Chapter – 9

Advantages and Disadvantages

9.1 – Advantages :

- Helps in **data-driven decision making** using visual dashboards.
- Identifies **student food preferences and eating patterns**.
- Shows **nutritional trends** like calorie and protein intake.
- Detects **unhealthy habits and potential health risks**.
- Supports **personalized and improved dietary strategies**.
- Reduces **food wastage and optimizes cost management**.
- Enables **easy reporting and presentation** through visual charts.
- Saves time with **automated and interactive analysis tools**.
- Provides **real-time data updates** when connected to live data sources.
- Allows **interactive filtering and drill-down analysis** for deeper insights.
- Combines multiple datasets using **data blending and joins**.
- Offers **predictive analytics and forecasting tools** for future dietary trends.
- Enables creation of **dynamic dashboards** with user-controlled parameters.
- Supports **geographical mapping** for location-based food consumption analysis.
- Provides **trend lines and statistical summaries** for better interpretation.
- Allows **calculated fields and custom formulas** for advanced nutritional metrics.
- Easy sharing through **Tableau Public or Tableau Server** for collaboration.
- Improves decision-making with **color-coded indicators and KPI visuals**.
- Supports exporting reports in **PDF, image, or interactive web format**.
- Enhances data security with **role-based access control**.
- Integrates with multiple data sources like Excel, SQL, Google Sheets, etc.
- Reduces manual work through **automation and scheduled refresh options**.
- Makes complex nutritional data easy to understand for non-technical users.