**Abstract**

There are a lot of opinions on food. Some specific foods receive more attention than others, some are despised, some are venerated and some are ignored. With this poster we try to show that being narrow-minded regarding nourishment also narrows the possible nutrition intake and the healthy combinations or substitutes that are easily available to everyone including (but especially hipsters).

**The data and the process**

The database[[1]](#footnote-1) that was used holds information about the composition of foods available in Switzerland. 961 generic and 9617 branded foods are stored with their nutritional contents like sugar, protein or vitamins. To produce more general information from our analysis we focused on the generic foods and disregarded the branded foods.

The problem at hand was comparing a lot of data points with more than three available dimension for which parallel coordinates are of great use. Exploration was done with a freely available d3.js implementation[[2]](#footnote-2) of parallel coordinates which we enhanced with simple categorical filtering and coloring.

Because parallel coordinates are not intuitive for the uninvolved observer the spider chart was chosen as the main visualization. It allows direct comparison of different foods more easily.

Auswahl der Stories.

1. Source: <http://www.naehrwertdaten.ch>. The database is maintained by the Bundesamtes für Lebensmittelsicherheit und Veterinärwesen BLV. [↑](#footnote-ref-1)
2. Source: <https://syntagmatic.github.io/parallel-coordinates/>. [↑](#footnote-ref-2)