ANALYSIS - TOP 98 HEALTHY FOOD

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By Food: Top 10 Count of Nutritional Content per 100g

Food	Count
Kale	3
Celery	2
Chickpeas	2
Bok Choy	2
Chia Seeds	2
Broccoli	2
Cucumber	2
Cabbage	2
Black Beans	2
Cauliflower	2

By Nutritional Content: No. of Food

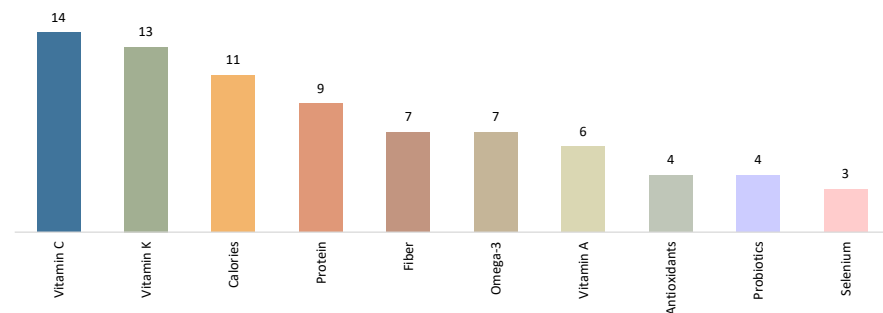| Nutrition	No. of Food
Vitamin C	14
Vitamin K	13
Calories	11
Protein	9
Fiber	7
Omega-3	7
Vitamin A	6
Antioxidants	4
Probiotics	4
Selenium	3

Go into analysis of nutrional content found in a top 98 healthy food - as shown in the chart above, Kale is a leader of food that contain the highest distinct nutrients per 100 gram serving with 8 distinct nutrient.

The other top 9 with count of 2 distinct nutrients per serving of 100g, showcasing a diverse range of benifical nutrients.

Lastly, for other 88 foods ranging from 1 to 2 contents.

By nutritional content, the type of nutrition that found the most in a single plate of food is coming from Vitamin C with total of 14 foods, follow by Vitamin K at 13 of counts and at third, Calories with 11 foods.

As we go deeper into the analysis, by category of nutrition in this top 10 list, we can conclude that Vitamin accountable for most of the nutrition can be found in the top 98 healthy foods.

By Weigthage: Top 10 Healthiest Food

Legend: Antioxidant, Protein, Fiber, Vitamin C, Calories
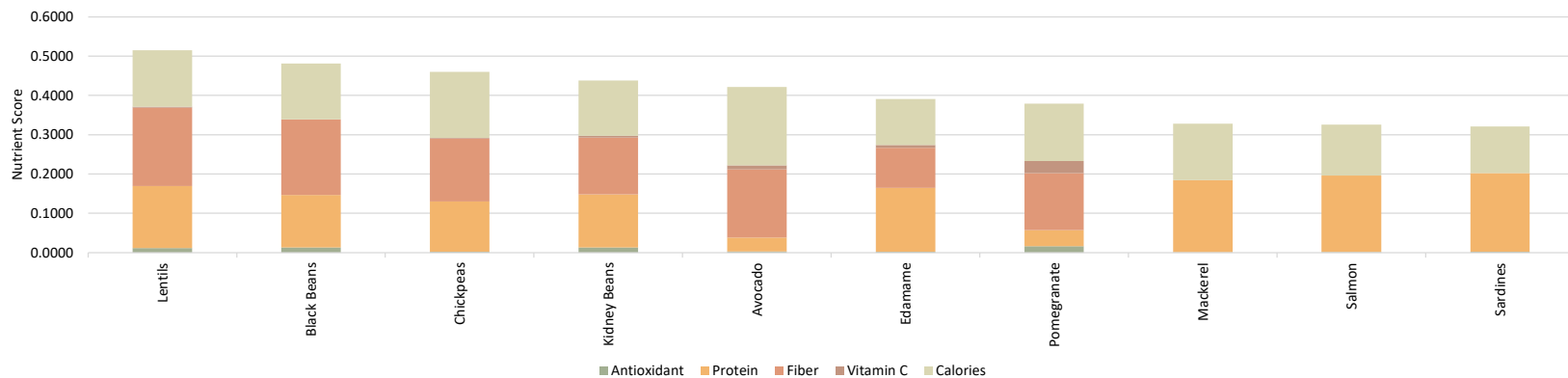
To find the food that can provide most benefit to health, we did a weightage scoring based on the essential nutrients as presented in the dataset - Antioxidant, Protein, Fiber, Vitamin C and Calories. The numbers for each nutrient than convert into normalized value with formula of:

Normalized Value = Actual Number / Max Number

Weightage score than being calculated by segregated the weightage of each nutrient to 0.2 per nutrient with return of value 1 for all 5 nutrients. To conclude the scoring, the formula being use is (n is the type of nutrient:

Weightage Score = (n1 * 0.2) + (n2 * 0.2) + (n3 * 0.2) + (n4 * 0.2) + (n5 * 0.2)

The outcome after calculate the weigthage scoring after ranked is as what being showed in above chart for top 10 foods - Lentils is the most healthiest food based on the final scoring due to its balanced content of essential nutrients. Black Beans at number 2 and Chickpeas at number 3 which these two foods have high protein and fiber content.

Pomegranate have the most nutrient contents of Vitamin C and also Antioxidant. This due to Pomegranate is a fruit which in general, fruit are often rich with these two nutrients.

Fish like Mackerel, Salmon and Sardines, are high in Protein and Calorie but lack of Antioxidant, Fiber and Vitamin C, which this directly resulting on lower overall scores based on the weightage set.

Conclusion to have a broad spectrum of nutritional contents, a person must commit to balancing different type of food from fish, fruit & legumes (plant based foods), etc.