

## Comprehensive Analysis and Dietary strategies with tableau: A College Food Choices Case Study

DATE	28-02-2026
TEAM ID	LTVIP2026TMIDS90659
PROJECT NAME	Comprehensive Analysis and Dietary strategies with tableau: A College Food Choices Case Study
MAXIMUM MARKS	4 MARKS

### 6.2 - Data Connectivity

#### Tableau - Connect to a Data Source

Steps to Connect a Data Source

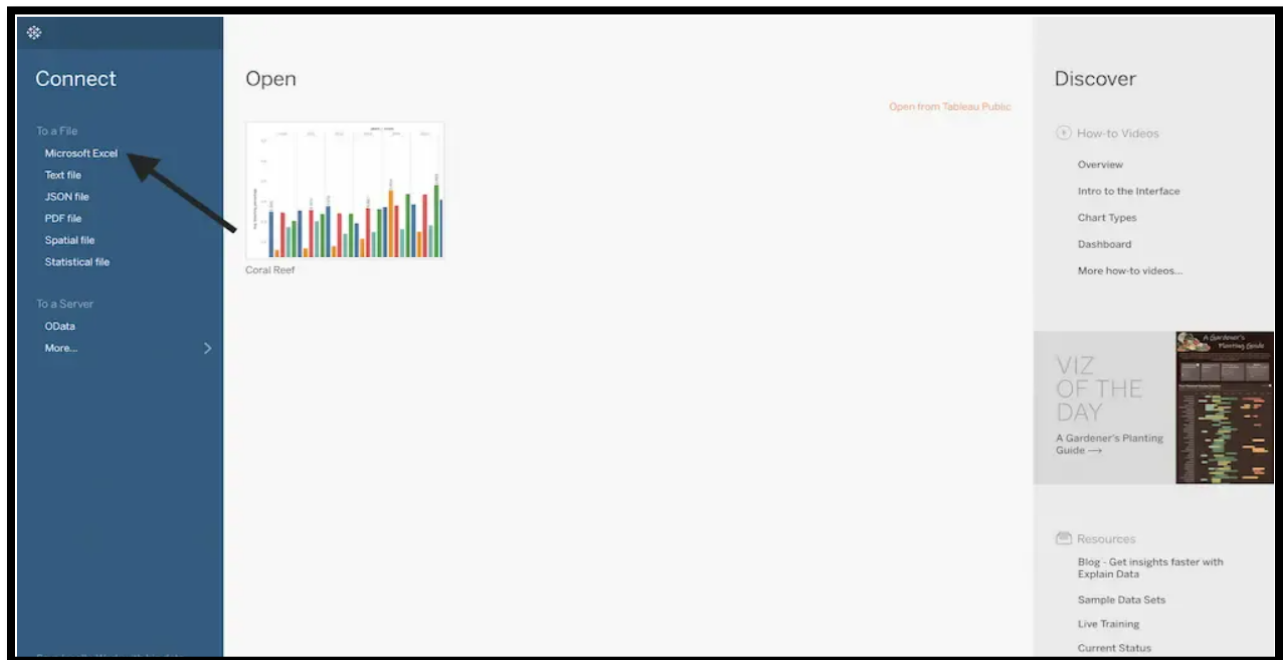
Let's see the steps that need to be followed to connect a data source.

#### Step 1: Open Tableau

Launch Tableau Desktop. On the left-hand side of the start screen, we will see the Connect Panel.

