

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

Chapter - 5

5.1 Project Milestones & Tasks

1. Data Preparation

- Collected food choice data from students (survey/Excel/CSV).
- Removed duplicate and incomplete records.
- Handled missing values properly.
- Standardized column names and formats.
- Converted data types (date, numeric, categorical).
- Created calculated fields (e.g., BMI category, calorie range).
- Verified data accuracy before visualization.

2. Data Connectivity

- Connected dataset to Tableau.
- Imported data from Excel/CSV file.
- Established relationships between multiple tables (if any).
- Refreshed data connection to ensure updated information.
- Verified data source filters and live/extract connection.

3. Dashboard Development

- Created interactive dashboards for:
 - Student food preferences
 - Nutritional intake analysis
 - Budget vs food spending
 - Healthy vs junk food comparison
- Added filters (Gender, Age, Course, Income).
- Used charts like bar charts, pie charts, line graphs, and heat maps.
- Enabled interactivity (filter actions, highlight actions).
- Designed user-friendly layout for easy understanding.

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4. Creativity (Font and Style)

- Selected clean and professional font styles.
- Used consistent color themes (healthy vs unhealthy indicators).
- Applied proper alignment and spacing.
- Used meaningful icons and labels.
- Highlighted important insights with bold formatting.
- Maintained visual hierarchy for clarity.

5. Story in Tableau

- Created a story board in Tableau to present findings step-by-step.
- Structured story points:
 1. Introduction to dataset
 2. Student eating patterns
 3. Nutritional gaps
 4. Spending behavior
 5. Dietary recommendations
- Added captions explaining each insight.
- Ensured logical flow from problem to conclusion.
- Made presentation ready for academic submission.

