

Vivek A

[Click here to view the github](#)

Healthiest Foods: Nutrition and Origin Analysis

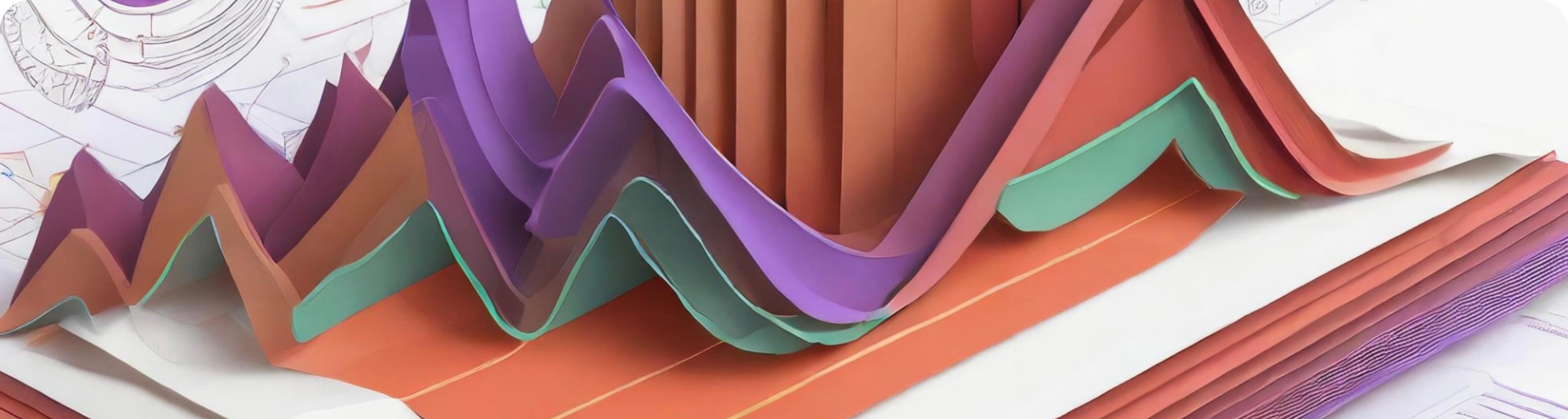
Data Analysis project

Project Objective

The objective of the Nutritional Data Analysis project is to conduct a comprehensive analysis of nutritional values from various food items to uncover meaningful insights regarding their health benefits and dietary contributions. The goals include:

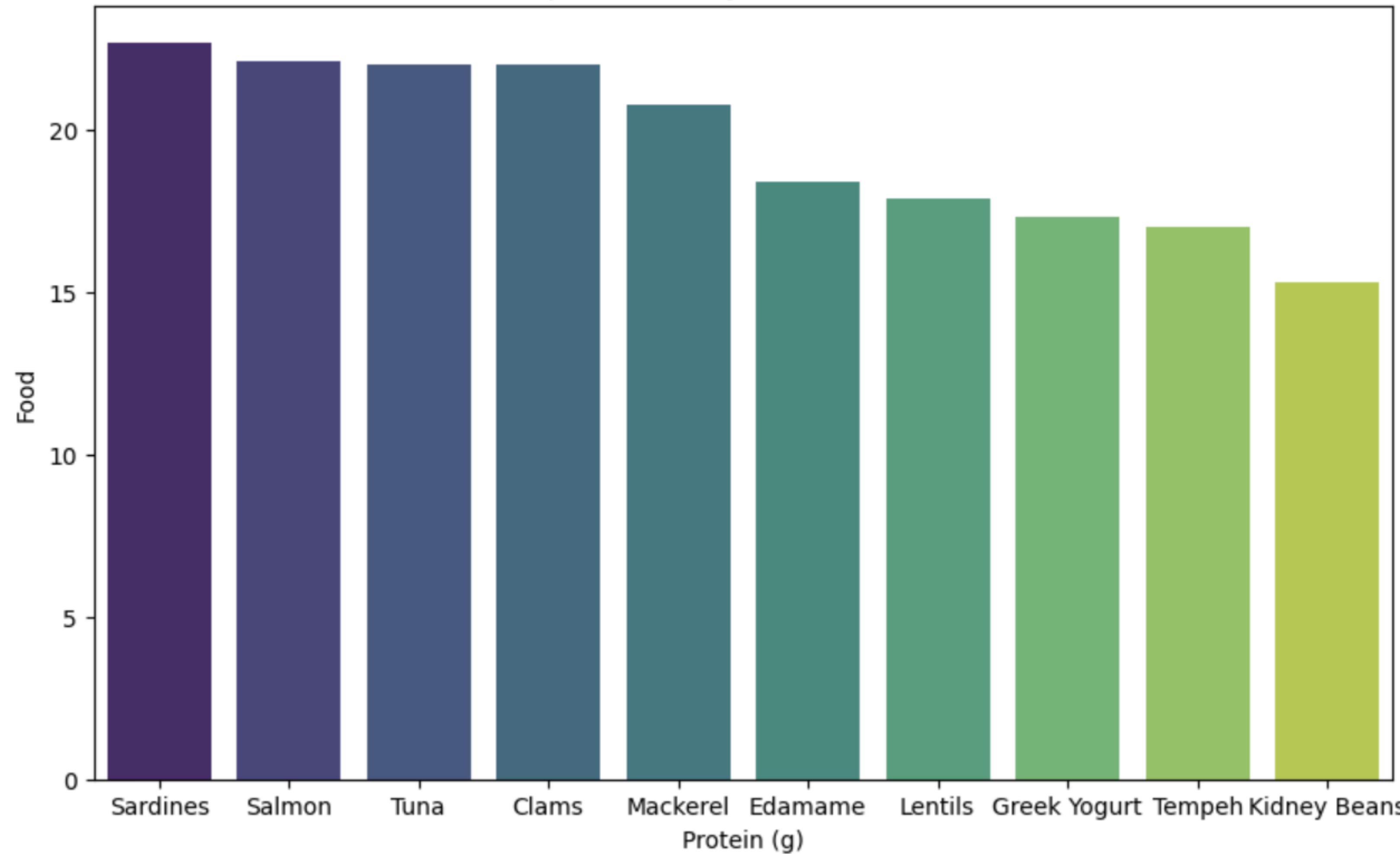
Nutritional Profiling: To evaluate and compare the nutritional profiles of different foods, focusing on key components such as calories, protein, fiber, vitamin C, and antioxidant scores.

