1

```
-- CREATE TABLE daily_food_nutrition_dataset
-- USING CSV
-- OPTIONS (
--  path "dbfs:/FileStore/tables/daily_food_nutrition_dataset.csv",
--   header "true",
--   inferSchema "true"
-- );
```

2

```
select  * from daily_food_nutrition_dataset
limit 5
```

Table

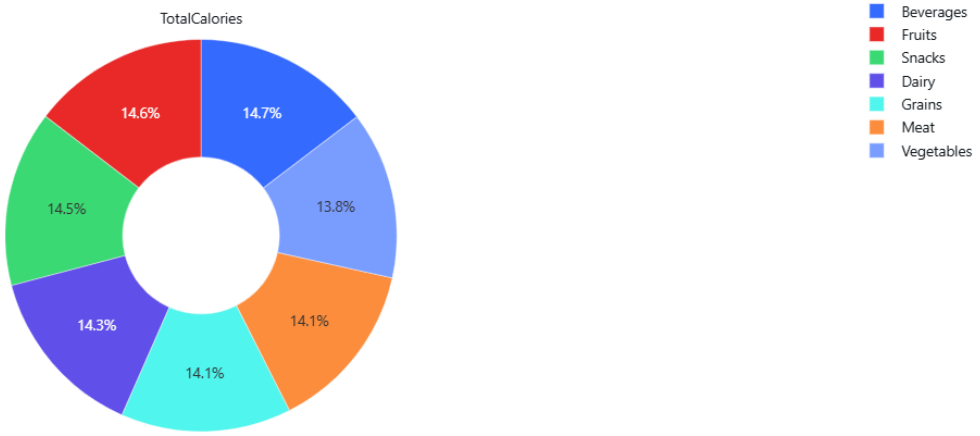
	Date	User_ID	Food_Item	Category	Calories (kcal)	Protein (g)	Carbohydrates (g)	Fat (g)
1	2024-11-19	1	Cookies	Snacks	231	21.7	16.1	30.2
2	2024-09-17	1	Bread	Grains	364	31.4	95.1	14.4
3	2024-11-04	1	Strawberry	Fruits	180	17.6	38.6	12.9
4	2024-05-08	2	Spinach	Vegetables	575	32.7	79.7	8.4

5 rows

3

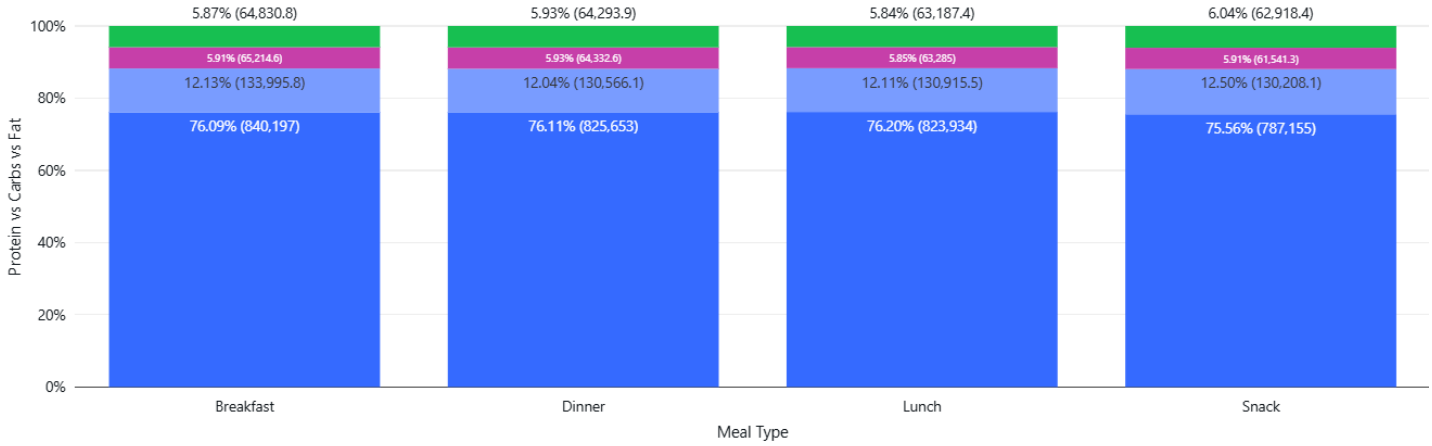
```
--Total Calories by Food Category
SELECT
  Category,
  SUM(`Calories (kcal)`) AS TotalCalories
FROM daily_food_nutrition_dataset
GROUP BY Category
ORDER BY TotalCalories DESC;
--Insight: See which food categories contribute the most calories.
```

