

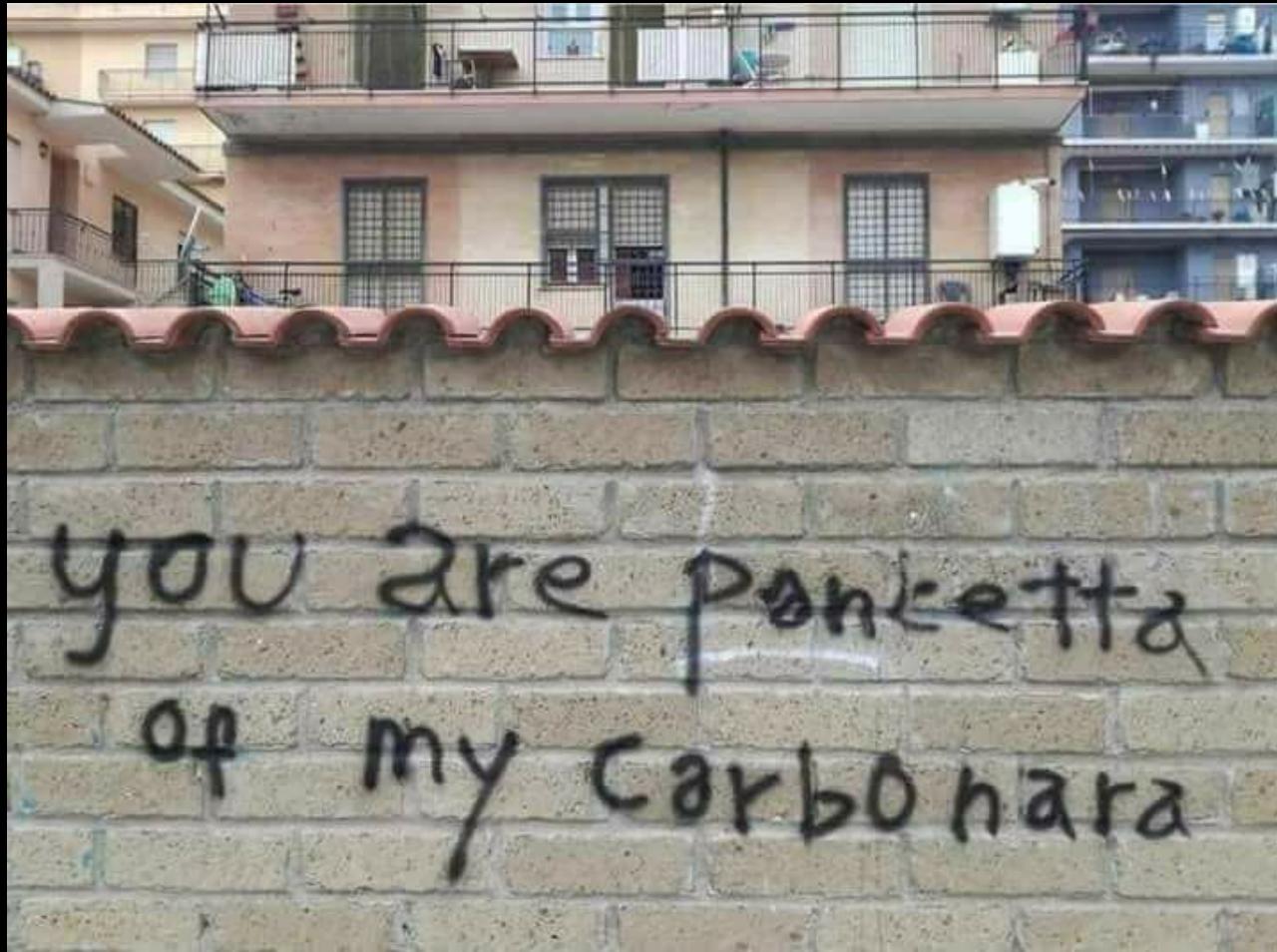
# Project Nutrition



Vilma Stasiute

5 years

Cosa si mangia?



you are Pancetta  
of my Carbonara

A guest from Spain

pasta

pizza

pane

# Data analytics

Am I more likely to gain  
weight if I stick to Italian or  
Spanish cuisine during  
quarantine?

