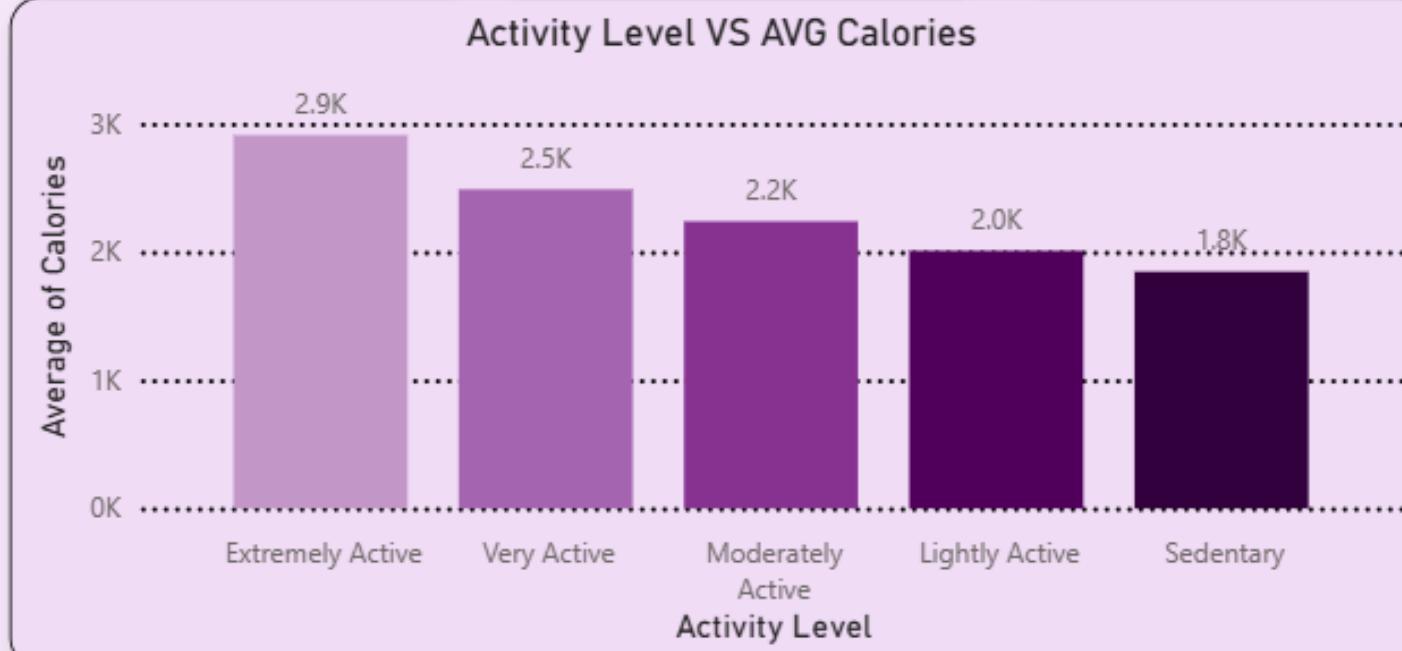
**82.9%**

AVG of Calories

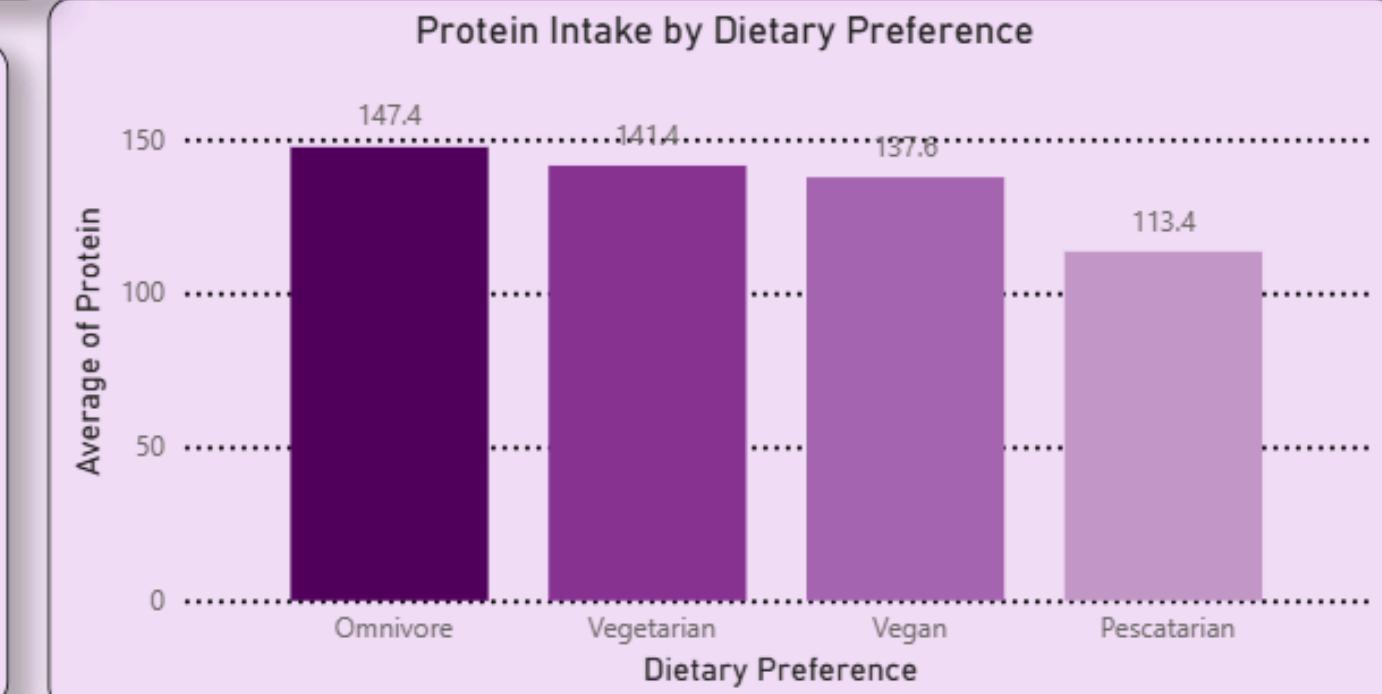
**2.20K**

## Lifestyle & Nutrition Impact

