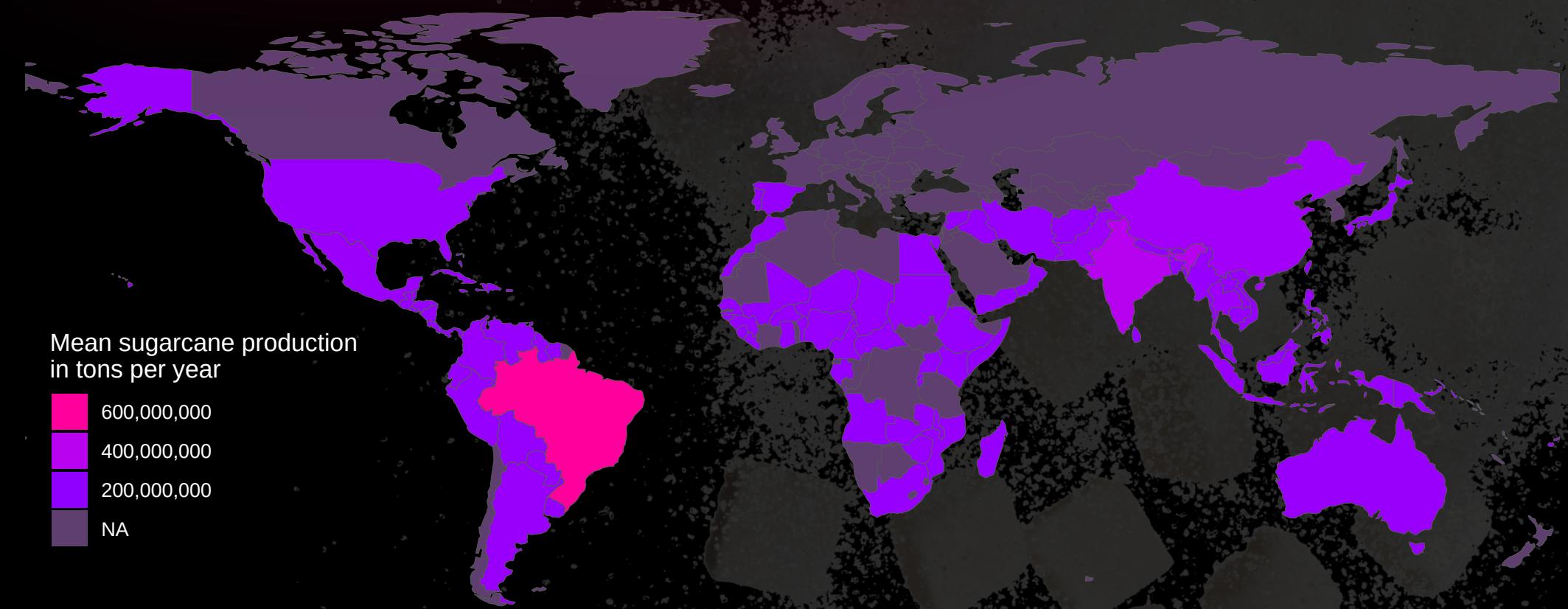


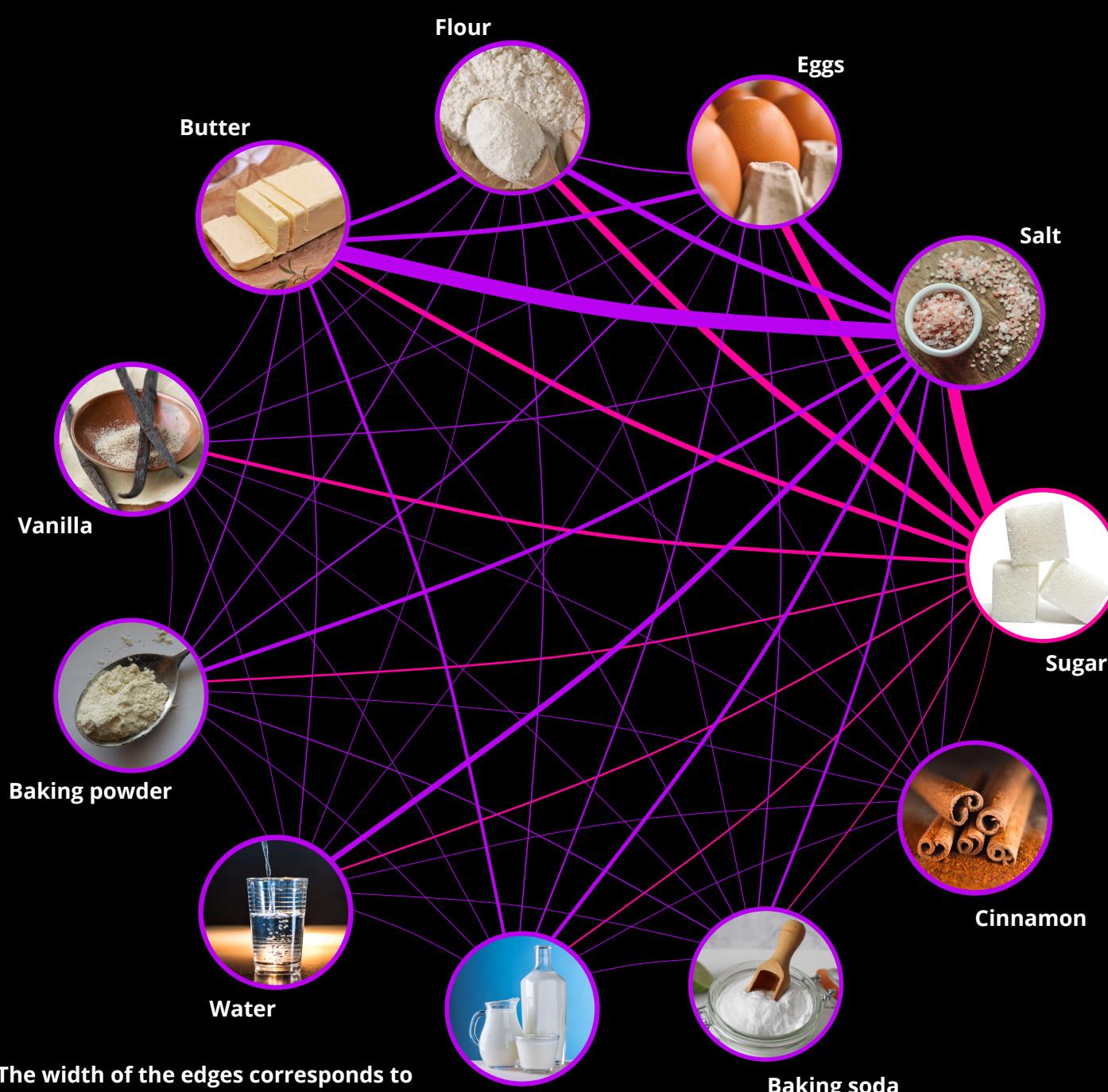
SUGAR

Sugarcane is a species of perennial grass that is primarily used for sugar production. It is 2–6 meters tall and has stout, fibrous stalks rich in sucrose. Sugarcane prefers warm environment with plentiful amount of water, so it's mostly cultivated in tropical and subtropical climate. The biggest producer of sugarcane is Brazil