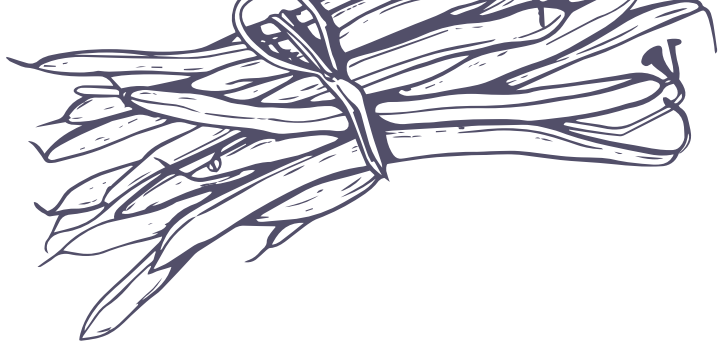
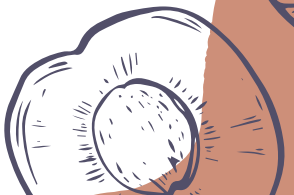













Changes in Nutrient Values

Chris Kim, Myles Evans, Aiden Patel, Noah Moufarrij

01

Dataset/Project

Explaining the Dataset
and Project Description

Dataset

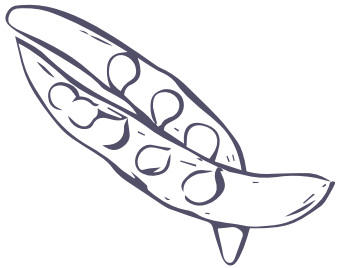
- We were given a dataset of various foods comparing changes in nutrient values
- Standard Reference Legacy versus Foundation Foods
- Columns: FF max, FF min, SR max, SR min, FF mean per 100g, SR mean per 100g
- Nutrients: Carbohydrates, Protein, Vitamin B, Iron, Water, Energy

Project Problems Explained

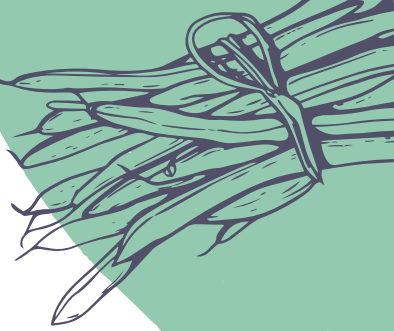
Took 4 random processed and 4 whole natural foods comparing their changes in nutrient values over time. Using the FF and SR per 100g column in the dataset, we were able to find the average percent change overtime.

- Whole Foods: Apples, Nectarines, Kale, Eggs
- Processed Foods: Hummus, Onion Rings, Mustard Sausage

((FF mean - SR mean) / FF mean) * 100 = Percent Change Over Time



Questions:



What is the percent change in nutrients in processed foods and whole natural foods?

How do these findings correlate to consumption change in the United States?

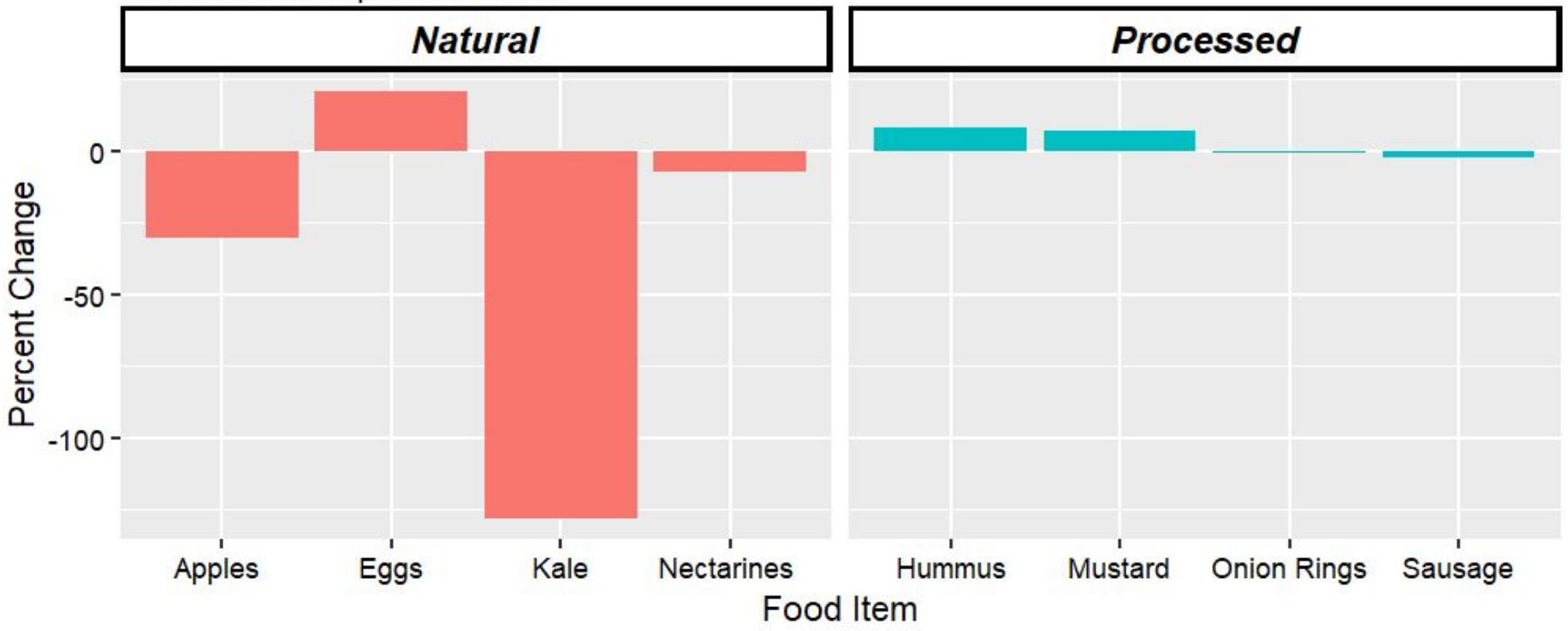
02

Graphs/Results

Explaining The Graphs

Most Natural Foods are Losing Nutrients, While Processed Foods are Slightly Rising

Each bar represents the average change in the quantity of nutrients for a particular food.



Overall Percent Change

Natural Foods

-37.3%

Processed Foods

2.7%

Outside Data: Processed Food Consumption

3.5%

Increase in processed food consumption between 2002 to 2018

5.3%

Decrease in Whole Food consumption from 2002 to 2018

Source: NYU

Conclusions:

- Processed food has relatively kept the same nutrients
- Whole foods have had a pretty drastic decrease in nutrients
- People are consuming more processed foods and less whole foods
- With less nutrients in whole foods and a rising consumption of processed foods, serious health concerns may arise as a result of lessened nutrient consumption