#### Step 2: Select a Data Source

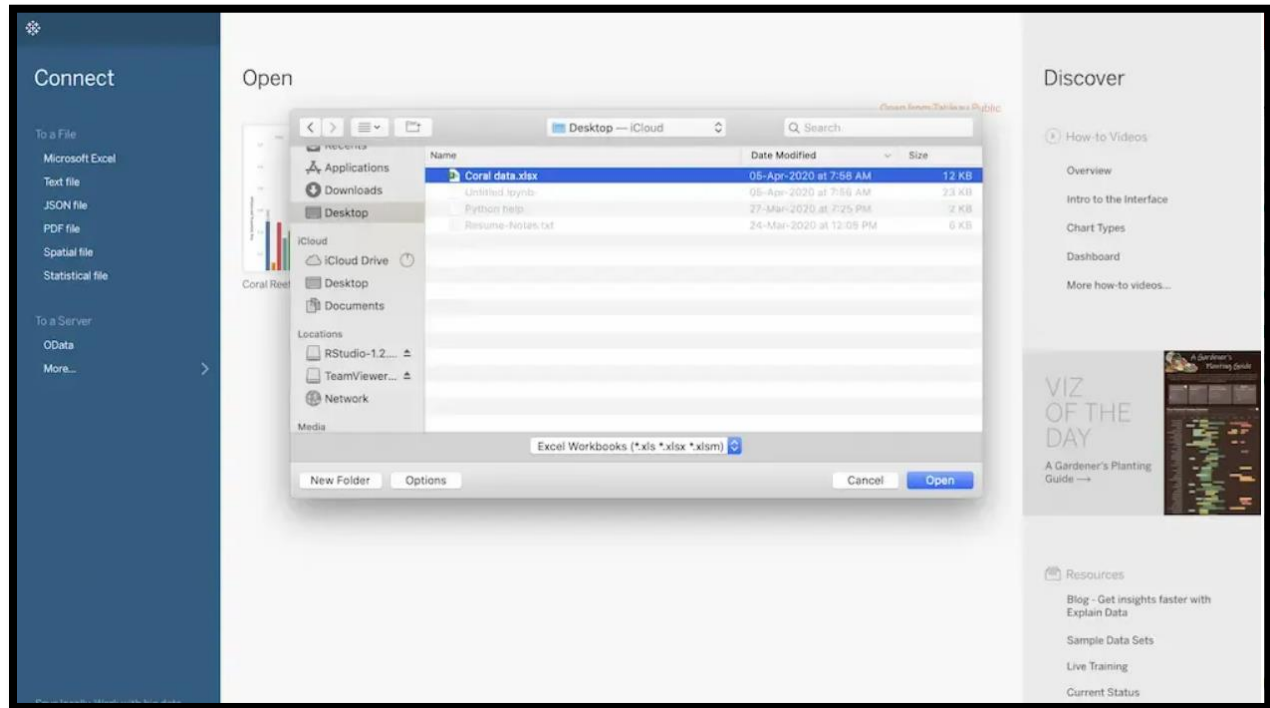
Under the File section in the Connect Panel, choose the type of data file we want to connect with. For example, to connect to an Excel file, click on Microsoft Excel.



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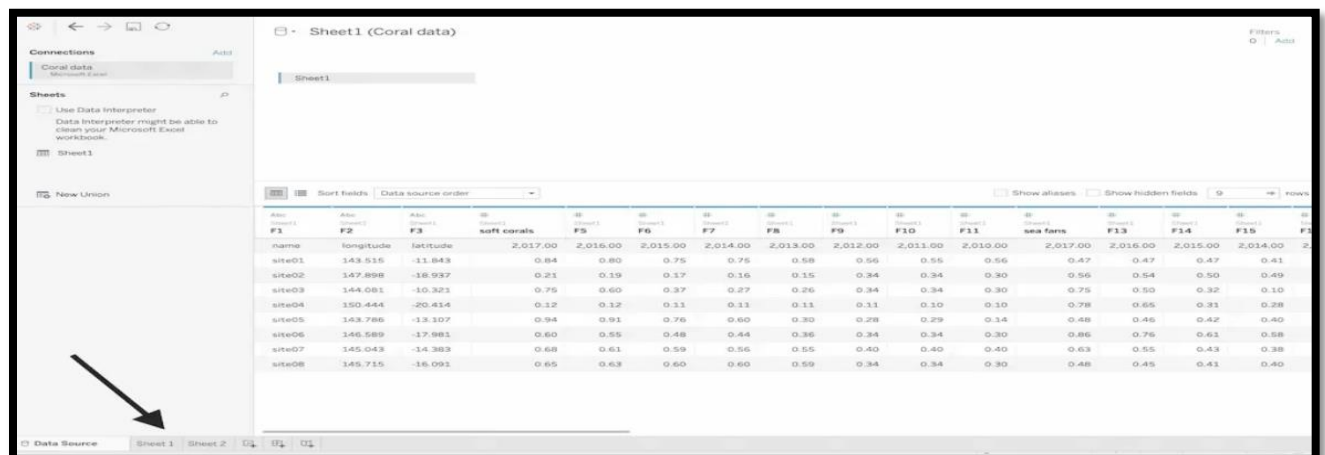
## Step 3: Browse and Load the File