Origin Comparison: To analyze how the origin of food items influences their nutritional value, identifying which sources provide the most beneficial nutrients.

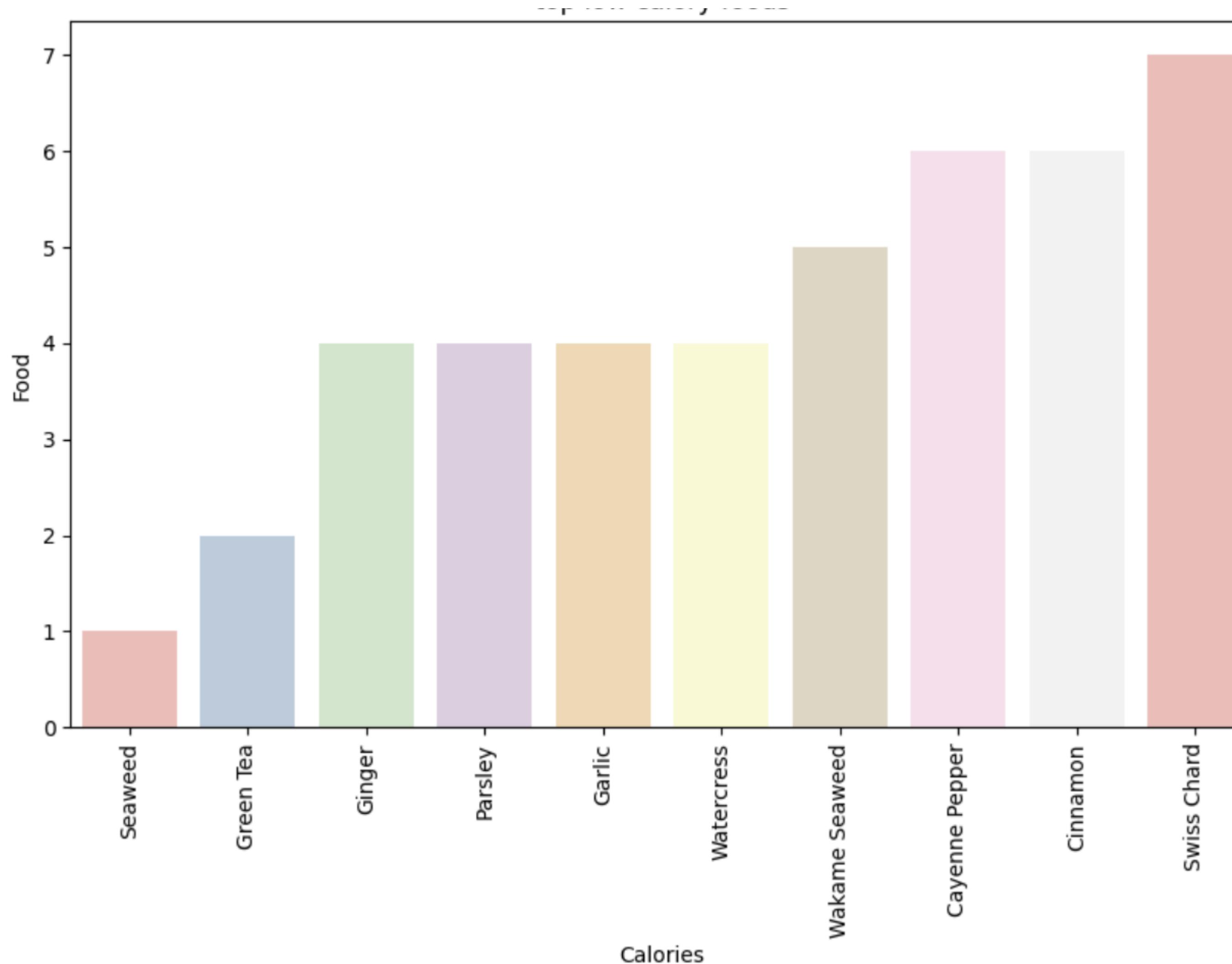


Data Analysis & Visualizations

