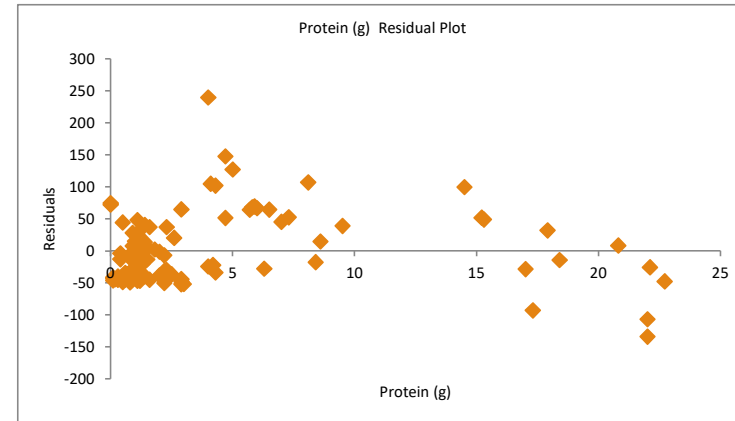
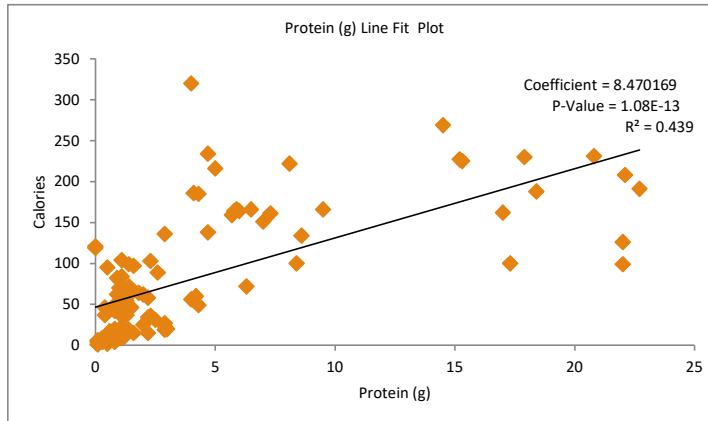


# ANALYSIS - TOP 98 HEALTHY FOOD

By: Nizam Jaafar

	Calories	Protein (g)	Fiber (g)	Vitamin C (mg)	Antioxidant Score
Calories	1				
Protein (g)	0.662552151	1			
Fiber (g)	0.578018217	0.258662946	1		
Vitamin C (mg)	-0.212027512	-0.223645397	0.011237358	1	
Antioxidant Score	-0.125098697	-0.102985671	-0.042942676	-0.126943081	1

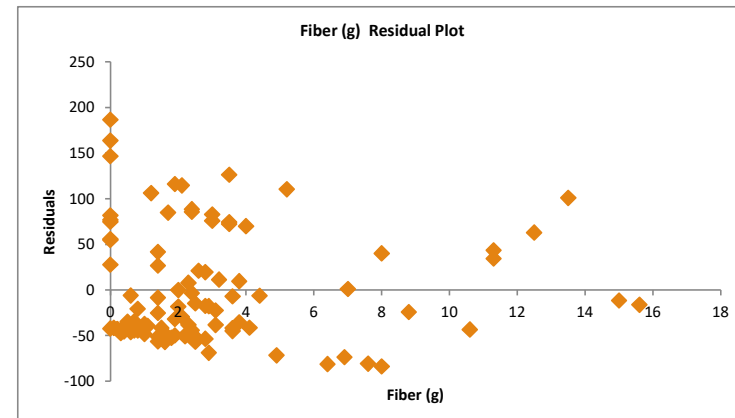
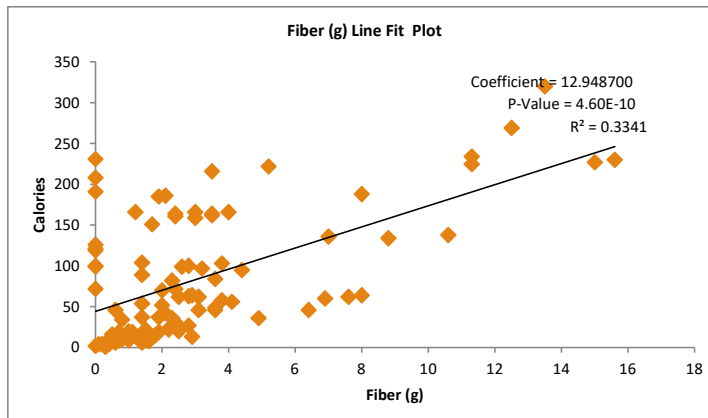
From the heatmap, we can conclude that there is moderate correlation for Calories with Protein and Fiber where the results are above 0.663 and 0.578 respectively.



We did a regression analysis on Calories and Protein where Calories as dependable variable and Protein as independant variable. From the outcome, as can see in the line fit plot, R square resulting reading of 0.439 or 43.9% which the variation or changes of Calorie explained by Protein content. This a decent fit but there are also other variable or factors influencing Calories.

Meanwhile, on the P-Value result suggesting that we can accept to reject the null relationship which to conclude the amount of Protein in food has a meaningful and statistically significant impact on the number of Calories.

As per coefficient result, the expected value of Calories to increase for each additional gram of Protein is approximately around 8.47 units. This relationship is highly significant.



We did a regression analysis on Calories and Fiber where Calories as dependable variable and Fiber as independant variable. From the outcome, as can see in the line fit plot, R square resulting reading of 0.3341 or 33.41% which the variation or changes of Calories explained by Fiber content. This a decent fit but there are also other variable or factors influencing Calories.

Meanwhile, on the P-Value result suggesting that we can accept to reject the null relationship which to conclude the amount of Fiber in food has a meaningful and statistically significant impact on the number of Calories.

As per coefficient result, the expected value of Calories to increase for each additional gram of Fiber is approximately around 12.95 units. This relationship is highly significant.