delicious.

magazine.co.uk

Indian  
Italian  
Mexican  
Spanish  
vegan



# Comfort food

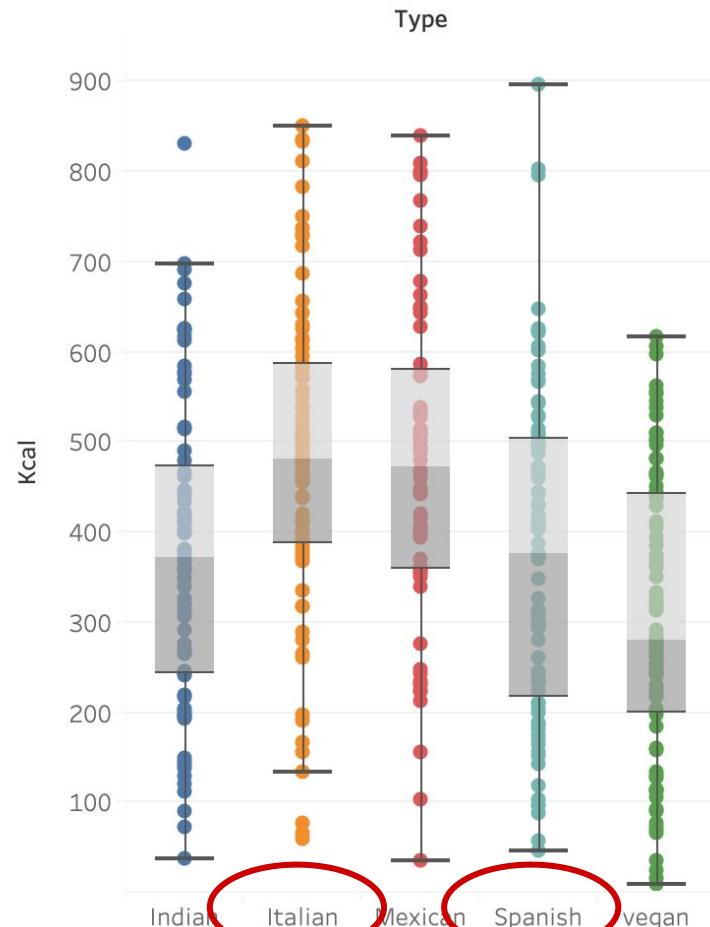


A Venn diagram consisting of two overlapping circles. The left circle is green and contains the word "vegan". The right circle is brown and contains the word "Indian". The two circles overlap in the center, representing the combination of the two cuisines.

