Are you REALLY what you eat?

Brittany Bowers

If I eat broccoli can I join the NBA and stop this data nonsense?

Maybe keep doing the data nonsense...

Some TALL Assumptions

- Good genes good height
- Women are shorter
- Recipe ingredients are an indicator of commonly eaten foods
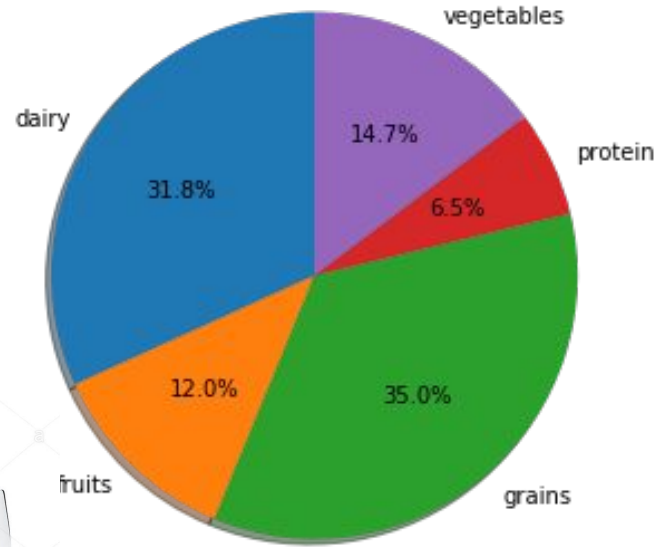
61 Countries

7,943 Recipes

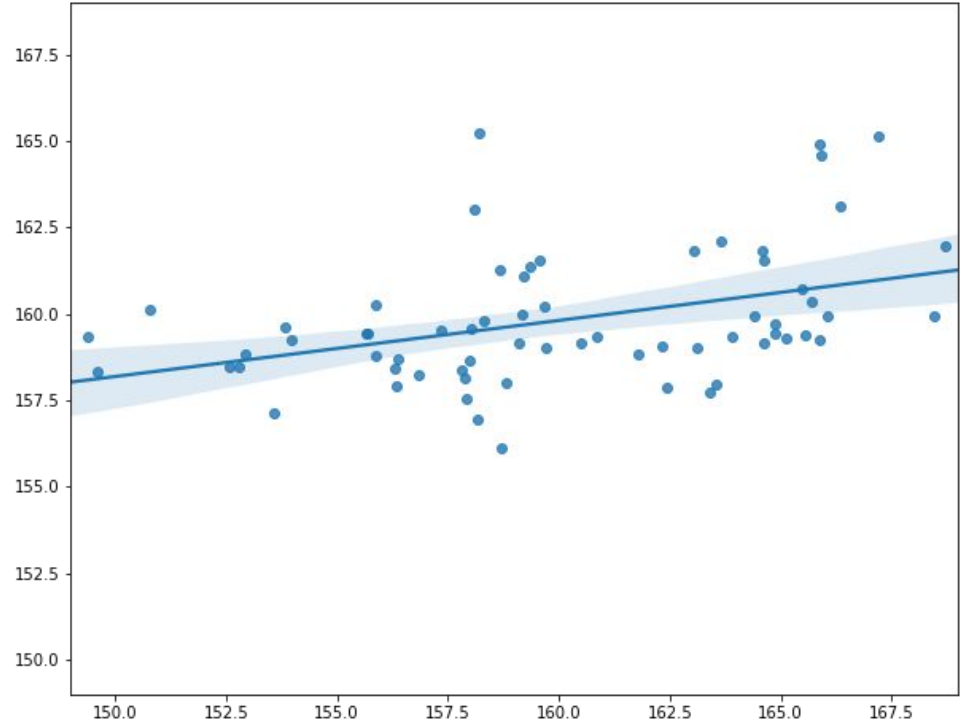# 30,425 Ingredients

The internet is a wild place

A case study: Mexico

Pie chart data:
- vegetables: 14.7%
- protein: 6.5%
- dairy: 31.8%
- fruits: 12.0%
- grains: 35.0%

The Model – Women

Predicted vs Actual for Height of Women

R^2 = 0.179

MAE = 3.89cm

The Model – Men

R^2 = 0.172

MAE = 4.35cm

Predicted vs Actual for Height of Men
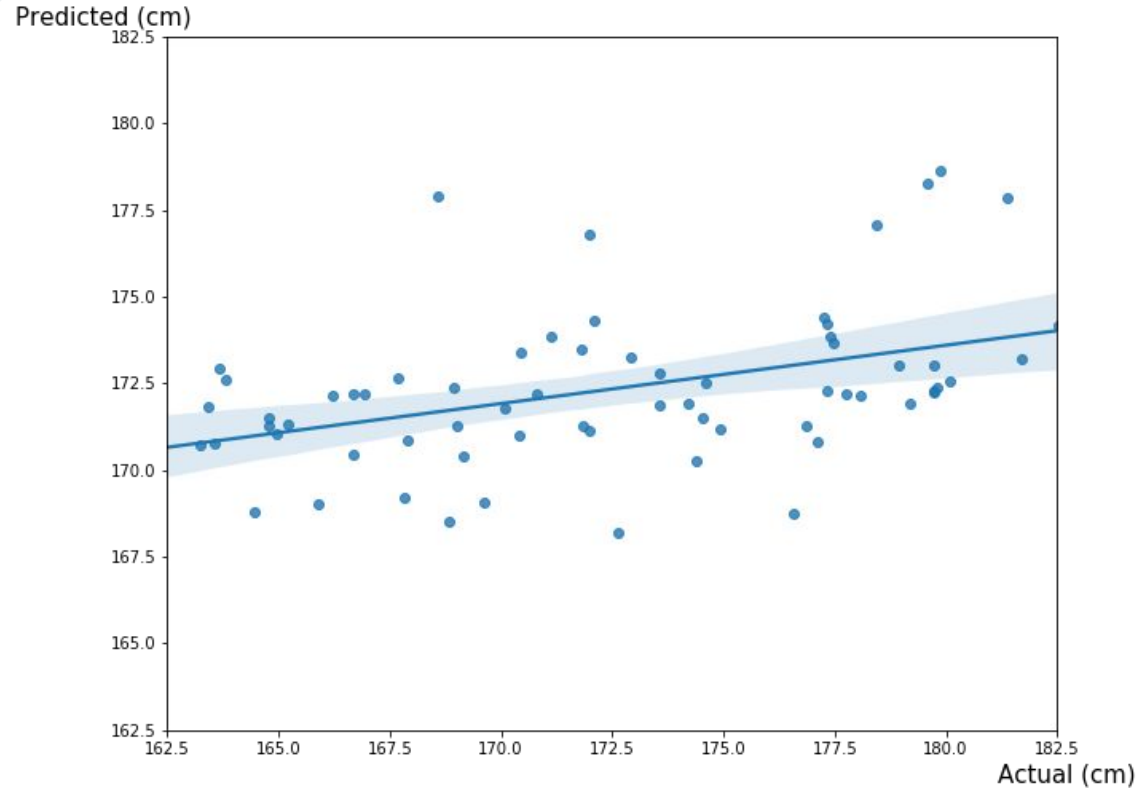
Future Work

- Use sample population rather than mean
  - More predictors

- Use homogeneous regions
  - More clear signal

- Break down foods to core nutrients by gram
  - More clear signal

Questions and Credits

Special thanks to TA's, instructors, all the people who listened, and all the late nights.