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	4 MARKS

4.2 - Proposed Solution

The proposed solution focuses on addressing unhealthy eating habits among college students through a **data-driven and practical approach**.

First, data is collected through student surveys, food preference forms, and canteen sales records. This helps in understanding eating patterns, spending behavior, and common food choices.

Next, the collected data is analyzed using **Tableau dashboards**, which visually represent trends such as frequency of fast-food consumption, budget allocation, and nutritional intake. These visual insights make it easier to identify nutritional gaps and unhealthy habits.

Based on the analysis, the solution provides:

- Affordable and healthy meal alternatives
- Structured weekly diet plans
- Personalized dietary recommendations
- Awareness programs on balanced nutrition

Thus, the proposed solution ensures informed decision-making, promotes healthier food choices, and aligns with students' budget and lifestyle constraints.