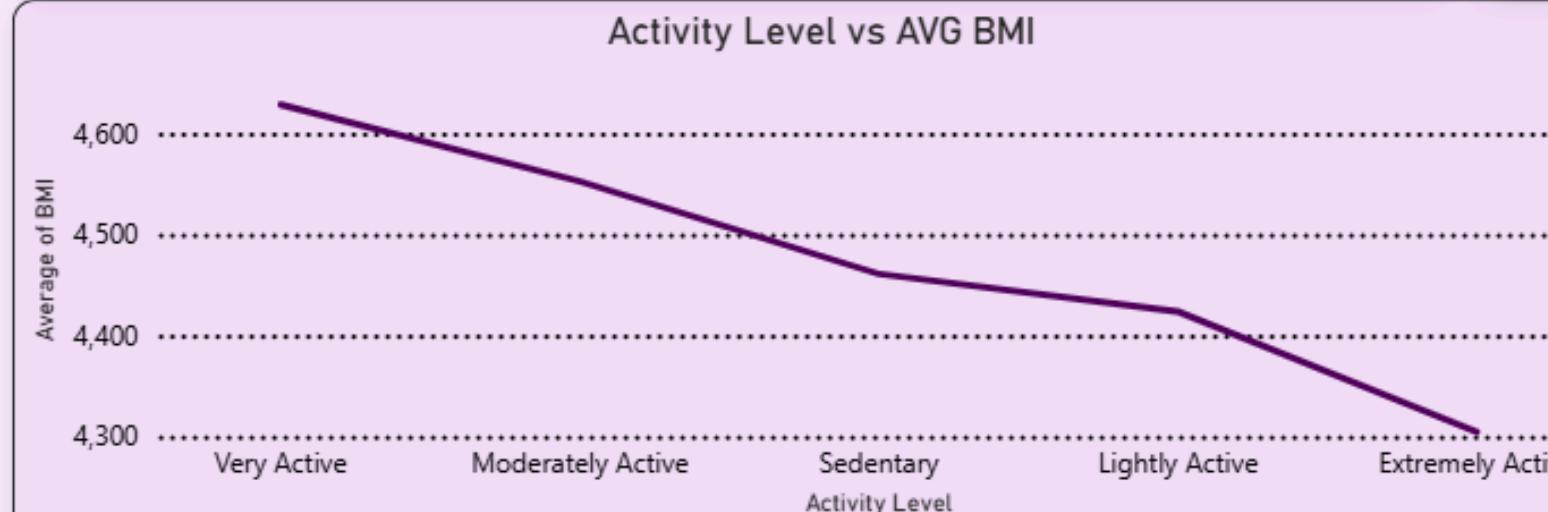
Activity Level VS AVG Calories



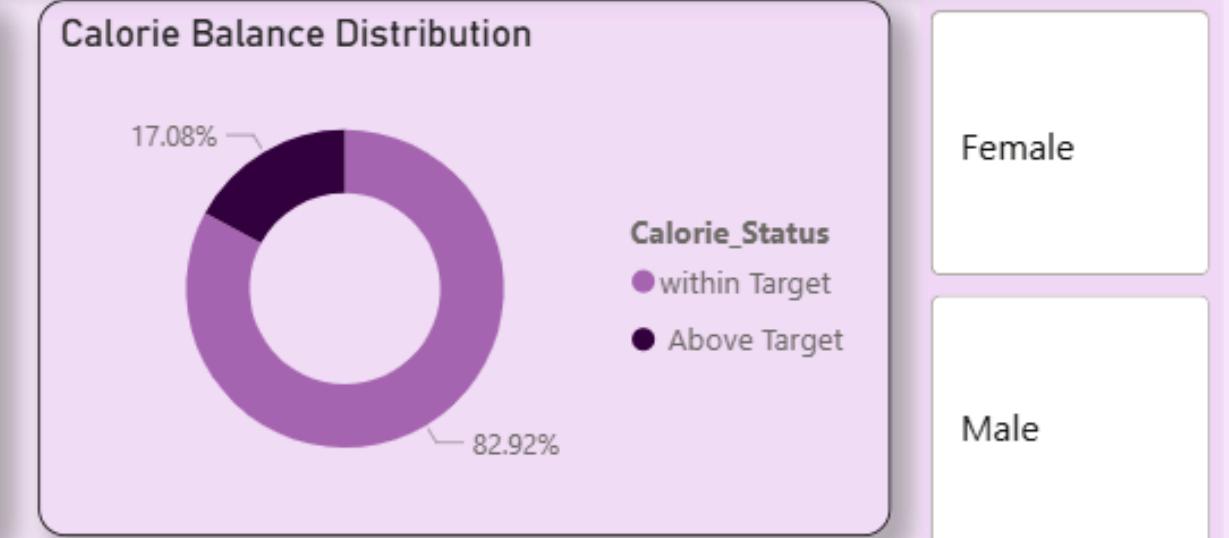
Protein Intake by Dietary Preference



