

Adam Abounnaaim

- An oddity I encountered in the data were the presence of negative values within some columns, such as for Potassium or Vitamins. I assume that all the values in the data set are in terms of grams or other units of measurement, as is usual for nutritional information, so a value of “-1” would mean “-1 grams of potassium” or “-1 cup of cereal,” which are illogical. I went through the data under this reasoning and performed a small cleanup, changing the -1s to 1s and presuming that the insertion of a negative value was just an error.
- G and K consume a massive amount of the total cereal count, with other manufacturers only occupying much smaller positions and contributing smaller numbers in comparison to them. Depending on what context or issue the data is being analyzed for, this observation could either be good news or bad news, such as an over-reliance on only two manufacturing centers and the need to increase production at others to prevent system failures should G and K experience major problems.
- The sodium content of all the cereals appears incredibly high in comparison to the content of other nutrients such as fiber or protein. This observation might prompt looking into low-sodium ideas or options, which could potentially be a whole new product of its own if demand for lower-sodium options is evident.
- Is manufacturing center A new? With how only one cereal is produced from there, if it is not new, then it is being seriously underutilized. This assertion depends on context, but this ties in with the observation that G and K are dominating the production of cereals, which is logistically unwise in my opinion.
- The range of the amount of nutrients present in the circles is incredibly wide, with some maximum values being in the double-digits while minimum values sit at 1 or even 0. This might be alright, but it makes me think that a standard could be set to have a certain amount of a nutrient present across all cereals possibly, though I’m uncertain what sort of purpose a decision like that would serve.

I loaded the data into Excel—since that is the application I am most comfortable analyzing spreadsheets within—and performed the small cleanup previously mentioned before. I also finished analyzing maximum-minimum values for all the columns and was able to make a pie chart of the percentage of total cereal count by manufacturer, from which I noticed that G and K occupy an excessively large share of the pie.

The only challenge and frustration I encountered was in trying to create a clustered-bar graph of the maximum-minimum values of the nutritional information, but every time I did so, the formatting would be thrown off somehow and it wouldn’t look the way I intended it to. Google searches were of no help as well unfortunately.

Cereal	Manufacturer Type		Calories	Protein	Fat	Sodium	
Apple Cinnamon Cheerios	G	C	110		2	2	180
Basic 4	G	C	130		3	2	210
Cheerios	G	C	110		6	2	290
Cinnamon Toast Crunch	G	C	120		1	3	210
Clusters	G	C	110		3	2	140
Cocoa Puffs	G	C	110		1	1	180
Count Chocula	G	C	110		1	1	180
Crispy Wheat & Raisins	G	C	100		2	1	140
Golden Grahams	G	C	110		1	1	280
Honey Nut Cheerios	G	C	110		3	1	250
Kix	G	C	110		2	1	260
Lucky Charms	G	C	110		2	1	180
Multi-Grain Cheerios	G	C	100		2	1	220
Oatmeal Raisin Crisp	G	C	130		3	2	170
Raisin Nut Bran	G	C	100		3	2	140
Total Corn Flakes	G	C	110		2	1	200
Total Raisin Bran	G	C	140		3	1	190
Total Whole Grain	G	C	100		3	1	200
Triples	G	C	110		2	1	250
Trix	G	C	110		1	1	140
Wheaties	G	C	100		3	1	200
Wheaties Honey Gold	G	C	110		2	1	200
All-Bran	K	C	70		4	1	260
All-Bran with Extra Fiber	K	C	50		4	0	140
Apple Jacks	K	C	110		2	0	125
Corn Flakes	K	C	100		2	0	290
Corn Pops	K	C	110		1	0	90
Cracklin' Oat Bran	K	C	110		3	3	140
Crispix	K	C	110		2	0	220
Froot Loops	K	C	110		2	1	125
Frosted Flakes	K	C	110		1	0	200
Frosted Mini-Wheats	K	C	100		3	0	0
Fruitful Bran	K	C	120		3	0	240
Just Right Crunchy Nuggets	K	C	110		2	1	170
Just Right Fruit & Nut	K	C	140		3	1	170
Mueslix Crispy Blend	K	C	160		3	2	150
Nut&Honey Crunch	K	C	120		2	1	190
Nutri-Grain Almond-Raisin	K	C	140		3	2	220
Nutri-grain Wheat	K	C	90		3	0	170
Product 19	K	C	100		3	0	320
Raisin Bran	K	C	120		3	1	210
Raisin Squares	K	C	90		2	0	0
Rice Krispies	K	C	110		2	0	290
Smacks	K	C	110		2	1	70
Special K	K	C	110		6	0	230
100% Bran	N	C	70		4	1	130
Shredded Wheat	N	C	80		2	0	0
Shredded Wheat 'n'Bran	N	C	90		3	0	0
Shredded Wheat spoon size	N	C	90		3	0	0
Cream of Wheat (Quick)	N	H	100		3	0	80
Strawberry Fruit Wheats	N	C	90		2	0	15