with a share of over 40% of global production, second is India producing around 20%. Each other country produces under 6% of world sugarcane production. Sugarcane accounts for 79% of sugar produced globally with most of the rest being made from sugar beets.

Mean amount of sugarcane produced per country



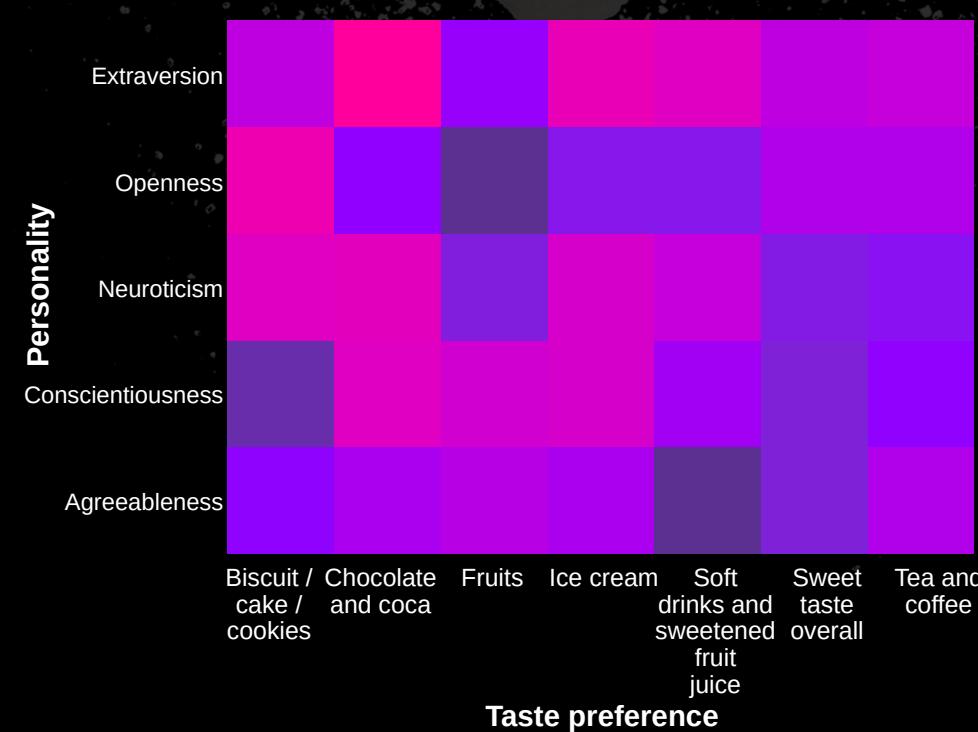
How often are ingredients used together with sugar in recipes?



