**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 show that being narrow-minded regarding nourishment also narrows one’s possible nutrition intake and the healthy combinations or substitutes that are easily available to everyone.

**Goal**

The goal is to show the viewer the basic correlation between food nutrition contents and energy content in the main visualization. With that as a reference some specific foods are shown in more detail to highlight outsiders, possible friendships but also adversarial relations between different foods from different categories that compete.

**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 the parallel coordinates visualization was chosen and is of great use. Exploration was done with a freely available d3.js implementation of parallel coordinates[[2]](#footnote-2) which we adapted to allow simple categorical filtering and coloring.  
In the exploration a few interesting foods and connections between foods where found and chosen for the actual visualization.

Because parallel coordinates are not intuitive for the uninvolved observer the spider chart was chosen as the main visualization. It’s more intuitive when comparing a small number of data.

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)