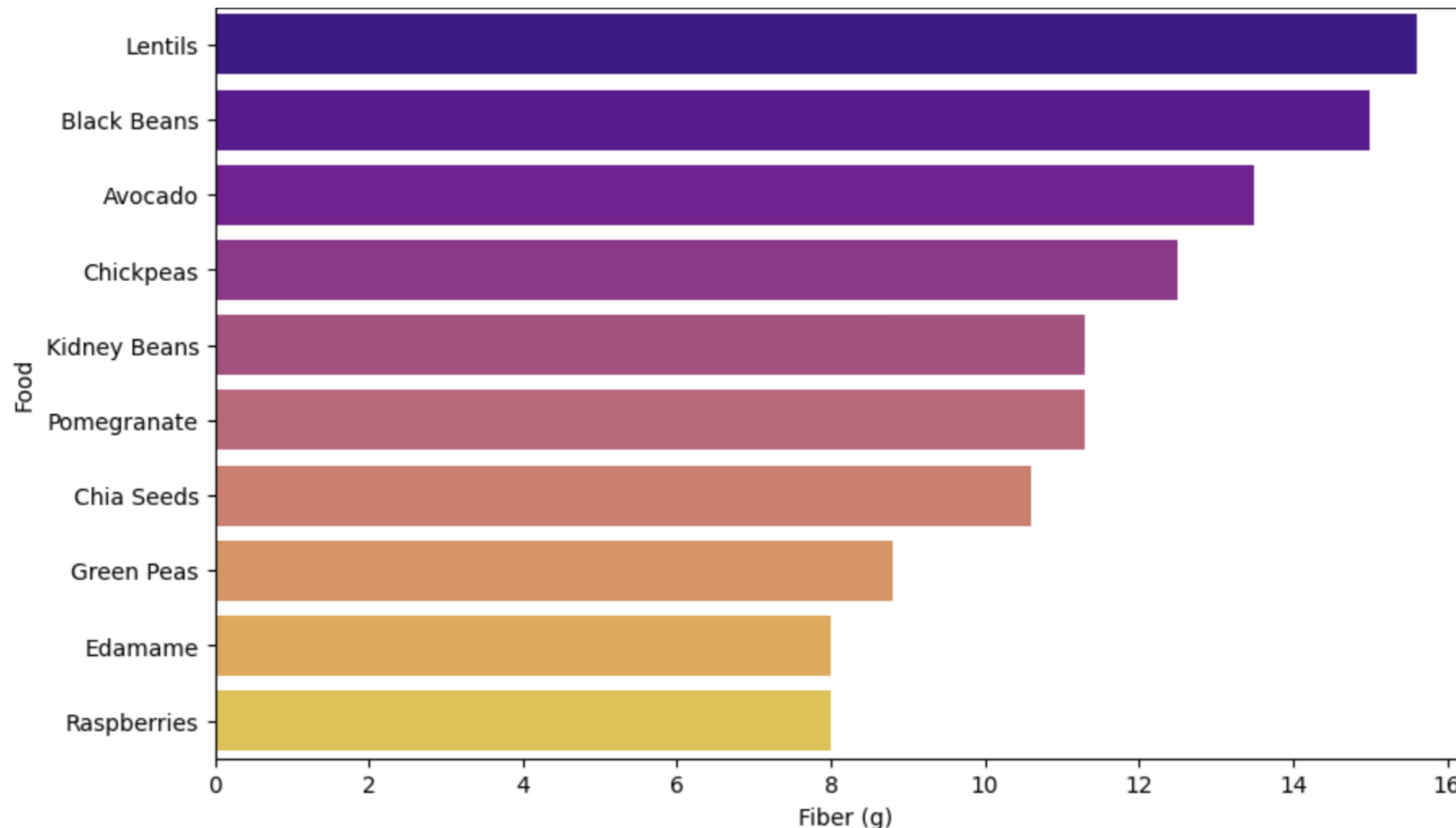
Top 10 food by protein content



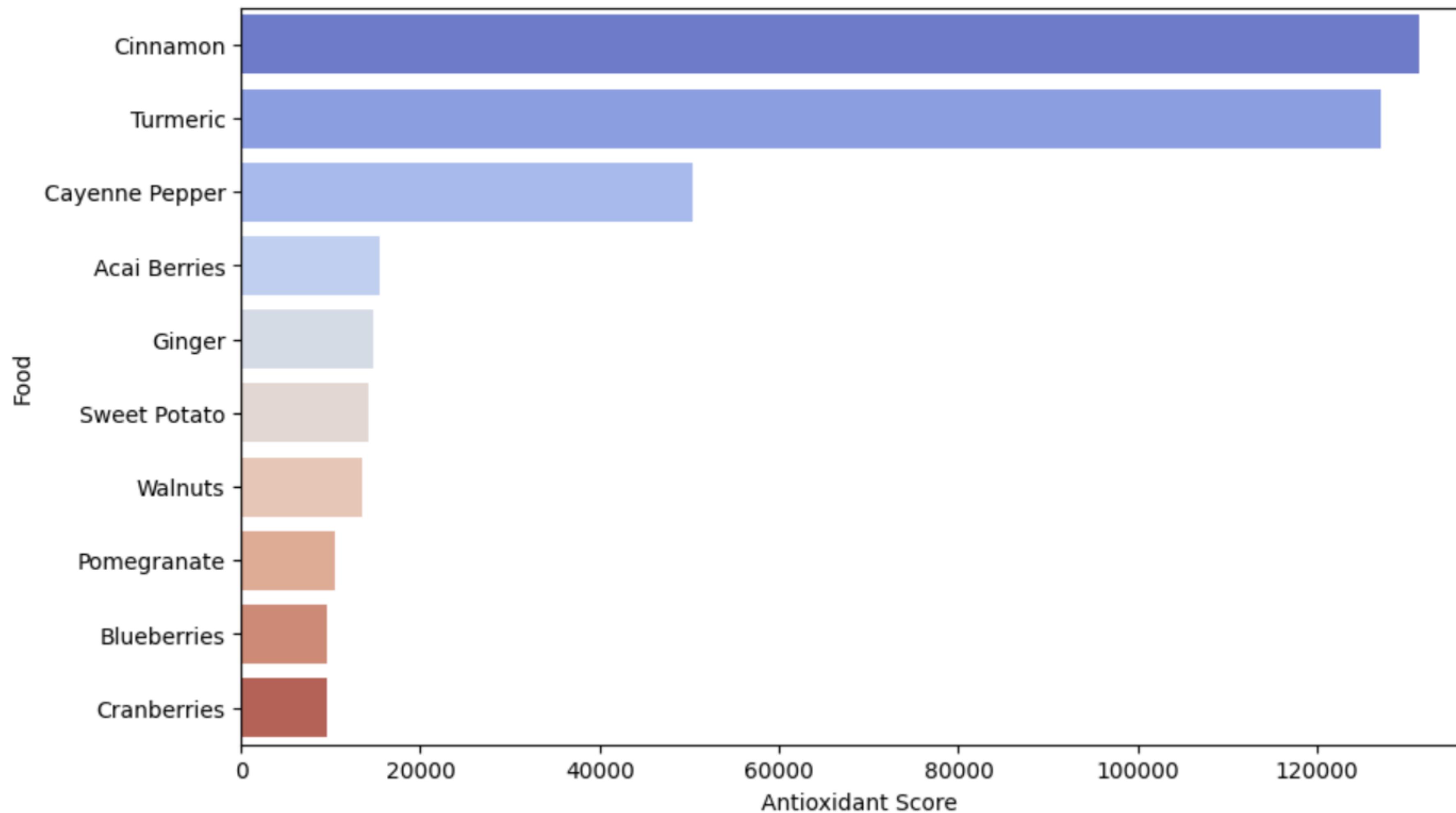