Once selecting MS Excel, a file dialog box will appear and we can select the desired data file. For example here we selected Coral data.xlsx



## Step 4: View the Data in Tableau

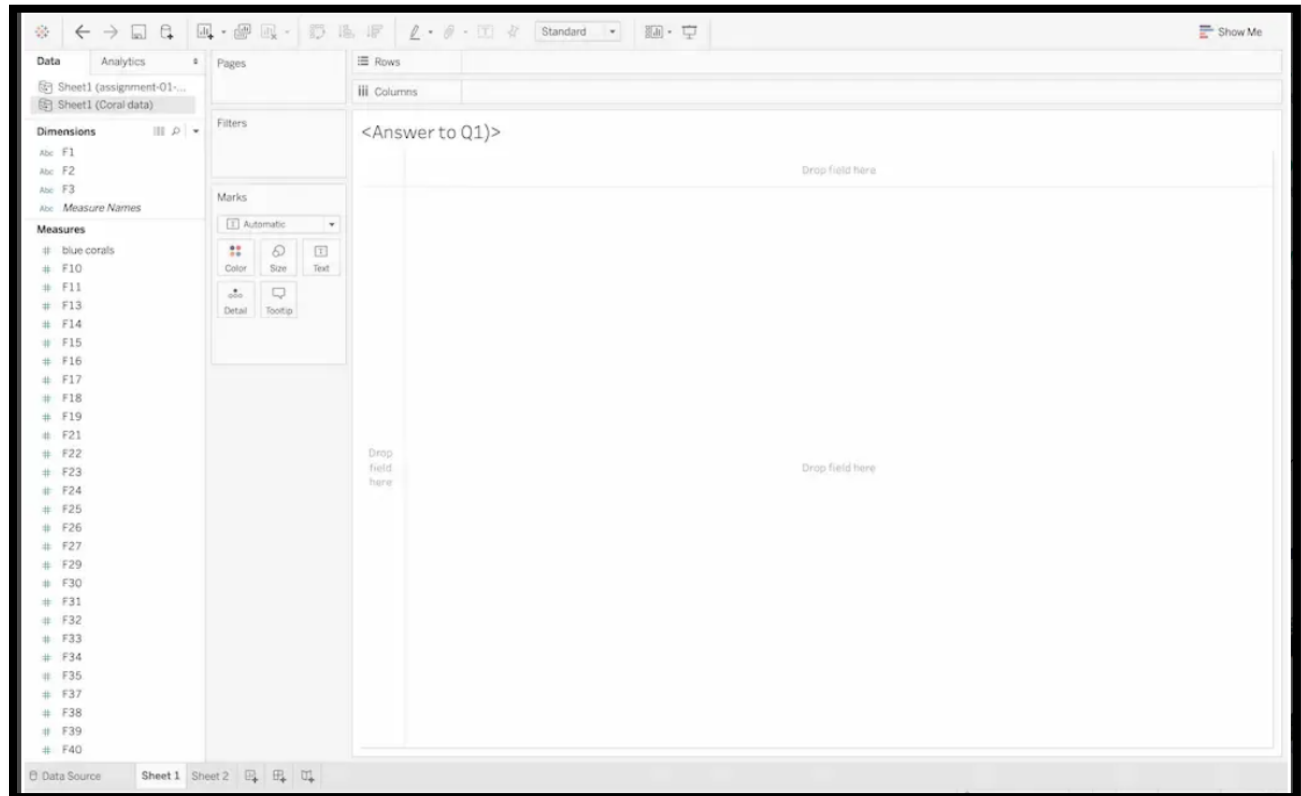
After selecting, Tableau creates a connection with the file and displays our dataset at the bottom of the screen. We can preview the tables, fields and structure of our data.



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## Step 5: Proceed to the Worksheet

Once the data connection is set up, click on Worksheet to begin analysis. This is where we can start preparing, cleaning (wrangling) and exploring our data.



## Step 6: Begin Visualization

Drag and drop fields onto our Tableau canvas to create charts, graphs and interactive dashboards.