The graph above has on its vertices 10 ingredients most commonly used in recipes with sugar as well as sugar itself. The width of the edges connecting the ingredients increases quadratically with the count of recipes in which the ingredients were used together. The type of ingredients present in the graph insinuates that sugar in most often combined with ingredients mainly used in desserts.

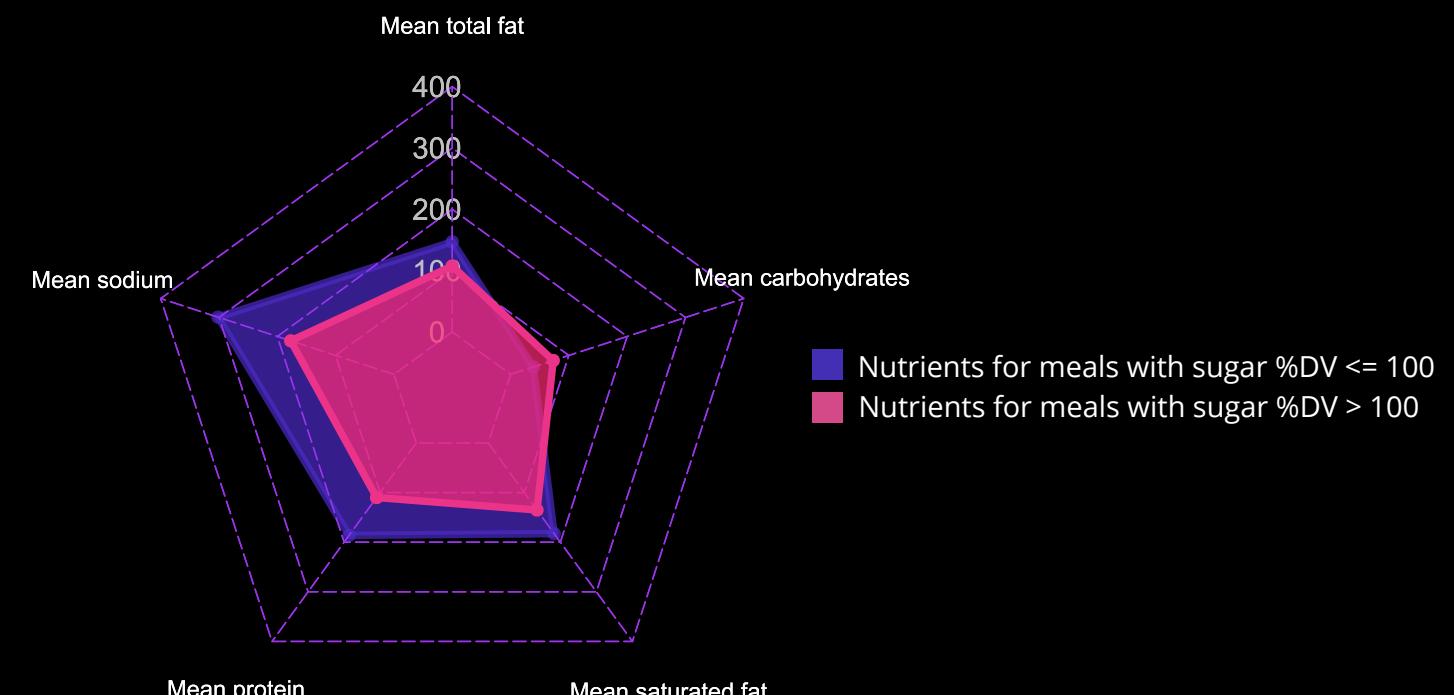
In conducting the analysis, we focused on identifying the factors with the greatest influence on the prevalence of diabetes. This chart allows us to better understand the relationship between diabetes prevalence and other variables. On one hand, we can read the percentage of people who already have diagnosed diabetes, and on the other hand, we can observe the portion of the population that doesn't have diabetes/has not yet received a diagnosis. Through this visualization, we can find factors that seem to be correlated e.g. free access to healthcare, blood work done regularly (cholesterol checked within 5 years) as well as those, that have a negative correlation e.g. good physical health or heavy alcohol consumption. Furthermore, we can notice factors, that don't seem to be correlated, such as smoking.