Top low caloric foods



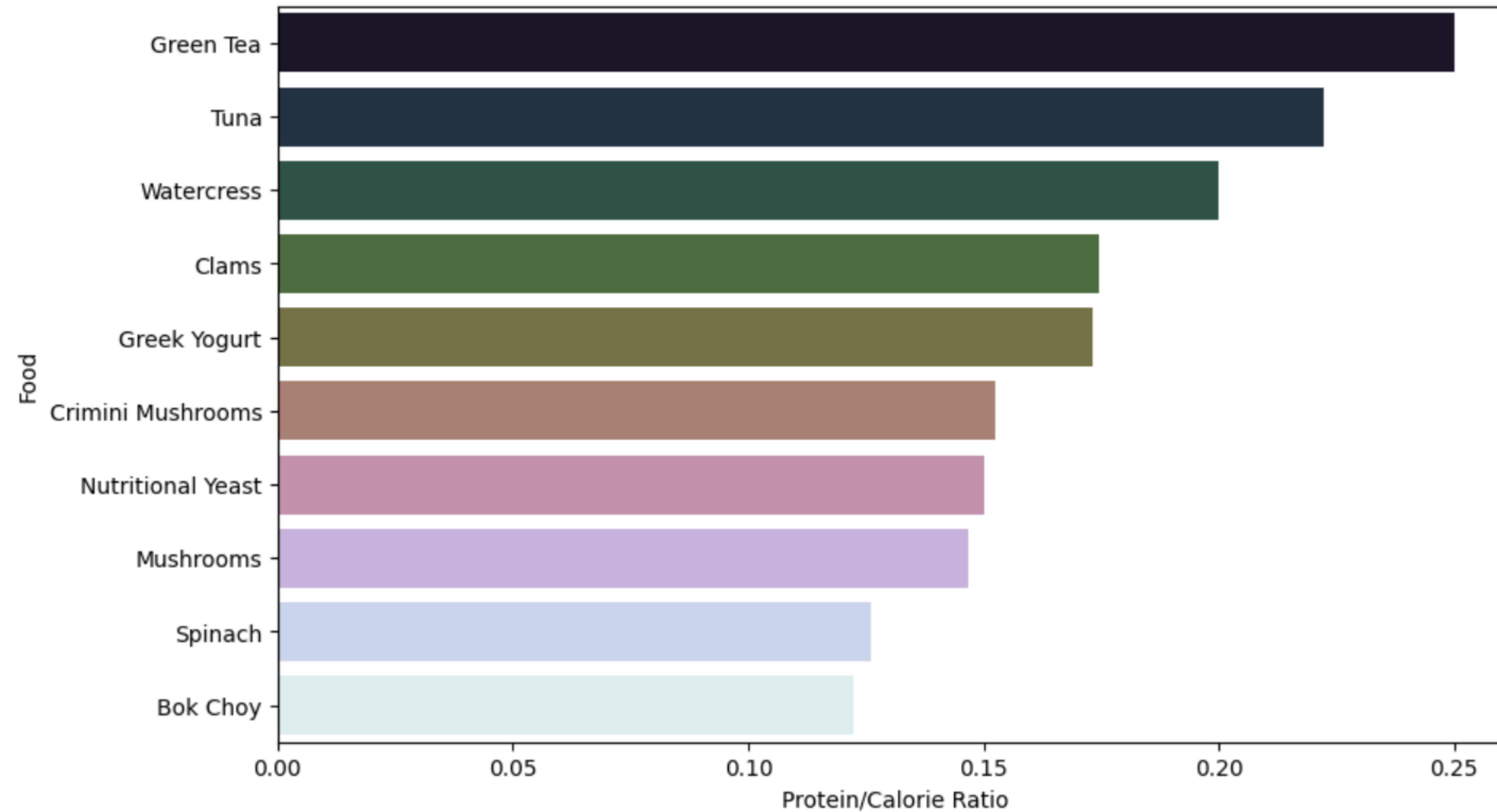
Top 10 high fiber foods