Activity Level vs AVG BMI



Calorie Balance Distribution

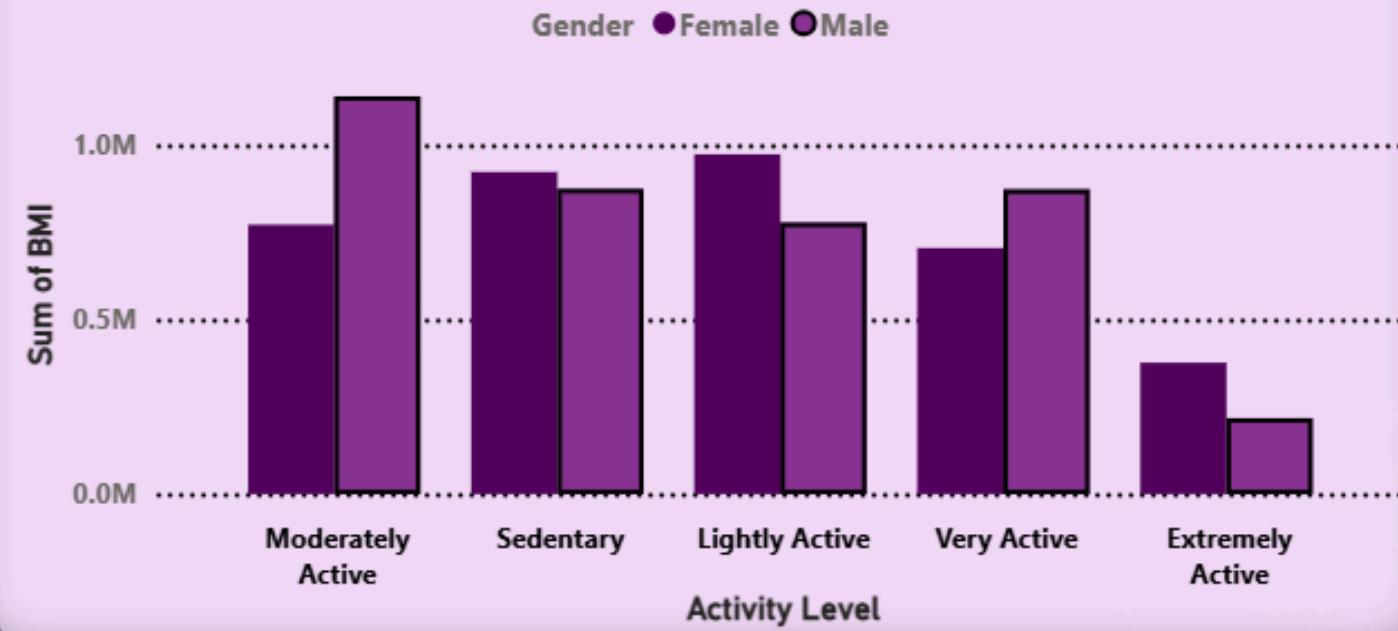


Female

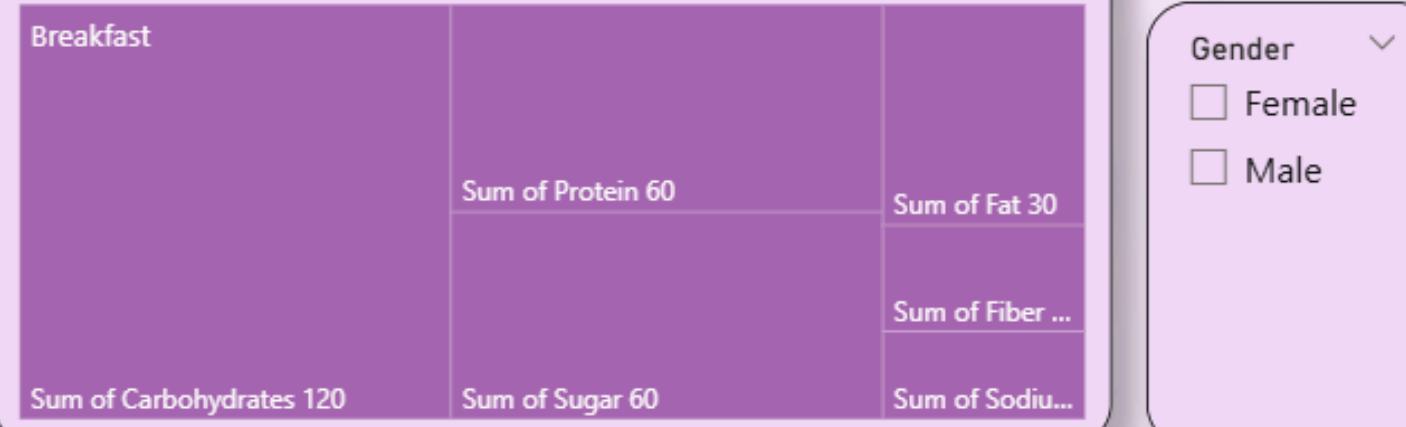
Male

# Nutrition And Health Insights

Sum of BMI by Activity Level and Gender



Nutrient Breakdown by Meal Type (Protein, Fat, Carbs, Fiber)