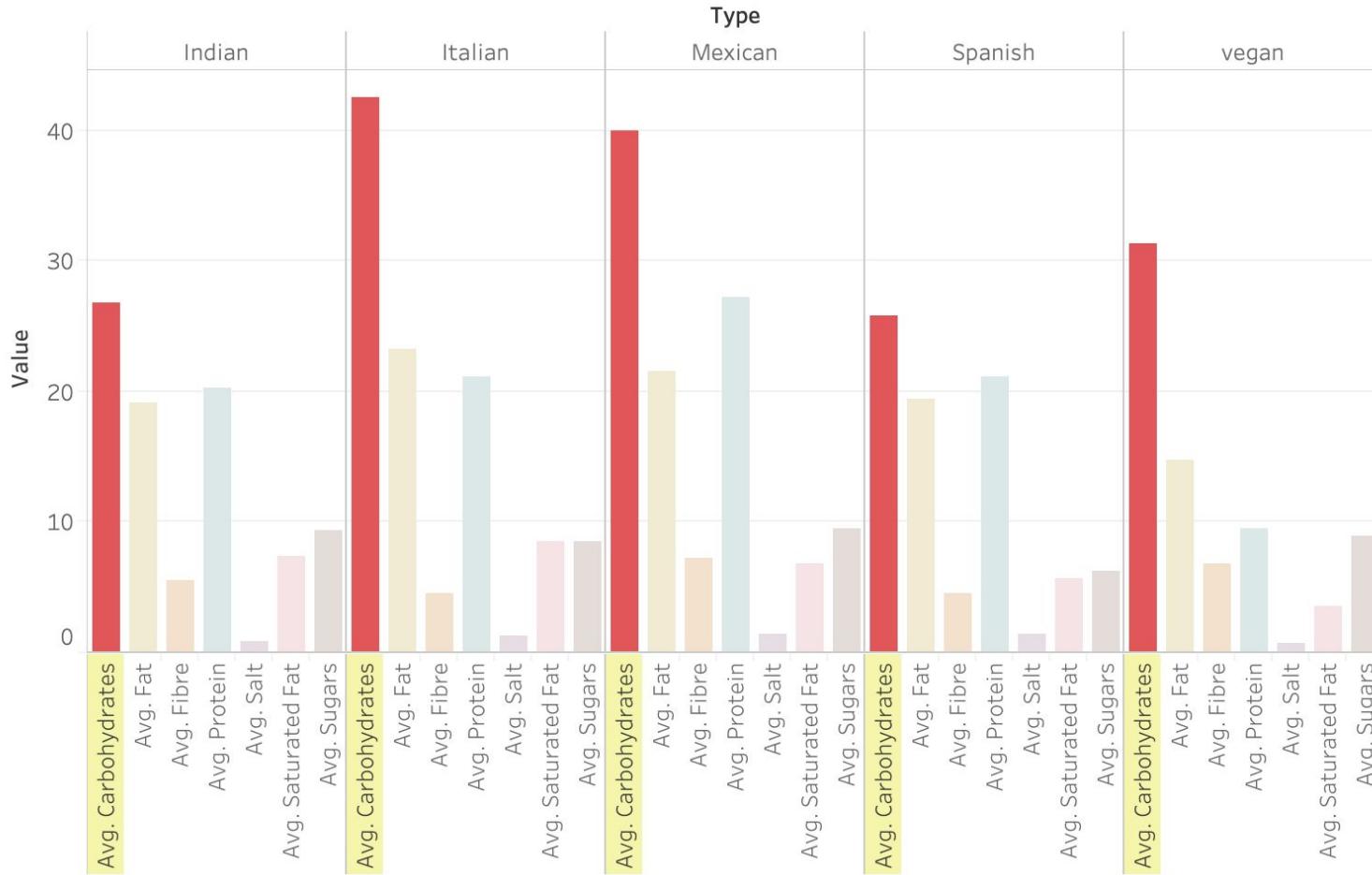
vegan

Indian

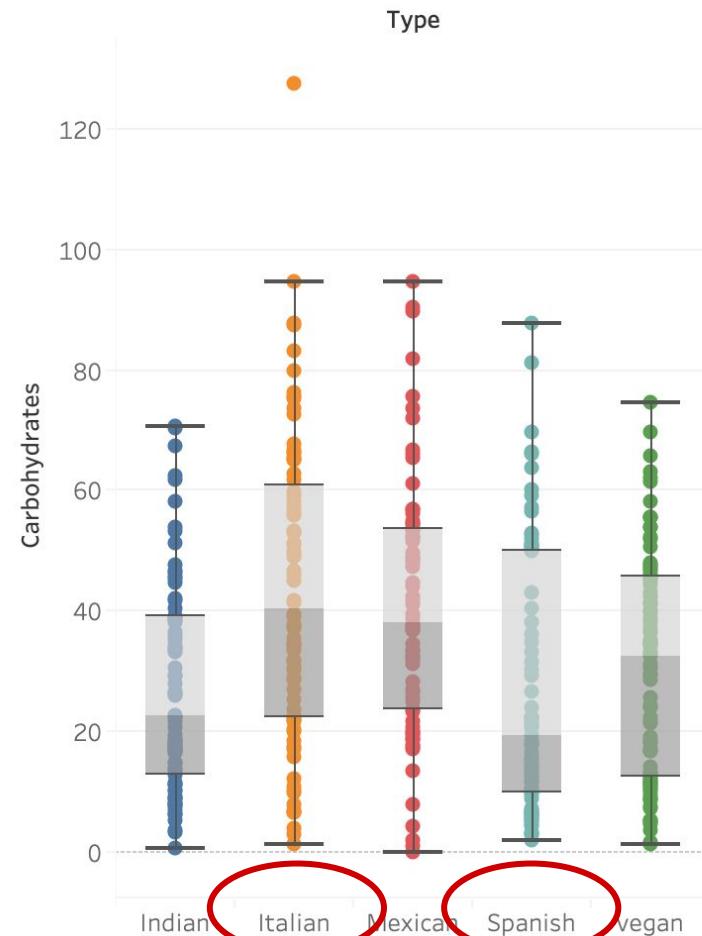
## Kcal by cuisine (per serving)