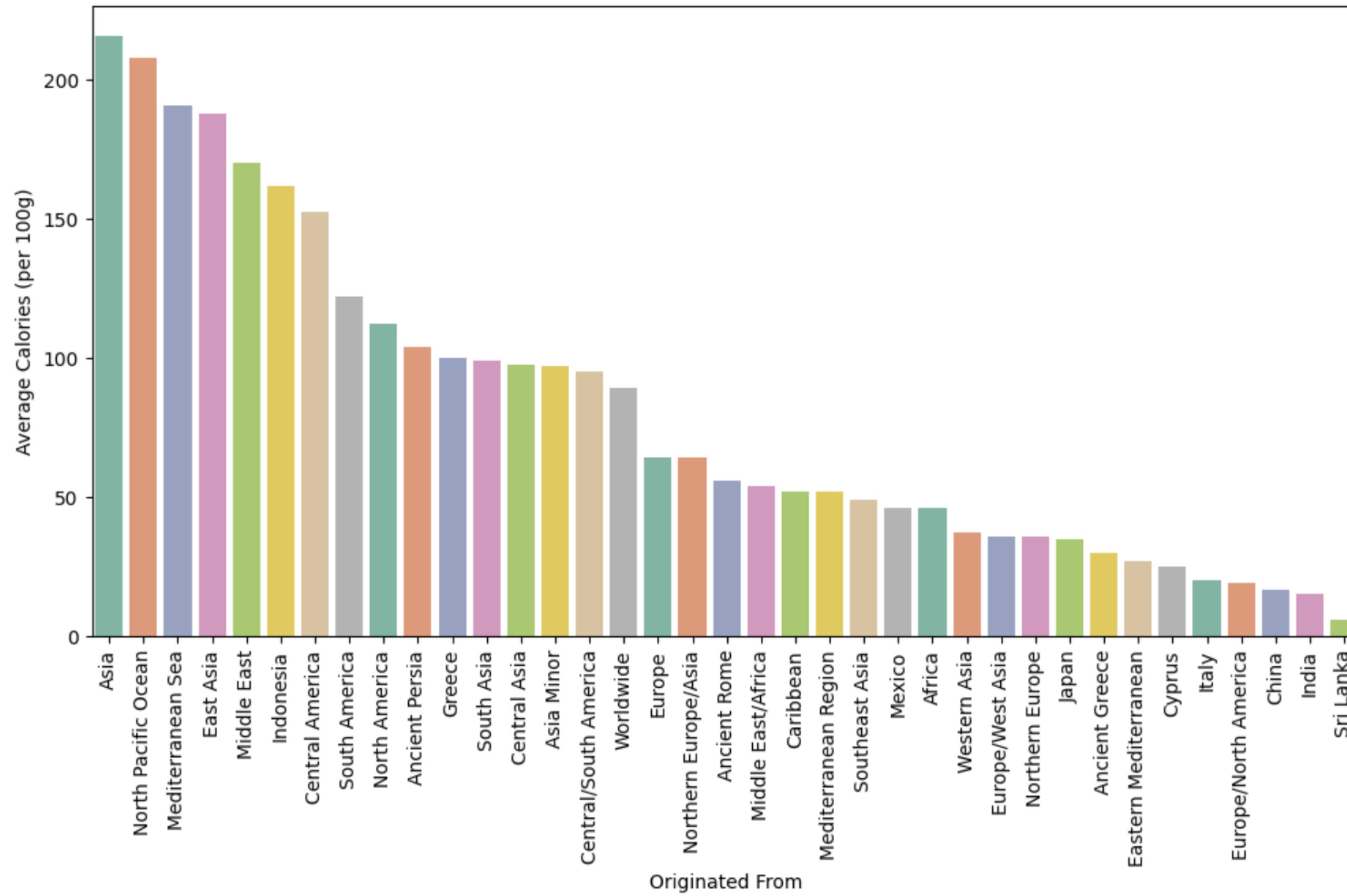
Top 10 foods by antioxidant score



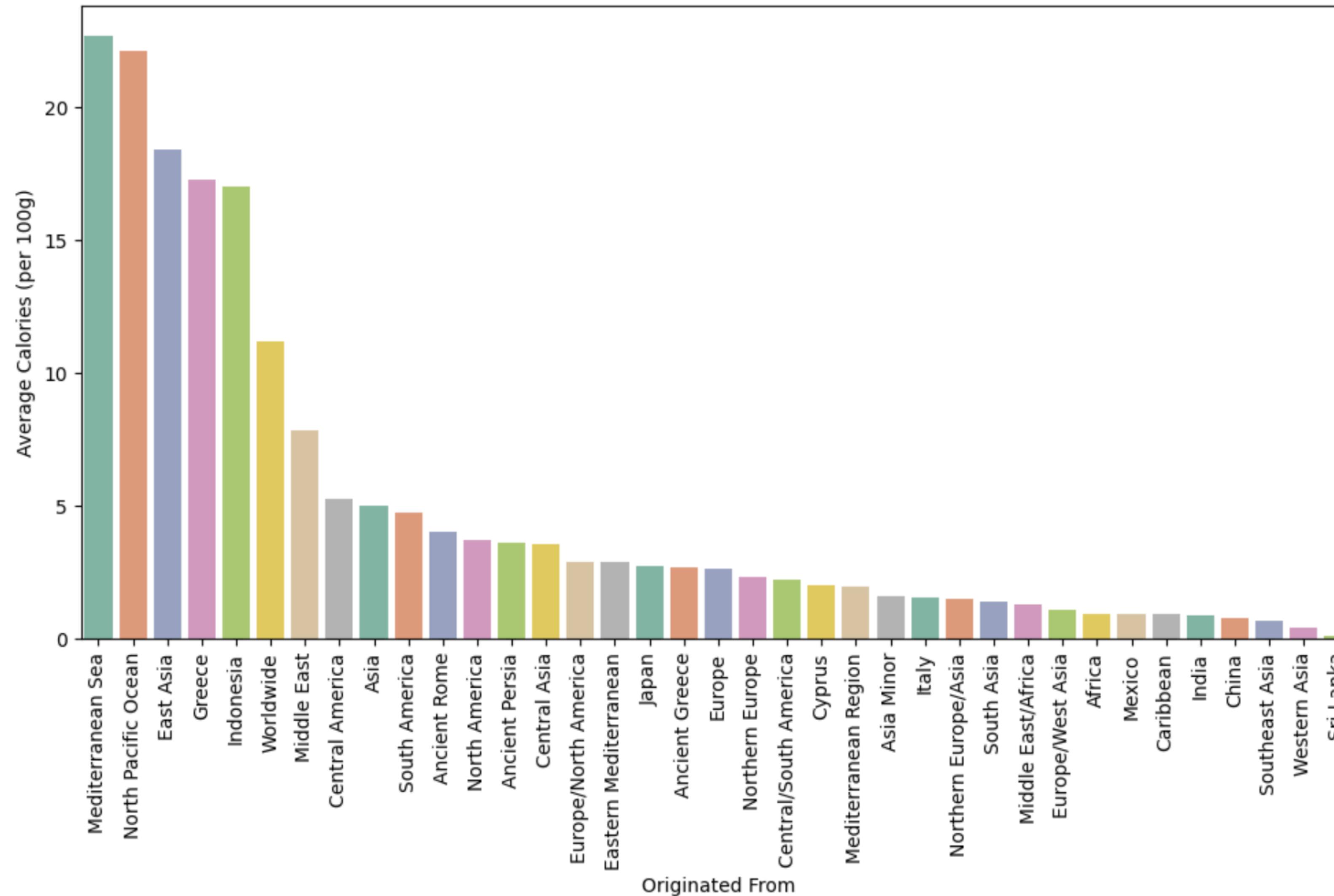
