

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

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PROJECT NAME	Comprehensive Analysis and Dietary strategies with tableau: A College Food Choices Case Study
MAXIMUM MARKS	2 MARKS

### Chapter – 2 Ideantation Phase

#### 2.1 - Problem Statement

College students face complex and often conflicting demands on their time, energy, and resources, which significantly influence their daily food choices. Despite the importance of adequate nutrition for academic performance, health, and long-term wellbeing, many students struggle to make dietary decisions that align with established nutritional guidelines. These challenges are compounded by limited access to healthy food options on campus, varying individual preferences, cultural influences, financial constraints, and inconsistent nutrition education.


At present, there is no comprehensive, data-driven approach at the university level that visualizes, analyzes, and interprets patterns in student food choices in relation to dietary quality, demographic characteristics, and environmental factors. As a result:

Students may unknowingly adopt poor dietary habits.

- Campus food services lack actionable insights to optimize menus and offerings.
- Nutritionists and health educators struggle to target interventions effectively.

### 2.1 – Problem Statement

Comprehensive Analysis and Dietary Strategies with Tableau:  
**A College Food Choices Case Study**



College students often struggle with maintaining healthy eating habits due to busy schedules, academic pressure, limited budgets, and easy access to fast food. 🥗

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

## Key Questions:



What are the common food preferences?



Fast Food vs. Home-Cooked Meals?



What Influences Food Choices?  
(Budget, Time, Convenience)



Are Nutritional Needs Being Met?

## Objective:



Develop strategies to promote healthier eating habits for college students.

## Focus Areas:



Affordability



Availability



Lifestyle & Health



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