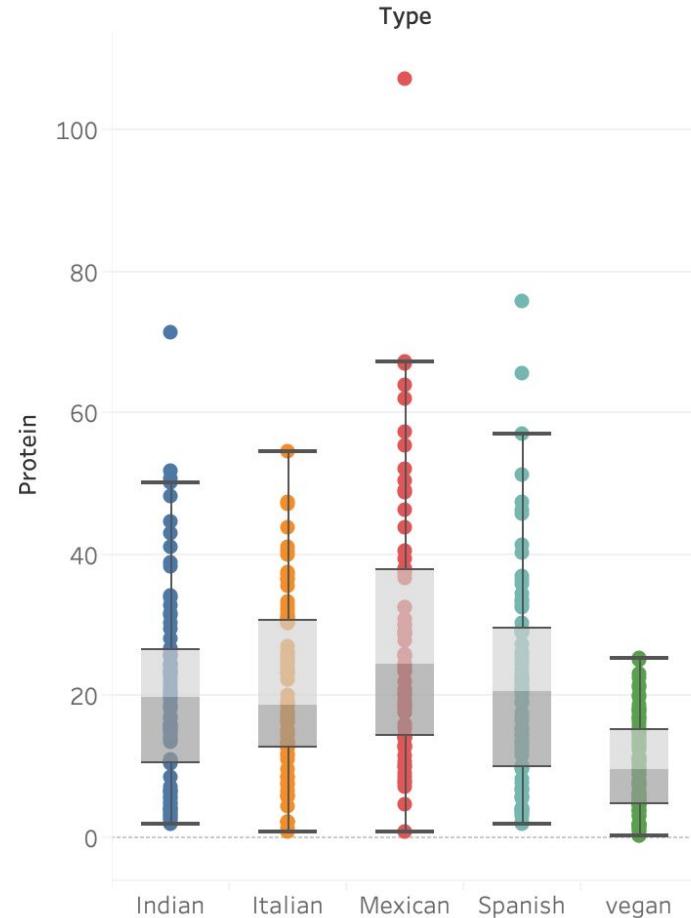
# Avg. nutritional values by cuisine (g/serving)