Top 10 high protein low caloric foods



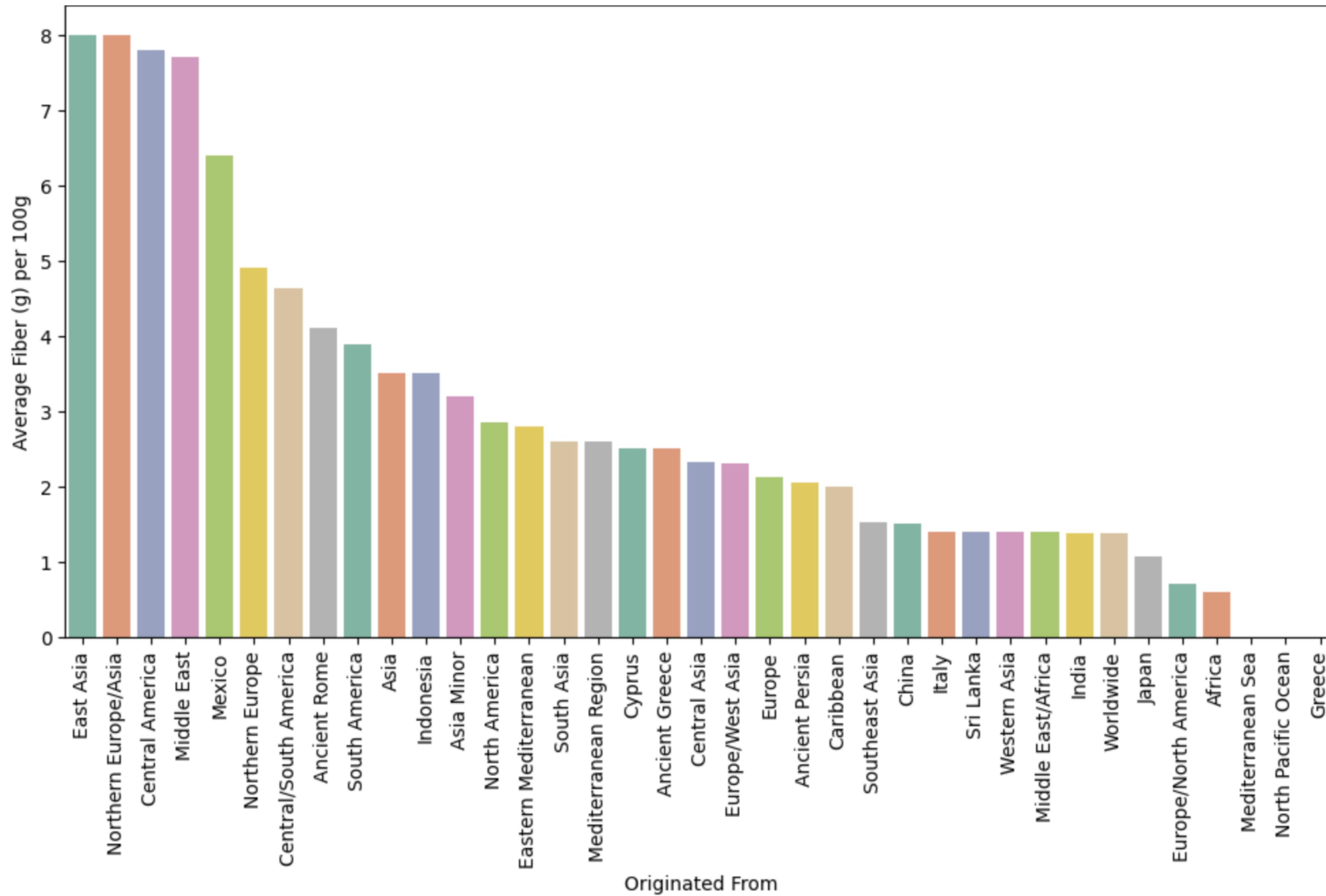
Nutritional comparison by origin(Calories)