Table | Visualization 1



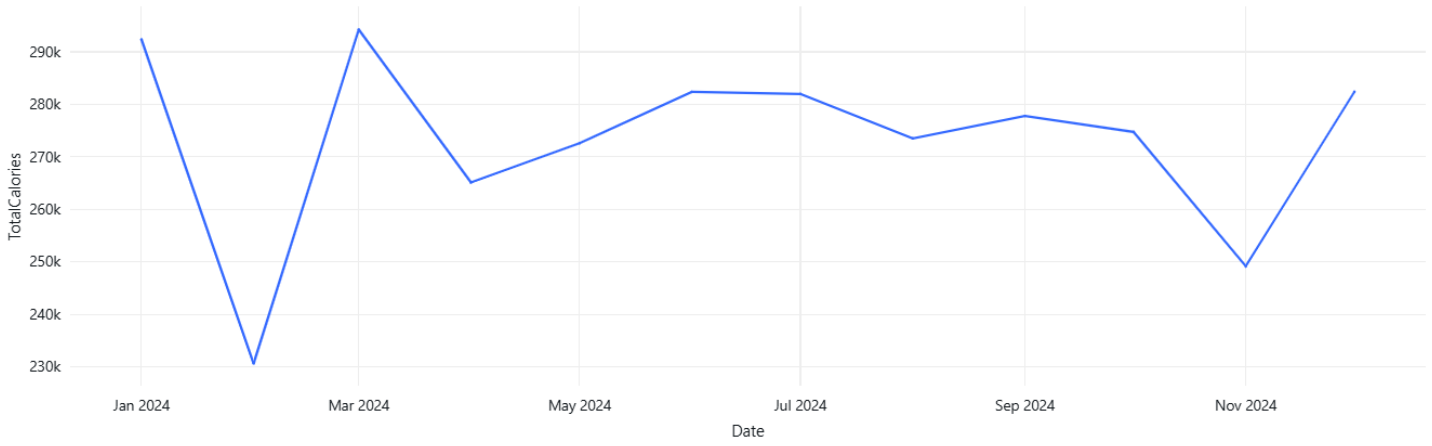
```sql
--Total Nutrients Per Meal Type
SELECT
  Meal_Type,
  SUM(`Calories (kcal)`) AS TotalCalories,
  SUM(`Protein (g)`) AS TotalProtein,
  SUM(`Carbohydrates (g)`) AS TotalCarbs,
  SUM(`Fat (g)`) AS TotalFat
FROM daily_food_nutrition_dataset
GROUP BY Meal_Type
ORDER BY TotalCalories DESC;

--Insight: See which meal type (Breakfast, Lunch, Dinner, Snack) has the highest nutrient content
```

Table | Visualization 1




```sql
--Daily Caloric Intake Trend
SELECT
  Date,
  SUM(`Calories (kcal)`) AS TotalCalories
FROM daily_food_nutrition_dataset
GROUP BY Date
ORDER BY Date ASC;
--Insight: Track how daily calorie consumption changes over time
```

Table | Visualization 1



6

```sql
--Top 5 Highest Calorie Food Items
SELECT
  Food_Item,
  SUM(`Calories (kcal)`) AS TotalCalories
FROM daily_food_nutrition_dataset
GROUP BY Food_Item
ORDER BY TotalCalories DESC
LIMIT 5;
--Insight: See which food items contribute the most calories
```

Table | **Visualization 1**