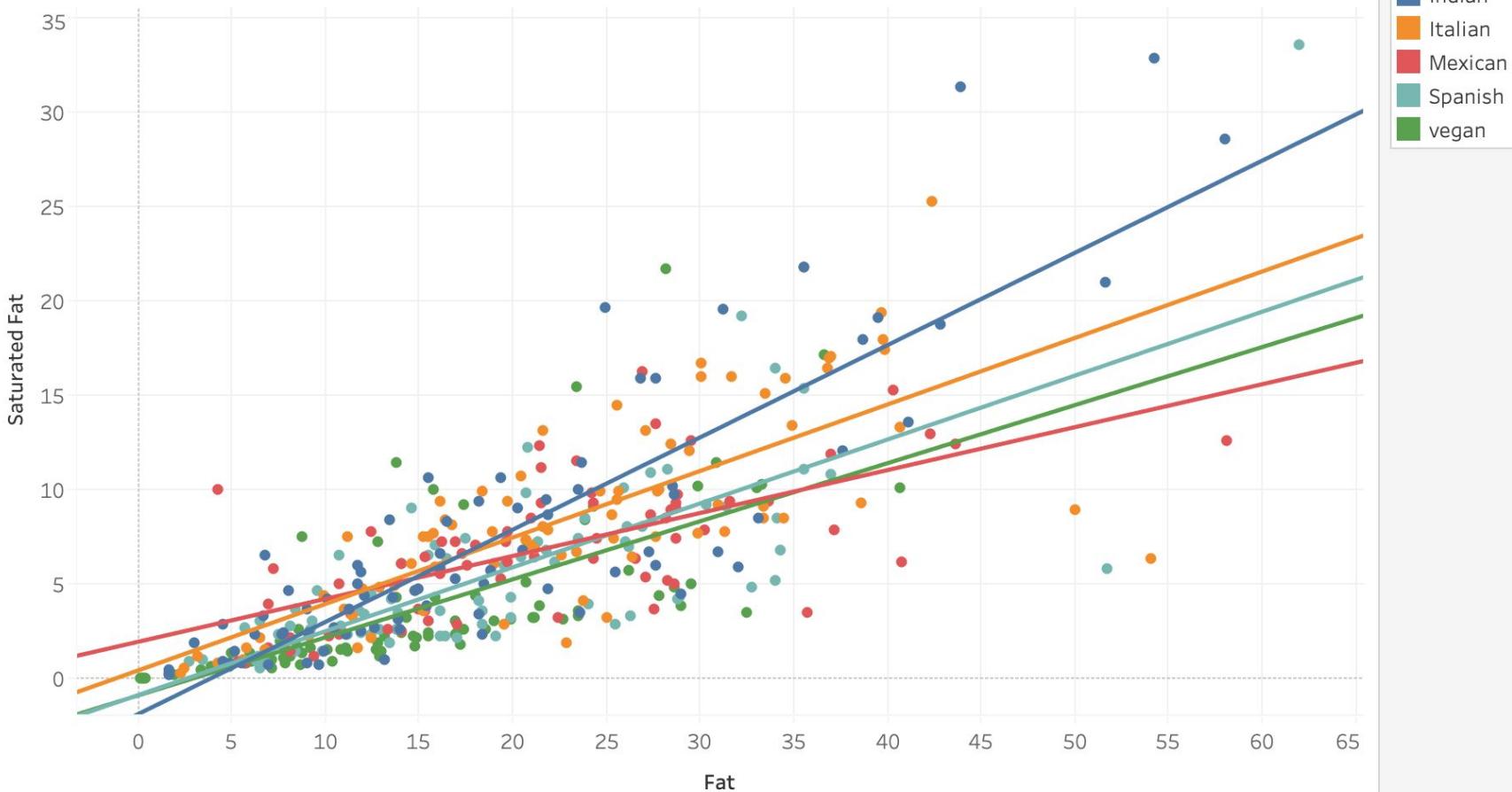
## Carbohydrates by cuisine (g/serving)



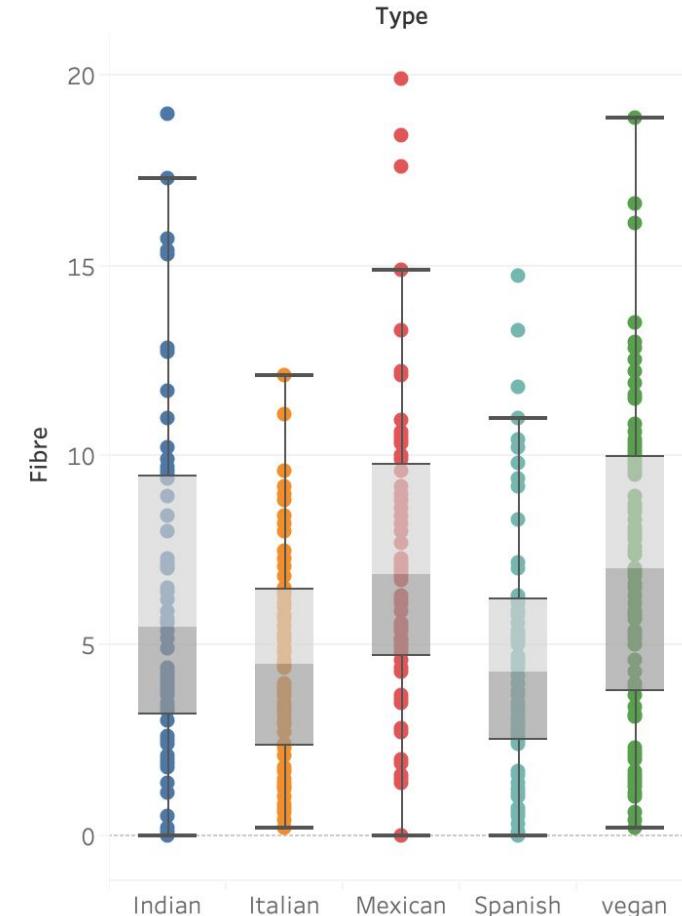
## Protein by cuisine (g/serving)