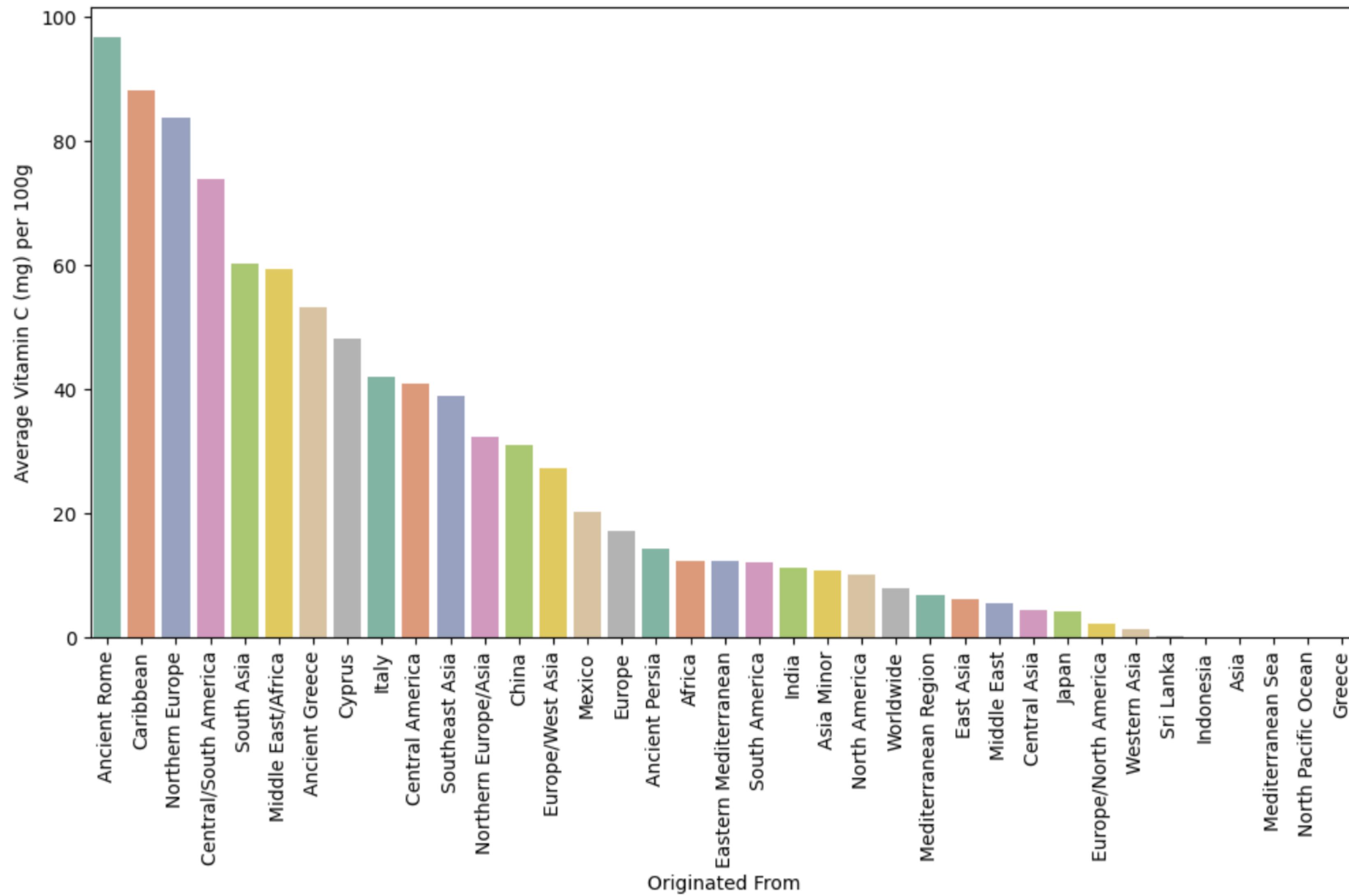
Nutritional comparison by origin(Protein)



Nutritional comparison by origin(Fiber)



Nutritional comparison by origin(Vitamin C)



Conclusions from visualization

- From the given datasets, Sardines, salmons, tuna and mackerels leading as a highest protein rich foods. The seafood contains higher level of proteins and civilization or countries that lives with fisheries can have a higher protein rich foods than rest
- seaweed have lowest calory food in the dataset. Also green tea have low calory level as people discuss and it is true. ginger, garlic and parsley are very low in calories
- legumes foods have high fiber content. Including lentils, black beans, chickpeas, kidney beans in the diet is a good idea to have a higher fiber diet
- As expected, cinnamon, turmeric, cayenne pepper have high antioxidant score. It was considerd as antioxidants since ancient times

Conclusions from visualization

- Green tea performing very well as low calory, high protien food. Tuna, watercress and clams are also highly rated in this analytics
- When we consider regionwise comparison Asian countries have high average calory diet which is understandable because of the high rice usage
- We found out that fisheries have a higher protien content in their foods. subsequently regions such as meditaranian, north pacific, east asia, indonasia have high protein rich foods beacuse the availability of fish in those regions
- Today we find out ancient romans used high vitamin foods followerd by caribians, northern europe and centrel,south america

Thanks

Thank you everyone who been with me with this journey.
Check the [github repository](#) for more info about the project