0.83

% Within Target

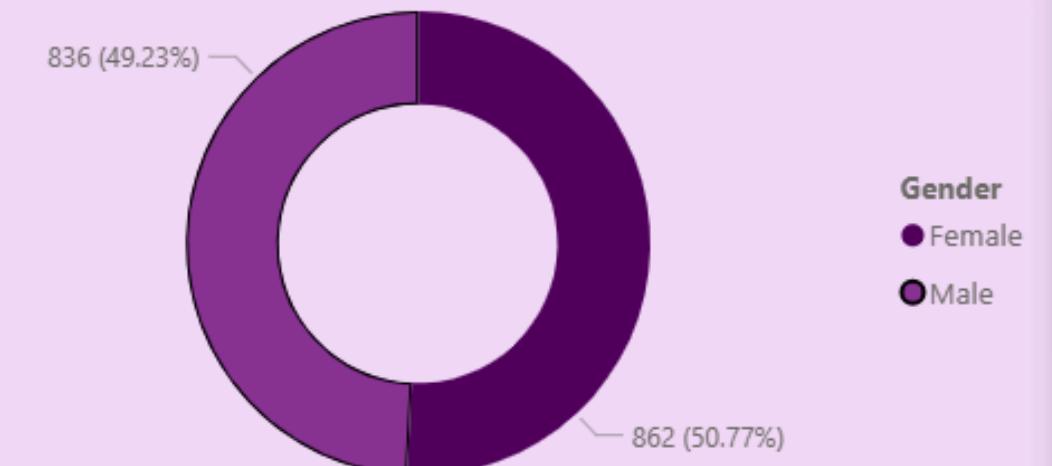
82.9%

% Within Calorie Target

Count of Gender by Calorie\_Status

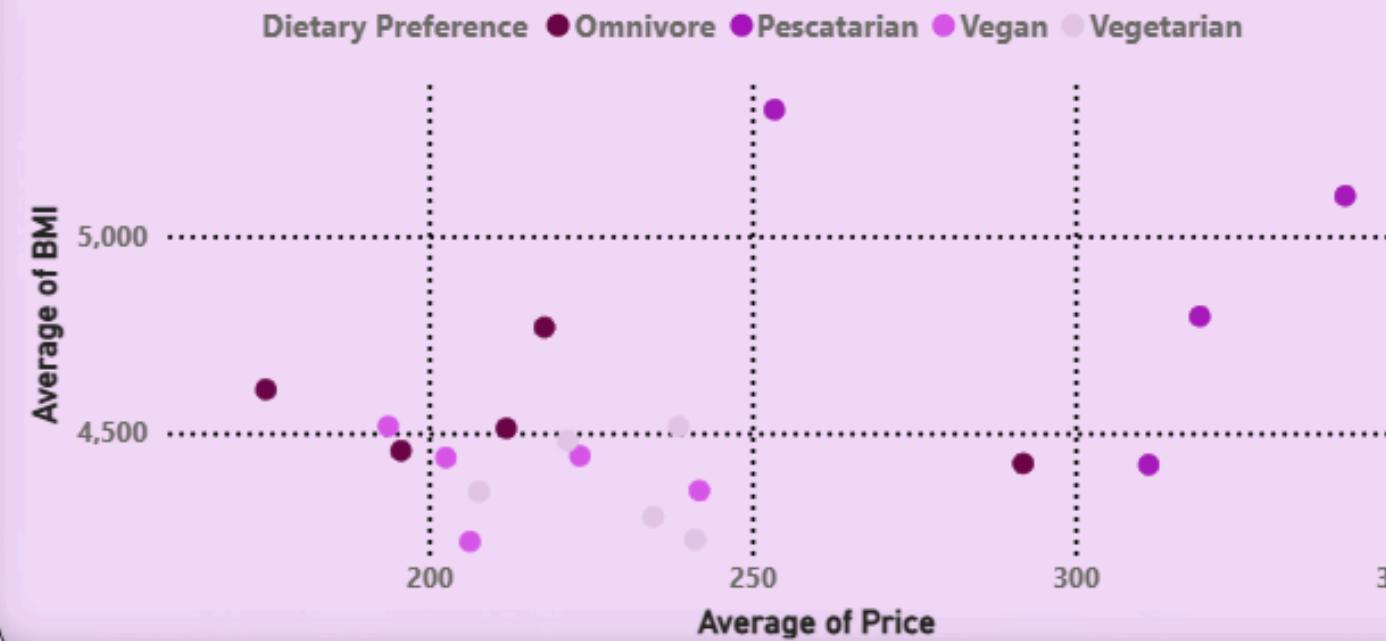


Count of Dietary Preference by Gender



# Value & Cost Analysis

Cost vs. Health Outcome: BMI by Price Point



## Itemized Price Comparison

Baked chicken with roast...

173.00

Sum of Price

Baked chicken with sweet ...

424.00

Sum of Price

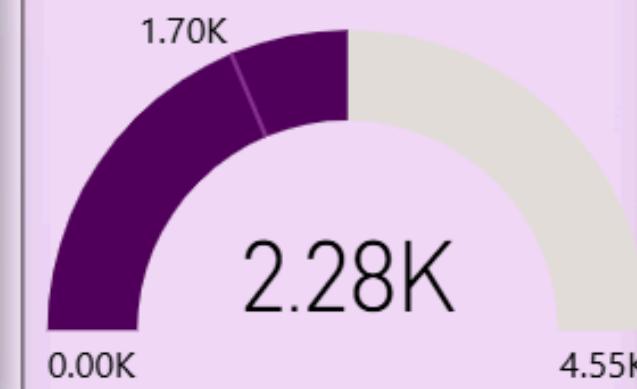
Baked fish with steamed v...

179.00

Sum of Price

Baked salmon with veggies

## Calorie Target Adherence



## Average of Rating by Price Category and Dietary Preference

Dietary Preference ● Omnivore ● Pescatarian ● Vegan ● Vegetarian



## Total Cost Distribution by Meal Type

Breakfast

220.00

## Carbohydrates

Most Cost-Efficient Nutrient Name

Price Per Gram (\$)

0.90

Lowest Cost Per Gram Value

# CONCLUSION

- The dashboard effectively synthesizes complex dietary and health data into actionable insights.
- Enables personalized nutrition guidance based on detailed nutrient, cost, and health relationships.
- Demonstrates the power of visual analytics in identifying patterns and trends in food consumption.
- Provides a foundation for further enhancements focusing on predictive health outcomes.
- Supports stakeholders in nutrition, healthcare, and food service sectors with data-driven recommendations.

# THANK YOU