Bran Flakes	P	C	90	3	0	210
Fruit & Fibre Dates, Walnuts, and Oats	P	C	120	3	2	160
Fruity Pebbles	P	C	110	1	1	135
Golden Crisp	P	C	100	2	0	45
Grape Nuts Flakes	P	C	100	3	1	140
Grape-Nuts	P	C	110	3	0	170
Great Grains Pecan	P	C	120	3	3	75
Honey-comb	P	C	110	1	0	180
Post Nat. Raisin Bran	P	C	120	3	1	200
100% Natural Bran	Q	C	120	3	5	15
Cap'n'Crunch	Q	C	120	1	2	220
Honey Graham Ohs	Q	C	120	1	2	220
Life	Q	C	100	4	2	150
Puffed Rice	Q	C	50	1	0	0
Puffed Wheat	Q	C	50	2	0	0
Quaker Oatmeal	Q	H	100	5	2	0
Quaker Oat Squares	Q	C	100	4	1	135
Almond Delight	R	C	110	2	2	200
Bran Chex	R	C	90	2	1	200
Corn Chex	R	C	110	2	0	280
Double Chex	R	C	100	2	0	190
Muesli Raisins, Dates, & Almonds	R	C	150	4	3	95
Muesli Raisins, Peaches, & Pecans	R	C	150	4	3	150
Rice Chex	R	C	110	1	0	240
Wheat Chex	R	C	100	3	1	230
Maypo	A	H	100	4	1	0

Fiber	Carbohydrates	Sugars	Shelf	Potassium	Vitamins	Weight	Cups
1.5	10.5	10	1	70	25	1	0.75
2	18	8	3	100	25	1.33	0.75
2	17	1	1	105	25	1	1.25
0	13	9	2	45	25	1	0.75
2	13	7	3	105	25	1	0.5
0	12	13	2	55	25	1	1
0	12	13	2	65	25	1	1
2	11	10	3	120	25	1	0.75
0	15	9	2	45	25	1	0.75
1.5	11.5	10	1	90	25	1	0.75
0	21	3	2	40	25	1	1.5
0	12	12	2	55	25	1	1
2	15	6	1	90	25	1	1
1.5	13.5	10	3	120	25	1.25	0.5
2.5	10.5	8	3	140	25	1	0.5
0	21	3	3	35	100	1	1
4	15	14	3	230	100	1.5	1
3	16	3	3	110	100	1	1
0	21	3	3	60	25	1	0.75
0	13	12	2	25	25	1	1
3	17	3	1	110	25	1	1
1	16	8	1	60	25	1	0.75
9	7	5	3	320	25	1	0.33
14	8	0	3	330	25	1	0.5
1	11	14	2	30	25	1	1
1	21	2	1	35	25	1	1
1	13	12	2	20	25	1	1
4	10	7	3	160	25	1	0.5
1	21	3	3	30	25	1	1
1	11	13	2	30	25	1	1
1	14	11	1	25	25	1	0.75
3	14	7	2	100	25	1	0.8
5	14	12	3	190	25	1.33	0.67
1	17	6	3	60	100	1	1
2	20	9	3	95	100	1.3	0.75
3	17	13	3	160	25	1.5	0.67
0	15	9	2	40	25	1	0.67
3	21	7	3	130	25	1.33	0.67
3	18	2	3	90	25	1	1
1	20	3	3	45	100	1	1
5	14	12	2	240	25	1.33	0.75
2	15	6	3	110	25	1	0.5
0	22	3	1	35	25	1	1
1	9	15	2	40	25	1	0.75
1	16	3	1	55	25	1	1
10	5	6	3	280	25	1	0.33
3	16	0	1	95	0	0.83	1
4	19	0	1	140	0	1	0.67
3	20	0	1	120	0	1	0.67
1	21	0	2	1	0	1	1
3	15	5	2	90	25	1	1

5	13	5	3	190	25	1	0.67
5	12	10	3	200	25	1.25	0.67
0	13	12	2	25	25	1	0.75
0	11	15	1	40	25	1	0.88
3	15	5	3	85	25	1	0.88
3	17	3	3	90	25	1	0.25
3	13	4	3	100	25	1	0.33
0	14	11	1	35	25	1	1.33
6	11	14	3	260	25	1.33	0.67
2	8	8	3	135	0	1	1
0	12	12	2	35	25	1	0.75
1	12	11	2	45	25	1	1
2	12	6	2	95	25	1	0.67
0	13	0	3	15	0	0.5	1
1	10	0	3	50	0	0.5	1
2.7	1	1	1	110	0	1	0.67
2	14	6	3	110	25	1	0.5
1	14	8	3	1	25	1	0.75
4	15	6	1	125	25	1	0.67
0	22	3	1	25	25	1	1
1	18	5	3	80	25	1	0.75
3	16	11	3	170	25	1	1
3	16	11	3	170	25	1	1
0	23	2	1	30	25	1	1.13
3	17	3	1	115	25	1	0.67
0	16	3	2	95	25	1	1

Manufacturer	Cereal Count
Q	8
P	9
G	22
K	24
R	8
N	6
A	1
Total	78

Calories

Max Calories	160
Min Calories	50

Protein

Max Protein	6
Min Protein	1

Fat

Max Fat	5
Min Fat	0

Sodium

Max Sodium	320
Min Sodium	0

Fiber

Max Fiber	14
Min Fiber	0

Carbohydrates

Max Carbohydrates	23
Min Carbohydrates	1

Sugars

Max Sugars	15
Min Sugars	0

Shelf

Max Shelf	3
Min Shelf	1

Potassium

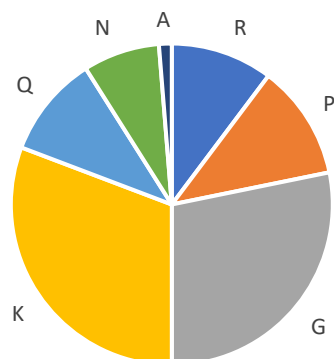
Max Potassium	330
Min Potassium	1

Vitamins

Max Vitamins	100
Min Vitamins	0

Weight

Percentage of Total Cereal Count by Manufacturer



Max Weight	1.5
Min Weight	0.5

Cups

Max Cups	1.5
Min Cups	0.25