# Fat and saturated fat by cuisine (g/serving)



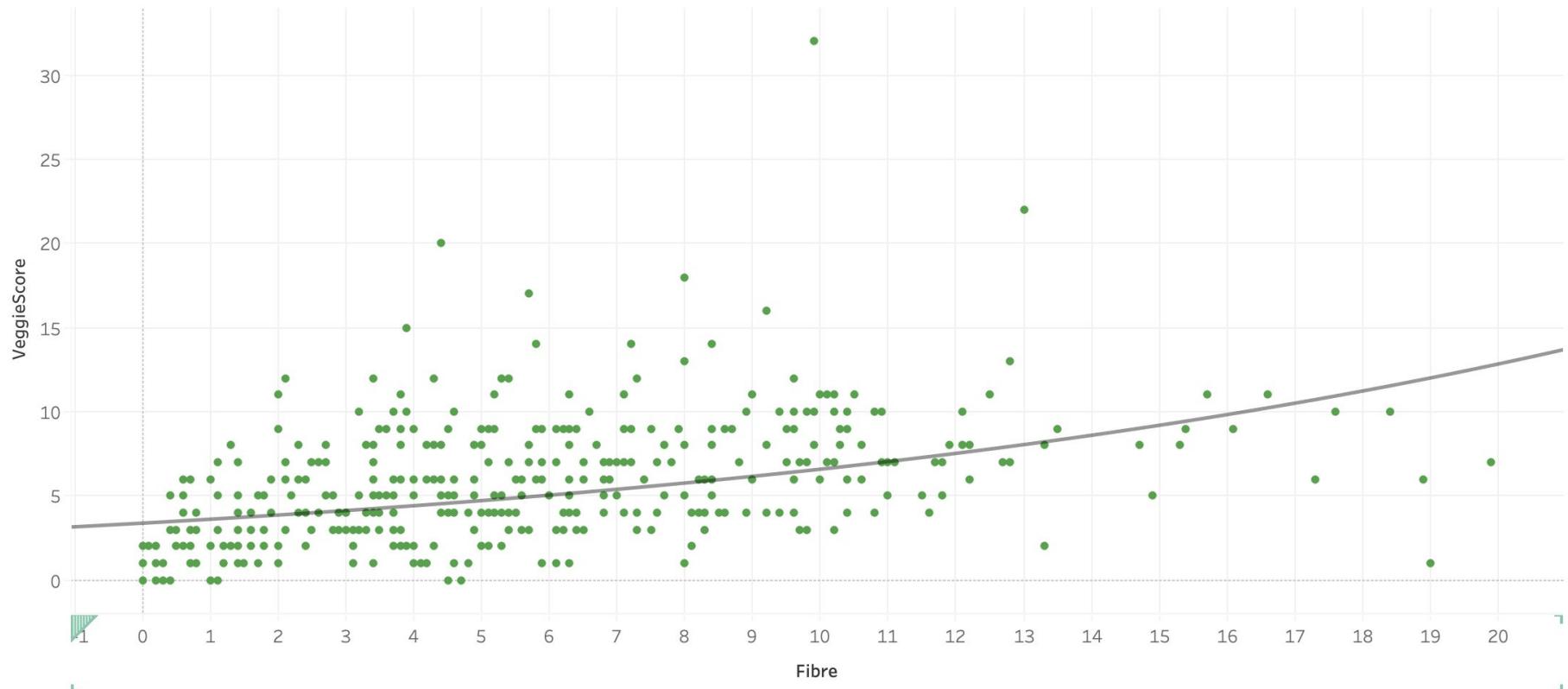
## Fibre by cuisine (g/serving)





# Veggie score

## VeggieScore and Fiber (g/serving)



Other things to  
consider?

Disclaimer:  
consult your dietitian  
for medical advice

Thank you

## Photo credits

Thanks to creators for sharing their work on Unsplash

Aliona Gumeniuk  
Mak  
amirali mirhashemian  
Pez González  
Annie Spratt  
Ryan Concepcion  
Chantal Garnier