Correlation between personality traits and taste preference



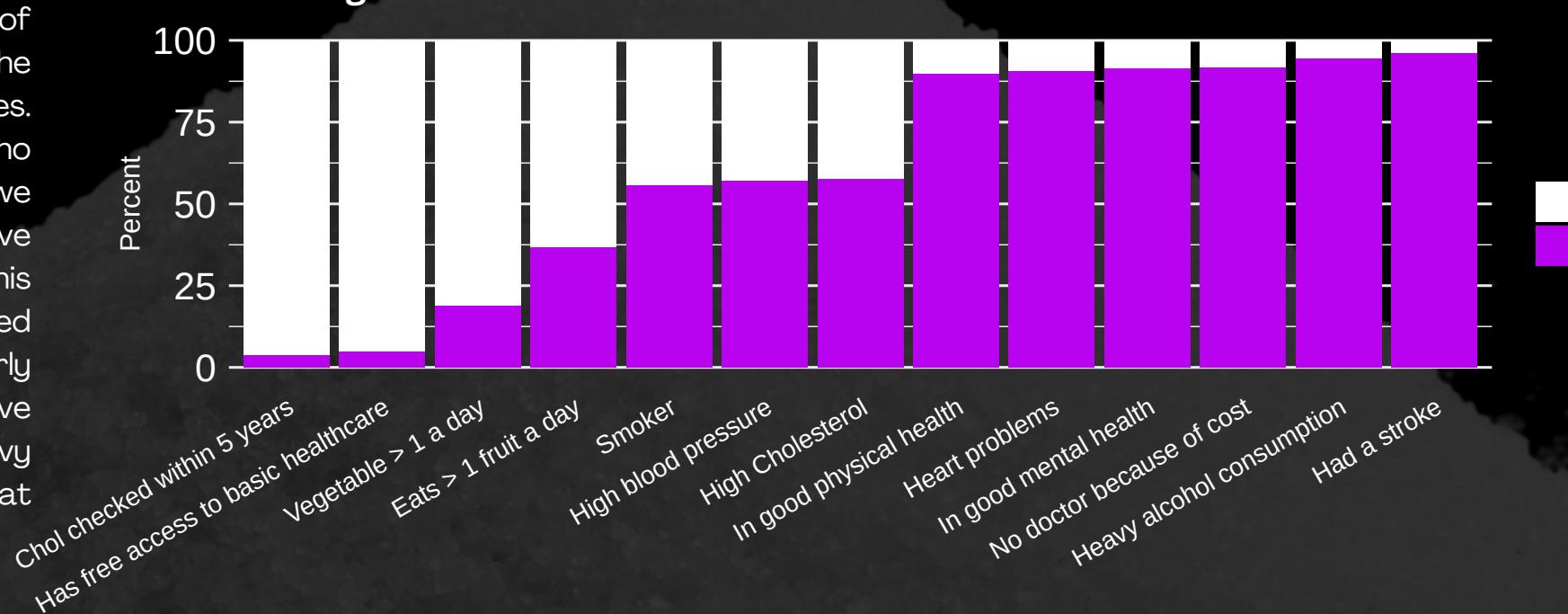
This heatmap shows correlation between personality traits and taste preferences based on data from a study carried out on 224 students with a normal BMI, limited to food groups that typically contain significant amount of sugar. Food preferences, and personality were assessed using a validated questionnaire.

Are products with lower sugar %DV (% Daily Value) really healthier?



The chart above depicts the mean percent DV of nutritional components provided by a 1800 kcal meal consisting of dishes with sugar amount equivalent on average to 50 %DV (in purple), and with sugar amount equivalent on average to 500 %DV (in pink). Interestingly, a low amount of sugar in a product does not necessarily mean it is healthy - as shown in the chart, consuming such products results in a threefold increase in suggested daily salt intake.

Coexisting factors with diabetes



Sources:

<https://www.kaggle.com/datasets/rajkumarpandey02/list-of-countries-by-sugarcane-production>

<https://www.kaggle.com/datasets/shuyangli94/food-com-recipes-and-user-interactions>

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8428309/> - Copyright : © 2021 International Journal of Preventive Medicine

<https://www.kaggle.com/datasets/alextreboul/diabetes-health-indicators-dataset>

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